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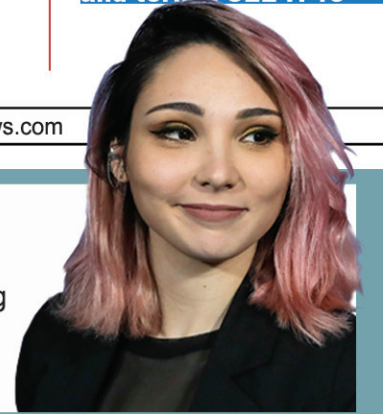


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**Lisbon braces for
Eurovision final P6**

Authorities are well into preparing for the Eurovision Song Contest where Portugal will be represented by Cláudia Pascoal.



Ryan-exit? >P8



Ryanair is threatening to ground its planes after the UK withdraws from the European Union to persuade voters to "rethink" Brexit.

Dragon's prize >P11



TV Dragon Duncan Bannatyne's Portuguese property scheme, Apple Tree Lane, has received a prestigious international award.

FC Porto move clear >P48



A thrilling 'Clássico' saw FC Porto come out on top against Sporting who may well have had one eye on their Europa League game against Victoria Plzen last night.

WEATHER >P2

Met Office issues weather warnings as 'Storm Felix' is set to make landfall this weekend

ALERT ISSUED AS 'STORM FELIX' NEARS

Full story, see p. 2



Similar scenes such as these dramatic ones captured on Faro island could repeat themselves this weekend with the arrival of a depression which is set to be known as 'Storm Felix'. (Photo: Lusa/Luis Forra)

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DIRECTORS
Paul Allen-Luckman
publisher@theportugalnews.com

Madeline Luckman
copy@theportugalnews.com

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

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

Classified: +351 282 380 315

Sales: +351 282 380 310

Accounts: +351 282 343 653

Newsdesk: +351 282 380 313

General: +351 282 341 100

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Web: www.theportugalnews.com

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SALES MANAGER
Sónia Seixas
sales@theportugalnews.com

ACCOUNTS MANAGER
Gaby Rodrigues
accounts@theportugalnews.com

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Alert issued as 'Storm Felix' nears

Following almost immediately in the wake of the destructive 'Storm Emma', the coming days are once again set to see officials and rescue workers on high alert. 'Storm Felix', as it is unofficially known for now, is expected to make landfall at the beginning of the weekend, with warnings to the general population being issued on a regular basis as Portugal braces for more meteorological instability.

The frequency of rain and thunder storms is expected to increase from this Friday, with winds forecast to reach gale force strength. Gusts of around 90km/h are being predicted for coastal areas, while people in high-lying areas have been told to prepare for winds that escalate to speeds of up to 110km/h. In addition to heavy downpours, the Met Office has also warned of extremely unstable conditions along the country's coastline, with waves of as high as eight metres expected to strike between Saturday and Sunday. In an alert issued on Thursday, the Portuguese IPMA Met Office said the worst of the weather would be experienced from this Friday and last until Sunday. However, the unstable weather is set to last into next week, with frequent rain showers and heavy downpours remaining a common feature of the current weather pattern.

N
BRENDAN DE BEER

This comes following the formation of a depression to the west of the Azores islands earlier in the week, which is being forced along at a steady pace in the direction of

mainland Portugal by a tropical storm formed further to the west.

IPMA meteorologist Maria João Frada forecast that the worst of the weather could be felt as soon as this Friday. She also said that hail storms can be expected on mainland Portugal on Saturday morning. Frada said the actual conditions remain hard to predict with any reliable accuracy and warned that localised and extreme weather phenomenon could develop rapidly depending on prevailing conditions. Civil Protection vehicles are already on high alert and have been seen patrolling risk areas. They have also called on the civilian population to take additional care with the expected deterioration in weather conditions.



Local residents in the Algarve city of Olhão help with cleaning up operations (Photo: Lusa/Filipe Farinha)

Meteorologists at weather site *AccuWeather* said while a pair of storms will bring additional rain and gusty winds to the region through Friday, a more

powerful storm will arrive at the start of the weekend. They warned that this storm could bring similar impacts as 'Storm Emma' which unleashed

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on Monday following a tornado and devastation winds that struck the area on Sunday.

powerful winds and a month's worth of rainfall in parts of Portugal last week. *AccuWeather* also predicted that strong winds

will be capable of causing downed trees and power outages. Weather experts added saturated soil from the

recent heavy rainfall will increase the risk of falling trees and also heighten the risk for mudslides from any additional rain.

Two tornados in as many weeks cause turmoil across Algarve

Two tornados in as many weeks ripped across the eastern Algarve, while high winds whipped around the rest of the southern coast, causing widespread damage to property and leaving people homeless.

A first smaller twister tore into Faro last week on Wednesday, 28 February, flipping boats in the local marina and causing damage to a waterside esplanade.

That same day, the unusually ferocious weather caused more damage along the Algarve coast, demolishing a beach bar in Praia da Rocha and flooding the village of Carvoeiro with seawater and sand.

Immediately after the phenomenon, authorities issued a warning stating that due to the continuing weather conditions, similar events could occur.

Days later, on Sunday, a second, much stronger tornado, which the Portuguese Met Office (IPMA) later categorised as F1-strength, formed again over Faro, inflicting extensive damage across the eastern Algarve.

An entire gypsy community of more than 100 people was left homeless when the gale-force winds obliterated their camp near the entrance of Faro, and another two local Faro families were also left homeless when their properties were damaged.

Farms were torn up,

lamp posts ripped out, trees felled and cars damaged in what was a testing week for southern Portugal, weather-wise - and more is forecast to come.

Faro firefighters registered 50 'significant' incidents caused by last Sunday's weather.

