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24 Feb 2018 • Ed. 1463 • €1.50 inc IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.theportugalnews.com

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Homeless Death >P4



It emerged this week that a homeless Portuguese man who died on the doorstep of the British Houses of Parliament, had served a prison sentence for child abuse.

Bus Crash >P8



At least 12 tourists were injured after a packed hop-on, hop-off sightseeing bus crashed into a tree on the main Avenida da Liberdade Avenue in Lisbon.

Toll Turnaround >P10



Traffic on the Via do Infante motorway increased during the first three months of 2017, as the cost of tolls and revenue from them both dropped.

WEATHER >P6

Thousands of emails sent out warning taxpayers to clean their land by 15 March

TAXMAN TACKLES FIRES

Full story, see p. 6



(Photo: Lusa/Paulo Novais)

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PRINT & DISTRIBUTION

Printers: Unipress, Oporto

Print-run:
18,568 copies this edition

Distributors: VASP

Member of apct
audited circulation



PRODUCTION

Publisher: Paul Luckman
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Doctors and nurses drive wave of strike

Portugal looks set to be swept by a wave of strikes, demonstrations and protests, by professionals of various sectors including teachers, doctors, nurses and public prosecutors, over the coming months.

The country's teachers have pledged more strike action for March, while doctors have said they may strike in April. Nurses initially gave the country's Health Ministry until the end of this week to further negotiations over pay and working conditions, or said they too will be staying home, but on Thursday morning confirmed a national two-day strike set for 22 and 23 March. Unions representing nurses have accused the Health Ministry of "failing to fulfil its promises", and gave it until the end of this week for negotiations to upturn, or threatened further strikes. Among their demands are a 35-hour work week from July, overtime payment, and the payment of a €150 supplement for nurses with specialist functions, which should have come into play from January. At the start of this year the country's doctors had already waged similar action. Back in January Portugal's doctors said that they would consider strike action should their demands fail to be taken on board. A lack of progress and concrete proposals from the health ministry in the meantime has seen them reiterate the threat of action. Two years of toing and froing and two national strikes in the meantime has done little to move negotiations along, push-

ing the doctors to the brink. The government is now faced with a new three-day paralysation which could be staged at the start of April. A final round of negotiations between the doctors and the health minister has been scheduled for 8 March. "We are very concerned that we have not yet been made any concrete proposal by the ministry. A three-day strike is an increasingly possible scenario" said Jorge Roque da Cunha, secretary general of the Independent Medical Association (SIM), for whom the outcome of the next meeting will dictate what happens next. João Preença, of the National Doctors Federation (Fnam), also expressed little faith in the negotiations. "After two years nothing has been approved. It is a pseudo-negotiation, in which nothing happens. We continue without tenders, with supply staff covering health centres and hospitals and doctors without any motivation given the situation", he said. The doctors' main demands are the launch of tenders for the placement of young doctors, a reduction from 18 to 12 hours a week in emergency service, returning to 1,500 patients per family doctor - similar to before the troika - instead of the current 1,900, the revision of salary grids with a return to the 35-



Striking teachers gather in front of Parliament to protest for a "fair" unfreezing action was convened by FENPROF, FNE and the Trade Union Front of Teachers,

hours work week with the option of 40 hours with overtime. The Fnam also wants to discuss the medical internship diploma already promulgated by the President of the Republic. Should the two sets of health

professionals - doctors and nurses - take action at coinciding times, it could grind the country's public health service to a standstill, although doctors dismissed suggestions of planned joint action.

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es set to hit Portugal

N CARRIE-MARIE BRATLEY



ing of career progression, recovery of the years frozen, and full accounting of the time of service provided. This in Lisbon, November 15, 2017. (Photo: JOÃO RELVAS / LUSA)

Aggravating the scenario are the country's teachers, who will be striking between 13 and 16 March. Their protest will take place in phases, by region, convened by 10 different unions including the National Federa-

tion of Teachers (Fenprof) and the National Federation of Education (FNE). Portugal's public prosecutors have also put strike action back on the table after calling it off last year. It comes after the Union of

Magistrates of the Public Prosecutor's Office said that the Government's most recent proposals to change their professional status is unacceptable, and said it is willing to wage a "war without barracks".

N News in Brief

More than 1,200 attacks by dogs in 2017

New figures have revealed that there was an average of just over three dog attacks per day recorded during the course of last year. According to numbers issued jointly by the PSP and GNR police forces, a total of 1,222 attacks by dogs were reported in 2017. GNR figures meanwhile also indicated that close to 5,000 fines were handed to dog owners for infringing rules when taking their dogs out in public.

Portugal beach ranked among best in the world

Praia da Falésia, in Olhos de Água has been placed in the top 25 beaches in the world. According to the annual Tripadvisor Travelers' Choice awards, the beach in Albufeira was ranked 12th, and the only Portuguese beach to feature on the list. Praia da Falésia received an overall ranking of 4.5 stars out of five. The world's best beach according to Tripadvisor reviewers is Grace Bay in Turks and Caicos, with the Caribbean beach a regular winner of travel awards.

Govt launches campaign to reduce water usage

The Portuguese government plans to launch a new campaign next month to raise awareness of the need to save water. Environment Minister João Matos Fernandes said the campaign will target all users, including domestic users in cities who seldom experience the direct effects of droughts. The news comes as it was revealed that ten percent of the country is currently experiencing a state of extreme drought, including the eastern Algarve. The western Algarve has been placed in a state of severe drought.

Lagos water bills to become cheaper

Water bills in the Algarve municipality of Lagos are set to become cheaper from March. The prices of water in Lagos is to drop by ten percent from next month to "help families on a budget and boost local commerce", the council said in a statement. The move was approved in a council meeting last week.

Fifty hotels set to open this year

Estimates are that 50 new hotels are set to open their doors to guests during the course of the current year in Portugal. This follows on from 2017, when 44 hotels welcomed visitors for the first time. According to consultants Worx, Lisbon will accommodate the lion's share of these new hotels, accounting for 47 percent of the hotel. Porto follows the capital, with 21 percent on the share. Four-star hotels were the most popular new venues in 2017, with half of all openings, while five-star units represented a fifth of the total.

French tourist found unconscious on Ferragudo beach

A French tourist was found unconscious on the beach in Ferragudo on Tuesday. The 68-year-old is thought to have slipped on rocks at the foot of the Arade Castle, and bumped his head. He was rescued by the local coastguard at approximately 10.45am and taken to Portimão Hospital.

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Portuguese man who died on Houses of Parliament doorstep had served sentence for child abuse

A homeless man who died on the doorstep of the British Houses of Parliament was a Portuguese national who, according to reports, had worked as a model and had served time for child abuse.



A homeless Portuguese national died last week at the Westminster tube station, sparking a debate about homeless people in the UK, though it is also being claimed the man was a convicted child abuser. (Photo: EPA/Hannah Mckay)

The homeless Portuguese national's death in the Westminster underground station last Wednesday triggered a wave of sympathy, culminating with Labour leader Jeremy Corbyn stating "it should never have happened" and that as a nation, the UK "must stop walking by." The politician wrote the words, which have since become symbolic of the case, on a card attached to

a bunch of flowers he left at the scene. The victim has been identified as 35-year-old Lisbon-born, Marcos Amaral Gourgel. Labour MP David Lammy also described the incident as a "shocking sign" of the British government's inability to solve the problem of homelessness, adding in his tribute on Twitter: More recent figures suggest homelessness in the UK has risen by 73 percent since 2014.

"This is terrible and it should not have happened. Rough sleeping has increased every year since 2010 to record levels. This is a direct result of Government policy. In the sixth richest economy in the world this should be a source of shame for the Government. The alarm was raised last Wednesday morning at 7.16am and emergency services were dispatched to the Westminster tube station, but attempts to

revive the man were fruitless and he was pronounced dead at the scene. It has been suggested he may have died from the cold after spending the night in freezing temperatures. A spokesperson for London Mayor, Sadiq Khan, also said the Mayor was "profoundly saddened" by the death. Westminster councillor for Adult Social Care, Rough Sleeping and Public Health, Rachael

Robathan, said in a statement sent to Portugal's *Lusa News Agency*, "often there are very complex reasons as to why people end up sleeping on the street. But whatever the background, these are people who need care and support." The borough of Westminster counts around 3,000 homeless sleeping on its streets every year, and the local council has a contact team that goes out every night in a bid to avoid vagrants spending more than two nights without a roof over their heads. A local organisation said they had recently assisted Marcos Gourgel and that he had been looking for a job.

"He was a Portuguese national who had been in our emergency centre for some time and was being helped to find a job", said Connection at St Martin's, which added despite the man being in "a complex situation", that he "liked to sing and regularly went to yoga classes." However, this week it has been claimed the former model was also a suspected child molester and had twice been deported from the UK. The Guardian reported Portuguese government officials had confirmed Marcos Gourgel, "of Angolan origin, had been deported from the UK twice before in 2014 and 2016." Portuguese newspaper

Correio da Manhã (CM) claimed the first deportation happened in 2014 after he served prison time for sexually abusing a child. "After being deported, he was institutionalised in Lisbon but fled to return illegally to London, from where he was expelled again in 2016. He soon returned to England, again illegally, and lived the last year on the street with problems of 'mental health, alcoholism and self-medication'", the newspaper elaborated, basing its claims on information gleaned from various sources. It further revealed Marcos was born in Lisbon but had dual Portuguese and Angolan nationality. "The Portuguese consulate in London - where he was registered since 2008 - has still not been able to contact his family. His mother has died and his father, Angolan, is unreachable. The address, given by Marcos to the authorities, is in Angola, but authorities have not had any luck there either", CM said. The Ministry of Portuguese Communities Abroad told Portuguese daily *Expresso*: "In 2014 he was deported to Portugal by the British authorities and assisted on his return. "In 2016 we were made aware he had been deported again from the UK for being in the country illegally."

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Taxman tackles fires

N BRENDAN DE BEER



Prime Minister António Costa has this week called on the entire country in ensuring the tragic events of last summer's wildfires are not repeated this year. (Photo: Government of Portugal)

Tens of thousands of people have been receiving written notifications via their email accounts from the taxman warning them to clean their land in the coming three weeks. The written warnings also remind taxpayers, whether they are owners of open land or not, that they have until 15 March to clean their land, and that they will be issued with fines should they fail to do so.

tion was sent out this week by tax authorities reminding citizens that they could face fines of up to 10,000 euros as individuals or 120,000 euros as a company, should they fail to adhere to calls to clean their respective land. Tax officials also reminded recipients of this notification that local town halls have until 31 May to perform tasks neglected by landowners in cleaning their land, with owners being sent the bill for the service. Landowners will also be obliged to permit full access to council workers of their land. The Prime Minister has meanwhile also joined in the campaign to raise awareness and ensure the country is better prepared in its battle against wildfires this year. Speaking during a visit to northern Portugal, António Costa called on all citizens to collaborate in making sure Portugal "never has a summer like 2017 again." He added that "land cleaning is essential, because to have a fire, combustible material is needed." While the Prime Minister

recalled that land cleaning has been compulsory since 2006, it was not the Government's objective "to hand out fines." "We do not want to issue fines nor cut funding, but rather to cut shrubs and bushes so they do not present a threat to forests, people and their homes", explained Mr. Costa. He also called on all to become actively involved in the prevention of wildfires and suggested that March, in addition to national Tree Day (celebrated on 21 March), also be used to mark the widespread cleaning of land. Stressing that summer wildfires are prevented in the winter, cleaning of land is transformed from the impossible to the possible, if "all hands join in this task." As for questions raised by landowners over cleaning costs, the Prime Minister said they should ask instead what the cost will be if they don't clean their properties. "Each piece of land we clean is one more piece of land that will not be a threat to safety and the lives of people."

WEATHER

Colder nights and wet days on the way

After a slight rise in minimum and maximum temperatures last week, thermometers are set to drop again over coming days; rain is also on the way and will fall for most of next week.

Lisbon: A bright and sunny Friday will give way to scattered cloud on Saturday, becoming increasingly cloudier by Sunday before rain, at times heavy, will start to fall on the capital and will continue to do so for much of the coming week.

South: Overnight lows are once again to drop to single figures in the Algarve for the weekend, and most of next week, and while Sunday might be bright and dry (albeit overcast), showers are forecast to start falling on Saturday and won't stop until the week after.

North: Minimum temperatures in northern Portugal will struggle to rise above 5 degrees Celsius for the foreseeable future, although maximums will climb to around 18. The weekend may start off bright and sunny but rain will fall consistently from Monday onwards.

The initiative by the taxman is in conjunction with the Ministries of Internal Affairs and Agriculture, and stipulates the required measures expected of landowners. With this deadline fast approaching, **The Portugal News**, in conjunction with *Safe Communities Portugal*, has compiled an eight-page supplement (found in the centre pages of this edition) covering questions relating to fire prevention. Several high-profile officials have also provided their input and thoughts on this topic. In the meantime, a notifica-

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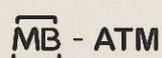
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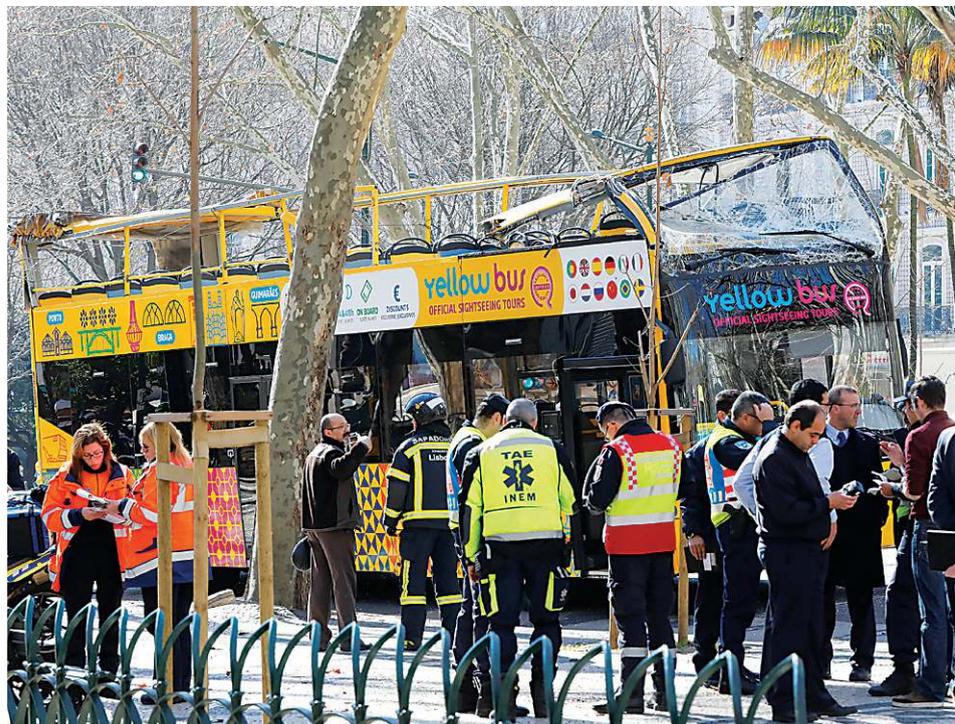
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Tourists injured after hop-on, hop-off bus crashes in Lisbon

At least 12 tourists were injured after a packed hop-on, hop-off sightseeing bus crashed into a tree on the main Avenida da Liberdade Avenue in Lisbon on Tuesday morning.



Several tourists were injured after their sightseeing bus crashed into a tree in Lisbon on Tuesday. (Photo: Lusa/João Relvas)

The most seriously injured were taken to Lisbon's São José hospital, and all of the victims on the Yellow Bus were identified as foreign nationals. According to reports, two victims were incarcerated in the vehicle and had to be freed by firefighters. One was reportedly a 50-year-old Belgian national. Emergency rescue services were called out at around 9.50am on Tuesday morning after the alarm was raised that a bus had crashed into a tree in the Restauradores neighbourhood. The accident also involved a car that was hit by the open-top bus. Police were working to establish what caused the bus to run into a tree on one of the busiest stretches in the capital. Twenty-one firefighters and six vehicles were dispatched to the scene along with INEM emergency medics and PSP police.

Portugal is the most popular same-sex wedding destination outside of the U.S.

The number of couples getting married abroad rose by 14 percent in the past year, a travel firm has reported.

An expanded range of destinations was one of the factors behind the increase, according to Kuoni.

Couples are typically spending an average of £7,500 (around €8,600) on trips featuring an overseas wedding and they are joined by an average of 10 to 15 guests, figures released by the company show.

Mauritius is expected to be the most popular destination for weddings in 2018, followed by Saint Lucia, Antigua, Sri Lanka and Italy.

Kuoni's trends report also revealed an increase in the number of same-sex couples booking weddings abroad.

The most popular location is New York, followed

by Las Vegas and Portugal.

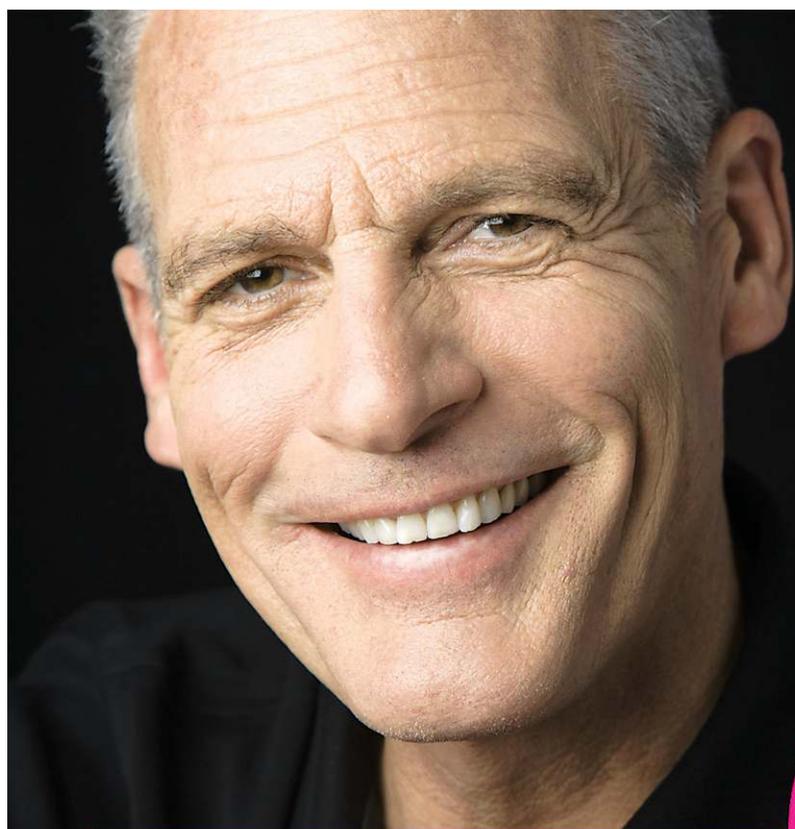
Kuoni said special occasion trips such as weddings, honeymoons and landmark birthdays account for around half of all its bookings.

The firm's travel trends report states: "Life's big milestones are increasingly being used as an opportunity to push the boat out and head for adventure or indulgence."

"Princess Eugenie getting engaged in Nicaragua highlights a growing trend for couples, with engagement trips one of the fastest growing areas."

"Many of Kuoni's experts confirm they have had a noticeable increase in inquiries about bookings for trips to propose."

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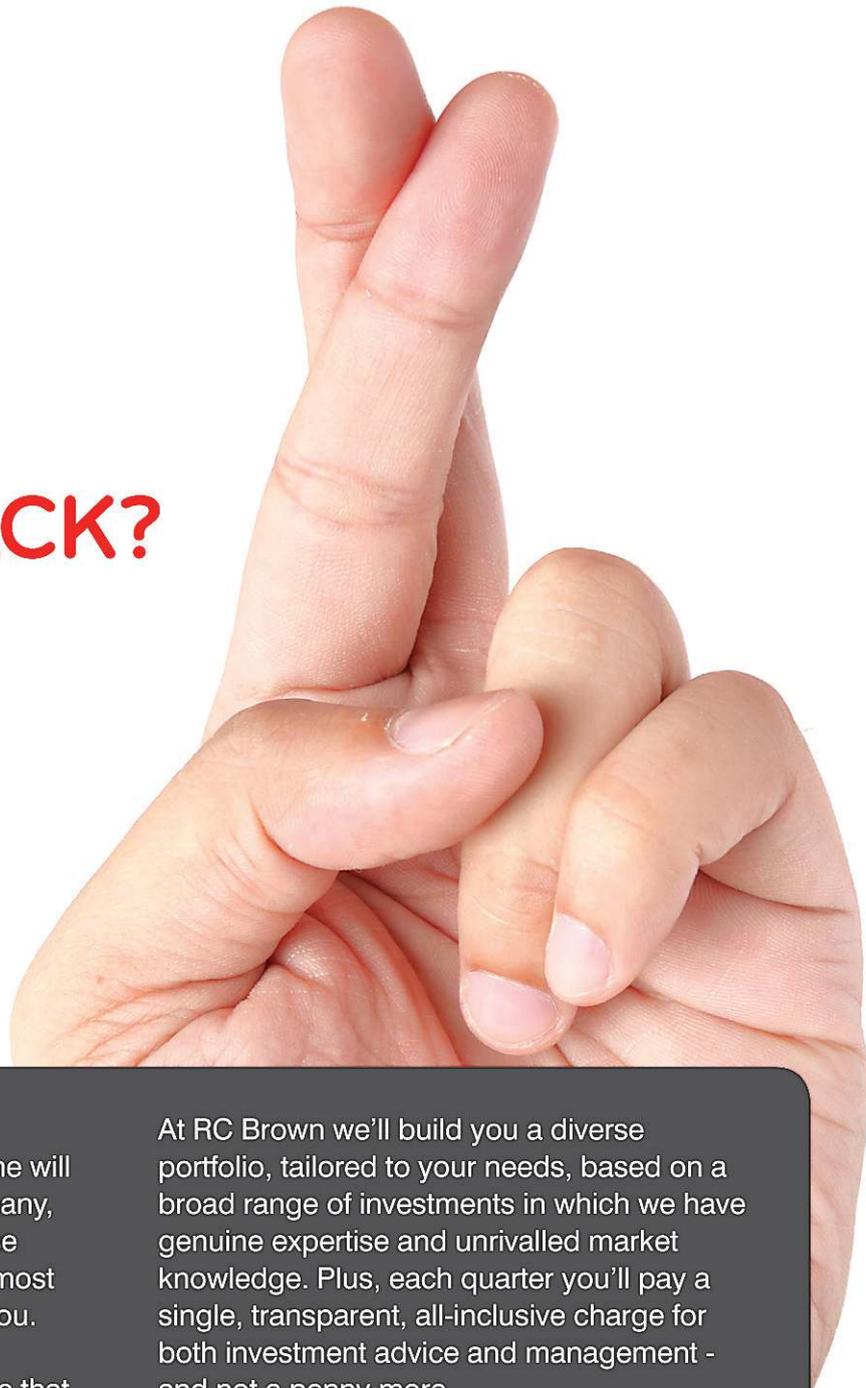


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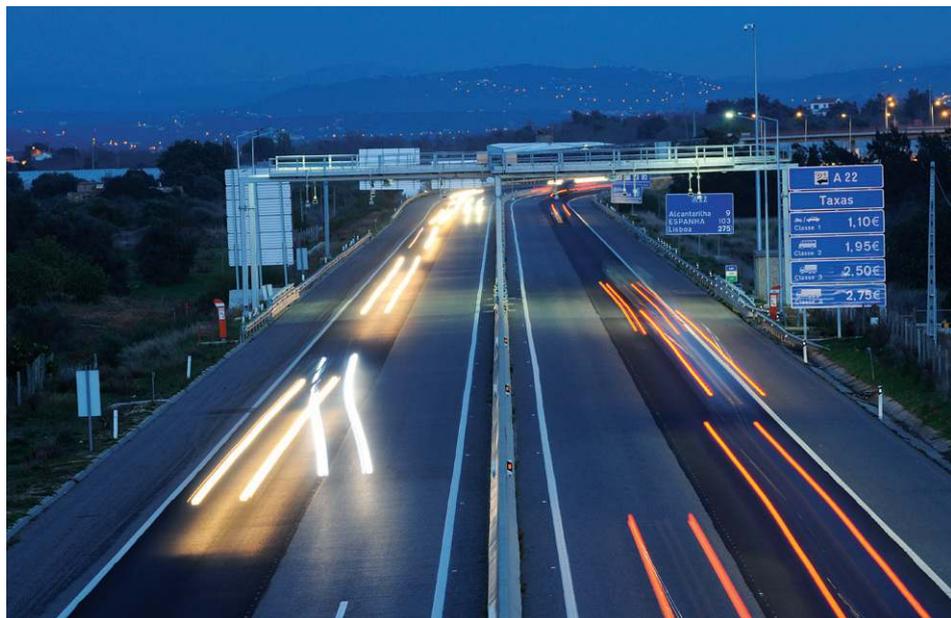
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A22 traffic goes up as tolls come down



Traffic on the Algarve's A22 motorway has climbed since the reduction of tolls came into effect in the summer of 2016. (Photo: The Portugal News)

Traffic on the Via do Infante motorway increased by 13.7 percent during the first three months of 2017, in comparison to the same period of 2016, according to a first assessment of the impact a reduction in tolls has had on the road.

Tolls on the A22/ Via do Infante were reduced in August 2016.

At the end of last year, it emerged Portugal's government had lost 13 million euros in revenue in 2017 from tolls on the Algarve's Via do Infante motorway and inland motorways after cutting the charges the summer before.

This most recent data was revealed in the Algarve Conjuntura -

Mobility and Transport Barometer for the third quarter of 2017, released by the Regional Algarve Coordination and Development Commission (CCDR).

"This is the first barometer in which it is possible to compare the effects of the reduction of tolls on the Via do Infante, measured in early summer of 2016, where average daily traffic (TMD) increased by 13.7 percent, corresponding

to 21,481 vehicles per day", the study said.

The barometer further found significant positive growth in both rail and air transport in the Algarve, consolidating "a tendency of growth that has been uninterrupted" since the third quarter of 2013.

All the values of the barometer can be consulted in the Mobility and Transport portal on website www.mt.ccdr-alg.pt.

Sick co-pilot forces emergency landing at Faro airport

A Jet2 flight from the Canary Islands to the UK was forced to divert to Faro airport last weekend, when the First Officer fell ill en-route.

The co-pilot's illness triggered a 'code red' alert at Faro Airport, on Saturday afternoon, at around 5pm.

The aircraft had been travelling between Lanzarote (CI) and Birmingham (UK) when the captain decided to divert to Faro due to the

first officer feeling unwell. Emergency services were dispatched to attend the Boeing 737-8MG, which was carrying 194 passengers onboard and landed without incident about 30 minutes after the decision was made to divert.

A Faro emergency

response official said: "It was a major operation. We were able to mobilise 34 emergency vehicles and 81 men, among them ambulances, firefighting vehicles and police.

"A traffic lane was freed up between the airport and the hospital and backup teams were called to go to

the hospital", it was added, explaining "the response is an automatic response to a code red alert."

A Jet2 spokesman said the co-pilot was "okay".

A replacement plane was reportedly sent to Faro to collect the passengers later that night.

Algarve Tourism Board slams extension of oil drilling licence

The Algarve Tourism Board has this week spoken out against the extension of a licence allowing drilling for oil off the Vicentine coast. The tourism board said it wanted to voice its "opposition and

unhappiness" with the government's prolonging of the licence for the Repsol/Partex consortium, by another year. Tourism officials emphasised their opposition to drilling from the outset.



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Deepest-living millipede ever discovered found by Portuguese biologist

A new species of millipede living at the deepest depths known to man, has been discovered by a Portuguese biologist in the second and third deepest caves on the planet, the Krubera-Voronja and Sarma caves in Abkhazia, western Caucasus.

The discovery of the new species of anthroleucosomatid millipede, named the *Heterocaucaseuma deprofundum*, takes the number of species discovered by Portuguese biologist, Ana Sofia Reboleira, to 44. According to the biologist, who teaches at the Copenhagen University in Denmark, its name is “a reference to the fact that it is the millipede that lives at the deepest-known depths.” Speaking to *Lusa News Agency*, Ana Sofia Reboleira described the newly-found insect, which belongs to one of the largest types of millipede, as “lacking body pigment” due to the fact it lives underground and in the dark, and “has very small eyes, very long antennae and legs and feeds on debris.” Ms. Reboleira is also a speleologist, and has contributed towards the discovery of several new species for science in various

caves around the world. “Unlike deep sea or space exploration, technology does not allow remotely operated vehicles to perform the harvest, so the only way to find these animals is to go in there and collect them from the depths of these cavities”, she stressed. After gathering them, the millipedes were subjected to a taxonomic study, using advanced microscopic techniques, such as electron microscopy scanning, which allows a 3D view of the external morphology of the organism. The discovery of millipede “at the greatest depth ever” and as “part of the deepest invertebrate community on the planet”, is, in the biologist’s view, “extraordinarily interesting in terms of the extent of vertical distribution of underground invertebrates.” The new species can be seen at the Natural History Museum of Denmark, which is part of the University of Copenhagen.



An image of a new species of millipede living at the deepest depths known to man, which has been discovered by a Portuguese biologist. (Photo: Lusa/Ana Sofia Reboleira)

Paleontologists find first placodont fossil in the Algarve

Paleontologists from Lisbon’s Universidade Nova have found the first placodont fossils in Portugal, they have announced.

Paleontologists Hugo Campos and Octávio Mateus, told *Lusa News Agency* that they found the placodont “ribs and a Shell” in 2016, but have only now disclosed the discovery by publishing a study in the catalogue for an exhibition “Loulé: Territories. Memories. Identities”, on display at the National Archeology Museum.

“Placodonts are a group of marine reptiles that had not been identified in Portugal, but are known in other parts of the world”, said Octávio Mateus, who supervised Hugo Campos’ paleontology Master’s thesis about Triassic vertebrates in the Algarve.

The study “Loulé more than 220 million years ago: the fossil vertebrates of the Algarve in the Triassic”, published now, details that the placodonts lived in the sea during the Triassic period between 250 million and 200 million years ago. Feeding on molluscs, they had boney plates that made them look a bit like turtles. A

large number of these boney plates, which the scientists call ‘osteoderms’, were found around Loulé and Silves in the Algarve in 2016 and 2017.

The researchers believe that these placodonts were of the ‘Henodus’ type because of the long, flat, hexagonal shape and without ornamentation of the shell and lacking teeth.

The village of Penina, near Loulé, has what is considered to be the main deposit from the upper Triassic in Portugal and is one of the most important sites for vertebrate

paleontology in the country.

The deposit has turned up ten ‘Metoposaurus algarvensis’ (an amphibian similar to a salamander), bivalves and fish scales, phytosaurs (similar to crocodiles) and placodonts, but there may be as many as 20 animals.

The Triassic period, the first period of the Mezoic era, was a period in history when the continents were still all joined together in a super-continent (Pangeia) and when the dinosaurs and other animals appeared and spread around the world. *TPN/Lusa*

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BPM Festival returning to Algarve

After a hugely successful inaugural edition of the event last year, the BPM Festival is set to return to the Algarve later this year.

The 2018 edition is to be staged from 20-23 September, in several venues in and around the Algarve municipalities of

Lagoa and Portimão. Registration is now open for Super Early-Bird Festival Passes via The BPM Festival website (www.thebpmfestival.com).

The debut Portugal edition involved over 180 DJs and welcomed fans from over 90 countries to seven distinct venues alongside the beach and city centres, over four days and nights. Featuring over 30 showcases from the likes of All Day I Dream, elrow, Paradise, Stereo Productions, Warung, Vatos Locos, and The BPM Festival's signature all-star events, YA'AH MUUL and This Is The End, the festival held down its global reputation as the preeminent festival for lovers of quality house and techno.

With dedicated fans and newcomers journeying to the southern Algarve region in 2017 to catch top artists such as Apollonia, Carl Craig, Danny Tenaglia, Dubfire, Ida Engberg, Jamie Jones, Lee Burridge, Loco Dice, Nastia, Richie Hawtin, Seth Troxler, and many more, The BPM Festival: Portugal, in 2018 will once again be the perfect way to celebrate the end of the European summer festival season.



The BPM Festival, Portugal 2017 (Photo: Pedro Francisco for TheBPMFestival.com)

Queen and Adam Lambert in Portugal this summer

Legendary British rock band, Queen, are returning to Portugal this summer with US singer, Adam Lambert, as part of the band's European tour.

The concert is to take place on 7 June at the Altice Arena in Lisbon's Park of Nations. Tickets go on sale this Friday, 23 February.

Queen and Adam Lambert last performed in Portugal at the Rock in Rio event in 2016.

Alongside a successful solo career, Lambert, who rose to

fame in 2009 after finishing as runner-up on the eighth season of American Idol, has collaborated with rock band Queen as lead vocalist for Queen + Adam Lambert since 2011, culminating in a successful worldwide tour from 2014 to 2017.

Online gambling generates €122.5m in 2017

Online gaming and betting generated €122.5 million in 2017 from 800,000 registered players on sites in Portugal, the Gaming Regulation and Inspection Service said on Monday.

The "Online gaming activity in Portugal" report for the last quarter of 2017 also showed that 17,600 players had self-excluded themselves from gambling, 4,600 more than in the third quarter of the year.

Odds betting, where the player bets against the operator, was worth about €68.1 million last

year, the report said.

At the end of last year, 61.3 percent of gamblers were aged between 35 and 44, followed by 25 to 34-year-olds (39.3 percent) and 18 to 24-year-olds (27.8 percent).

More than half of the gamblers live in or around Porto (22 percent), Lisbon (19.5 percent) and Braga (9.7 percent).

Online gambling was legalised in Portugal on 28 June 2015 and the first licence was issued on 25 May 2016.

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Portugal extends area of pilot floating wind turbine project



The government this week extended the area available to generate energy from ocean wind floats.

The government has extended the pilot area for oceanic renewable energies from Tuesday, in order to make the development of the Windfloat wind energy project off Viana do Castelo viable, according to an order published in the *Diário da República* Government Gazette.

The project - the first installation in the world of offshore turbines that has not involved the use of heavy construction and assembly systems at sea - will now continue a few kilometres to the north, in Viana do Castelo, where the first floating offshore wind farm based on this technology is located.

After five years at sea, WindFloat completed the testing phase at the end of 2016. The Windfloat project is part of the Industrial Strategy for

Oceanic Renewable Energies, whose main objective is the "creation of an industrial cluster" to export these new clean energy technologies, "which has the potential to generate €254 million in investment, €280 million in gross added value, €119 million to the balance of trade and 1,500 new jobs," the order said. Coordinated by EDP, through EDP Renováveis, WindFloat is managed by a consortium that includes technology partner Principle Power, Repsol, venture capital company Portugal

Ventures and metallurgical company A. Silva Matos. It is a pioneering project worldwide for the exploration of wind resources out at sea. This technology allows for exploration of offshore wind potential at depths of over 40 metres, based on the development of a semi-submersible and triangular floating platform, first used in the oil and gas industry, on which a wind turbine with several megawatts (MW) of production capacity is installed.

TPN/Lusa

Insurance sector profit rises to €350m in 2017

Profit in the Portuguese insurance sector more than doubled to €350 million in 2017 compared to 2016, with the volume of direct insurance increasing 4.1 percent to €10.701 billion, according to the sector regulator.

The Supervisory Authority for Insurance and Pension Funds (ASF) said in a statement on its website that there had been growth of 120 percent in net results of the 43 insurance companies under its supervision, adding that of these, 34 "presented positive results."

In terms of the volume of insurance production, the Life segment (including life insurance and financial insurance, for example) increased by 3.2 percent and Non-Life (motor insurance, health insurance, accident insurance, among others) by 5.6 percent.

"The Life segment reversed the downward trend of the last two years, notably the weight of Retirement Savings Plans (PPR), which in 2017 accounted for about 33 percent of Life production (26 percent in 2016), with production increasing by 30 percent," the ASF noted.

In the non-life segment, the branches that contributed most to the increase in production were Accidents at Work (11.5 percent), Health (8.8 percent) and Automotive (3.9 percent), which account for about 70 percent of the total portfolio. TPN/Lusa

Economic climate indicator remains stable in January

The economic climate indicator in Portugal in January remained stable and the indicator of economic activity in December decreased, according to figures issued this week by the National Statistics Institute (INE).

According to the available figures, the economic climate indicator (calculated through surveys of companies from various sectors) remained unchanged at 1.9 points in January.

The indicator of economic activity decreased to

2.9 points in December, down from 3.0 points in November.

"The quantitative indicator of private consumption declined in December, reflecting a less positive contribution of both components: current consumption and durable consumption," it said.

Gross Fixed Capital Formation, or investment, slowed in December, "extending the downward trend started in June," it added. TPN/Lusa

Galp's 2017 profit up 25% to €602 m

In a statement to the market, Galp Energia said this increase of €120 million in net income was due to "an increase in oil and natural gas production in Brazil, together with the good performance of downstream activities in

the main markets in which Galp operates."

The group's average annual production of oil and gas increased 38 percent to 93,400 barrels per day, driven by oil and gas production in the large reserves of the

Brazilian pre-salt layer. In the final quarter of 2017, the company exceeded the 100,000 barrels per day mark, it said.

On Monday, *Lusa News Agency* reported that Galp had filed a license application for its first photo-

voltic power plant in São Teotónio, Odemira municipality, in the south of Portugal, with a production capacity of 6 megawatts (MW).

This request for licensing is awaiting an opinion from the General Directorate of Energy

and Geology (DGEG), but in the meantime, the Odemira local council unanimously approved the Project of Relevant Municipal Interest Statement for the creation of a Photovoltaic Power Plant in the area. TPN/Lusa

Portuguese oil and gas company Galp Energia ended 2017 with an adjusted net profit of €602 million, a year-on-year increase of 25 percent compared to the €483 million posted in 2016, the company said on Tuesday.

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TAP world's first airline to debut A330neo



The brand new Airbus A330 neo with TAP's distinctive livery. (Photo: Airbus/Twitter/J.B Accariez/Master Films)

Portugal's national flag-carrier TAP Air Portugal is to become the first airline in the world to operate the new Airbus A330neo aircraft, which is due to come into service later this year.

Airbus this week shared a photo of the new plane, accompanied by the caption: "Vejam, que bonito! - Look, what a beauty! @tapairportugal's first #A330neo has rolled out from our paint shop with a distinctive sticker celebrating our launch customer. #TAP330NEO #tapairportugal." The new A330neo comprises the new Airspace cabin and TAP made a point of involving national companies in its production to boost its image. A total of 53 new, long and medium-haul aircraft were ordered back in 2015,

among them 14 Airbus A330neo, although the total amount invested in the order was not released. Reports at the end of last year stated TAP would receive highly-efficient next generation planes during the latter half of 2018, and six would be in service by the end of the year. Fernando Pinto, former CEO of TAP, who stepped down from the role at the start of this year, had, at the time, described 2015's fleet reinforcement as "the biggest leap forward in [the airline's] recent history, or even in the history of the company."

Three companies vie to take on Madeira-Porto Santo air route

Three companies are competing for the international public tender for the award of scheduled air services between Madeira and the nearby island of Porto Santo, the vice-presidency of the Regional Government of Madeira announced on Tuesday.

The companies are LFAS - Lease Fly Aviation Services SA, Binter Canárias SA and Aero Vip - Companhia de Transporte e Serviços Aéreos SA.

The proposals will now be analysed and subjected to a preliminary report, and the process will

be led by the Government, at the Ministry of Planning and Infrastructure, through the Secretary of State for Infrastructures.

The concession, according to the *Diário da República* official bulletin of 3 March, 2017, will be for a period of three years, and

worth about €5.6 million.

On 8 May 2017, the Government extended the provision of air services between the two islands of the Madeira archipelago to Aerovip for an additional year.

As of 31 December, 2013, SATA

no longer offered this route, claiming that the compensatory payment was "manifestly insufficient," and the airline was later replaced by Aerovip, the company that was granted the three-year concession on the route, which ended on 31 May, 2017. TPN/Lusa

Ryanair cabin crew pledge Easter strike

Ryanair cabin crew have threatened strike action for the Easter Period.

The flight attendants are asking for better working conditions as well as an end to what they term a "culture of bullying" within the airline. Cabin crew have said they will be staging three days of action during the latter half of March and another three days during the first half of April.



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Amateur Hour in the Middle East

N GWYNNE DYER

On Sunday it was revealed that the Syrian army has made a deal to help the Syrian Kurds (who are technically rebels) fight off the Turkish invasion of Afrin, a chunk of Syrian territory on the north-western border with Turkey that has been held by the Kurds since 2012.

And the Russians are allegedly brokering this new anti-Turkish alliance, even though they recently gave the Turks a green light for that invasion (or at least that was what the Turks thought they were getting).

And do you recall that the United States, which armed and supported those same Syrian Kurds because it needed them to fight Islamic State, announced three weeks ago that it would be training a 30,000-strong Kurdish-led force to patrol the borders of the large part of north-eastern Syria that has been liberated from IS? When Turkey objected, Washington hastily dropped that notion, and is indeed standing idly by while the Turkish army tries to take Afrin from America's Kurdish allies. It does warn, however, that American forces might take a different line if the Turks invade other Kurdish-held territories in Syria.

Meanwhile, at the other end of Syria, there were massive Israeli air strikes last week in retaliation for a small reconnaissance drone allegedly launched by Iranian forces in Syria that had entered Israeli airspace. This huge over-reaction was orchestrated by Israeli prime minister Binyamin Netanyahu, who is trying to draw attention away from the criminal charges he is facing for corruption in office. A shabby tactic, certainly, but at least he knows who his real friends are (Trump and Saudi Arabia), and they all see Iran as the real enemy.

There is a kind of paranoid logic in that, but most of the players in Syria don't have a serious strategy at all. Indeed the Americans, and increasingly the Russians as well, don't have a clue about what they want as a final outcome. Neither do the Turks. It's amateur hour in the Middle East.

The United States doesn't want President Bashar al-Assad to win, but beyond that the Americans don't know what they want. They originally made their alliance with the Syrian Kurds to destroy Islamic State, but now that that's done they are essentially purpose-

less. Yet they won't leave the field as long as the Russians and the Iranians are in Syria.

The Russians intervened to save Assad from defeat by Islamist rebels, which has also been accomplished. They would now like to declare a victory and leave, but they dare not leave so long as American troops are in Syria. And Assad (who does know what he wants - the ultimate reunification of Syria under his rule) works hard to keep the Russians trapped in the conflict.

The Turks are split right down the middle at home, with half the population swallowing President Erdogan's line that all Kurds are terrorists. The other half disbelieves that and hates him, but Erdogan is pushing ahead with an invasion of Syria whose only rational goal would be the permanent Turkish occupation of Syria's Kurdish-majority territories and the subjugation of the Kurds.

Yet the closer he gets to that goal, the more likely he is to provoke a counter-attack by the Syrian army, by the Russians, and even by the Americans. And by the way, after three weeks of fighting in Afrin the Turkish-led forces have actually made little progress against the Syrian Kurds. Like every player in the game, Erdogan habitually over-estimates his own strength. The situation in Syria is coming to resemble the devastated and depopulated German lands in the final decade of the Thirty Years' War, when almost all the local forces had lost their ideological motivations and were still fighting only because that was what they did for a living.

Then as now, foreign great powers would make splashy military interventions from time to time (Sweden, France and Spain then, Iran, Russia, Turkey and the United States now), but those interventions effectively cancelled one another out and the war dragged on senselessly year after year. The Syrian war is in its seventh year now, but the commitment of Turkish and American troops to the conflict raises the odds that



it might make it to a decade. And down on the ground there is an orgy of betrayals as the local players lose old foreign patrons and find new ones. Weirdly, it reminds me of the J. Geils Band's greatest song (they didn't have many): 'Love Stinks'.

*You love her
But she loves him
And he loves somebody
else
You just can't win...*

*I've had the blues
The reds and the pinks
One thing for sure
Love stinks.*

There's not much love happening in Syria right now, but the tangle of alliances and allegiances, mistaken identities, misunderstandings and betrayals, come straight out of a very bad romantic novel. However, real people are being killed in large numbers at every step in this pathetic, ridiculous story, and it stinks.



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

Pro-Kurdish demonstrators protest against Turkish military operations in Afrin, a city located in northern Syria, during a rally in front of the European headquarters of the United Nations in Geneva, Switzerland, 16 February 2018. (Photo: EPA/Salvatore Di Nolfi)

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Prepared by the World Day of Prayer Committee of Suriname

Can new Megane R.S. live up to the hype?

The Megane R.S. has been one of the most crucial hot hatches in the segment for some time now, and here we find ourselves in the latest generation. With its predecessors regarded as some of the finest-handling hatches of all time, the new Megane R.S. has a lot to live up to - but Renault hopes that, thanks to a range of new technologies and chassis enhancements, this version will be the best yet. However, there are now more competitors than ever for it to take on, making the Megane R.S.'s job even trickier.



There's quite a lot going on underneath the Megane's muscular styling. We've now got four-wheel steering, a powerful turbocharged engine and - enthusiasts rejoice - the choice of either a dual-clutch automatic or six-speed manual gearbox. Renault says this model features more influence from its learning in motorsport than ever before. Engineers from the firm's F1 team even helped with developing the Megane's engine, ensuring it was as responsive as possible - despite being turbocharged. The exterior has also been beefed up, as have the chassis and brakes. In all, it's designed to be the most involving Megane R.S. yet. There's the choice of either Sport or Cup chassis too, with the former more road-ready and the latter aimed at those who want to use their Megane on track.

The new Megane R.S. is powered by a 1.8-litre turbocharged petrol engine - the same as the one you'll find in the Alpine A110

sports car. Here, it produces 280hp and 390Nm, which enables the Megane to hit 100km/h in 5.8 seconds before topping out at 250km/h. As we mentioned, two transmissions are available - a dual-clutch automatic or a six-speed manual. However, the biggest change comes elsewhere.

The new Megane now features all-wheel steering - a first for the hot-hatch segment. At speeds of up to 45km/h, both the front and rear wheels turn in the same direction, affording the car better high-speed stability. At low speed, they move in opposite directions, and this means the car can turn more sharply than with a conventional set-up. A hot hatch needs to be sharp, nimble and, most of all, fun to drive. In most respects, the Megane R.S. ticks these boxes. The 1.8-litre engine feels punchy at low speeds yet has a willingness to be revved out too. It sounds characterful enough, though only when switched into all-out 'Race' driving mode - in

regular modes, it's pretty muted. The handling is sharp, with perhaps a little too much artificial weight added in racier modes, but the four-wheel steering does make the car particularly agile in the bends - and it'll happily begin to rotate on a lifted throttle, but it never becomes scary or difficult to drive. There are some niggles, however - the gearshift paddles are mounted just slightly too high on the steering wheel, while the brake pedal lacks a degree of bite under the first inches of travel.

Despite being based on a rather run-of-the-mill hatchback, the R.S. manages to look impressive in the metal. The arches have been fleshed out at both the front and rear, while small touches, such as air vents just behind the front wheels and a large hexagonal exhaust surround, help differentiate the R.S. from the regular Megane. Certainly, there were few people we passed while on our southern Spain test route who didn't stop to stare - and that's exactly the effect that hot

hatches should have. The R.S. moniker has always been an indication of truly sporty cars, and enthusiasts instantly recognise the level of tuning and mechanical enhancement that it represents - a feature that can't quickly be attained but has to be earned over time.

Those looking for a flamboyant, over-the-top interior may have to look in other directions than the Renault Megane R.S. For the most part, though, it's a pleasant place to be - the sports seats are hugely comfortable with plenty of support and adjustment, while the seating position itself is spot-on. The materials throughout are decent enough, with only a few low-rent plastics on the dashboard and around the infotainment system spoiling the overall effect.

A hot hatch needs to be usable on a daily basis, after all, so it's handy that the Megane R.S. features both decent rear-seat legroom and an impressively large boot. It means that those who plan on using their hot hatch every day - as they should be - won't get caught short in terms of practicality.

The Megane R.S. benefits from quite a lot of standard equip-

ment. Central to the cabin's design is the large 8.7-inch infotainment screen, which houses satellite navigation and media functions. One of the cleverest functions it features is the RS Monitor. This allows drivers to connect a dash cam or smartphone to the system and film their laps on track. Then, the car's in-board telematics can overlay details such as speed and G-reading on to the footage, which can then be uploaded to the internet. The screen itself looks good, but unfortunately small icons make it a little hard to navigate - and are particularly annoying when you're trying to do something as simple as input a destination into the navigation. The Megane R.S. is a little bit of a mixed bag. The engine, chassis and ride are all impressive. The 1.8-litre unit is responsive and pulls hard throughout the rev range, while the Sport chassis is just well judged enough for the road. However, a few niggles, such as the infotainment system and oddly placed gearshift paddles, do bring things down. That said, the Megane R.S. is still a huge amount of fun to drive - and that's one of the key things you need with any hot hatch.



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Nobel International Algarve National Section Ranks in Top 15 in Portugal

Nobel International School Algarve National Section celebrates a significant improvement in average examination results this year, ranking 15th in the country for Success Path Indicator.

The new indicator assessment comes officially from the Ministry of Education and evaluates a school's average success rate with individual pupil journeys from the point of entry to graduation at the age of 18. This is the first year that Portugal has evaluated this statistic and reported on it.

In addition, the school has achieved the top ranking position for the Faro district for av-

erage examination results, which is a significant improvement on 2016.

Director of National Section, Francisco Claro, said: "As well as the hard work invested by our dedicated teachers we can attribute some of this success to changes we have made to our educational policy during the last three years. For example, students have been taught in streamed ability levels in key subjects and our internal monitoring has shown this to have very positive impacts on learning. My heartfelt congratulations go to our teachers and pupils and let's keep on improving!"



Some 12th year students and Director of National Section, Francisco Claro

An Evening of Song and Dance with Noel Coward and Friends

On Saturday 10 March at 7pm, The São Brás Players are celebrating the musical work of Noel Coward with additional music from the 20's, 30's and 40's.

The evening will take the form of a Cabaret, with entertainment being performed between dinner courses. The São Brás Players reside in São Brás and the surrounding areas, and have a wide range of performance experience. An evening of light-hearted entertainment is promised with all cast dressed in costume.

Noel Coward grew up in a period where musical theatre was the 'pop' music of the day and from the 20's to the 70's he wrote over 300 songs as well as musical plays and comic revues.

Guests are encouraged to dress in the fashion of the period to add to the party atmosphere. There will be a prize for the best costume.

The guest dancers are Rodrigo and Sofia from the Clube Danças in Faro and Violaine Roussies with her students from the Wednesday Swing class at Casa de Povo, Moncarapacho.

Under the leadership of the President (Joaquim Fernandes), Directors and members of Casa do Povo, planning permission has been successfully achieved for a major project, which will cost approximately



L to R standing: William Weber, Stephen Dehn, Sally Ricciardi and Marion Griffiths. L to R seated: Violaine Roussies, Judith Loney and Mary Legg. (Photo: Gordon Railton)

850,000 euros This will help disabled and impaired people to lead a better quality of life in the community. The proceeds will be supporting this project

Advance ticket purchase is highly recom-

mended. The ticket price of 22 euros includes 3 course dinner. Drinks extra.

Contact Mark or Tina at the Bar - Casa do Povo, Moncarapacho. Phone/Text/SMS: 920362233, email teenyweiss@gmail.com

Bowls Algarve



Saturday 17 February and the penultimate game in the Winter League for Algarve bowlers. In League A, Albufeira Cats are still at the top with seventy-one points, pulling away from Floresta Foresters on sixty points. In League B, Valverde Vipers are holding on to their lead with seventy-six points and Alvor Amigos still fighting on sixty-nine points.

Week twelve of the Super 10's Competition has Albufeira continuing to hold the top slot with sixty points whilst Alvor have fifty-one points. With two matches in this competition still left to play it could be a close call.

On Wednesday 14 February

Albufeira Bowling Club hosted a Valentine's Fun bowling day. Over forty bowlers from various clubs along the Algarve gathered at 11 am. A knockout competition was arranged over two sets of eight ends for couples; four with the men as skips, followed by four with the women as skips. Prizes were awarded to the couple winning the most points and shot difference. Lunch was served part way through, with games continuing during the afternoon, the day eventually wrapping up around 5pm after a very enjoyable day for all who participated. Similar events were held at most clubs across the Algarve.

Let's Walk in the Algarve

Tuesday 27 February - Let's Walk along Cliff tops and through the Wetlands:

A 2.5 hour circular walk along the cliff tops in the Natural Park and then down to the wonderful Budens wetlands before passing great views in all directions. 10.30am start. Meet at the Marisqueira Gomes Café, Mem Moniz. From EN125 north of Albufeira take EN395 to Ferreiras. At roundabout go straight over towards Paderne for 5km. The café is set back on the right at Mem Moniz.

hours along quiet tracks around this hill close to Paderne. There is one gentle climb to the top where you are rewarded with great views in all directions. 10.30am start. Meet at the Marisqueira Gomes Café, Mem Moniz. From EN125 north of Albufeira take EN395 to Ferreiras. At roundabout go straight over towards Paderne for 5km. The café is set back on the right at Mem Moniz.

Chris 913 011 537

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 which includes a donation to charity. If the weather looks doubtful please call beforehand - Julie 965 753 033

Tuesday 6 March - Let's Walk around Cerro de S. Vicente:

A lovely walk of just over 2



keep it kiss

Stork evictees in Lagos



The final part of the Hotel was demolished last week, and the machine used to knock it down fell idle. By Sunday, two of the enterprising evictees had set up home atop the machine as you can see. It is very near time to lay their eggs so they must be desperate for new accommodation. I fear that the machine will be moved and this nest will be destroyed too.

Paul Akehurst de Visme.

Algarve Activity Bike Rides

Here are the details of this week's rides:

Saturday 24 February - Bike Ride starting in Benafim:

We meet by the roundabout in the centre of the village at 9.15am ready for a 9.30am start. This will be a fairly challenging ride of around 40kms with a café stop somewhere along the way.

Sunday 25 February - Bike Ride starting in Alcantarilha:

We meet at the Aldi car park at 9.15am ready for a 9.30am start. This will be a mostly easy ride of around 35kms with a café break 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 our website: www.algarvebikeholidays.com, or Facebook: AlgarveBikeHolidays.

Almancil International Rotary Club



Beverley Gibbons and Uschi Kuhn (AIRC) and one of the autistic children riding in the background.

Almancil International Rotary Club (AIRC) has had a long association with Escola EB 2/3 Dr António de Sousa Agostinho in Almancil.

Amongst the projects already supported has been paddle boarding for some of the pupils with special needs and, in particular children with autism. As well as being enjoyed by the children it has helped to improve their coordination and communication skills.

Of course it isn't practical to continue paddle boarding in the cold winter months so in June it was decided to trial the new sport of padel tennis.

The children enjoyed it so much that they had their first proper lesson recently. It is hoped that with sponsorship from AIRC and the Algarve Tennis and Fitness Club in Quinta do Lago, the children will be able to further improve their communication and motor skills and have a thoroughly enjoyable experience.

The Club has now added

hippotherapy for three autistic children to enjoy.

Children with autism benefit from equine therapy due to the motor, emotional, and sensory sensations that come with riding a horse. Beverley Gibbons, the Principal of the Pinetrees riding school in Almancil has a lot of experience with autistic children and was delighted to welcome the new group to the classes.

"We are delighted to be associated with this school in Almancil" said AIRC President, Claire Busbridge, and adding hippotherapy to their programme has been an absolute joy for us. We hope to continue with various fund-raising activities to enable us to offer more of these disadvantaged children activities to enjoy and benefit them.

"We welcome applications for new membership to AIRC, especially those willing to give a little back to those less fortunate".

For more information, please visit: www.almancilrotary.org

All Saints Anglican Church charity donation

Representatives of All Saints Anglican Church of the Algarve this week donated monies from their Charitable Giving Funds to purchase three new beds for the elderly residents of the Porches Help Centre (Centro do Apoio Social de Porches)

The Centro do Apoio at Porches is home to 25 permanent, elderly residents, with a mixture of both males and females persons. Like many of the local help centres, Porches is overstretched, with a lack of financial support for many essential items. The staff provide excellent care with limited resources which do not allow for a reserve fund for replacement and renovation of furnishings and equipment. The three beds purchased by All Saints Anglican Church Charitable Funds leaves the centre still requiring a further two of these beds at 676.69€ each, whilst at the same time they are desperate for a new industrial washing machine at 6,200.00€ for clothing and linen at the home.

If there are any charity fund-raising groups locally who feel they could contribute towards the purchase of a new washing ma-



chine, please contact Margaret Brett on 916434807 or Sr Mateus Pequeno - Director of Services at the home - on 967843186. Any donation however small will be grate-

fully appreciated. Thank you. For information on the All Saints Charitable Giving Funds please contact Sue Moore, the Church treasurer on 282361801.

The Dunn Studio – Open Door Exhibition Jessica Dunn Art

Jessica Dunn will be opening the doors to her private studio/gallery in Boliqueime on Saturday 3 March, between 11am and 7pm, inviting the public to enjoy a welcome drink and view recent abstract landscapes, a selection of figurative paintings and her new collection of Vida "Art-Wear".

There will be something for everyone covering a wide price range, including at least 30 original fine art paintings in acrylics or oils, from the smallest 20 x 20cm up to very large canvases. Prints and sketches, postcards and calendars featuring Jessica's artwork will also be available.

The exhibition will feature the brand new Jessica Dunn VIDA collection, which includes

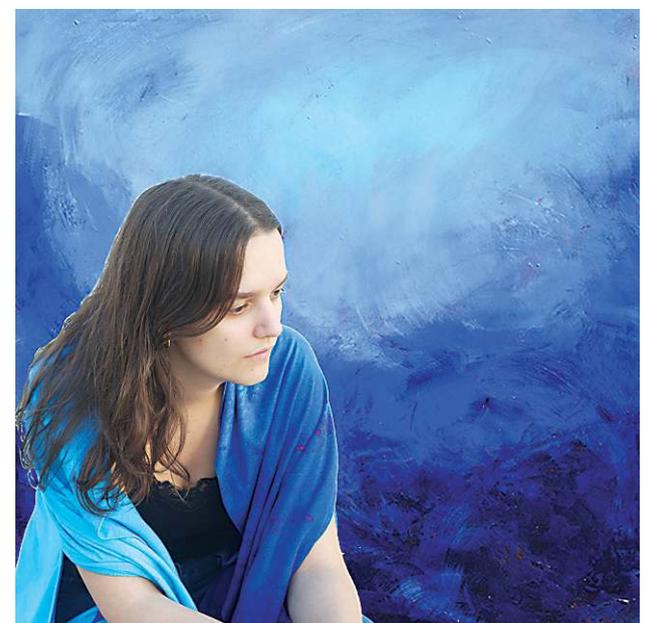
scarves, jewellery, bags, tops and cushion covers all inspired by her artwork. Customers will have the opportunity to purchase or place an order for exclusive custom printed designs.

Zeca's Street Food will be on site selling his famous burritos and other Mexican delights! Wine will be provided by Adega do Cantor.

For more information or to make an appointment to view privately, please call 962544650 or email: jessicadunnartist@gmail.com

Location: The Dunn Studio, Agostas, Boliqueime 8100-061.

Follow signposts from the Boliqueime cemetery gps: **Latitude:** 37.132932 | **Longitude:** -8.162269



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Animal World

Preventing parasites: ticks

Ticks are blood-sucking parasites which feed on both humans and animals.



These little critters aren't just unpleasant - they can also be potentially dangerous. As with all dangers it is best to be informed and the PDSA has a guide to knowing about ticks and how best to treat them.

The dangers of tick bites
Ticks carry Lyme Disease (Borreliosis) and they can pass this on to both pets and their human companions. Lyme Disease is a bacterial infection which can cause symptoms in your pets like:

- A rash

- raised temperature
- lack of energy
- lameness, due to swollen joints
- swollen lymph nodes (glands in the neck and around the body).

Preventing ticks on your pets

- Some flea treatments also kill ticks - speak to your vet about the right treatment for your pet.
- Ticks are more common in wooded and moorland areas, especially in long grass. If ticks are a problem where you live, try to avoid walking your dog in these areas and stick to paths.

- Regularly check your dog or cat for ticks. The most common place to find ticks on pets are the head, ears, legs and underside.
- Hedgehogs and foxes are common tick carriers, meaning pets in urban areas with high fox populations are also at risk.

What to do if you spot a tick on your pet

- When they first attach, a tick may be the size of a small pinhead but, as they suck blood, they can grow to the size of a match head and may look like a bluish-grey, pink or purple lump.
- The sooner you remove the tick the better - the longer the tick is attached, the higher the risk of it spreading Lyme disease.
- Get advice from a vet before removing a tick from your pet - it's easy to remove the body of the tick and leave the mouth behind in the skin. If the tick isn't fully removed it can cause an infection.
- Special tick tweezers are available to buy, but need to be used carefully.
- Don't crush or squeeze the tick's body and don't try and destroy the tick with a lighted match. Don't put Vaseline on the tick as it may drop off but can still be alive to bite another victim.
- Remember, Lyme disease is spread by infected ticks not from pet to person so, once you've safely removed the tick, you can give your pet a well-deserved hug!

PETS FOR ADOPTION



ADA is a cross Podenco/German Shepherd girl around 4.5-years-old. She is good with other dogs but a bit nervous with new people but very friendly as soon as she knows you. Sterilised and vaccinated. Not to be homed with really small children because of her size. If you would like to meet her, email: friendscanilportimao@gmail.com



MAXI is 4-months-old. He is going to be a large dog. He has a very sweet and gentle personality and is a happy, easy-going puppy. Vaccinated and microchipped and will be sterilised. Please email cadelacarlota.comp@gmail.com if you would like to meet him.



NERO is a pitbull of around 5-years-old. He is good with other dogs (not big males) but not cats. He needs to find a forever home urgently with a big, secure garden. Email: friendscanilportimao@gmail.com. We do a homecheck and because of his breed he is under special conditions for rehoming.

Dinner party tre

You know you've reached adulthood when you start attending - and even throwing - your own dinner parties.

It's the pinnacle of sophistication; cocktails and a three-course meal with a group of your friends. OK, they're not always that posh, but they definitely are a classier way to glug wine and get fed with your mates. Dinner parties have been a staple of any adult's social calendar since the 1950's - but that's pretty much the only thing that's stayed the same. The clothes, music and booze have all changed over the years, and nothing more so than the food. So what were people typically serving up for guests in previous decades? We take a look back at some of the classic dinner-party menus from the 1950's through to the 2000's.

after the end of World War Two, and rationing was fresh in everyone's memories. This was a shame, because music from this era was perfect for parties. You could start off with some Miles Davis and Frank Sinatra, and then smoothly make your way into James Brown and Elvis. If a dinner party was being put on, starters would likely have been a range of appetisers that would seem extremely dated to us now. Think devilled eggs or shrimp puffs: retro finger-food at its finest. After finally being free from rationing, the main event would likely have been a classic celebration of meat. Think a roast with potatoes and vegetables on the side. For dessert, any type of fruit cake was generally a hit. A pineapple upside down cake, topped with maraschino cherries (which

1950's

Dinner parties weren't hugely common in the 1950's - this wasn't so long



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Ends through the decades

were then considered very chic), would have gone down a treat.

1960's

By the 1960's, dinner parties were becoming a more regular occurrence.

This was when cocktails and nibbles to start the evening really surged in popularity. One particular favourite was cheese and pineapple on a stick - ideally served stuck into half a grapefruit, hedgehog-style, for extra wow factor. This would be at the centre of your appetisers, with crisps and nuts, arranged in fancy glass dishes, assembled around it.

This was also a decade of experimenting with cocktails, and guests would be served drinks like whisky sours and sidecars.

Believe it or not, at this time, spaghetti Bolognese was seen as a wildly exotic and refined dish. During the Sixties, it was a com-

mon main meal at dinner parties, paired with red wine.

And to finish, many dinner-party menus would bring things back home with a trifle. The layers of fruit, sponge, custard and cream made it a perfect centrepiece to any table.

1970's

When you think of retro dinner-party menus, nothing gets more classic than those from the 1970's - even if it is the era that Heston Blumenthal once deemed "the decade that good food forgot".

To start, you would be hard-pressed to find a host who wouldn't dish up a neat prawn cocktail. In fact, it was so ubiquitous in this period that the fishy dish has still not come back into fashion - people had more than enough of them in the Seventies.

Chances are, duck à l'orange would feature as

the main course - a fancy French name could hide the fact that it's actually a pretty simple dish. And to finish? Another retro classic: Lemon meringue pie. While many dishes from the 1970's haven't quite regained popularity, this is one dinner-party favourite that will still please many modern diners.

1980's

While French cuisine has somewhat fallen out of favour nowadays, in the 1980's, it really was considered the pinnacle of fine dining. Although many French dishes might have proved a bit too fiddly to recreate at home, one you definitely could whip up to impress your guests was French onion soup.

Back then, chicken was by no means as widespread as it is now - so if you really wanted to pull out the stops for your dinner party, this

would likely be the star of your menu. And what is more 1980's than a chicken Kiev? For those who have erased this dish from their memories, a chicken Kiev is where the meat is pounded out, rolled up and filled with garlic butter, and then coated in breadcrumbs and fried or baked.

To end this (already very rich) meal, chocolate mousse would be a classic move. It might seem more like a children's dessert nowadays, but at the time, it was the height of sophistication.

1990's

French food was still popular throughout the 1990's, and pate was a common starter at any dinner party. Looking back, we have a lot of queries about pate. For example, how could you possibly make spreadable meat look appetising and fancy for your guests?

One thing it does have going for it is the fact it can be made in advance, giving the host more time for entertaining and chatting, and less time stuck in the kitchen.

For mains in the Nineties, people were keen to move past your classic chicken dish (so Eighties!) and started experimenting with other birds, like quail. And for dessert? Tiramisu. Sure, the coffee, ladyfingers, cocoa and mascarpone creation was hardly new in the 1990s, but it was during this decade that people in the UK and America became obsessed with it (let's face



A chicken Kiev is where the meat is pounded out, rolled up and filled with garlic butter, and then coated in breadcrumbs and fried or baked. (Photo: PA Photo)

it, many still are).

2000's

The 2000's were a decade of people becoming much more conscious of their food - vegetarianism was on the rise, and it became cool to tell people that you shopped organic. Salads were a good way to show off your fresh and local produce (and give you an opportunity to start boring people about the latest article you read about sustainability), so you might have seen something like a watermelon and feta salad dished up at dinner parties; very fresh, very chic.

For the main, if you weren't going full veggie with some trendy quinoa-based con-

coction, you might have seen something from the opposite end of the food spectrum on your plate - probably a juicy steak. Popular in restaurants, people were following suit at home - something which could be down to the ubiquitous low-carb/high-protein Atkins diet. In the spirit of showing off (well, isn't that half the point of a dinner party?!), really finishing off your meal with a flourish during the 2000's would possibly have meant whipping up a creme brulee for pud. Spare a thought for all those who have kitchen blow-torches cluttering up their kitchen cupboards; they probably haven't been used since 2009. TPN/PA



In the spirit of showing off (well, isn't that half the point of a dinner party?!), really finishing off your meal with a flourish during the 2000's would possibly have meant whipping up a creme brulee for pud. (Photo: PA Photo)



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How to make a haven for birds



(Photo: David Waistell/BTO/PA)

If you are planning to put up a nest box then it is well worth considering some best practices before you get going.

You may be tempted to buy eye-catching brightly coloured nest boxes and quirky types shaped like caravans, farmhouses, eggs and windmills, but the RSPB warns that attractive and elaborate bird boxes aren't necessarily safe or effective for nesting birds. So, what should we be going for? Here are some top tips:

Make sure it's insulated

Only choose a box made from an insulating material such as wood or a special waterproof wood/concrete compound like Woodcrete.

Avoid metal and ceramics

Don't choose a box made from dense materials like metal or ceramics as the interior can become too hot or too cold for chicks to survive. Nest boxes with metal roofs retain too much heat and can have fatal effects for baby birds on warm, sunny days. Metal and plastic nest boxes also suffer from condensation causing baby birds to get damp and cold.

Choose a type with thick walls

To provide insulation and be durable, the walls of wooden boxes should be at least 15mm thick. Wooden boxes can be safely treated on the outside with a preservative provided it is non-toxic and water-based. A box made from cedar, oak or beech will far outlive one made from softwood such as pine.

Check the hole size

Choose a box with a 32mm entrance hole as this is the ideal size for all small, hole-nesting birds such as sparrows and tits. Choose a smaller 26mm hole only if you want to restrict the box to blue tits.

The box should not be too small inside as birds may lay fewer eggs in smaller boxes. The internal floor area should be at least 130 square cm (20 square inches).

Avoid perches

Perches are not necessary and may even act as a foothold for potential predators as they reach into the box to grab eggs and chicks.

Maintain easy access

A good box should provide easy access for human observers who wish to record the contents and to clean

out the disused nesting material at the end of the season.

Place them strategically

The ideal height for a small-hole type nest box is between 1m and 5m above the ground with a clear flight path. Care must be given to make sure the box isn't easily accessible to predators.

There are different kinds of nest boxes for different species of bird. Cavity nesting birds like nest boxes with entrance holes, and the size of hole will depend on the target species. For example, tits prefer boxes with a small hole (25mm), Starlings on the other hand would need slightly larger holes (45mm). Other birds like open-fronted nest boxes.

Avoid...

Steer clear of brightly coloured nest boxes. The more inconspicuous they are, the better. Make sure they are not made from flimsy materials as many boxes fall apart when any weight is put inside.

Don't let them be too shallow as young birds could leave prematurely by falling out, and don't let them be too deep as young birds may have problems getting out when they are ready to leave.

TPN/PA

Patio pots for winter

The garden may look bleak in winter, but your patio pots can liven things up, whether you're adding winter flowers, berries or bright foliage to the mix.

Underplant climbers with winter plants

If you have climbers in pots next to the house, whose leaves have fallen and are now offering no colour or interest, use the bare space to underplant them with brightly coloured winter flowering plants such as cyclamen, heather, variegated ivy or ornamental cabbage. Cyclamen should do well in sheltered areas out of the rain, as they will suffer if they are too wet or over-watered.

Let existing potted conifers become a foil for winter bedding

Keep conifers you had in pots as a backdrop to summer bedding, but fill up the spare space with new and different winter stalwarts. Good candidates include Skimmia 'Rubella', violas and winter-flowering pansies, which should flower until the worst weather hits

but will re-emerge to bloom again in spring. Also, wintergreen (*Gaultheria procumbens*) which bears festive red berries, or burgundy-leaved ajuga.

Leave ornamental flowerheads on permanent plantings

If you have permanent plants such as hydrangeas in containers, leave the flowerheads on, which will not only add winter interest but also protect the plant from the worst of the weather.

Make sure you choose large plants and place them close together for immediate impact, as they won't grow very much in winter.

Place your container where it will get as much light as possible during the shorter days of winter, to help the foliage remain green and healthy.

Water plants carefully, making sure you don't saturate them, but at the same time checking the compost to ensure it hasn't dried out. Poor watering is the main reason so many plants perish in the cooler months.

TPN/PA



Winter pansy and conifer. (Photo: Hannah Stephenson/PA)

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RURAL FIRE AND PROTECTION CAMPAIGN

Supplement presented by The Portugal News in conjunction with Safe Communities Portugal

Why such a campaign is important



Firemen fighting a blaze between Casal dos Bernardos and Rio de Couros in Outém district on 4 August 2015. (Photo:Lusa / PauloCunha)

The Portugal News and Safe Communities Portugal are pleased to join forces to form a Rural Fire Prevention and Protection Campaign to help create awareness among the community and steps that we can all take to protect our homes, ourselves and families against rural fires.

For the last four years Safe Communities Portugal has produced online its Definitive Guide to Forest Fire protection, based on information provided to them by the ANPC (National Civil Protection Association) and the GNR, as well as other sources. This year we are taking it a further step forward to reflect the importance of this issue.

Last year, we saw some of the most devastating fires in our history resulting in over 100 deaths, damage and destruction of property and the environment, and over 520,000 hectares of land

burned - nearly 6% of Portugal's entire land area. The losses were considerable, and as a result the government has made changes in law, as well as some new regulations, to help prevent and tackle fires in the future. Most important however, has been the clear message that the laws concerning the cleaning of land MUST be properly enforced with money provided to Councils to ensure this is done.

Given the overgrown state of the country and the lack of forestry management in many places, clearly this may not be achieved overnight, but working on a priority basis using the resources provided, much can

be achieved this year.

We hope therefore that readers will find this supplement informative and helpful, as well as SCP's "Definitive Guide to Forest Fire Prevention and Land Cleaning", which will be available online on our Safe Communities Portugal website.

This supplement is aimed at creating greater awareness of what we can all do to prevent rural fires by the regular cleaning of our land. If we do not, we will destroy our environment, as well as placing lives and property at risk, not to mention those who have to deal with such incidents, sometimes on a huge scale.



COMMUNICATION

Safe Communities Portugal recognised this problem shortly after it formed in 2012 and has engaged with the various government departments, both in the Algarve and Lisbon, to try and ensure greater awareness of these issues among the foreign community.

During the major fires last year, SCP met with the ANPC in Lisbon and made recommendations concerning improvements in communication and some of these are now being put in place. They also met with senior officials in Lisbon concerning making available nationally, key information on property protection in English and other languages - these are now being put in place.

There are also measures to keep people up to date about fire risks in English and SCP is currently working with the Government to put this in place soon.

With their established national protocols with the ANPC and GNR, SCP are able to reflect the views of the community directly to senior government officials based on the feedback they have received over several years and we will continue to do so. This has included views expressed in letters to the Portugal News and others.

Given the fires last year and the various changes that have

been put in place by Government, SCP have held a series of high level meetings with the Nature Conservation Institute and Forestry department (ICNF), ANPC and GNR, to help create greater awareness of the need for people to protect their properties against fires in rural areas.

As a result of this, the ICNF, have agreed that the main leaflets produced by them concerning protecting your property and burning debris will also be produced in English, (and other languages) to help non-Portuguese speaking homeowners and tenants. Safe Communities, working with embassies, is providing the translations.

This is an important step as the leaflets are applicable anywhere in the country and the information provided by the ICNF is the basis of that used by municipalities in providing their own individual leaflets. They are available online, and leaflets and posters in hard copy will be available in due course.

Throughout the year, SCP will be providing updates and information as usual through our website www.safecommunitiesportugal.com and our Facebook page as well as through newsletters and KissFm.

Prime Minister - Cleaning up land is "an effort that involves the whole of society"

"It is essential that everyone is aware that it is fundamental work to clean up the bushes and trees around houses and villages, in order to reduce the risk of fire next summer," he said.

Speaking in Tondela recently, the Prime Minister António Costa said, "We have a duty to reduce the risk of fires. The law has imposed for over 10 years, very clear obligations to all: in the 50 metres around each house and in the 100 metres around each settlement, land must be cleaned, as well as on the banks of the roads, underneath the high voltage lines."

This cleaning effort "we have to do now. By 15 March it is the duty of all owners to carry out this cleaning", he added. "As of 15 March, municipalities have all the power to enter private properties and do what the owners have not done. What's more, they have the right to take possession of

those lands and to charge, either for the sale of woody material or for the cleaning of the land, the expenses they have incurred because the owners have not done what they have to do," he said.

António Costa emphasised that "this is an effort that involves the whole of society, and cannot be insured only by the presidents of Parish Councils, Municipal Councils, or Government".

"The work we have for the whole country is enormous. And so either we all do this work now or it will be impossible to do it," he said.

He added that "the reality of living today is different to what we have known in the

past". The forest is more disordered and we are living through the second consecutive year of drought - "climate change is a reality that changes the conditions in which we live."

The Prime Minister said that "the ICNF has already

identified, in the whole of the country, the 19 highest-risk areas of fire next summer, based on the type of forest, climatic conditions, fire history and more in 180 counties, more than a thousand parishes and thousands of villages."



Photo: Lusa / António Cotrim



RURAL FIRE AND PROTECTION CAMPAIGN

Introduction by the Head of Forest Fire Defence Division ICNF Rui Almeida

Fires which break out in the countryside, throughout mainland Portugal and Madeira, are more frequent and cause more damage during drier periods. In Portugal, drier periods are naturally more common at hotter times of year.

Such fires are mostly caused by people, so if we change our behaviour we can significantly reduce the number of fires.

Fires affect areas of forest and farmland and, in recent years, due to longer periods of lower humidity and less rainfall, considerable damage has been caused to buildings, goods and properties, not to mention the loss of human and animal lives.

The preventative measures that every person and every household can take are extremely important in reducing the risks.

First of all, take a look at the area surrounding your property to see if the minimum safety conditions have been met, in accordance with the information produced by the ICNF shown in this supplement.

Secondly, make sure you always have something to hand - especially water - that you can use to put out any small fires that might break out. When there is a fire, the first signs that it is



approaching are the smell of burning and the smoke. As soon as you notice these, be alert and check on the ANPC website to see if there are any fires near you. Work out a plan in advance for the evacuation of your family members and animals to safe meeting points. If you are unsure about anything, ask for help and advice from your municipal council's Forestry Office (Gabinete Técnico Florestal).

What the law says - cleaning of land (fuel management)

Article 153. of the Annual Budget of 2018

During the year 2018, the work defined in number 2 of article 15 of Decree-Law no. 124/2006, of 28 June, must occur up to 15 March, in its current version, regardless of the existence or approval of a Municipal Plan for Forest Protection against Fire (PMDFCI).

During the year 2018, the fines referred to in Article 38 of Decree-Law No. 124/2006, of June 28, in its current version, are **doubled**.

Until **31 May** 2018, the Municipalities must ensure the completion of all works and should replace the owners and other non-compliant forest producers, by undertaking

fuel management provided by law, by means of a communication and, in the absence of a reply within five days, by posting on workplaces.

In the case of replacement referred to in the previous paragraph, **owners** and other forest producers are obliged to allow access to their land and to reimburse the Municipalities for the expenses incurred with the fuel management.

In order to comply with the provisions of this article, in particular the execution of the work which is necessary for full compliance with the preventive measures referred to in paragraphs 1 and 3, the municipalities rely on the collaboration of the police forces.

Latest law update: law n.º10/2018, 14th Feb.

This new law has caused some confusion as there is a lack of clarity as to what types of land are affected by the new provisions. The following has been clarified by the ICNF:

For forests only (does NOT apply to gardens):

- In the area containing trees, the distance between the treetops must be at least 10 metres where the trees in question are maritime pine and eucalyptus; the trees must be pruned to 50% of their height if they are 8 metres tall or more; trees taller than 8 metres must be pruned to a height of 4 metres or less above the ground.
- In the area containing bushes, the maximum height of the vegetation may not exceed 50 centimetres.
- In the area containing smaller shrubs and scrub, the maximum height of the vegetation may not exceed 20 centimetres.

For gardens

Under exceptional circumstances, where the tree cover has a high property or scenic value, a distance of less than 5 metres is admissible, as long as enhanced provisions are made to keep the area clear of combustible materials both horizontally and vertically, and steps are taken to ensure that no combustible materials will accumulate on the roof of the building.

For gardens and agricultural land

There is no need to prune fruit trees (in other words the 4 metre distance rule does not apply) but they cannot be less than 5 metres from the house or cover over a roof top.

There are many provisions in the new law, but the priority is to do the basics, i.e. clean your land using the mandatory provisions outlined in this supplement. Enquiries about the new law should be directed to ICNF or Civil Protection or David Thomas.

How Forests are defined

Municipal "Forest" Fire Protection Plans that are in force, do not cover just forests but all rural areas. Likewise the ANPC itself under the heading "Incendios Rurais" (Rural Fires), includes bush, agricultural and "forest" fires. To avoid any misunderstanding that the cleaning of land is limited to only forest areas (where there are few houses anyway), the ICNF have agreed the term "Rural" Fire Protection for the English speaking community.

Incendios Rurais" (Rural Fires)

One new major change is in terminology, from "Forest" fires to "Rural fires", which is now used by the ICNF in their latest publications regarding land management. Likewise, the ANPC itself in its operational situation page, includes under the heading "Incendios Rurais", bush, agricultural and "forest" fires. The reason for this

change is that in recent years fires have extended more into rural areas and have even affected villages themselves. New posters in English and Portuguese, but in other languages as well in due course, can be downloaded from the ICNF website - <http://www2.icnf.pt/portal/agir/boapratc/dfci>

Good reasons to protect our properties against forest fires

2017 was perhaps one of the most destructive years for forest fires with a total of over 100 lives lost a countless number of properties destroyed and damaged, people made homeless and out of work, and over 520,000 hectares of land burned.

An analysis of the causes of fires undertaken by the GNR shows the following out of 17,090 investigations undertaken.

CAUSE	NUMBER	PERCENTAGE
Negligence	5808	33.9%
Intentional	3405	19.9%
Re-ignitions	1749	10.2%
Natural	135	0.7%
Unknown	6493	37.9%
Total	17,090	

As can be seen fires caused by negligence amount to around one third of all fires. A large component of these is through the burning of debris resulting from cleaning, when the fire has become out of control. It is important therefore to undertake cleaning in a responsible way, hence its inclusion in this guide.

How to do a controlled burn of heaped materials safely

National awareness-raising campaign



SOMETHING TO SHOUT ABOUT!

Here are just some of the headlines singing Portugal's praises over the last year:

- Currently Portugal is at the top of the destination list to be considered, either to visit or live
- Crowned Best European Destination 2017
- Algarve Third Cheapest Destination for UK Travellers
- Portugal named World's Best Golf Destination
- UN Tourism Boss chooses Portugal for First Official Trip
- Portugal in Top Ten of Retirement Destinations

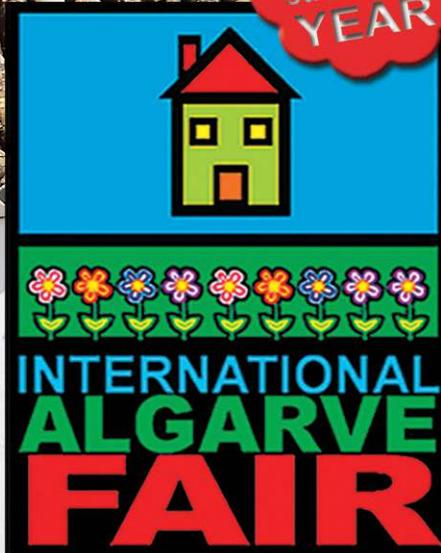
The theme of The 2018 International Algarve Fair is 'Something to shout about'.

If your company has something to shout about, you need to be there. Book your stand today.

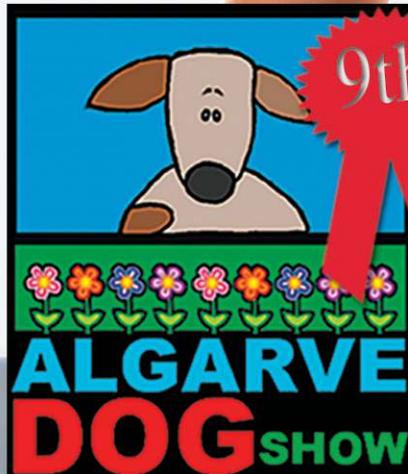
find out MORE about the Rural Fire Prevention and Protection Campaign on the SAFE COMMUNITIES PORTUGAL stand at this year's Fair



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RURAL FIRE AND PROTECTION CAMPAIGN

Protecting your house against Rural Fires – WHAT YOU NEED TO DO

The National Forest Authority (ICNF) gives the basic steps to protect your house against the spread of forest fires. Remember these will not prevent a fire starting, but will help in preventing it reaching your property. These are divided into two groups: "mandatory" and

"advisable". Remember it is mandatory to manage the vegetation measured 50 metres from the exterior of your house. This must be completed by 15 March or risk a hefty fine. Please refer to the poster (Opposite) published by the ICNF in February 2018



Cleaning of land next to public roads

Land should be cleaned 10 m either side. If a public road this is the responsibility of municipality. However, if land within the 10 m strip is privately owned, the owner

or tenant will be asked to clean, failing which council can enter and do so. In such cases wood cut will be can be sold by the contractor not owner.

Government Hotline for more information has been established 808 200 520

PROTECT YOUR HOUSE AGAINST RURAL FIRES

MANDATORY

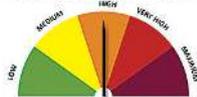
By **15th March** it is mandatory to manage the vegetation measured from the exterior wall of the house:

- within a minimum range of 50m around the buildings, whenever these lands are occupied by forest, shrubs or natural pastures;
- With a minimum range of no less than 10m on land in rural areas with other types of use.

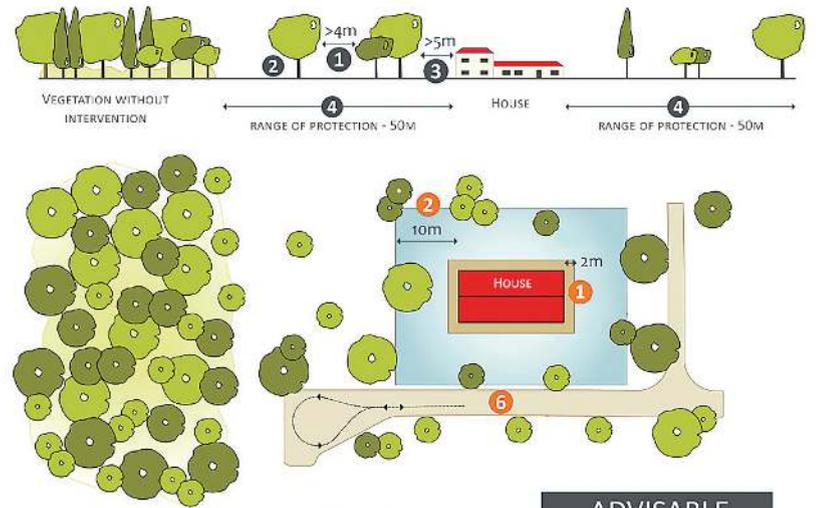
- 1** The space between treetops should be, at least, 4m.
- 2** Prune trees 4m above the ground. For trees with a height of less than 8m, prune the **lower half** (50%) of the tree.
- 3** Trees and bushes must be 5m away from the **buildings** and treetops must not extend over the roof.
- 4** Do not keep firewood, debris or any type of inflammable material within this area.

Stay informed!

Check daily Fire Risk for your region and contact the IPMA and the ICNF Know the constraints associated with the 5 levels.



In case of fire
DIAL 112
(Free call)



ADVISABLE

- 1** Have a **strip of non-inflammable paving**, between one and two metres in width, around the building.
- 2** Avoid having very inflammable vegetation or plants that dry easily within **10 metres** of your house. Avoid having **hedges** made of species that accumulate lots of dry woody material inside, or which contain oils or resins, and avoid enclosures made of cane or dry heather.
- 3** Check that the **watering system** and hoses are in working order.
- 4** The **roof** is one of the most vulnerable parts of the house. Remove grass, leaves, branches and moss from rooftops, gutters and drain pipes. Fit a spark screen in the chimneys.
- 5** Protect **doors** and **windows** with blinds or shutters. Use **double-glazing** and tempered glass and choose sliding windows.
- 6** Keep the **access** to your house unobstructed and create a space that will permit U-turns.
- 7** Keep an up-to-date list of **emergency contacts** to hand.

IN CASE OF A FIRE NEAR YOUR HOUSE

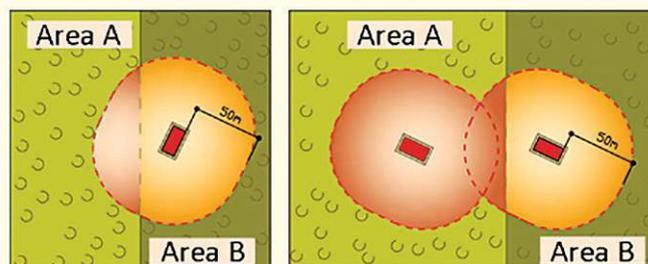
- 1** Wear **loose cotton clothing** (avoid synthetic fabrics) in order to cover your arms and legs, and wear closed footwear. Avoid **exposure to smoke** and fumes and cover your mouth and nose with a damp cloth.
- 2** Close all doors leading to the exterior and all interior doors too, as well as all windows and any other openings (ventilation grids, for example). Switch off automatic door- and gate-opening mechanisms. Put wet, rolled-up towels along the bottom of doors and windows. **Any open crack could prove fatal** by allowing the fire into your home.
- 3** Close gas valves. **Move combustible materials away** from windows (e.g. curtains, sofas, etc.) and remove garden furniture and any wood that may be on the porches or next to the house.
- 4** **Water the area around the house.** If you have a watering system, turn it on. Gather **buckets of water** indoors and outdoors. If a fire breaks out, put it out immediately with water, earth or branches.
- 5** Keep a vehicle in a state of constant readiness for emergency evacuation. Stay indoors and **follow the instructions given to you by the authorities.**
- 6** After the fire has passed, check to see if there are any small areas still alight; look for smoke and/or flames next to doors, windows, roofs, chimneys and gutters. **Remain alert over the followings days.**

www.icnf.pt | www.safecommunitiesportugal.com



Neighbours

Where a neighbour's land border is within 50 metres of your house, management of the 50 metre protection range becomes a joint responsibility between you and your neighbour. It is important therefore to discuss this with them and work out a division of responsibility.



- Vegetation management conducted by the owner of Area A within a radius of 50m around the house(s)
- Vegetation management conducted by the owner of Area B within a radius of 50m around the house(s)



RURAL FIRE AND PROTECTION CAMPAIGN

What to do if the neighbouring landowner does not comply

This is one of the biggest problems facing landowners. If part of the neighbouring land is within 50 metres of your house then they need to comply. Sometimes such land has been abandoned and has therefore become overgrown. In other instances the people may have little money to clean their land and risk a fine. And unfortunately there are some who refuse to clean.

In tackling this, it is best to try and speak to the neighbour first if possible. However if this is not possible or you have spoken and the owner refuses, then it should be reported to either the local Civil Protection

unit in your municipality or the GNR. This will then be checked, and enforcement action taken against the owner and the land cleaned by the municipality (on a risk priority basis).

How these measure will be enforced

In 2017, some 1,686 people were fined for not managing their land. This year with far greater priority being given to this, there is the potential for these figures to rise should people not comply.

Prevention also comes before enforcement however, so campaigns are being undertaken throughout the country to create awareness among the community so that as much land is cleared as possible by the 15 March. These awareness campaigns are being undertaken by the GNR, civil protection, Bombeiros and others, including volunteer organisations, through the media and visits to those in isolated areas.

It is important to note that the whole object of the campaign is to ensure that the areas where the risks are high are cleaned to help protect life and property in the event of a fire. Where reports have been made to the council and or GNR, or they themselves have noted areas that are required

to be cleaned, the owner or tenant will be warned, with advice given on what needs to be done, before enforcement action is taken.

If, however, by 15 March land has not been cleaned then a contravention order may be issued.

As far as we are aware the landowners/tenants, **who do not comply after such warnings by the GNR or Civil Protection**, will receive in due course a notification by post of the fine, giving the amount, how it needs to be paid and the payment deadline. Failure to do so will result in further action and the likelihood of higher penalties.

Fines: The fines for failing to clean land for 2018 have been doubled and are currently **€280 - €10,000 for individuals and €1,600 - €120,000 for corporations**

In practice, if it is obvious that you are clearing your land, but not finished by 15 March, you will likely be issued with a notice and a timeline to clear it by.

Other matters to be aware of

If there are electric or telephone wires across your property that are preventing the safe pruning of trees, contact the civil protection office, EDP/MEO or the câmara.

Vegetation next to a road, should be cut back 10 metres away. If the road is public, contact the local civil protection office.

It is clear that there will be many questions arising from the various laws and it is not possible to cover everything in this article. Much of this is common sense. In case of doubt the best action is to contact the local civil protection office (email address/and contact numbers provided, or the ICNF office

Difference between burning debris and pasture renewal burning

For many people living in rural areas, the disposal of debris from tree cuttings and bushes is a constant challenge.

The normal process is to burn these, but in doing so there are a number of laws that dictate when and under what conditions this is possible. Cleaning your land is essential to prevent the spread of fire so understanding the law is essential.

However, sometimes there is confusion between burning debris and pasture renewal burning. It is important to understand the differences because the approval conditions are very different.

Debris burning (Queima), is

used mainly in the cleaning of land before the critical fire period (normally starting 1 July) and takes place after bushes, shrubs, tree branches have been cut, gathered together in small piles and then burned. Do not place these piles, however under trees.

Pasture renewal burning (Queimada) is generally for grassland renewal, the burning of stubble and forest debris that

are uncut or cut on the ground, but NOT gathered into piles.

Neither type of burning is permitted during the Critical Fire period, and when the Fire Risk is "Very High" or "Extreme". It is important to note that, in addition, pasture renewal burning is also NOT permitted when the fire risk is "HIGH". In other words it is only permitted in Moderate or Low conditions.

Civil Protection Contacts

Albufeira	protecao.civil@cm-albufeira.pt	289 599 503
Aljezur	pcivil@cm-aljezur.pt	289 900 014
Alcoutim	protecao.civil@cm-alcoutim.pt	281 540 500
Castro Marim	expediente@cm-castromarim.pt	281 510 740
Faro	cbsfaro@cm-faro.pt	289 888 000
Lagoa	protecaocivil@cm-lagoa.pt	282 380 400
Lagos	proteccao.civil@cm-lagos.pt	282 768 008
Loulé	dpcv@cm-loule.pt	289 400 827
Monchique	smpc.monchique@cm-monchique.pt	282 910 210
Olhão	protecaocivil@cm-olhao.pt	289 710 000
Portimão	proteccao.civil@cm-portimao.pt	800 282 112
S.Brás de Alportel	proteccao.civil@cm-sbras.pt	289 840 000
Silves	protecao.civil@cm-silves.pt	289 840 000
Tavira	bombeiros@cm-tavira.pt	281 322 122
Vila do Bispo	pcivil@cm-viladobispo.pt	282 630 600
Vila Real St. António	smpc@cm-vrsa.pt	281 530 190

Contact details for the ICNF Algarve:

Tel: 289 700 210 Fax: (+351) 289 700 219, E-mail: dcnfalg@icnf.pt

Obtaining permission/permit before lighting fires

Debris burning

If you wish to burn debris in piles outside the critical period or when the wildfire hazard is not Very High or Maximum, you should telephone your local Bombeiros and obtain permission.

In these cases, you need to call them and check whether it is permissible given the weather conditions in your area. They will ask you a number of questions such as the date and the time of the burning and what you are intending to burn (items for instance such as tyres and plastics are prohibited).

Burning of large areas - pasture renewal burning

The burning of large areas such as in pasture renewal burning is only permitted after obtaining a permit/permission from the city council or parish in your area. If it is granted it may need to be conducted in the presence of a certified firefighter or, a team of firefighters. Anyone contravening this is liable for a fine of up to € 60,000. You cannot burn when the fire risk is "High", "Very High" or "Extreme" or during the Critical Fire period.

What the councils will do

Councils are required to undertake work to clean land if owners refuse to do so. In addition to any fines, the owners will be charged for this work. Clearly after many

years of inaction, this is a considerable task to achieve so it is likely that it will be prioritised, depending on the level of risk to the property concerned.

The Government has identified 189 municipalities and 1049 parishes on the mainland that are at maximum risk and 9800 clusters of properties that are an effective priority.

RURAL FIRE AND PROTECTION CAMPAIGN

Precautions to be taken when burning fires

Burning debris is one of the most common ways of disposing of cut waste from your land but when uncontrolled it is one of the biggest causes of rural fires.



The ICNF has provided a comprehensive list of precautions to be taken when burning debris at times when it is permissible to do so - this is known as a controlled burn. This is used to eliminate left-over materials from forestry operations or farming, such as pruned leaves and branches from vines and olive trees, among others, cut up and piled into a heap.

The precautions to be taken

include when and under what conditions fires can be lit and how they should be managed. Specifically it covers issues such as: humidity, air temperature, wind, fuels, avoiding slopes; the gradual feeding of fires; monitoring fires; water supply; utensils to be available and the proper management of the aftermath during the period of extinguishing and beyond. Many fires are caused by people burning debris or land without taking the proper precautions.

These very helpful tips will allow fires to be lit and control-

led, during periods where it is permitted to do so, without the risk of the fire becoming uncontrolled and threatening your life and property and that of others.

The basics

The most basic advice is to choose cloudy days; take your mobile phone with you so you can raise the alarm in the case of fire and have someone else with you when you undertake the burn. Do not undertake controlled burns when the weather is hot and dry or when it is windy.

How to undertake a controlled burn safely

One good piece of advice is to start the fire early in the morning when it is cooler and damper and allows you more time to monitor the fire and prevent any re-ignition late at night.

- Move the pile of left-over materials that you are going to burn away from grazing land, woods, scrubland and trees.
- Make a vegetation-free firebreak around the things that you are going to burn.
- Wet the firebreak before you start the burn.
- Have a water supply or a hose alongside the site of the burn.
- Make several small piles instead of big ones.
- Burn the left-over waste in batches.
- Stay vigilant. If any sparks fly, put them out immediately.
- Leaving a burn unattended is prohibited.
- Pay attention to changes in the wind. Protect yourself from the smoke by covering your mouth and nose with damp cloths or a smoke mask. Inhaling smoke can be fatal.
- If the burn gets out of control keep a safe distance and dial 112.

How to put out a controlled burn.

It is important that these tips are followed as many fires are caused by fires that have been left to burn without being properly extinguished.

- Keep burning until only ashes are left.
- Turn over the burnt remains to see if any small flames still persist.
- Put the burn site out with water or by throwing earth on top of it.
- Do not leave the site until you have checked that there is no smoke coming from the ashes.

If you are using local farmers and/or contractors to burn debris on your land, ensure that they follow this advice. Do not allow them to set fire to a large area of uncut vegetation, as this requires a licence. If rules are not followed and a fire develops causing damage to others, as the landowner you may still have some liability.

What to do in the approach of or during a fire

The actions that you can take will depend how close the fire is to your home. Remember fires can move quickly, especially in windy

conditions. The poster shows the basic measures that should be taken if a fire is close to your home. Of course, in particularly high

risk areas, it is best to prepare well ahead for fires, with emergency kits at hand should evacuation become necessary.

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RURAL FIRE AND PROTECTION CAMPAIGN

SCA News

In recent decades, forest fires have become an increasing concern for mainland Portugal, and in recent years have reached enormous dimensions, both in terms of size and intensity, drastically affecting not only ecosystems, but also, sadly, the population and their belongings.

2017 was catastrophic. A lack of forest management coupled with lack of intervention/maintenance of forest fire protection networks, harsh weather and an unprepared population, in terms of self-protection measures to be adopted, fuelled the tragic outcome.

In the Algarve, while the hot weather recorded was the second most severe in the last decade and the number of fires was higher than the decade's average, the results obtained in 2017 were rather favourable.

However, in spite of the work carried out in terms of structural prevention, awareness-raising, surveillance and the enormous effort made to set up special firefighting resources to meet the operational needs of the Region, we know that the Algarve is vulnerable to large fires.

However, we also know that the response mechanism in place in the Region has proved highly efficient year-after-year, even though the land use planning of the Algarve's rural and forested areas does not yet guarantee sustainability of the results achieved.

In recent years, we have been working towards improving the practices, methodologies and procedures in operations, through the implementation of operational training for all civil protection officers and entities that cooperate in the field of fire prevention.

Specific focus has been placed on the security and safety of populations and their assets.

In this context, the citizen plays a fundamental role in front-line civil protection, and must be prepared for and aware of the risks to which they are exposed, as well as understanding self-protection measures needed

to protect themselves and fellow citizens.

After the fires of 2017, the Resolution of the Council of Ministers no. 157-A/2017, of 27 October, was published, which advocates, in the context of strengthening population security, a set of measures aimed at creating programmes such as the 'Safe People' and 'Safe Village' programmes, whose purpose is to raise awareness and establish structural measures for the protection of people and goods, as well as buildings within the urban-forest interface, through the involvement of citizens and various entities, including local authorities.

The involvement of society as a whole is therefore of paramount importance in keeping citizens and communities informed about the measures to be taken in the event of a fire. Clearing land around properties must be a priority, in accordance with the laws in force, to create a barrier so that in the event of a fire, material and, fundamentally, human damages are as minimal as possible, given that the means of combating fires are limited.

We have every confidence in these strategies and procedures, which have shown improvements, as well as being sure that efforts to optimise resources and competencies will be pursued with the same ongoing commitment by all and as always, to make the Algarve increasingly safer and resilient.

Concluding, and citing Alexandre Herculano: "It is the progress of ideas that brings change, not the progress of errors that makes them inevitable."

Faro, 20 February, 2018
 Vítor Vaz Pinto
 Operational Commander of the Algarve
 National Civil Protection Authority

Fire Prevention and Protection Campaign

Why such a campaign is important

Providing a safe environment is important to our quality of life here in Portugal. Fires in rural areas pose a risk to communities including: ourselves, our families, neighbours, friends, animals and properties. We must therefore do what we can to help reduce the fire risk through cleaning our land by 15 March. An important step is creating awareness, and this is the aim of this campaign and supplement - getting key information across so we can take the necessary protection steps. This supplement cannot provide all the answers, as the laws can be quite complicated and are frequently changing, but I hope it will help address the most important issues and where clarification is required, provide the necessary contact points where further information can be found.

David Thomas

Equipment to have handy in case of a fire

For those living in rural areas where the risk of fires is high, it is worth considering having an emergency pack available should a fire break out.

The ANPC have produced comprehensive guidelines covering this subject which can be downloaded from their website in Portuguese. An English version is as follows:

Have the following spare equipment: Battery operated radio and flashlight with backup batteries; a first aid kit; food and beverage in preserved packaging; strong and heat insulated shoes (leather for example).

In the event that your family may be separated during a fire (when the adults are working and the children in school) develop a plan to bring them together. Use a point of contact between your family and friends. Make sure everyone knows your name, address and phone number;

The above are basic steps and you may wish to supplement these items if you are living in a high risk area, particularly during the summer.

Keep the items, together with a rucksack, available if you have to leave the property quickly.



David Thomas, Safe Communities



Property Insurance - Fires

It goes without saying that if you live in a rural area property insurance including the risk of fires is very important. It is also important that you check your clauses carefully as some elements of protection of property are mandatory.

Further information can be found on www.safecommunitiesportugal.com

What is a controlled burn?

- The use of fire to eliminate left-over materials from forestry operations, farming or gardening, such as pruned leaves and branches from vines and olive trees, among others, cut up and piled into a heap.



Controlled burn of left-over farm materials.

How to carry out a controlled burn safely

- Move the pile of left-over materials that you are going to burn away from grazing land, woods, scrubland and trees.
 - Make a **vegetation-free firebreak** around the things that you are going to burn.
 - **Wet the firebreak** before you start the burn.
 - Have a container with **water** or a hose alongside the site of the burn.



In case of fire **DIAL 112**.

A Fire-free Portugal depends on all of us

- Make several **small piles** instead of big ones.
 - Burn the left-over waste in **batches**.



- Stay **vigilant**. If any sparks fly, put them out immediately.
 - Leaving a burn unattended is **prohibited**.
 - Pay attention to changes in the **wind**. Protect yourself from the smoke by covering your mouth and nose with damp cloths or a smoke mask. Inhaling smoke can be fatal.
 - If the burn gets out of control keep a safe distance and **dial 112**.



How to put out a burn

- Keep burning until only **ashes** are left.
 - **Turn over** the burnt remains to see if any small flames still persist.
 - Put the burn site out with **water** or by **throwing earth** on top of it.
 - Do not leave the site until you have checked that there is **no smoke** coming from the **ashes**



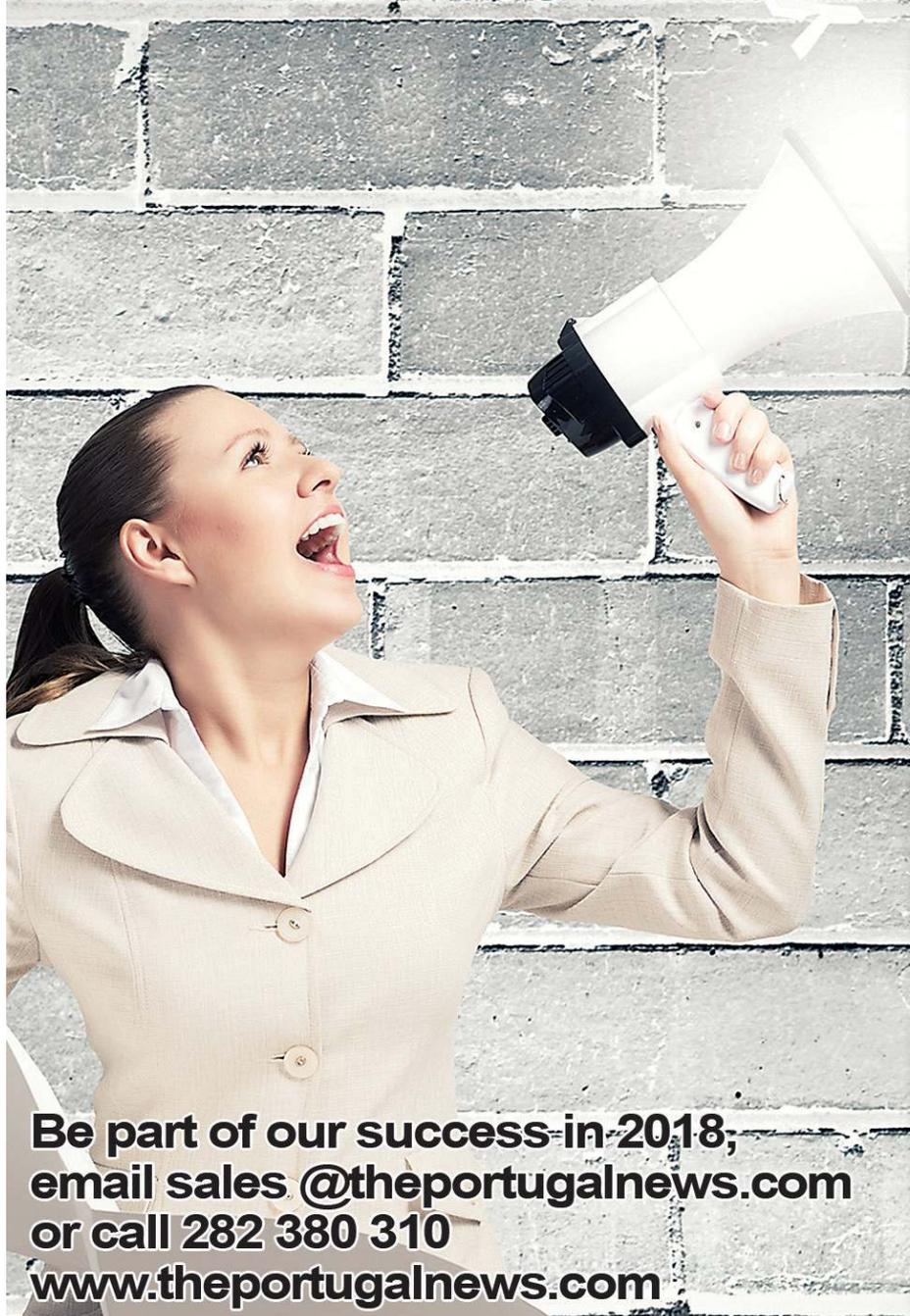
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2017 - 18,493

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FARO AIRPORT²: 3,100 (16,77%)

NEWS AGENTS: 2,200 (11,90%)

¹High traffic areas such as Apolónia, Algarve Shopping, Aqua, and quality supermarkets such as Intermarché, Continente and Pingo Doce.

²Copies available to passengers in Arrivals and Departures through an exclusive protocol with Faro Airport.

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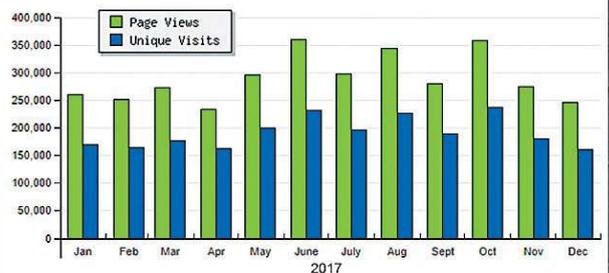
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	Page Views	Unique Visits	First Time Visits
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Monthly Average	289,771	191,585	151,917



	Page Views	Unique Visits	First Time Visits	Returning Visits
Dec 2017	246,949	160,772	123,147	37,625
Nov 2017	274,237	179,666	139,658	40,008
Oct 2017	359,042	238,089	186,864	51,225
Sept 2017	279,558	190,007	149,474	40,533
Aug 2017	344,162	225,949	180,616	45,333
July 2017	297,793	197,205	156,417	40,788
June 2017	360,323	232,217	188,585	43,632
May 2017	296,551	200,070	161,498	38,572
Apr 2017	233,823	163,372	130,132	33,240
Mar 2017	272,699	177,520	141,080	36,440
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Stain SOS

From red wine and coffee to everyday dirt and grime, Abi Jackson asks those in the know for their top tips.

You've finally got your lounge looking lovely - now the challenge is to keep it that way. But homes aren't just for show, they're for living in, which means spillages and scuffs will happen, and those beautiful, brand-new covers and carpets will eventually get grimy. After all, what's the point spending ages hunting down your dream sofa, if you can't drape yourself over it with a smooth glass of red after a busy week? And why bother indulging in that extra fluffy rug if you're not going to sit on it for Friday-night movie marathons? Instead, there are things you can do to help tackle stains, marks and general filth build-up. Add these expert tips to your list of spills and stain solutions...

Rule number one: Act fast
Ideally, you don't want to leave spillages to soak in - taking quick action is usually the best bet. "Over a sofa's lifetime, we know that however hard we try, accidents happen and spillages can occur. Quick action can help minimise the risk of permanent stains. As soon as a spill occurs, take a kitchen roll or a clean towel to soak up as much of the excess spill as possible, and then consult your manufacturer's care guide to treat the rest of the spillage," advises Simon Nicholson, furniture buying director at sofa and carpet specialists ScS.

Remember: Blot don't rub
Rubbing a spillage is never a good idea - or you could end up 'spreading' the stain. "The aim is to absorb the excess liquid, so remember you only ever blot a stain or spillage. Rubbing will only cause the stain to become further embedded in the fabric," explains Glen Ball, furniture technologist at Sofology, who offers customers a five-year stain and scratch removal service with their 'sofashield' cover. "Use a clean, dry cloth and always ensure that it's colour-fast. Cotton is best, but if in doubt, tissue paper will do the trick."

Raid the kitchen cupboards
For a carpet/rug red wine or coffee spillage you're tackling yourself, some quick action with a homemade remedy might be useful. We've all heard about chucking white wine on top of a red wine spillage... the jury's out on how effective this really is, but lots of people swear by using baking soda, or a baking soda paste (mix three-parts baking soda with one-part water. Apply to the affected area and leave to dry and 'suck' up the offending spillage, then vacuum it up - hopefully lifting the stain in the process). Another method is to mix a tablespoon of liquid dishwashing detergent with a tablespoon of white vinegar and two cups of

warm water. Then apply this to a clean cloth and repeatedly blot the stain, alternating with a separate dry cloth, until the stain lifts.

Know when to call in the professionals
"Everyday stains and spillages are fine to deal with yourself. Liquids like cordials and hot drinks can be removed with a little gentle persuasion," adds Ball. "Things like red wine and orange juice are better handled by the professionals once you have tried the 'blot, don't rub' approach." The experts at ScS also advise seeking help from a professional upholstery cleaning service or visiting an upholstery specialist, who may be able to offer a specialist cleaning kit for stubborn stains, or if the manufacturer's care guide recommends it. This is especially important with fabrics that are delicate or require specialist care and cleaning methods. And Nicholson adds: "However tempted you may be, never machine wash the [sofa] covers, even if they appear to be removable."

Be careful about the products you use
This might sound like a no-brainer, but make sure you check that any cleaning products you're going to try are definitely suitable for your sofa/fabrics. If in doubt, call the manufacturer's customer helpline, or pop into a specialist store

Rubbing a spillage is never a good idea - or you could end up 'spreading' the stain. (Photo: PA Photo)



to ask for advice. The same applies when using substances that might seem completely harmless, like water. "Many people think using water to clean their carpets will mean fresh, bright floors, but over time, the repeated wet cleaning can wash out wool's natural waterproofing, resulting in the carpet acquiring a hard, crusty feel," says Peter Hollier, a cleaning expert with home appliance manufacturer Vorwerk, who sell a range of products designed to make light work of deep-cleaning your home (kobold.vorwerk.co.uk). "Water can also cause the carpet fibres to shrink and stretch and the dye to bleed, leaving a less-than-luxurious finish. So, if you are going to clean your carpets with water, it's important you don't use too much and you dry the carpet quickly."

Factor in some thorough deep-cleans
To really keep carpets and rugs looking their best, the experts advise routine

deep-cleans twice a year, or when required. "Carpets collect a lot of dirt and dust over time, from children running in with their shoes on after they've been to the park, pets rolling on the floor, and not forgetting the countless times food or drink has been spilled. Regularly vacuuming your carpets will result in the top layer of dust and grime being sucked out, however, you are leaving behind worn in dirt and allergens that only a good deep-clean can remove," says Hollier. "So, in addition to regular vacuuming, your carpets and rugs need a deep-clean to remove stubborn dirt that's become

embedded in the fibres. We believe dry-cleaning is the best solution, with a powder-based cleaning agent that you sprinkle on the carpet, massage in and then vacuum away. It might take a little longer than other cleaning methods, but it will ensure you achieve the desired results without damaging your carpet in the process." You can often run the vacuum over your sofa too, and the Sofology experts suggest: "For extra TLC, we recommend a weekly wipe down with a slightly damp cotton cloth and a quick vacuum with the soft tip brush attachment."

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Winter sunshine in Cabo Verde

As the five-star Hilton Cabo Verde opens on the island of Sal, Lauren Taylor explores the African archipelago where the sun always shines.



A boat trip down the west coast of the island of Sal. (Photo: PA Photo/Lauren Taylor)

“You’ll look ten years younger,” our guide Admir promises as I let volcanic clay seep into my skin and float effortlessly in the saline water of Pedra Lume, a flooded caldera in the north-east of Cape Verdean island, Sal. Locals say the mineral-rich clay found at the water’s edge has age-reversing properties, and it’s far cheaper (a 5 euro entry fee) than any fancy spa treatment. The lake in the extinct volcano naturally holds 26 times more salt than the ocean and it’s naturally heated; lying back in the hot December sun, I’m beginning to understand why the local motto is “no stress”. Sunshine was almost guaranteed on Sal (Portuguese for salt - which the island has in abundance), but softer skin and crater lake swimming were completely

unexpected. Cape Verde is full of surprises though. It’s clear that holidaymakers - largely couples and young families - are here for three things; winter sun, long stretches of sandy beaches and crystal-clear sea. The coastline’s perfect kitesurfing conditions also attract a small, trendy crowd. But I discover there’s a lot more to the African archipelago, 310 miles off the coast of Senegal in the Atlantic. Sal, the most touristy of the country’s 10 islands, is also the driest; last year the desert sands only saw two days of rain - evident in the strange moon-like quality of the landscape, which features steep peaks reaching up to the sky. Year-round temperatures range from 24 to 30 degrees Celsius, but very little grows here. The exception

is wild asparagus, which Sal’s capital city - Espargos - is named after. Incidentally, place names and the creole language are some of the few vestiges of Portuguese colonial rule, which ended in 1975. Now it’s hotels that line the south side of the island and the latest in the developing coastline is the new five-star Hilton Cabo Verde. It’s a 15-minute stroll from Santa Maria, a pretty town almost exclusively made for tourists with a lively restaurant and bar scene, and a fishing pier worth visiting for the catch around 10 or 11am. The beachfront, palm-tree lined property surrounds a huge pool and has a boardwalk leading to a beach bar. The generously-proportioned rooms in fresh neutral tones, all come with balconies or garden ter-

aces looking out onto palm trees. The main Magellan restaurant offers good quality buffet food. For something a bit more special, the Bounty restaurant on the beach is a quiet spot for seafood or sinking into one of the lounge chairs with a drink, overlooking the sea at night. Tuna is abundant in Cape Verde and this is a good place to try it, while the octopus salad goes very well with a glass of the local white wine from the nearby (much greener) island of Fogo. Sal relies heavily on produce from the archipelago’s nine other islands, most of which have startlingly different landscapes and more rain, but a less-developed tourist scene. For active travellers, Sal is perfect though; high winds create the right conditions for water sports, and the kitesurfing and windsurfing world championships have both been held here. The Hilton also offers kayaking, paddle boarding and scuba diving at an extra cost, and the island’s only yoga studio - the excellent Yoga Cabo Verde - is down the road in Santa Maria (10 euros per group class). No excuses just to sunbathe then... It would be easy to spend days lazing on the three kilometres of beach right outside the Hilton (which is public, though you wouldn’t know it), but with a bit of exploration, it’s easy to escape the package-holiday crowd entirely.

After just a 20-minute cycle along a cobbled road, my travel partner and I stumble across a small, empty and unspoilt bay. In a re-enactment of Leonardo DiCaprio discovering paradise in Danny Boyle’s film *The Beach*, we skip with glee into the calm, clear water of Ponta Preta and stay for the entire day. Only a handful of people arrive while we’re there. At 216 square kilometres, Sal is small enough to tick off all the to-do tourist activities, while still spending most of your holiday horizontal on a sunlounger. Quad bikes are a popular mode of transport for travellers eager to explore the uninterrupted desert which covers most of the island, but we choose to hop on horseback for a trot along Kite Beach in the south-east of Sal. Many of the horses at Santa Marilha Horse Excursions are rescued race horses. Canter in the surf, with dozens of colourful kites emblazoned across the sky, a volcano in the distance and waves lapping alongside, is one of those once-in-a-lifetime moments you won’t find in every package-holiday destination. Wildlife lovers may find more than they imagined in Sal too. I can now boast that I’ve swum with sharks... well, paddled with very gentle metre-long ‘lemon’ sharks, but their fins look just as menacing. A single euro will rent you a pair of rubber shoes (from the only shack in sight) to

wade into the shallow waters of ‘Shark Bay’ on the east side of the island, to watch their sleek lemon-brown and grey bodies weaving around our legs. Later, we head to the island’s famous turtle sanctuary; a local NGO, Project Biodiversity has been on a mission to save Sal’s loggerhead turtles from extinction for the last three years. During nesting season, night patrol groups stop poachers (who hunt the turtles for meat) and the project moves and protects the nests for hatching season, from June to early December. Last year, more than 70,000 tiny turtles were released here - although only 70 are predicted to make it back to Sal in 20 to 25 years’ time to nest, due to pollution and poaching. Travellers can gather to watch them hatch and scurry into the ocean as the sun goes down, and, unless you’re unlucky enough just to miss the end of the season like us, I’m told it’s a pretty magical sight. It’s clear Sal’s tourism industry is growing. English is widely spoken, there’s only a one hour time difference and being just a two-hour extra flight time from the Canary Islands - it’s shaping up to be an appealing winter sun alternative. It won’t be long before Sal’s coastline is lined with hotels and its beaches feel noticeably less empty - so now is really the time to go. TPN/PA



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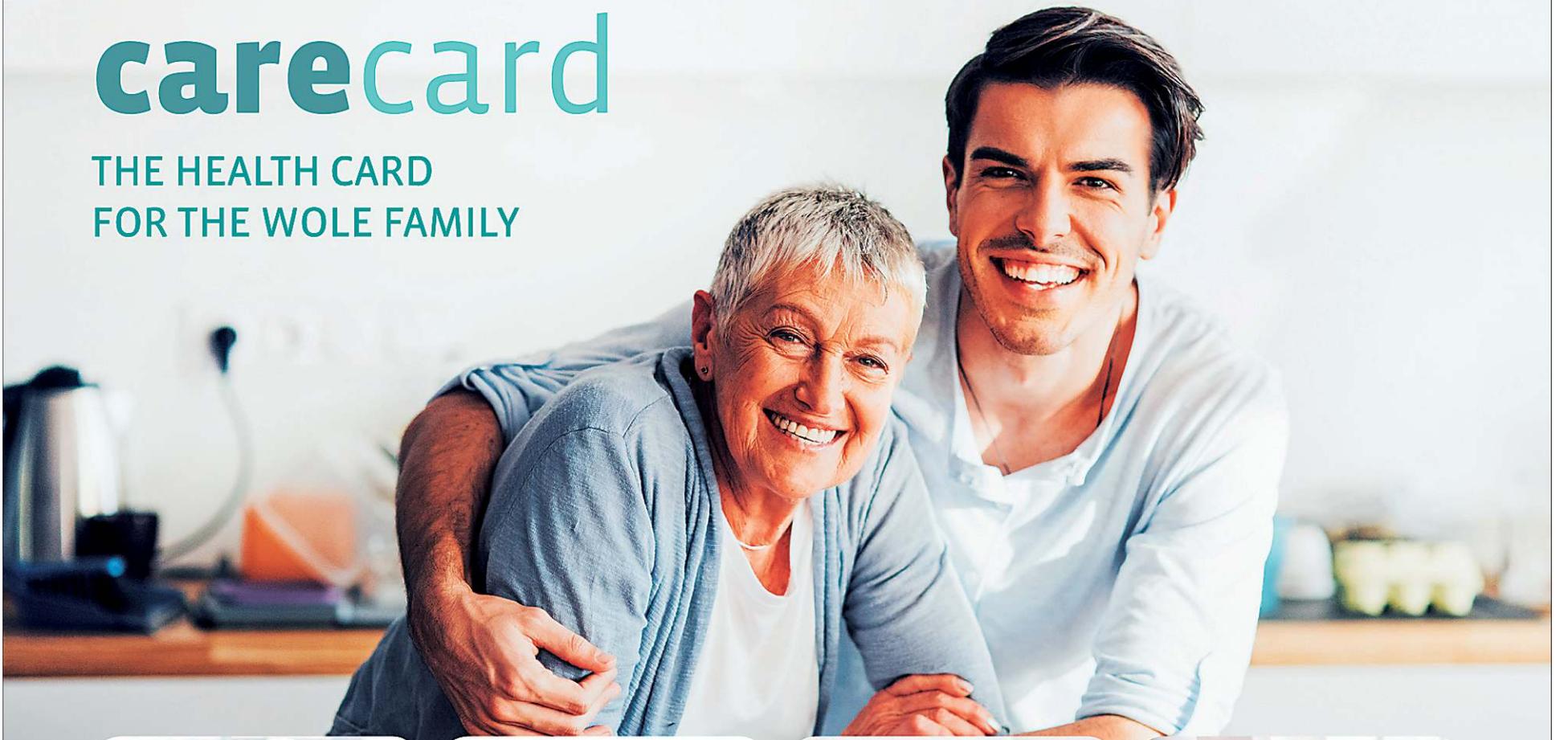
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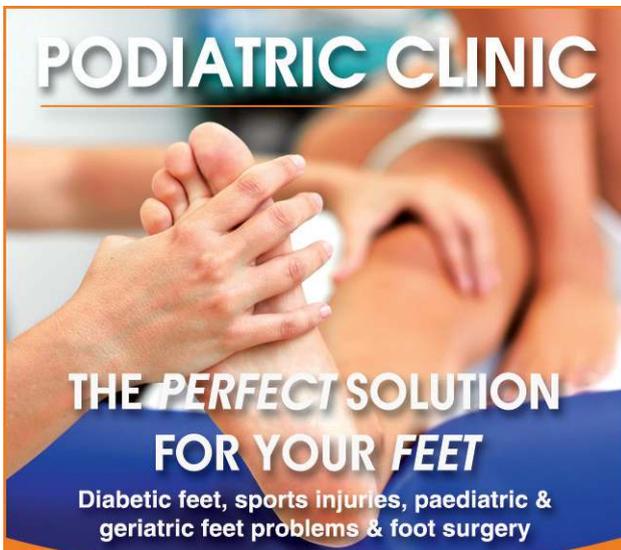
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Spot the signs of strokes



Official guidelines suggest adults should consume no more than six grams of salt per day. (Photo: PA Photo)

Strokes might be something we tend to associate most with older generations, but new figures are painting a different story - and quite an alarming one.

"Strokes still claim thousands of lives each year, so the message of this campaign remains as relevant as ever," says Steve Brine, MP, parliamentary under secretary of state for public health and primary care in the UK. "The faster you act, the greater the chance of a good recovery."

The leading cause of disability, strokes are a very serious, life-threatening medical condition that happen when blood supply to part of the brain is cut off - either due to a blockage in an artery (ischaemic stroke), or a leaking or burst blood vessel (haemorrhagic stroke). When it comes to spotting the signs and getting help, time is crucial. No matter your age, experts stress that urgent medical action is always required in the event of a stroke, and the sooner a person receives

treatment, the less damage is likely to happen. The Stroke Association's latest 'State of the Nation' report found that in the UK, almost two thirds (65%) of stroke survivors leave hospital with some degree of disability; around three-quarters have arm or leg weakness, while 60% have visual problems, and about half have difficulty swallowing and loss of bladder control, among other things.

"We must remember stroke can hit at any age," says Brine. "I'd urge everybody to familiarise themselves with the signs of a stroke and be ready to act fast."

How to spot the signs

The FAST (Face, Arms, Speech, Time) acronym has featured in stroke awareness campaigns for a number of years now, and is a simple way to help people identify the most common warning signs. If you think someone might be having a stroke, look out for the following:

Face - has their face fallen on one side? Can they smile?

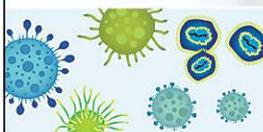
Arms - can they raise both their arms and keep them there?

Speech - is their speech slurred?

Time - time to call 112. Cut your risk of stroke with

The average age of suffering a first stroke has declined fairly rapidly over the past decade, with over a third of first-time strokes now happening in people aged between 40-69. To make matters worse, many middle-aged people aren't even aware they could be at risk, or of the warning signs to look out for.

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healthy lifestyle tweaks: Thankfully, strokes are often preventable, and adopting some healthy lifestyle tweaks can make a significant difference to your long-term risk of suffering one. If you've had a stroke in the past, these measures are particularly important, because your risk of having another stroke is greatly increased. Addressing these five key lifestyle factors could help ward off stroke...

Maintain a healthy weight and diet

Research shows that being obese increases your chances of having a stroke related to a blood clot by 64%, so taking sensible steps to maintain a healthy weight range is important. Eat a balanced diet packed with plenty of fruit and veg, and enjoy treats and high-fat foods in moderation. If you're overweight, even small changes to your eating habits, such as eating smaller portions, can help - research has found that losing as little as 10 pounds can have a big impact on your risk.

Quit smoking

As well as being bad for your wallet and your lungs, smoking significantly increases your risk of stroke. This is because cigarettes damage the lining of your arteries, increasing the chance of a blood clot and raising your blood pressure. In fact, studies have found that a smoker with high blood pressure is 15 times more likely to have a subarachnoid haemorrhage (which account for around one in every 20 strokes in the UK) than those who've never smoked.

Cut down on booze

Alcohol contributes to a number of conditions that can increase your risk of stroke, so it's important not to drink more than the recommended limit on a regular basis. Official guidelines recommend no more than 14 units a week (visit drinkaware.co.uk to see exactly what this means), to be spread throughout the week - not all consumed at the weekend! A study published in the journal Stroke found that people who average more than two

drinks a day have a 34% higher risk of stroke, compared to those whose daily average amounts to less than half a drink.

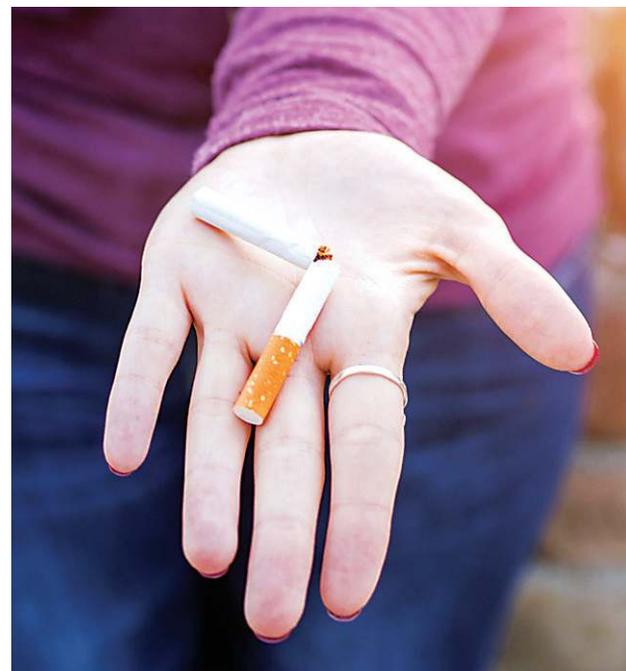
Cut down on salt

Too much salt is the biggest single cause of high blood pressure in the UK - and high blood pressure is a leading cause of stroke. Official guidelines suggest adults should consume no more than six grams of salt per day, but the trouble is, much of the salt we consume is 'hidden' in processed foods like sauces, bread, cereals and takeaways. So if you're also sprinkling salt on your meals, you could be consuming way too much.

Get plenty of exercise

Decreasing your chance of having a stroke could be as simple as going for a gentle daily jog or walk, or making more of your gym membership. Research from the Stroke Association shows that regular, moderate exercise can reduce your risk of stroke by 27% - and every little helps. If you can manage it, aim to do at least 30 minutes of moderate physical activity, five or more times a week - but any form of movement is better than none. If you're not a fan of the gym, try and find an outdoor hobby you enjoy, as you'll be more likely to stick with it in the long-term.

TPN/PA



As well as being bad for your wallet and your lungs, smoking significantly increases your risk of stroke. (Photo: PA Photo)

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A selection of Villas, Town Houses & Apartments from: £169,000 - £345,000

Monte da Palhagueira Village, Gorjões, 8005-488 Sta. Barbara de Nexe, Algarve
 GPS: Lat: 37°07'36.84"N - Long: 7°57'07.18"W

The Marley Benefit **N**KATE INACIO

Marley is a 6 year old little boy from the Algarve. He loves football, Mario super brothers and the colour green. His dream in life is to probably become a minion and is the happiest boy in the world.

Marley was born with various medical problems including muscular and bone conditions. He has a global delay which affects many things in his body such as his speech, hearing, understanding etc. Despite this he is a superhero!

Marley takes a lot of our time and attention but financially with therapies, private schooling and medication costs we simply don't have the extra cash to supply him with all the equipment and medical care he needs, which specialists have recommended.

Sadly, Marley is now being cared for at home as his medical care is taking priority at the moment. He is currently off school and very heavily medicated.

I have had to change all aspects of my life to become a full-time carer for the time being.

I don't know how long it will be until we get sick of each other but going ok so far!

Whilst seeing the private surgeon for Marley's eye problem, we were alerted to the fact Marley has severe cerebral pressure. Things are all starting to make sense with recent collapses and a swollen liver and alerted us to very urgent and serious problems which needed to be treated. The problem with genetic conditions is that sometimes really important signs can be ignored as so little is known.

We are now waiting for him to be ready for cerebral shunt surgery as soon as possible. This was suggested to us around a year and a half ago. Subsequently they said it wasn't top priority as there was flow of the cerebral fluid. This is not the case now and obvi-

ously a huge worry.

Since seeing various specialists and consultants, Marley now has to undergo various treatments, procedures and testing, for him to be ready for surgery. Abnormalities which were detected during the last few months need to be treated before further procedures take place and are what we are currently undergoing and the reason behind him needing full-time care.

I am hoping to start to get some insight with the genetics department to see if there is any link to a gene mutation which could help us in the future to indicate what problems might occur. It's like fighting a constant battle with new areas constantly appearing. We don't know how much this is all going to come to and I think it will develop over time so

accessible Portugal



Used with kind permission of the artist José de Guimarães

we are trying to do as much fundraising as possible.

We have been utilising the state system as much as we can, however some tests and procedures we just can't wait for the state to approve. We need to see specialists across the country or potentially abroad as soon as possible.

Time is a massive factor. In order for Marley to get the help he needs as quickly as possible we want to raise the support for specialists, tests, surgery and subsequent issues. This has now become our priority.

The first fundraising event which is being organised is the Marley Benefit. We will be having a lovely meal with live music and invite everyone to enjoy a fantastic evening on the 15 March in Quinta do Paraiso, Carvoeiro. Fantastic cabaret acts, auction and

raffle supported by local businesses. It isn't one to be missed, please get in touch to book tickets for the Algarvian Event of the Year!

The event will be fundraising to support Marley's current situation and ongoing need for mobility assistance.

Money raised will be going to the medical procedures and treatments he desperately requires. Any more money we raise in various fundraising initiatives will be going to concreting the front of our house to make it more wheelchair friendly, bathroom equipment so he can go to the toilet and have a bath safely etc. There are also various wish list items to make Marley's life more comfortable and as independent as possible. Every penny helps and most importantly thank you for everyone who supports us from near and far.

List of equipment on our wish list

I decided to share it as sometimes one of our fantastic supporters may have a contact or some advice in regard to something.

- Travel hoist €900
- Specialised mattress and sleepform support €500
- Toilet aids and raised seat €600
- Bath hoist and longer term wet room
..... € Depending on funds raised
- Mattress overlays €100
- Respiratory sleep device alarm €150
- Blood pressure machine €50
- Rest bite chair €500
- Grab bars €50 per bar with installation
- Bath seat and bath lift € lift upon quotation and specialised .
seat €379.00
- Specialised car seat €250
- Ramp for the car and various at home € upon quotation
- Bed rail and support €300
- Foam pillow and slide sheets €200
- Pressure care € various
- Any other equipment which we become aware of to help with
comfort but most importantly independence

Thank you!

Once Marley is medically catered for and has all the equipment he needs we want to turn our attention to creating support groups / assistance for other families we have met on our journey. We really hope we will create enough of a voice and be able to fundraise sufficient amounts in the future to put a centre in place to help disabled

children. That is the big dream!

The kindness everyone has shown us is so great? and I just wanted to share my thanks with you. He is such a wonderful little boy and seeing him smile makes me so happy and you all were a massive part in that.

So much love and thank you,

Kate and Marley

LETTER

SIR, I would venture to suggest that Ms Chapman should take the trouble to get her facts correct. Although UK GP appointments are booked at 10 minutes, in actual practice GPs will allow such time as may be needed to deal with a particular patient's problem and this time will very often considerably exceed the 10 minute slot.

I can assure that my visit to A and E Faro was of necessity and not of choice as treatment under the EHIC is not available elsewhere on The Algarve. This completely ignores the EU rule that under this system a visitor from an EU country is entitled to the same level of access as a resident. This is obviously not available in Portugal as visitors are barred from access to the local Centro da Saude.

I would like to correct Ms Chapman's erroneous assumption that I clog up A & E. The last time I had to use this facility was about 15 years ago because of an irregular heart beat. In conclusion I would also like to mention that should a Portuguese citizen be unfortunate enough to require medical care within the UK he/she would be able to access a GP or hospital and it would be entirely free of charge.

So in short please get your facts correct before promulgation of erroneous information.

STEPHEN PARSONS, by email

What is your experience?

There are many positive examples of how Portugal is working to become accessible for all, as well as negative experiences, and we would like to hear about them.

The Portugal News is working to highlight Accessible Portugal and we want to hear about all the best examples from businesses, associations and entities, while if you have had a poor experience then we may be able to help to encourage change for the better.

Whatever your needs, accessibility is an essential for everyone and we hope to work together to make Portugal Accessible for all.

Contact us by emailing access@theportugalnews.com

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Stunning 3 Bedroom Villa with Separate Annex in Tomar

This house speaks for itself. The neat and easy care gardens enhance the look to the front. At the rear they lead the eye to the wide, and much admired, panorama that often features spectacular sunsets. Taking advantage of Portugal's climate, some say the best in Europe, is easy with a choice of patios and outdoor spaces. Once inside the house, visitors remark firstly on the light and spacious rooms, then on the standard of finish. Seeing is believing. Tomar it is a beautiful town – take a stroll in the park that straddles the river, then through the narrow streets of the old town.

Single storey three bedroom modern Villa with large separate annex on 7200 Sq. m (1.75 acres)

In a sunny ridgetop position, ten minutes from the Templar town of Tomar which has many supermarkets, cafés, restaurants, a four star hotel and is just over an hour from Lisbon airport. A new golf course at the aqueduct is proposed. It will be under ten minutes away.

The house has a master bedroom ensuite plus two further double bedrooms, a family bathroom, a lounge,

a large kitchen-diner and a pantry-utility room.

The Annex is built to the same standard as the house and would provide extra accommodation if required. It has a large garage area with electric door, a shower room-toilet wardrobes and a store-room as well as an open dining area.

The gardens have many mature plants and trees including fruit trees – peaches, apricots, nectarines, figs, plums and more.

Beyond the back wall, the property falls down through a wooded walk into a valley with vines and extends to a small stream which forms the border of the property.

This property is being marketed by Beverywhere.com and is priced at €275,000.

For more information about this property contact Beverywhere.com, the online property portal. Telephone: 282782610, Email: info@beverywhere.com. or visit: www.beverywhere.com. For vendors wishing to sell their property, Beverywhere.com charge NO commission or Estate Agency Fees. Sell your property the smart way!



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Spring Cleaning



All air conditioning systems need annual maintenance. Spring is the ideal time, in readiness for the long summer ahead, and particularly in rental properties to prepare systems for rigorous use by holiday clients. The simple task of cleaning filters is easily done yourself – lift open the casing of the unit in each room, remove its plastic mesh filter(s), clean with warm water and a soft cloth, allow to dry completely, then insert back into place. Blocked filters significantly reduce a system's efficiency – keeping them clean can reduce energy consumption by 5% - 15%. External units can also become clogged if the environment is dusty or foliage impairs the air flow. Bugs and even geckos or small mammals can cause a fault. Keeping the surrounds clean and cutting back intrusive foliage is advisable. Finally, ensure that condensate / drainage pipes are unobstructed. A specialist air-con company will not only carry out these tasks but also check functions & performance, refrigerant gas pressure levels, thermostats, plus electrical and pipework connections.

For a comprehensive, professional maintenance service – contact Penguin NOW!



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VILAMOURA – SEA VIEW
Penthouse apartment consisting of 2 bedrooms, 2 bathrooms, lounge/dining room, fitted kitchen, storage area and spacious terraces with sea view. Furnished. Communal swimming pool and garden area. Const. area - 112 sq.m. ENERGY CLASS – E
Ref. A01628 **Price: €175,000**



VILAMOURA – PRIVATE CONDOMINIUM
Apartment located in a closed condominium composed of 1 bedroom, 1 bathroom, lounge with fireplace and dining area, kitchen and terrace. Communal swimming pool and garden area. Furnished and equipped. Const. area - 56 sq.m. ENERGY CLASS - E
Ref. A01631 **Price: €135,000**



VILAMOURA- NEAR THE GOLF COURSE
Semi detached villa comprising 3 bedrooms, 3 bathrooms, living room, equipped kitchen and storeroom. Basement with small lounge, bathroom, laundry and space for 3 cars. Plot area- 320 sq.m. Const. area-150 sq.m. + basement (+ - 150 sq. m.). Golf view. ENERGY CLASS - F
Ref. V12842 **Price: €395,000**



VALE D'ÉGUAS - SPECTACULAR VILLA W/ UNIQUE STYLE
Spectacular villa with sea and country view. 5 bedrooms, 7 bathrooms, 2 lounges, dining room, 2 kitchens with storages, laundry and basement. Furnished and equipped. Plot area approx. - 6.500 sq.m. Construction area approx. - 800 sq. m. ENERGETIC CLASS – B
Ref. V12360 **Price: €1,700,000**



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014170261 Price: 2.800.000€
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Vale do Lobo, Almoncil



Ref. 014170252 Price: 790.000€
Villa situated in an incredibly beautiful area, on a hill overlooking the sea & Albufeira marina. It has 3 units that can be used independently.
Albufeira



Ref. 014170178 Price: 730.000€
Charming 4 bedroom detached villa, located in a quiet area, country setting with privacy, just a few minutes from Vilamoura.
Vale Judeu, Loulé



Ref. 014170221 Price: 450.000€
4 bedroom townhouse with modern finishes and good areas. In a quiet area, just 5 minutes from the beaches of Vale do Lobo and Quinta do Lago.
Almoncil center



Ref. 014170195 Price: 360.000€
A charming 2 bedroom villa with swimming pool, located in a privileged area, quiet, with good accesses, only 10 mins away from the beach.
Vale Formoso, Almoncil



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Ref: A14-097



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Build area: 162 m2
Plot size: 5.200 m2
Ref: W1-034



TRADITIONAL 3 BED VILLA NEAR ESTOI WITH SEA VIEWS
550.000 €
Build area: 218 m2
Plot size: 1.541 m2
Ref: W5-007



OLD HOUSE WITH SEA AND COUNTRY VIEWS IN LOULÉ
210.000 €
Build area: 140 m2
Plot size: 820 m2
Ref: A16-022



3 BED COUNTRY HOUSE NEAR SÃO BRÁS
375.000 €
Build area: 167 m2
Plot size: 850 m2
Ref: M-049



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For detailed information, please visit our website:
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Tavira: 281 320 281
Vilamoura: 289 301 294



Tavira
Semi-detached 3 bedroom / 3 bathroom villa (209 m²) with study, basement, garage & large outdoor spaces. Fully fenced plot of 325 m². Sea view.
EC: C
Ref: LHV-1406 Price: €389.000



Tavira
Single storey 3 bedroom / 3 bathroom countryside house (165 m²) with garage. Peaceful location. Plot of 6795 m². Low maintenance, mature garden.
EC: E
Ref: LHV-1410 Price: €295.000



Cabanas
Superb 3 bedroom / 2 bathroom apartment (94 m²) with large garden (72 m²) and 4 communal swimming pools. Close to the water front & all amenities.
EC: D
Ref: LHA-1240 Price: €229.000



Cabanas
Stylish 2 bedroom / 1 bathroom end of terrace townhouse (80 m²) close to waterfront & golf course. Plot of 108 m². Wood burner. Recently renovated.
EC: F
Ref: LHT-1029 Price: €170.000



Tavira
Well presented 2 bedroom / 1 bathroom apartment (94 m²) with sunny terraces, communal pool & private parking. Elevator. A/C. Nice residential area.
EC: in progress
Ref: LHA-1307 Price: €169.500

AMI 10185



STAR PROPERTY - Vilamoura

2 bedroom apartment with enclosed terrace in popular Old Village Resort of Vilamoura. Excellent value. Good as a holiday home or investment. Please call or see our website for details.

Ref: FS140 Price: 235,000€



This 2 bedroom apartment is situated in the Old Village of Vilamoura, within walking distance to Vilamoura Marina and beach. It is well maintained with good size bedrooms, open plan lounge, ground floor with an enclosed terrace.

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Luxurious villa in a prestigious resort

A stunning luxury villa located on the prestigious Pestana Vale de Pinta Golf resort, near to the popular town of Carvoeiro in the central Algarve.

This five bedroom villa is situated on a good sized plot, overlooking the 13th hole of the course and is an ideal choice either as a permanent residence, holiday home or for investment purposes.

The villa comprises five ensuite bedrooms, six bathrooms, a garage and is beautifully finishing to the very highest standards.

Light, bright, modern and welcoming, the spacious open plan living room and diner is ideal for entertaining, while the kitchen is well appointed and equipped.

Outside there is a large swimming pool, mature gardens and a private mini golf course making this property idea to take advantage of the favourable Algarve climate.

Set within a 2478m2 plot and with 380m2 of covered spaces, this villa is an exceptional opportunity in a sought after area of the Algarve.

For further information, or to arrange a viewing of this property, please visit the Era offices located in Lagoa, next to the EN125, opposite the Galp garage. Alternatively call 282 380 380, email lagoa@era.pt or visit www.era.pt/lagoa
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Property: Townhouse
Place: Parragil
Price: €360,000 Ref: 300
3 bedrooms, large lounge, balconies, private garage and shared pool with sea views. South facing. EC: D



Property: Apartment
Place: Vilamoura
Price: €360,000 Ref: 305
3 bedrooms, lift access, 3rd floor, garage and shared pool, 10 mins walk to Marina/Beach/Golf. EC: D



Property: Traditional Villa
Place: Paderne
Price: €375,000 Ref: 403
4 bedrooms, annex, private pool, garage and country views, hand-painted Portuguese tiles. EC: E



Property: Luxury Villa
Place: Boliquireme
Price: €1,350,000 Ref: 400
4 ensuite bedrooms, large private pool, cinema room, garage, south facing, stunning sea views. EC: D

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Bedrooms 2
Bathrooms 2
Built area 110m²
Plot area 0m²

Two Bedroom End of Terrace Townhouse

South facing with terrace. Quinta do Lago / Vilar do Golfe

€295,000 Ref no: VSM555 Energy rating: D



Bedrooms 3
Bathrooms 3
Built area 189m²
Plot area 620m²

3 Bedroom Villa in Ideal FRONTLINE Location

South facing with private swimming pool. Vale do Garrão

€745,000 Ref no: VCL367 Energy rating: C



Bedrooms 3
Bathrooms 3
Built area 161m²
Plot area 167m²

Elegant 3 Bedroom Linked Villa

With private swimming pool. Vale do Lobo

€650,000 Ref no: VRN307 Energy rating: D

Attractive 3 bedroom villa with pool minutes to Carvoeiro

Marketed exclusively by SeaToSky Homes this beautiful home is close to the village and beach.

A paved driveway provides ample parking for cars and leads to a carport and front entrance of the house. The spacious hallway opens onto a bright sunny lounge with a wall of windows and access to the outside terrace and 8x4m pool. The lounge features a

wood burning fireplace for the cooler winter months as well as air conditioning. The open plan dining area has an entrance door to the modern, fully fitted kitchen with granite countertops, gas hob, double oven and a laundry nook with washer and dryer.

The villa has a guest bathroom with shower off the main hallway and three generous en-suite bedrooms, two of which have patio doors

leading to terraces. The mature trees in the gardens provide plenty of natural shade and a pretty tiled staircase leads to a large roof terrace with lovely views across the surrounding countryside. A shaded pergola near the pool houses the bbq and provides a great spot for al-fresco dining. The pool area also has a separate outdoor WC and shower room.

This villa is being sold fully furnished for €549,000.

Excellent access to 6 major supermarkets and the International school. Golf courses and fabulous local beaches of Carvoeiro are just a short drive.

SeaToSky Homes property reference 2424.

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Property Highlight



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Dentistry Today

Dental surgery, like other medical specialties, has seen some major advances over the last few decades. This is not only due to technological innovation; a greater public awareness of the importance of oral care and the possibilities of treatments have created an increased demand, both in volume and quality.



Television publicity for oral hygiene products and internet vulgarisation of sophisticated procedures such as implants, veneers and 'invisible' orthodontics have resulted in informed and exigent dental consumers. This in turn raises the bar for practitioners who are required to continually update their skills by postgraduate training and investment in new material and technologies.

For Dr Francis Haley, a British-trained dentist working in Cascais since 2003, the continual evolution of the dental profession is an important feature of daily practice. A wide variety of assistance is available to inform practitioners of recent developments: on-line articles and video tutorials, congresses and evening conferences, visits from suppliers and medical representatives as well as professional journals. New techniques frequently require new instrumentation - over the past

few years Dr Haley has been perfecting skills using optical magnification, loupes or an operating microscope, for greater precision. Last year, he participated in a course on micro-surgical procedures organised by a group of Portugal's top specialists in the field.

Dr. Haley's office is centrally located near the 'mercado' and Cascais train station. His principal concern, as a general practice dentist, is preventive therapy - routine check-ups, prophylaxis and encouraging good hygiene, but the office is fully equipped with constantly updated material to provide the most appropriate treatment for each patient. In case of emergencies, telephone calls out of office hours will be redirected to the mobile phone of a staff member who will arrange an appointment as soon as possible.

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Being able to see clearly is a benefit that everyone should be able to enjoy and at Visão Plus, the professional and experienced team are able to offer solutions for everyone concerned with their sight.

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In the Visão Plus clinical office, which is equipped with the latest technology, patients will be examined by a passionate expert in advanced clinical optometry. All of the experts have participated in numerous seminars in Portugal and abroad, allowing for the continuous updating of knowledge in the field - an indispensable

skill in the quest to enable everyone to be able to see comfortably.

Every optometric consultation from Visão Plus also includes a general check-up to assess the state of health of your eyes, which allows the early diagnosis of eye diseases, such as diabetes, retinal diseases, cataracts, macular degeneration or glaucoma.

Eye tests are economical, fast and are able to provide immediate information about the best possible solutions for each individual case when any anomaly has been detected.

If you have any doubts about your eye health, would like advice on your personal situation or would like to have a professional eye test then contact the Visão Plus team today for a professional solution.

Visit Vision & Co Visão Plus in Quarteira, located on Avenida Francisco Sá Carneiro, Ed. Panorama, Lt 4, Lj A-C 8125-119.

This Week's profiles:



Dr Francis Haley, Cascais

For more information, Tel: 214863012 or visit: <http://clinic.cdhalley.pt>



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How are you feeling today?

Elke is a "Heilpraktiker" - one of these German words nobody manages to pronounce properly!

A Heilpraktiker could be described as an alternative practitioner or a naturopathic practitioner, however this is not exactly what a Heilpraktiker is, explains Elke. In Germany, a Heilpraktiker is a professional job and in order to become a qualified Heilpraktiker each person has to pass a German state exam. In Germany, a Heilpraktiker is more akin to a regular doctor, who uses various kinds of alternative medicine in order to treat patients.



Nowadays, there is a huge variety of alternative medicine available: Homeopathy, Bioresonanz Therapie, Traditional Chinese Medicine (TCM) or Bowen Therapy, to name just a few.

What most of the alternative methods have in common is the fact that they examine and try to eliminate the "causes" of a sickness, rather than treat the symptoms. Elke explains that to do this she looks at a person holistically, examining the body, the mind and even "beyond", to try to be aware of the person as a whole.

"Every person who comes to my practice in Carvoeiro will get their own personal treatment. This can regard anything from weight issues up to chronic diseases. In TCM, a good doctor is defined by the fact that the patient will never get sick in the first place. Also I do my best to bring the patients life into balance and be there before serious illness occurs," says Elke.

Elke has now advanced her treatment methods with the "TimeWaver Med", a German developed analysing, and balancing tool which is already being used by more than 1500 therapists worldwide.

The TimeWaver Med works in a similar way to Bio-Resonance Therapy or Homeopathy, but in her opinion, on a more advanced level.

"The TimeWaver is basically my direct connection to the energy- and information field of a patient. This radionic medical device also uses the methodology of Nuno Nina, a famous Portuguese specialist in the branch of integrative medicine.

"The TimeWaver system helps me to analyse and balance deeper causes of diseases. This new treatment tool regards consciousness and information as core components of diagnosis and therapy. And as I see it, one can capture and balance us human beings only at such a profound level."

Does your swimming pool look this good all year round?



It should.... but if the answer is no, then you need Pools4u. With Pools4u weekly maintenance, your pool will be sparkling, healthy, clear and ready for you to jump into.... all year round

Many people think that weekly pool maintenance is not important during the winter months, but here at Pools4u we feel differently. Our aim is to keep your swimming pool phbalance at 7.4, this magic number is the same as an eye drop. Not only is this far more comfortable for your skin to be exposed to, but is vital to keeping the pool chemical levels balanced and this will help prolong the life of your swimming pool. If the ph balance is too low, then the acidic water will eat the grout and loosen tiles but, if the ph balance is too high, then the water becomes corrosive to pipework and can damage pump house equipment - both of these leading to expensive repairs.

So, in the long run, weekly maintenance is far more cost effective and also has the benefit of being an additional layer of security, providing a presence at the property and helping to quickly identify any problems such as water leaks, as these are common problems in the Algarve.

At this time of year, your pool should be nice and full, but if it isn't then it might be the sign of a leak (or perhaps more than one leak). At Pools4u, we specialise in leak detection, this involves our team coming to your property; pressure testing ALL of the pipework and performing a full check on ALL pump house equipment. If the pressure drops we are able to use a camera to pinpoint where the leak/leaks are coming from. Please contact us to make an appointment.

Here at Pools 4u we believe in prevention, so please contact us to take advantage of our free 7-point digital health check.

SATURDAY 24/02/18

BBC One	
06.00	Breakfast.
10.00	Live Winter Olympics 2018.
12.00	Football Focus.
13.00	BBC News; Weather.
13.15	Live Winter Olympics 2018.
16.00	Live Six Nations Rugby Union.
19.00	BBC News.
19.10	BBC Regional News; Weather.
19.15	All Together Now.
20.20	Casualty.
21.10	Troy: Fall of a City.
22.10	BBC News; Weather; National Lottery Update.
22.30	Match of the Day.
23.55	Live Winter Olympics 2018.
03.30	Live Winter Olympics 2018.
BBC Two England	
06.00	Live Winter Olympics 2018.
10.00	Saturday Kitchen Live.
11.30	The Hairy Bikers' Comfort Food.
12.00	Live Winter Olympics 2018.
13.15	Escape to the Country.
14.00	Italy's Invisible Cities.
15.00	Nigel Slater's Middle East.
16.00	Trust Me, I'm a Doctor.
16.30	Final Score.
17.30	Tom Kerridge: Lose Weight for Good.
18.00	Hugh's Wild West.
19.00	Winter Olympics - Today at the Games.
20.00	David Attenborough's Natural Curiosities.
20.30	Dad's Army.
21.00	Judi Dench: All the World's Her Stage.
22.00	FILM: Philomena (2013).
23.30	FILM: Strawberry Fields (2012).
00.55	Weather for the Week Ahead.
ITV London	
06.00	CITV.
07.30	Scrambled!: Scrambled!
07.35	Scrambled!: The Tom and Jerry Show.
07.50	Scrambled!: The Powerpuff Girls.
08.10	Scrambled!: The Bagel and Becky Show.
08.30	Scrambled!: Be Cool, Scooby-Doo!
09.05	Scrambled!: Wishfart.
09.25	ITV News.
09.30	James Martin's Saturday Morning.
11.25	Dancing on Ice.
13.20	ITV News and Weather; Weather.
13.30	Live Six Nations Rugby Union.
16.30	ITV News and Weather; Weather.
17.00	The Chase.
18.00	Take Me Out: 10th Anniversary Special.
19.00	Ant & Dec's Saturday Night Takeaway.
20.30	The Voice UK.
21.50	Through the Keyhole.
22.45	ITV News and Weather; Weather.
23.05	FILM: Lethal Weapon 4 (1998).
01.30	Jackpot247.
03.00	Babushka.
03.50	ITV Nightscreen.
Channel 4	
06.20	Mobil 1 The Grid.
06.45	3rd Rock from the Sun.
07.10	The King of Queens.
07.35	The King of Queens.
08.00	Everybody Loves Raymond.
08.30	Everybody Loves Raymond.
09.00	Frasier.
09.30	Frasier.
10.00	Frasier.
10.30	The Big Bang Theory.
11.00	The Big Bang Theory.
11.30	The Big Bang Theory.
12.00	The Simpsons.
12.30	The Simpsons.
13.00	The Simpsons.
13.25	Come Dine with Me.
14.25	Coast vs Country.
15.25	A Place in the Sun.
16.30	The Secret Life of the Zoo.
17.35	The Supertv.
18.30	Channel 4 News.
19.00	Penelope Keith's Coastal Villages.
20.00	Britain at Low Tide.
21.00	FILM: The Take (2016).
22.50	FILM: Dredd (2012).
00.35	Ramsay's Kitchen Nightmares USA.
01.25	The Last Leg.
02.20	Hollyoaks.
04.25	Coast vs Country.
05.20	Location, Location, Location.
BBC Four	
19.00	The Dark: Nature's Nightmare World.
20.00	Winter Olympics Extra.
21.00	Modus.
21.45	Modus.
22.30	Top of the Pops: 1985.
23.05	Top of the Pops: 1985.
23.40	Annie Nightingale: Bird on the Wireless.
00.40	Queens of Soul.
01.40	Folk America on Later with Jools Holland.
02.40	From Ice to Fire: The Incredible Science of Temperature.
03.40	Close.

SUNDAY 25/02/18

BBC One	
06.00	Breakfast.
07.30	Match of the Day.
09.00	The Andrew Marr Show.
10.00	The Big Questions.
11.00	Sunday Politics.
12.15	Bargain Hunt.
13.00	BBC News; Weather.
13.15	Wanted Down Under Revisited.
14.00	Money for Nothing.
14.45	Get Away for Winter.
15.30	Songs of Praise.
16.05	Earth's Natural Wonders.
17.05	Earth's Natural Wonders.
18.05	BBC News.
18.20	BBC Regional News; Weather.
18.30	Countryfile.
19.30	Hold the Sunset.
20.00	Call the Midwife.
21.00	Strike - Career of Evil.
22.00	BBC News.
22.20	BBC Regional News; Weather.
22.30	Match of the Day 2.
23.15	FILM: Point Break (1991).
01.10	Weather for the Week Ahead.
01.15	BBC News.
BBC Two England	
06.00	Live Winter Olympics 2018.
11.00	Live Winter Olympics 2018 Closing Ceremony.
14.00	Live Athletics: Glasgow Indoor Grand Prix.
17.30	Flog It!
18.00	Back in Time for Tea.
19.00	Winter Olympics - Today at the Games.
20.00	Top Gear.
21.00	Life And Death Row: The Mass Execution.
22.15	The Mash Report.
22.45	Top Gear: Extra Gear.
23.10	Cleverman.
23.00	Women's Six Nations Highlights.
00.30	Sign Zone: Question Time.
01.30	Sign Zone: Holby City.
02.30	This Is BBC Two.
ITV London	
06.00	CITV.
07.30	Scrambled!: Scrambled!
07.35	Scrambled!: The Tom and Jerry Show.
07.50	Scrambled!: Teen Titans Go!
08.10	Scrambled!: Mr Bean: The Animated Series.
08.30	Scrambled!: Spy School.
09.05	Scrambled!: Wishfart.
09.25	ITV News.
09.30	Love Your Garden.
10.00	Peston on Sunday.
11.00	The Martin Lewis Money Show.
11.30	The Voice UK.
12.45	ITV News and Weather; Weather.
13.00	Ant & Dec's Saturday
BBC One	
14.30	Night Takeaway.
14.30	What Would Your Kid Do?
15.30	Tipping Point.
16.30	ITV News and Weather.
16.50	ITV News London; Weather.
17.00	The Chase: Celebrity Special.
18.00	Dancing on Ice.
20.00	Endeavour.
22.00	ITV News and Weather; Weather.
22.15	Peston on Sunday.
23.15	Six Nations Highlights.
00.10	100 Year Old Driving School.
00.35	Marcella.
01.25	Jackpot247.
03.00	Take on the Twisters.
03.50	ITV Nightscreen.
05.05	The Jeremy Kyle Show.
Channel 4	
06.15	The King of Queens.
06.40	The King of Queens.
07.05	Everybody Loves Raymond.
07.35	Everybody Loves Raymond.
08.00	Frasier.
08.30	Frasier.
09.00	Frasier.
09.30	Sunday Brunch.
12.30	Jamie and Jimmy's Friday Night Feast.
13.30	Jamie's Quick & Easy Food.
14.00	The Simpsons.
14.30	The Simpsons.
14.55	FILM: Tooth Fairy (2010).
17.00	FILM: Ice Age: Continental Drift (2012).
18.35	Channel 4 News.
19.00	Posh Pawn.
20.00	Hannibal's Elephant Army: The New Evidence.
21.00	Homeland.
22.10	Gogglebox.
23.05	FILM: Shutter Island (2010).
01.35	The World's Most Expensive Food.
02.30	The Supertv.
03.25	Four Rooms with Sarah Beeny.
BBC Four	
19.00	Only Connect.
19.30	University Challenge.
20.00	Yo-Yo Ma and the Silk Road Ensemble.
21.30	FILM: Clouds of Sils Maria (2014).
23.30	From Ice to Fire: The Incredible Science of Temperature.
00.30	The Genius of Bert Jansch: Folk, Blues & Beyond.
02.00	The Enigma of Nic Jones: Return of Britain's Lost Folk Hero.
03.00	The Art of France.
04.00	Close.

MONDAY 26/02/18

BBC One	
06.00	Breakfast.
09.15	Murder, Mystery and My Family.
10.00	Homes Under the Hammer.
11.00	Wanted Down Under Revisited.
11.45	Caught Red Handed.
12.15	Bargain Hunt.
13.00	BBC News at One; Weather.
13.30	BBC Regional News and Weather.
13.45	Doctors.
14.15	Shakespeare & Hathaway - Private Investigators.
15.00	Escape to the Country.
15.45	Get Away for Winter.
16.30	Antiques Road Trip.
17.15	Pointless.
18.00	BBC News at Six; Weather.
18.30	BBC Regional News and Weather.
19.00	The One Show.
19.30	Inside Out; BBC News; Regional News.
20.00	EastEnders.
20.30	Classic Mary Berry.
21.00	MasterChef.
22.00	BBC News at Ten.
22.30	BBC Regional News and Weather.
22.45	Have I Got Old News for You.
23.15	The Graham Norton Show.
00.05	Weather for the Week Ahead.
00.10	BBC News.
BBC Two England	
06.00	Coast.
06.30	Get Away for Winter.
07.15	Escape to the Country.
08.00	Sign Zone: Hugh's Wild West.
09.00	Victoria Derbyshire.
11.00	BBC Newsroom Live.
11.30	The Week in Parliament.
12.00	Daily Politics.
13.00	Women's Six Nations Highlights.
13.30	Perfection.
14.15	Yes Chef.
15.00	A Place to Call Home.
15.55	More Creatures Great and Small.
16.25	Caribbean with Simon Reeve.
17.25	Flog It!
18.00	Eggheads.
18.30	Great British Railway Journeys.
19.00	Top Gear.
20.00	Only Connect.
20.30	University Challenge.
21.00	Collateral.
22.00	Two Doors Down.
22.30	Newsnight.
23.10	Weather.
23.15	Murdered for Love? Samia Shahid.
00.15	Odyssey.
00.55	Odyssey.
01.40	Sign Zone: Countryfile.
02.35	Sign Zone: Charles I's Treasures Reunited.
03.35	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	James Martin's American Adventure.
15.00	Tenable.
BBC One	
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	Marcella.
22.00	ITV News at Ten; Weather.
22.35	ITV News London; Weather.
22.50	John Worboys: The Taxi Cab Rapist with Susanna Reid.
23.50	Serial Killer with Piers Morgan.
00.40	Jackpot247.
03.00	The Jeremy Kyle Show.
03.55	ITV Nightscreen.
05.05	The Jeremy Kyle Show.
Channel 4	
06.00	Countdown.
06.45	3rd Rock from the Sun.
07.10	3rd Rock from the Sun.
07.35	Everybody Loves Raymond.
08.00	Everybody Loves Raymond.
08.30	Frasier.
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	Posh Pawnbrokers.
14.10	Countdown.
15.00	A Place in the Sun: SummerSun.
16.00	A New Life in the Sun.
17.00	Four in a Bed.
17.30	Extreme Cake Makers.
18.00	The Simpsons.
18.30	Hollyoaks.
19.00	Channel 4 News.
20.00	Britain's University Spending Scandal: Channel 4 Dispatches.
20.30	Food Unwrapped.
21.00	24 Hours in Police Custody.
22.00	Electric Dreams: The Father Thing.
23.05	Married at First Sight.
00.10	The #1 Houses: Britain's Cheapest Street.
01.05	The Job Interview.
02.00	Supershoppers Savers Special.
02.55	The Question Jury.
03.45	Coast vs Country.
04.40	Location, Location, Location.
05.35	Superfoods: The Real Story.
BBC Four	
19.00	Beyond 100 Days; Weather.
19.30	Handmade on the Silk Road.
20.00	India: Nature's Wonderland.
21.00	The Art of Japanese Life.
22.00	Mary Beard's Ultimate Rome: Empire Without Limit.
23.00	How the Celts Saved Britain.
00.00	Singer-Songwriters at the BBC.
01.00	Top of the Pops: 1982.
01.35	Top of the Pops: 1982.
02.10	The Art of Japanese Life.
03.10	Handmade on the Silk Road.
03.40	Close.

TUESDAY

BBC One	
06.00	Breakfast.
09.15	Murder, Mystery and My Family.
10.00	Homes Under the Hammer.
11.00	Wanted Down Under Revisited.
11.45	Caught Red Handed.
12.15	Bargain Hunt.
13.00	BBC News at One; Weather.
13.30	BBC Regional News and Weather.
13.45	Doctors.
14.15	Shakespeare & Hathaway - Private Investigators.
15.00	Escape to the Country.
15.45	Get Away for Winter.
16.30	Antiques Road Trip.
17.15	Pointless.
18.00	BBC News at Six; Weather.
18.30	BBC Regional News and Weather.
19.00	The One Show.
19.30	EastEnders; BBC News; Regional News.
20.00	Holby City.
21.00	Shetland.
22.00	BBC News at Ten.
22.30	BBC Regional News and Weather; National Lottery Update.
22.45	Acid Attack: My Story.
23.30	Miranda Hart - My What I Call Live Show.
00.30	Weather for the Week Ahead.
00.35	BBC News.
BBC Two England	
06.00	Caught Red Handed.
06.30	Get Away for Winter.
07.15	Wanted Down Under Revisited.
08.00	Sign Zone: Celebrity Antiques Road Trip.
09.00	Victoria Derbyshire.
11.00	BBC Newsroom Live.
12.00	Daily Politics.
13.00	The Super League Show.
13.45	Plan It, Build It.
14.15	Yes Chef.
15.00	A Place to Call Home.
15.55	More Creatures Great and Small.
16.25	Caribbean with Simon Reeve.
17.25	Flog It!
18.00	Eggheads.
18.30	Great British Railway Journeys.
19.00	Sea Cities - Brighton.
20.00	Back in Time for Tea.
21.00	Amazing Hotels: Life Beyond the Lobby.
22.00	Mum.
22.25	The Archiveologists.
22.30	Newsnight.
23.10	Weather.
23.15	An Island Parish: After the Hurricane.
00.15	Sign Zone: Generation Gifted.
01.20	Sign Zone: Royal Recipes.
02.00	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	James Martin's American Adventure.
15.00	Tenable.
15.59	ITV London Weather.
16.00	Tipping Point.
17.00	The Chase.

Top Gear (BBC2, Sunday 8pm)

The Grand Tour's second series has just aired its final episode via Amazon Prime, but motoring enthusiasts don't have to worry about missing out on their fix of vehicle-related shenanigans because Top Gear is revving up its engine for the 25th time. That's right, the show reaches a landmark of kinds tonight - a quarter-century of series. Not bad going when you consider the rough patches it's faced over the years, with Jeremy Clarkson, Richard Hammond and James May's decampment and Chris Evans' brief tenure the two most recent. It's purring along nicely these days with Matt LeBlanc, Chris Harris and Rory Reid at the wheel. The first episode sees the trio take a road trip across America's Wild West, putting the latest McLaren, Jaguar and Ford V8 sports cars through their paces en route. Plus, there is Rob Brydon's Star in a Reasonably Fast Car segment to enjoy.

Must See TV

27/02/18

18.00 ITV News London; Weather.
 18.30 ITV Evening News; Weather.
 19.00 Emmerdale.
 19.30 100 Year Old Driving School.
 20.00 What Would Your Kid Do?
 21.00 100 Years Younger in 21 Days.
 22.00 ITV News at Ten; Weather.
 22.30 ITV News London; Weather.
 22.45 Through the Keyhole.
 23.45 Sunday Night at the Palladium.
 00.35 Jackpot247.
 03.00 Loose Women.
 03.50 ITV Nightscreen.
 05.05 The Jeremy Kyle Show.

Channel 4

06.00 Countdown.
 06.45 3rd Rock from the Sun.
 07.10 3rd Rock from the Sun.
 07.35 Everybody Loves Raymond.
 08.00 Everybody Loves Raymond.
 08.30 Frasier.
 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 Posh Pawnbrokers.
 14.10 Countdown.
 15.00 A Place in the Sun: Summer Sun.
 16.00 A New Life in the Sun.
 17.00 Four in a Bed.
 17.30 Extreme Cake Makers.
 18.00 The Simpsons.
 18.30 Hollyoaks.
 19.00 Channel 4 News.
 20.00 How to Get Fit Fast.
 21.00 24 Hours in A&E.
 22.00 The FGM Detectives.
 23.00 Before We Die.
 00.15 Ramsay's Kitchen Nightmares USA.
 01.00 World of Weird.
 01.55 The Supervet.
 02.50 The Question Jury.
 03.45 Coast vs Country.
 04.40 Location, Location, Location.
 05.35 Superfoods: The Real Story.

BBC Four

19.00 Beyond 100 Days; Weather.
 19.30 Handmade on the Silk Road.
 20.00 Pedalling Dreams: The Raleigh Story.
 21.00 The Mafia's Secret Bunkers.
 22.00 Byzantium: A Tale of Three Cities.
 23.00 Dreaming the Impossible: Unbuilt Britain.
 00.00 Je t'aime: The Story of French Song with Petula Clark.
 01.00 Top of the Pops: 1982.
 01.35 Top of the Pops: 1982.
 02.15 Pedalling Dreams: The Raleigh Story.
 03.15 Handmade on the Silk Road.
 03.45 Close.

WEDNESDAY 28/02/18

BBC One

06.00 Breakfast.
 09.15 Murder, Mystery and My Family.
 10.00 Homes Under the Hammer.
 11.00 Wanted Down Under Revisited.
 11.45 Caught Red Handed.
 12.15 Bargain Hunt.
 13.00 BBC News at One; Weather.
 13.30 BBC Regional News and Weather.
 13.45 Doctors.
 14.15 Shakespeare & Hathaway - Private Investigators.
 15.00 Escape to the Country.
 15.45 Get Away for Winter.
 16.30 Antiques Road Trip.
 17.15 Pointless.
 18.00 BBC News at Six; Weather.
 18.30 BBC Regional News and Weather.
 19.00 The One Show.
 19.30 Match of the Day Live: The FA Cup.
 22.00 BBC News at Ten.
 22.30 BBC Regional News and Weather; National Lottery Update.
 22.45 A Question of Sport.
 23.15 Film 2018.
 23.50 FILM: Good (2008).
 01.20 Weather for the Week Ahead.
 01.25 BBC News.

BBC Two England

06.00 Caught Red Handed.
 06.30 Get Away for Winter.
 07.15 Wanted Down Under Revisited.
 08.00 Sign Zone: Great British Railway Journeys.
 08.30 Sign Zone: Grand Tours of Scotland's Lochs.
 09.00 Victoria Derbyshire.
 11.00 BBC Newsroom Live.
 11.30 Daily Politics.
 13.00 Perfection.
 13.45 Plan It, Build It.
 14.15 Yes Chef.
 15.00 A Place to Call Home.
 15.50 More Creatures Great and Small.
 16.20 Caribbean with Simon Reeve.
 17.20 Flog It!
 18.00 Eggheads.
 18.30 Great British Railway Journeys.
 19.00 Sea Cities.
 20.00 The World's Most Extraordinary Homes.
 21.00 The Assassination of Gianni Versace: American Crime Story.
 21.50 Live at the Apollo.
 22.30 Newsnight.
 23.10 Weather.
 23.15 Amazing Hotels: Life Beyond the Lobby.
 00.15 Sign Zone: Flatpack Empire.

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 James Martin's American Adventure.
 15.00 Tenable.
 15.59 ITV London Weather.
 16.00 Tipping Point.
 17.00 The Chase.
 18.00 ITV News London; Weather.
 18.30 ITV Evening News; Weather.
 19.00 Emmerdale.
 19.30 Coronation Street.
 20.00 Britain's Brightest Family.
 20.30 Coronation Street.
 21.00 Benidorm.
 22.00 ITV News at Ten; Weather.
 22.30 ITV News London; Weather.
 22.45 Heathrow: Britain's Busiest Airport.
 23.45 Heroes and Villains: Caught on Camera.

Channel 4

06.00 Countdown.
 06.45 3rd Rock from the Sun.
 07.10 3rd Rock from the Sun.
 07.35 Everybody Loves Raymond.
 08.00 Everybody Loves Raymond.
 08.30 Frasier.
 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 Posh Pawnbrokers.
 14.10 Countdown.
 15.00 A Place in the Sun: Summer Sun.
 16.00 A New Life in the Sun.
 17.00 Four in a Bed.
 17.30 Extreme Cake Makers.
 18.00 The Simpsons.
 18.30 Hollyoaks.
 19.00 Channel 4 News.
 20.00 The Supervet.
 21.00 The #1 Houses: Britain's Cheapest Street.
 22.00 Damned.
 22.30 8 Out of 10 Cats Does Countdown.
 23.35 24 Hours in A&E.
 00.30 Pokerstars Championship Cash Challenge.

BBC Four

19.00 Beyond 100 Days; Weather.
 19.30 Handmade on the Silk Road.
 20.00 The Secret History of Our Streets.
 21.00 Nelson in His Own Words.
 22.00 British Empire: Heroes and Villains - A Timewatch Guide.
 23.00 Horizon: Is Seeing Believing?
 00.00 California Comes to the Whistle Test.
 01.00 Top of the Pops: 1982.
 01.30 Top of the Pops: 1982.
 02.00 Fabric of Britain.
 03.00 Nelson in His Own Words.
 04.00 Close.

THURSDAY 01/03/18

BBC One

06.00 Breakfast.
 09.15 Murder, Mystery and My Family.
 10.00 Homes Under the Hammer.
 11.00 Wanted Down Under Revisited.
 11.45 Caught Red Handed.
 12.15 Bargain Hunt.
 13.00 BBC News at One; Weather.
 13.30 BBC Regional News and Weather.
 13.45 Doctors.
 14.15 Shakespeare & Hathaway - Private Investigators.
 15.00 Escape to the Country.
 15.45 Get Away for Winter.
 16.30 Antiques Road Trip.
 17.15 Pointless.
 18.00 BBC News at Six; Weather.
 18.30 BBC Regional News and Weather.
 19.00 The One Show.
 19.30 EastEnders; BBC News; Regional News.
 20.00 MasterChef.
 21.00 Weinstein: The Inside Story.
 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 Caught Red Handed.
 06.30 Get Away for Winter.
 07.15 Wanted Down Under Revisited.
 08.00 Sign Zone: Earth's Natural Wonders.
 09.00 Victoria Derbyshire.
 11.00 BBC Newsroom Live.
 12.00 Daily Politics.
 13.00 Perfection.
 13.45 Plan It, Build It.
 14.15 Yes Chef.
 15.00 A Place to Call Home.
 15.50 More Creatures Great and Small.
 16.20 Greece with Simon Reeve.
 17.20 Flog It!
 18.00 Eggheads.
 18.30 Great British Railway Journeys.
 19.00 Live Athletics.
 21.00 Civilisations.
 22.00 Mock the Week.
 22.30 Newsnight.
 23.10 Weather.
 23.15 Top Gear.
 00.20 Sign Zone: Nigel Slater's Middle East.

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 James Martin's American Adventure.
 15.00 Tenable.

15.59 ITV London Weather.
 16.00 Tipping Point.
 17.00 The Chase.
 18.00 ITV News London; Weather.
 18.30 ITV Evening News; Weather.
 19.00 Emmerdale.
 19.30 Pets: The True Cost - Tonight.
 20.00 Emmerdale.
 20.30 The Cruise: Voyage to Alaska.
 21.00 Serial Killer with Piers Morgan.
 22.00 ITV News at Ten; Weather.
 22.30 ITV News London; Weather.
 22.45 100 Years Younger in 21 Days.
 23.45 Lethal Weapon.
 00.30 Jackpot247.

Channel 4

06.00 Countdown.
 06.45 3rd Rock from the Sun.
 07.10 3rd Rock from the Sun.
 07.35 Everybody Loves Raymond.
 08.00 Everybody Loves Raymond.
 08.30 Frasier.
 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 Posh Pawnbrokers.
 14.10 Countdown.
 15.00 A Place in the Sun: Summer Sun.
 16.00 A New Life in the Sun.
 17.00 Four in a Bed.
 17.30 Extreme Cake Makers.
 18.00 The Simpsons.
 18.30 Hollyoaks.
 19.00 Channel 4 News.
 20.00 George Clarke's Amazing Spaces.
 21.00 Married at First Sight.
 22.00 The Job Interview.
 23.05 Gogglebox.
 00.05 24 Hours in Police Custody.
 01.05 The Great British Skinny Dip.
 01.55 One Born Every Minute.
 02.50 How to Get Fit Fast.

BBC Four

19.00 Beyond 100 Days; Weather.
 19.30 Top of the Pops: 1985.
 20.00 The Brain: A Secret History.
 21.00 From Ice to Fire: The Incredible Science of Temperature.
 22.00 Wild Weather with Richard Hammond.
 23.00 Storm Troopers: The Fight to Forecast the Weather.
 00.00 Top of the Pops: 1985.
 00.35 Elvis Costello: Mystery Dance.
 02.05 From Ice to Fire: The Incredible Science of Temperature.
 03.05 Handmade on the Silk Road.
 03.35 Close.

FRIDAY 02/03/18

BBC One

06.00 Breakfast.
 09.15 Murder, Mystery and My Family.
 10.00 Homes Under the Hammer.
 11.00 Wanted Down Under Revisited.
 11.45 Caught Red Handed.
 12.15 Bargain Hunt.
 13.00 BBC News at One; Weather.
 13.30 BBC Regional News and Weather.
 13.45 Doctors.
 14.15 Shakespeare & Hathaway - Private Investigators.
 15.00 Escape to the Country.
 15.45 Get Away for Winter.
 16.30 Antiques Road Trip.
 17.15 Pointless.
 18.00 BBC News at Six; Weather.
 18.30 BBC Regional News and Weather.
 19.00 The One Show.
 19.30 MasterChef; BBC News; Regional News.
 20.00 EastEnders.
 20.30 Room 101.
 21.00 Requiem.
 22.00 BBC News at Ten.
 22.25 BBC Regional News and Weather; National Lottery Update.
 22.35 The Young Offenders.
 23.05 FILM: Blades of Glory (2007).
 00.30 Weather for the Week Ahead.
 00.35 BBC News.

BBC Two England

06.00 Caught Red Handed.
 06.30 Get Away for Winter.
 07.15 Wanted Down Under Revisited.
 08.00 Sign Zone: Back in Time for Tea.
 09.00 Live Athletics.
 13.45 Plan It, Build It.
 14.15 Yes Chef.
 15.00 A Place to Call Home.
 15.50 More Creatures Great and Small.
 16.20 Greece with Simon Reeve.
 17.20 Great British Railway Journeys.
 17.50 Live Athletics.
 22.00 QI.
 22.30 Newsnight.
 23.00 Weather.
 23.05 The Assassination of Gianni Versace: American Crime Story.
 23.55 FILM: A Hijacking (2012).
 01.35 Sign Zone: The Sheriffs Are Coming.
 02.35 Sign Zone: Julius Caesar Revealed.

ITV London

06.00 Good Morning Britain.
 08.30 Lorraine.
 09.25 The Jeremy Kyle Show.
 10.30 This Morning.
 12.30 Loose Women.
 13.30 ITV Lunchtime News; Weather.
 13.55 ITV News London; Weather.
 14.00 James Martin's American Adventure.

15.00 Tenable.
 15.59 ITV London Weather.
 16.00 Tipping Point.
 17.00 The Chase.
 18.00 ITV News London; Weather.
 18.30 ITV Evening News; Weather.
 19.00 Emmerdale.
 19.30 Coronation Street.
 20.00 Love Your Garden.
 20.30 Coronation Street.
 21.00 Lethal Weapon.
 22.00 ITV News at Ten; Weather.
 22.30 ITV News London; Weather.
 22.45 Piers Morgan's Life Stories.
 23.45 Take Me Out: 10th Anniversary Special.
 00.35 Jackpot247.
 03.00 Alphabetical.
 03.50 ITV Nightscreen.

Channel 4

06.00 Countdown.
 06.45 3rd Rock from the Sun.
 07.10 3rd Rock from the Sun.
 07.35 Everybody Loves Raymond.
 08.00 Everybody Loves Raymond.
 08.30 Frasier.
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 15.00 A Place in the Sun: Summer Sun.
 16.00 A New Life in the Sun.
 17.00 Four in a Bed.
 17.30 Extreme Cake Makers.
 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 Rude Tube.
 00.05 FILM: 30 Days of Night (2007).
 02.10 Born to Kill.
 03.05 Damned.
 03.35 The Question Jury.
 04.30 Four Rooms with Sarah Beeny.

BBC Four

19.00 World News Today; Weather.
 19.30 Top of the Pops: 1985.
 20.00 John Denver: Country Boy.
 21.00 Tones, Drones and Arpeggios: The Magic of Minimalism.
 22.00 Synth Britannia.
 23.30 Synth Britannia at the BBC.
 00.30 Top of the Pops: 1985.
 01.00 Lionel Richie - Dancing on the Ceiling.
 02.00 John Denver: Country Boy.
 03.00 Tones, Drones and Arpeggios: The Magic of Minimalism.
 04.00 Close.

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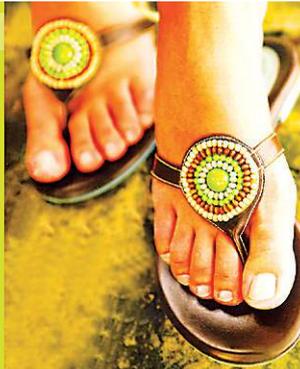
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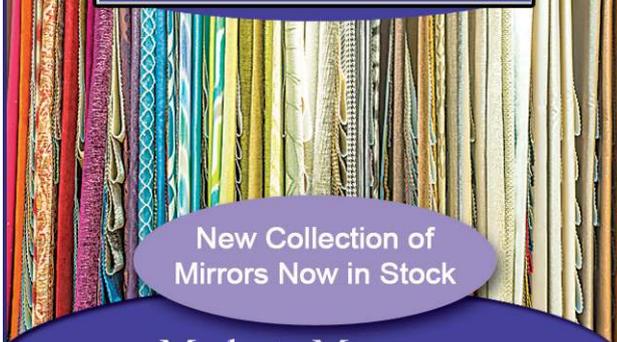
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Cinema

NEW THIS WEEK

I, Tonya
Stars: Margot Robbie, Sebastian Stan, Allison Janney. Genre: Biography, Comedy, Drama. Director: Craig Gillespie. Rating: N/A. Plot: The story of how Tonya Harding, an American artistic ice-skater, saw her future in the world of sport put at risk when she became involved in a violent attack on her rival, Nancy Kerrigan, right before the 1994 Winter Olympics in Lillehammer.



12 Strong
Stars: Chris Hemsworth, Michael Shannon, Michael Peña. Genre: Action, Drama, History. Director: Nicolai Fuglsig. Rating: N/A. Plot: A team of CIA agents and special forces head to Afganistan after the 9/11 attacks in an attempt to bring down the Taliban.

Cinema Listings

NOS Forum Algarve - Faro

I, Tonya; The 15:17 to Paris; Gnome Alone (PV); 12 Strong; Fifty Shades Freed; Black Panther

NOS Mar Shopping - Loulé

Kickboxer; Retaliation; Gnome Alone (PV); Black Panther; Downsizing; Fifty Shades Freed; Ferdinand (PV); 12 Strong

Gran-Plaza NOS - Tavira

Black Panther; Fifty Shades Freed; 12 Strong; Snezhnaya koroleva (PV); The Post; Gnome Alone (PV); The Commuter

Algarcine - Portimão

Black Panther; Fifty Shades Freed; Snezhnaya koroleva (PV); 12 Strong

Algarcine - Lagos

Black Panther; Snezhnaya koroleva (PV); 12 Strong; Fifty Shades Freed

Algarcine Ria Shopping - Olhão

Black Panther; Maya the Bee; The Honey Games; 12 Strong; Fifty Shades Freed; Snezhnaya koroleva

Cineplace AlgarveShopping - Guia

Snezhnaya koroleva (PV); Kickboxer; Retaliation; Black Panther, 2D & 3D; I, Tonya; Ferdinand (PV); Maya the Bee; The Honey Games (PV); All the Money in the World; The Shape of Water; The Clapper; Coco (PV); 12 Strong; Gnome Alone (PV); Downsizing; Darkest Hour; Fifty Shades Darker; Three Billboards Outside Ebbing, Missouri; The Post; The 15:17 to Paris; Phantom Thread

Cineplace - Portimão

Black Panther, 2D & 3D; Downsizing; Maze Runner: The Death Cure; Snezhnaya koroleva; Kickboxer; Retaliation; All the Money in the World; Maya the Bee; The Honey Games; The 15:17 to Paris; Ferdinand (PV); 12 Strong; Gnome Alone; Fifty Shades Freed

Cineplace Loures Shopping

Downsizing; Maya the Bee; The Honey Games (PV); 12 Strong; Gnome Alone (PV); I, Tonya; The 15:17 to Paris; Three Billboards Outside Ebbing, Missouri; Snezhnaya koroleva; Kickboxer;

Retaliation; All the Money in the World; Black Panther, 2D & 3D; Ferdinand (PV); Fifty Shades Freed; Darkest Hour; Coco (PV); The Post; The Shape of Water; Phantom Thread

Cineplace LeiriaShopping

Fifty Shades Freed; Black Panther, 2D & 3D; Maya the Bee; The Honey Games (PV); The Shape of Water; The Post; The 15:17 to Paris; 12 Strong; Ferdinand (PV); I, Tonya; All the Money in the World; Gnome Alone (PV); Snezhnaya koroleva; Kickboxer; Retaliation; Downsizing; Maze Runner: The Death Cure

Cineplace Riosul - Seixal

Black Panther, 2D & 3D; Coco (PV); Downsizing; Snezhnaya koroleva; Kickboxer; Retaliation; Fifty Shades Freed; Gnome Alone (PV); The 15:17 to Paris; The Post; 12 Strong; Ferdinand (PV); Maya the Bee; The Honey Games (PV); Jumanji: Welcome to the Jungle; Maze Runner: The Death Cure; Tadeo Jones 2: El secreto del Rey Midas (PV)

Estação Viana Shopping - Viana do Castelo

The Clapper; Gnome Alone (PV); Snezhnaya koroleva (PV); The post; All the Money in the World; Ferdinand (PV); Black Panther; Fifty Shades Freed

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



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Cinemas NOS - Tavira, Faro & Loulé
cinemas.nos.pt

North & Centre South

EXHIBITIONS

LQR - An exhibition by Cristina Lamas (1968), Pedro Quintas (1972) and Eduardo Rosa (1949). The title of the exhibition corresponds to the artists' surnames. Lamas presents her black and white "glitch" style drawings, Quintas presents paintings, and Rosa's pieces were designed using pieces of the chinese game called Tangram, a seven-piece puzzle which allows you to create over five thousand different figures. Until **24 Feb**, Tue-Sat 10am-7pm. At Galeria 111, Campo Grande, 113, Lisbon. Tel: 217 977 418 www.111.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.

MUSIC

Concertos Íntimos 2018 - Concerts by Filipe Catto, Ana Bacalhau and HMB. Ana Bacalhau brings her solo project "Nome Próprio", on **24 Mar**, 9:30pm. HMB, the most "soul" band of Portuguese music, present the last concert of Concertos Íntimos 2018, **19 May**, 9:30pm. Tickets: €30. Cine-teatro de Estarreja, Rua Visconde Valdemouro, Estarreja. Tel: 234 811 300 www.cineteatroestarreja.com

SHOW

February in Casino Lisboa - Live music:

Folkways, **21-24 Feb**. 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

Impasse - Humourist Pedro Teixeira da Mota's first solo stand-up comedy act looking at the indecisiveness of 23-year-olds when choosing their life path. **24 Feb**, 10pm, in Casino Estoril. Rating: M/16. Tickets: €12. Av. Dr. Stanley Ho, Estoril. www.casino-estoril.pt

New Circus shows at Casino Lisboa - Duo Kru: Forças Combinadas, **23 & 24 Feb**. 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

February in Casino Estoril - Wednesday Fado Cycles, every Wednesday 10pm, free entry. Rogério Gil concert, **24 Feb**. Mari & Pedro concert, **23 Feb**. 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

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. Tickets: €39. 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

AUCTIONS

Auction House Algarve. Our next live auction is **3 Mar**. 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

EXHIBITIONS

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

"Entre o abstrato e o figurativo" - Sculpture and painting exhibition by Henrique Silva, Marisa Patrício and Martins Leal. Open to the public until **24 Feb** at the Sala de Exposições Temporárias in the Convento de São José in Lagoa. www.cm-lagoa.pt

"Living and Breathing Art" - Sculpture and painting exhibition by Nathalie and Paul. Until **3 Mar** in the Sala Polivalente in the Convento São José, Lagoa. www.cm-lagoa.pt

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

Exhibition of the 17th Corrida Fotográfica de Portimão - As well as the usual winning photographs and the best of the eight presented themes, a lot of subaquatic photos taken during the archeological prospecting in the Arade river will be on display. The winners of the photographic race were: 1st Margarida Santos, 2nd Marco Oliveira, 3rd Alexandre Mendes Cabrita and the Prémio Jovem went to Catarina Guerreiro. Exhibition until **15 Apr** in the Portimão Museum. Open Tue 2:30pm-6pm and Wed-Sun 10am-6pm. www.vivaportimao.pt

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

'Fad' Nu' - an intimate and minimal interpretation of Fado music, grounded in tradition but also exploring unique new paths. A different musical experience with Cátia Alhandra (voice) and José Alegre (guitar). **24 Feb** 3pm. Quinta das Alagoas, near Almadena. Entrance, by reservation only, €19,50 including refreshment buffet of wine, cheese and homemade products. Info and reservations Tel 924 204 343. Email geral@quintadasalagoas.com.

The Lacerda Quartet - Quartet composed of Alex Stewart (violin), Regina Aires (violin), Paul Wakabayashi (viola) and Luís André (cello). Presenting compositions by Haydn, Mozart and Lacerda. **25 Feb**, 4pm at Quintinha da Música, Santo Estevão, Tavira. Price: €25. To book contact: lynne.algarvehistory@gmail.com

Fado at the Museum - With fadistas Ana Valentim Aurora Espada, Joana Rato, Teresa Viola, Maria Mizé Melo, and António d'Almeida. Musicians Vitor do Carmo, Tó Correia, and Paulo Feiteira. **25 Feb**, 9pm at the Museu do Traje (Costume Museum), Saõ Brás de Alportel. Tel: 289 840 100

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FRESHMINT

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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

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.

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 Friday - New Orleans jazz with The Dixie Kings at Casa Inglesa, Portimao - dinner reservations 282 416 290 details www.neworleansjazzalgarve.com/index.html

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/index.html

Tavira Pop Choir - Fonte do Bispo. If you are interested in joining a fun and enjoyable Pop Choir, then come along on **Sundays** at 2pm-4pm. We would like a choir/musical leader to conduct and organise the various singing talents we have at present. Please contact Gillian Tel.966 006 436 Email. Info@qtfontebispo.com

SHOWS

"Balucia" - A theatre act for babies, by Animateatro. 35 min. long, directed at babies between 6 months and 3-years-old. Tickets: 1 baby plus adult, €8; Extra adults, €5. **3 Mar**, 11am at the Teatro Experimental of Lagos. Reservations: 962 512 133 or associacaotel@gmail.com

SOCIAL

afpop Lagos Dinner - 23 Feb, 7pm. Dinner at Bom Apetite Lagos. €18 (€21 for guests) Bookings with Pat Allen.lagos@afpop.com

afpop East Algarve Coffee and Chat Morning. Member-2-Member. Monthly Coffee & Chat morning. They are always the **last Wednesday** in the month. The coffee mornings are organised by a group of afpop members. It is very informal, a chance to meet up, make friends and have a chat. If you are interested in the Coffee & Chat mornings contact: Sherry on 916 913 612 or email: slosantaclara@gmail.com. Usually in the East Algarve Pedras da Rainha Club House.

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. **Duplicate bridge** - Come and join our friendly international club. **Thursday afternoons**, 3pm start at Restaurante Solar da Poeta in Almancil. Or **Friday afternoons**, 2pm start at Museu do Trajo in São Bras de Alportel. For pre-registration and information call Frank

Spelbos at 937 802 110 or email to spelbos@sapo.pt

Coro dos Amigos do Museu. We are an international four-voice choir based in São Brás de Alportel. We sing sacred and secular music from medieval to 21st century, with concerts several times per year. We rehearse on **Thursdays** from 6.30pm. Ability to read music is an advantage, but not essential. If you think you would like to join us, please contact David on david51.littlewood@gmail.com, or on 289 489 374.

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

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

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

afpop Badminton in Silves Come and try Badminton. This is a regular **Thursday evening** slot booked for Badminton players at the pavillion of the Escola EB 2,3 Dr. Garcia Domingues in Silves between 8pm and 10pm. Badminton players will need to bring their own racquets and pay a small fee to cover costs. More information contact Sue on suesharman9@gmail.com or call 910 108 730

Bridge lessons - Mid January start of course of 10 lessons for beginners and start of follow-up course of 10 lessons for those who have done the beginners course. Every Monday afternoon or Wednesday morning in Albufeira. For information call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

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

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

Walking Football for the 50+ - **Every Thur.** 9.30am -

11am, at José Arcanjo Stadium, Olhão (behind McDonalds EN125) Fitness, fun & friendship. Only €3 / session. Contact: 916504903 christopher.wright@hotmail.co.uk

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

Come and learn bridge. Vale del Rey. Tel 968457888

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 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. contact:brian.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 Agua, Albufeira - roll-ups on Tuesdays and Fridays at 09:45am. Tuition available if required. Please telephone Jill on 935701155

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

Dreams: Doorway to Spiritual Freedom - Join us **3 Mar** from 3-4pm at Hotel Mira Sagres in Vila do Bispo (across from post office). Info: eckmarg.luz@gmail.com, Facebook/Eckankar Portugal, www.eckankar.org. Engl, Prtg, Spn, Grmn, Fr.

Latin and Ballroom Classes - Tuesday mornings 10-1.30 at Alvor Community Centre. **Wednesday** evenings 7-8.45 Carvoeiro Clube de Ténis. Beginners, Improvers, Jive, and Intermediate/Advanced. Please contact Caroline on 961916821 / Email strictlydancingcarvoeiro@hotmail.com

Meet people and make friends. Learn to play bridge. Contact the Vale del Rei Bridge group. Beginners sessions starting in January. Tel 968457888.

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

Scottish Country Dancing will be held on **Monday** evenings from 7:30

to 9:30pm at the NOBEL International School Algarve. Please contact Mardie Cunningham on 282 356 029 or email mardie@sapo.pt.

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

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THE PORTUGAL NEWS

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.

Announcements

HOT WATER and Heating without sunshine !! contact us on www.shs-pt.com
TPN/TO/35182229
CC DEPRESSED/ BIPOLAR Friendly Support Meetings, 1st Monday of the Month 6:30pm, upstairs Casa Inglesa, Portimão. 914878927

Auctions



NEXT LIVE AUCTION
Saturday, 3 March 2018
 10.00am onwards

Approx. 500 lots.
 • Antiques and Collectibles
 • Designer Handbags
 • Furniture and Art
 • Tools
 • Jewellery – Antique, Vintage and Modern
 • Sports Equipment

Check out our page on Facebook to view items coming up at Auction and view the catalogue and bid on line at www.ahalgarve.com where further details are available. Tel: 289 832 380 or email us at info@ahalgarve.com

Business Opportunities

TEDDY BEAR business in the Algarve. Exciting, fun, Family friendly retail business for sale in gorgeous Alvor. Equipment and stock included. Excellent opportunity. Ill health forces sale. 0044 7454 070177 Lornamferguson@btinternet.com
TPN/TO/66899229

Charities

CC WEEKLY BOOK SALE. Come along to our Book Sale every Friday from 10.00 to 12 noon at Monte da Palhagueira Nursing Home & Retirement Village Hall, Gorjoes. All proceeds go to The Boys Home Faro. Tel: 289990901
TPN/TO/63968587

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

CC - ADL SUPPORTING FAMILIES This is a new Charity set up to support local families in crisis. We receive unwanted furniture, white and electrical goods, baby equipment, bedding, towels etc..and distribute items to local families who need them. We cover the Guia, Algoz, Tunes area and further afield. For more information about the work of the Charity and how you can help please contact Su Davis: 932307548
su.davis@sapo.pt
 Facebook: Support for families in the Algarve and Desafios Luminosos.
TPN/TO/88458493

CC THE NANDI CHARITY SHOP. Winter clothing now in stock. Bargain prices. Furniture can be collected within 30 K Lagos. Tel 912741857
TPN/TO/8724313

CC THE GOODWILL CHARITY. R.Direita 5, Ed. Portus Magnus, Portimao. (Close to Theatre). 968 740 693 10am-2pm. Clothes, bric a brac and furniture in saleable cond., large items collected.
TPN/TO/64287332

CC APAA CHARITY SHOPS - Dunas do Alvor: Tues to Sat 10.30am - 2pm. Cerro Grande, Albufeira: Tues to Sat 10.30am - 2pm. Rua Elias Garcia, 20, Silves: Mon to Sat 10am - 2pm. Volunteers always welcome info.apaaportugal@gmail.com

CC THE DONKEY SANCTUARY needs all your unwanted items for our shops in Ferragudo, Carvoeiro and Lagoa . Larger items i.e. furniture can be collected. The shop funds allow us to feed our many mouths at the Sanctuary. We always need extra hands at our shops so if you can spare 3-4 hours a week give us a call. Chris 966033127

CC SECOND CHANCE charity shop at Largo Das Ferreiras(on roundabout), Ferreiras, Albufeira. Open Tuesday to Friday 10am to 4pm. Saturday 10am to 1pm. Supporting people in need, also Bombeiros, Soup kitchens, Riding for the disabled, AHSa day care centre for the elderly and more. Contact Maggie Cook 917707808.

CC CADELA CARLOTA shop in Lagos open Monday till Friday 10.00-13.00 /15.00-17.00hrs. Almadena: Monday till Friday 10.00-16.00 hrs Saturday 10.00 -13.00hrs. You are always welcome to donate and to purchase. We always need extra hands in our shops.
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Education

LEARN PORTUGUESE easily and enjoyably. Popular accredited courses starting this term. Beginners: 12 March. Pre-intermediate: 19 and 20 February. Centro de Línguas de Lagos. Call 282761070. Email info@centrodelinguas.com
TPN/TB/46326124

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Entertainment & Leisure

ALGARVE WEEKEND WALKERS. Join us for professionally guided walks through the lovely Algarve countryside. 25th February north Loule; 4th March Salir. 10.30 start, €5 donation. Contact algarveweekendwalkers@gmail.com

For Sale Private



LUXURY ITALIAN leather design baxter Budapest sofa L300cm / D110cm / H76cm. Original price Pounds 8535 - asking Euros 1500. Tel. 934811523
TPN/PA/87589225



METAL AND glass bedside table Euro 10 each - 7 available. Mob: 934811523
TPN/PA/71363972



SOLID WOOD double bed including mattress Euro 100 each - 2 available. Mob. 934811523
TPN/PA/43278457



8FT FREEPLAY Snooker/pool table. All accessories included. €2750. Call 966006666
TPN/PA/37938663

3/4 PERSON jacuzzi Alvor Own transport euro 1850.00 Tel. 919454230
TPN/TO/27978854



KING SIZE 12ft snooker table €3500. Good condition. Can be delivered. 966006666
TPN/PA/92981826



POOL TABLE 6/7ft 1200Euro; good condition. Can deliver. Call 966006666
TPN/PA/43591322

Friendship

ALGARVE BASED Christian business man wishes to meet lady 20-35 years old for serious relationship. Tel. 934801273
TPN/TO/38659716

Furniture

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www.curiosaportugal.com
[facebook.com/CuriosaShop/](https://www.facebook.com/CuriosaShop/)

Jobs Offered

CURIOSA INDOOR & Outdoor has two positions available. Looking for a Sales person and a Computer\ website person (somebody for the webshop, website, newsletters, etc). Contact Wanda 289391373 or info@curiosaportugal.com

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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. 11am. Bi-lingual Sunday school & creche is available. Minister's 218 043 410, www.standrewslisbon.com

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

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

LISBON SYNAGOGUE; R. Alexandre Herculano Nº 59. Tel: 213 931 130 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.

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KINGDOM HALL OF JEHOVAH'S WITNESSES. Gathering for Worship. All Welcome, no collections. Rua Penha da França, Lisbon - Fri 7.30pm Sun 6pm Tel: 213 421 604. Rua João de Deus, Sintra - Tues 8pm Sun 10.15am Tel: 219 243 316. Av Comunidades Europeias 342, Cascais -Wed 8.30pm Sun 2.15pm Tel: 214 831 060. Praça da República, Bombarral, Obidos - Wed 8.15 Sat 5.30pm. Rua Almada Negreiros, Setúbal - Wed 7.30pm Sat 5pm. 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.stjamesporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama, 675-2 E Ramalde), Service 10am, Salvation Meeting 5pm. Coloras Corps. (Av. dos Bombeiros 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

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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 & Almancil; 11.30am St Luke's, Gorjões; 8.00am & 11.30am Igreja N Sra da Luz, Praia da Luz, nr Lagos. Visitors are especially welcome. 282 789 660 & 289 366 720 www.stvincentsalgarve.org

INTERNATIONAL CHRISTIAN FELLOWSHIP of Portimão Sun 11am. The Bridge" (A Ponte), Cedipraia Shopping Centre no. 23 / 282 042 836 / 917 358 098 www.icf-portimao.org

INTERNATIONAL COMMUNITY CHURCH, Lagos. Newfrontiers. Sunday service in English 10.30am. 5 Travessa de Santo Amaro, Lagos. Tel. 960450750 www.icc-lagos.org

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

LAGOA CHRISTIAN FELLOWSHIP. English Speaking Calvary chapel of the Algarve, Sun 11am for contemporary worship and Christ centered Bible study. Rua Doutor 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. tavirachristiancentre.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, s. 19, S. Brás Alportel.

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JEWSH 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; Thur: 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 From December, s Holy Mass in English will be at 12.15 pm.Church of Santa Maria Tavira Every Sunday 914621429 tavira@diocese-algarve.pt

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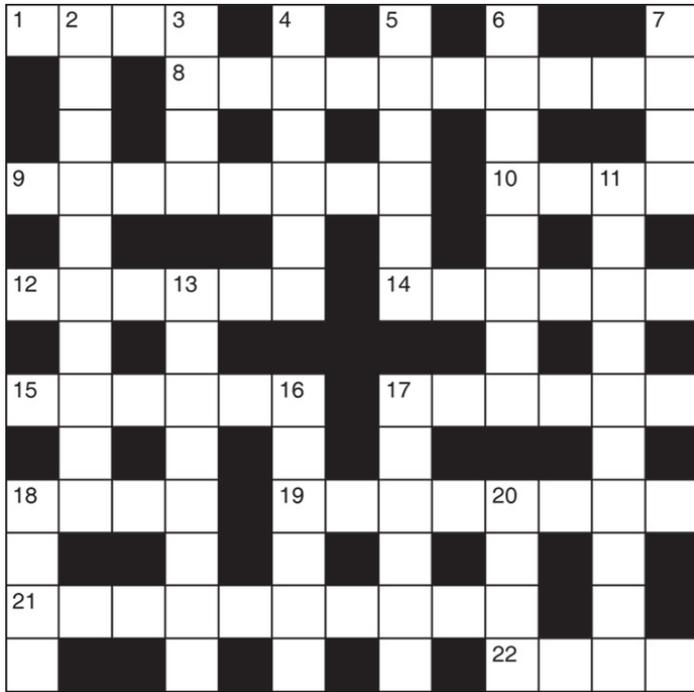
HOUSE OF PRAYER CHAPEL Rua Municipio 31 Next to Hotel Paraiso, Albufeira Sunday service at 10am and 6pm For more info call now: 919 458 666

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

Verse of the Week

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.

Romans 8:5; New International Version (NIV)



Last week's cryptic crossword solutions

Across: 1 Tick; 3 Obscured; 8 Also; 9 Compound; 11 Slot machines; 13 Pastry; 14 Bistro; 17 Constabulary; 20 Interest; 21 Otto; 22 The ropes; 23 Trek.
Down: 1 Transept; 2 Customs; 4 Brooch; 5 Capricious; 6 Route; 7 Dodo; 10 Impresario; 12 Copy book; 15 Toaster; 16 Hassle; 18 Outtre; 19 Gist.

CRYPTIC CROSSWORD

ACROSS

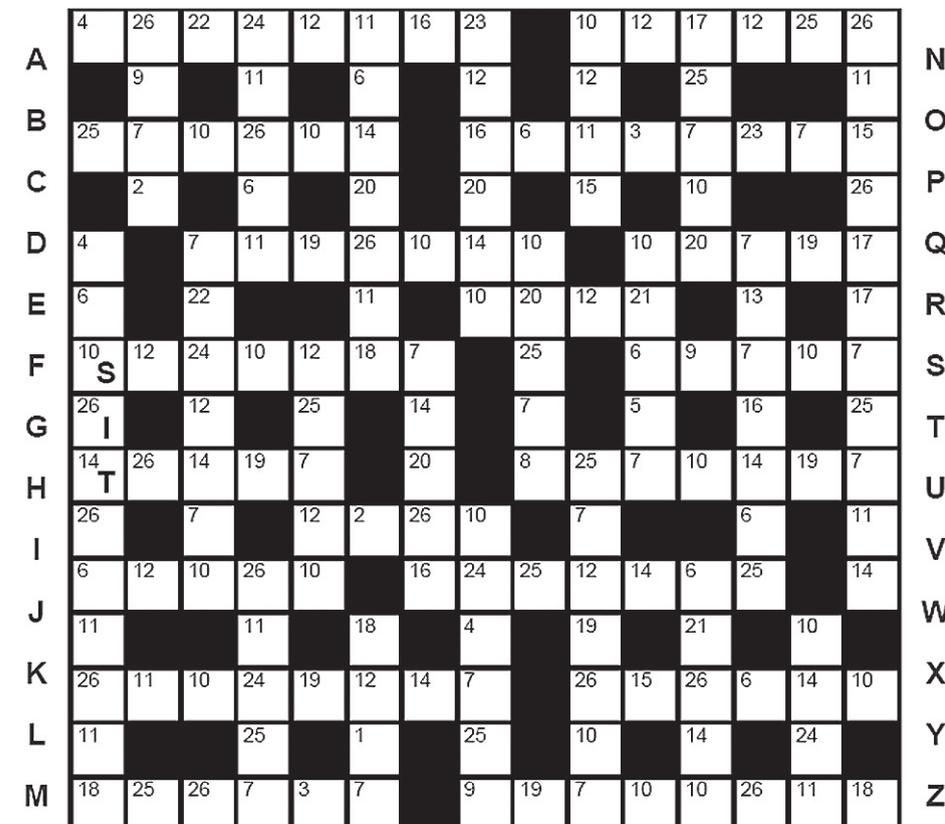
- Three R.A.F. squadrons achieve victory by the end of the blitzkrieg (4)
- Where one finds time to describe the alert sentry (2,3,5)
- Suitable way for a circular tour (4-4)
- Play without a drink (4)
- They're blooming big fiddles! (6)
- So near to analysing logical thought (6)
- Threat from one who provides capital cover (6)
- Bits of mixed spice round the East (6)
- A noble look (4)
- Fail to give full support to the footballer! (4-4)
- As a man of letters, the teacher is after a job (10)
- In the park I tested a toy (4)

DOWN

- Scare a close friend when I'd intervened (10)
- Medal struck before dinner (4)
- They sharpen athletic functions up (6)
- Compassionate nurse (6)
- Pontoon-bridge provides two examples of this (4-4)
- False modesty is endless (4)
- Teenager making a fuss over the French perfume (10)
- Scholars retail it differently (8)
- Put in the oven again when you see her coming back to have a meal (6)
- It is instilled into the staff to be courteous (6)
- This kind of clay is a water carrier (4)
- Bay tree's outside (4)

CODEWORD

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



QUICK CROSSWORD

ACROSS

- Jetty (4)
- Immaterial (10)
- Trivial sum (8)
- Pit (4)
- Vulgar (6)
- Weaken (6)
- Void (6)
- Plunder (6)
- Withered (4)
- Scrawl (8)
- Outspoken (10)
- Silence (4)

DOWN

- Animate (10)
- Gap (4)
- Position (6)
- Mean (6)
- Destroy (8)
- Harvest (4)
- Punctilious (10)
- Casino game (8)
- Wretchedness (6)
- Search (6)
- Analyse (4)
- Tub (4)

Last week's quick crossword solution

Across: 1 Dash; 3 Accurate; 8 Sell; 9 Manifold; 11 Incomparable; 13 Cutler; 14 Bellow; 17 Equivocation; 20 Criteria; 21 Hull; 22 Militant; 23 Peet.
Down: 1 Distinct; 2 Solicit; 4 Cravat; 5 Unilateral; 6 Atoll; 7 Eddy; 10 Impediment; 12 Swindler; 15 Leisure; 16 Motion; 18 Quill; 19 Scum.

SUDOKU

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

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

Medium

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

Hard

Last week's solutions

Last Week's Codeword Solution

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

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

Medium

Hard



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Twin caddies both record holes-in-one on the same day

Twin brothers Gary and Guy Tilston can't quite believe their 'amazing' achievement after the caddies both had holes-in-one while on the bag for Matthew Southgate and Marcel Siem at the NBO Oman Open.

Southgate, who was sitting in second place at Al Mouj Golf after rounds of 65 and 70, aced his tee shot on the par three fifth hole from 165 yards with caddie Gary Tilston picking a seven-iron. Moments earlier, Tilston's twin Guy, also chose the same club for Siem who struck a hole-in-one at the 13th from 162 yards. "It's amazing," said Gary. "To have us both make

holes-in-one, on the same day, using the same club is truly remarkable - I doubt it will ever be repeated." Much like his caddie, England's Southgate was also stunned by the brothers' achievement. "A bit of a strange one to have twins pick the right club for two holes-in-one in the same day. I bet that will never happen again," he said. "Gary and I worked together well and it was

great out there today. I'm chuffed for Marcel too, he's a good friend of mine and it's always a bit of fun getting a hole-in-one." Southgate, who made an ace at the Dubai Desert Classic last month with a different caddie, teamed up with Gary at the start of the week while Guy has worked with Siem for a number of years. The caddie duo have been plying their trade on the European Tour for 33



Twin caddies Guy and Gary Tilston

years and Guy admits that he and Gary are inseparable.

Luiten the man in Oman



Joost Luiten. (Photo: Getty Images)

Joost Luiten got the better of Chris Wood in a final-day battle to win his sixth European Tour title at the inaugural NBO Oman Open.

Al Mouj Golf has played host to some dramatic scenes on the Challenge Tour, hosting the season-ending NBO Golf Classic Grand Final, and did not disappoint on its European Tour debut.

Perfect conditions greeted the players for the fourth day in a row, with Luiten going out in the final group and holding a share of the overnight lead.

There were ten players within four shots of the lead as the final group reached the turn but it evolved into a shootout between Luiten and Wood on the back nine, with the experienced duo going toe-to-toe in the desert.

It was the Dutchman who prevailed, carding a 68 to get to 16 under and finish two shots ahead of his English rival.

Frenchman, Julien Guerrier, finished third at 13 under after a 71, two shots

clear of Spaniard, Jorge Campiolo, Frenchman Alexander Levy and American, Han Seung-su.

The victory is Luiten's first since he won his home event for the second time at the KLM Open in 2016 and moves him into the top ten of the Race to Dubai Rankings presented by Rolex, earning him a spot in the WGC - Mexico Championship.

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Sporting controversy after stoppage time winner

Benfica had a comfortable victory against Boavista while FC Porto thumped Rio Ave at the Estádio do Dragão.

N CHRIS WRIGHT

Tondela were rightly aggrieved when Sporting snatched a very late winner in the ninth minute of stoppage time after the fourth official had indicated just four minutes! Portimonense continued their recent impressive form with a third win in four games. FC Porto, still reeling from their 5-0 Champions League defeat at home to

Liverpool, could not have got off to a better start against Rio Ave. In the second minute Sérgio Oliveira stormed his side into a 1-0 lead with a well-placed low drive from outside the box. Soares made it two with a header off the underside of the bar midway through the first-half before Moussa Marega, with the aid of a Marcelo deflection, grabbed the third ten min-

utes before the break. Moussa Marega made full use of the space afforded him to head in Alex Telles' free-kick at the near-post in the seventy-second minute. Soares got his second late on to give Sergio Conceição's team a comfortable 5-0 victory ahead of their half-game in hand versus Estoril as the paper went to press. Benfica welcomed back the injured

Jonas for the visit of Boavista but the prolific striker, 90 goals in 104 appearances, missed the opportunity to add to the total when keeper Vagner saved his fifteenth minute penalty. But just three minutes later Ruben Dias nodded home the opening goal for the Eagles thanks to a Jardel assist. From a corner centre-back Jardel doubled the lead shortly before the

break when he towered above the 'Black Panthers' defence to head home. A second-half own goal and a stoppage time tap in by Raúl Jiménez completed the 4-0 rout. The epic journey to Astana (Kazakhstan) - equivalent to twenty-three trips from Lisbon to Porto - resulted in a 3-1 victory for Sporting in their first-leg Europa Cup game. To be playing a Primeira Liga just four later was bound to take its toll and there was no surprise when Tondela took an early lead as Miguel Cardoso beat Rui Patrício at the near post. Sporting fought back to level midway through the half as Bas Dost returned to action with a trademark headed goal. Thirteen minutes after break Sporting were reduced to ten men when Matthieu picked up two yellows in the space of six minutes. Drama erupted as Sebas-

tian Coates thrashed home the winner in the ninth minute of added-on time despite four minutes being displayed by the fourth official. Even a stoppage for an injury could in no way make up for the added time and Tondela were fuming as the final whistle went with Murilo being shown a red card for his protestations. Portimonense won their third game in four outings with a 3-1 victory at Feirense. A main contributor to the Portimão team's success has been top scorer Fabrício who has found the back of the net six times in those games including a hat-trick against Rio Ave. The 27 year-old Brazilian was voted the Primeira Liga best midfielder for January and will be presented with the award at the home game against league leaders FC Porto on Sunday evening.



Sporting players celebrate after scoring the winning goal in the 9th minute of stoppage time against Tondela. (Photo: EPA/Paulo Novais)

Poland's Kwiatkowski wins Volta ao Algarve

Polish rider Michal Kwiatkowski has won the 44th Volta ao Algarve cycle race after winning the Alto do Malhão stage between Loulé and Faro.

Britain's Geraint Thomas, who had started the final stage with a 19-second lead, ended just behind his teammate from Sky. Kwiatkowski,

who is a former world champion, also won the Volta back in 2014, while Thomas had been hoping to defend the title he won last year.

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