The Fórum Algarve shopping centre in Faro saw tables and chairs blown around, causing damage to windows and shop-fronts, although it was neighbouring Olhão that bore the brunt of the ferocious weather.

After making landfall on Praia de Faro, the tornado circumnavigated the city's outskirts before colliding with the Olhão parishes of Pechão and Moncarapacho.

A wall at the António João Eusébio stadium in Moncarapacho was smashed by the winds while a game was being staged there, causing damage to nearby vehicles and suspending the match between the local side and visiting team Moura, though no one was hurt in the incident.

Slightly further north, a woman died after the car she was travelling in was washed away by a stream whose levels had swollen due to heavy rainfall.

The incident happened on Sunday afternoon in Castro Verde in southern Alentejo.

Rescue workers said the woman, aged in her sixties, was found late on Sunday afternoon. Her husband, who was driving the vehicle, managed to free himself from the car, and was treated for hypothermia.

Another vehicle was also washed away when crossing the raging stream, but its four occupants managed to escape.

Meanwhile the IPMA has appealed for anyone with photos of one particularly unusual consequence of this past week's unseasonably tumultuous weather - frozen rain - to send them in.

On its website, the IPMA explains "on 27 February, 2018, the continent was affected by an infrequent phenomenon on national territory - the occurrence of frozen rain.

"This phenomenon consists of the freezing [of rain] on structures that are at negative temperatures (roofs, trees, etc...)."

All users of the IPMA weather site are invited to share their photos of frozen rain, via www.ipma.pt.

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Portugal shock Australia to claim Algarve Cup podium position

The Portugal national women's team has ended the Algarve Cup with a podium finish after a surprise win against Australia.



Portugal players celebrate the scoring of a goal against Australia during their 2018 Algarve Cup match held at Albufeira, Algarve, Portugal, 7 March 2018. (Photo: Lusa/Ricardo Nascimento)

Ranked 38th in the world, Portugal beat the Matildas 2-1 in their third-place play-off on a wet and windy after-

noon in Albufeira. The final, which was to take place at Lagoa's Bela Vista Stadium on Wednesday, was called off due to

the heavy and persistent rain. Organisers decided that the trophy would be shared between the Netherlands and Sweden.

WEATHER

Wet and windy week ahead

The wind and the rain is not yet finished with Portugal. Extended weather forecasts on Thursday pointed to a rough and stormy weekend, before weather conditions are set to ease on Sunday, being replaced by more subdued, but nonetheless wet weather.

Lisbon: The capital will record rainfall for the coming week, though after unstable conditions expected this weekend, the weather will turn to intermittent showers.

The South: The Algarve will continue to record successive downpours brought in by the depression over the Atlantic, and will continue to see rain throughout the coming seven days.

The North: Northern Portugal will receive the brunt of the rainfall in the coming week, though showers are expected to be constant and not be as unstable as they are further to the south of the country.

N News in Brief

Man dies in Algarve house explosion

A man has died and a woman is seriously injured following an explosion which occurred at their Castro Marim home early on Thursday morning. Civil Protection sources said the couple were both in their seventies, with rescue services still unclear as to the causes of the blast, though a gas leak is being forward as the most probable reason. Following the explosion, a total of 17 GNR police, rescue workers and civil protection members were called to the scene, including support services from neighbouring Vila Real do Santo António.

International Women's Day marred by pay gap

International Women's Day was marked on Thursday with events throughout Portugal that highlighted women's contribution to society where there are still gender inequalities in terms of wages and access to the labour market. This comes as new figures reveal that Portugal is the European country where the wage gap between the genders grew most between 2011 and 2016. The United Nations organised the International Year of the Woman in 1975, and in 1977 proclaimed 8 March as International Women's Day.

NFL stars in Algarve this weekend

Seventeen NFL American Football stars will be in the Algarve for the first time this week. The American Football Without Barriers (AFWB) programme, in collaboration with local team the Algarve Sharks, will see the players travel to the Algarve to take part in a football camp on 10 and 11 March at the Algarve Stadium. While in the Algarve the American stars will visit a number of local children's homes.

Sardine stocks recover

The stock of sardines off the coast of Portugal, which have been off limits to fishermen since October, has more than doubled to 120,000 tons in 2017. According to the Portuguese Institute of the Sea and Atmosphere, sardine stocks had risen by 110 percent when compared with the end of 2016. Sardine fishing is currently banned between October and April to help the stocks regenerate and the sea ministry pays the fishermen not to go out in these months.

Lisbon against airport timetable extension

The Lisbon Town Hall has come out against plans to extend the operating timetable at the capital's Humberto Delgado airport. Lisbon Mayor Fernando Medina said the airport was the main cause of noise across the city, resulting from double-digit growth in the past two years. Medina said studies into the use of the Montijo air base south of the Tagus River were in their final stages, which he said would greatly assist in accommodating and alleviating growth in air traffic to the Portuguese capital.

Whale washes up in Albufeira

A ten-ton whale was found washed up on a beach in Albufeira on Sunday. The dead mammal was found on Sunday morning on Açoteias beach, near Falésia beach, in Albufeira. The whale was in an advanced state of decomposition; it was removed by council workers in collaboration with the Maritime Police, and taken to the local landfill.

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Lisbon braces for Eurovision final with extra security and transport



The contestant, Claudia Pascoal (C), reacts after winning the Song Festival 2018 with the song 'O jardim' (The garden), in Guimaraes, Portugal, 4 March 2018. (Photo: EPA/Jose Coelho)

Authorities in Lisbon are already well into preparing for the finals of the Eurovision Song Contest, which the city is hosting this year, with special security measures and extra public transport, the mayor of Lisbon, Fernando Medina (PS), said this week.

Addressing the municipal assembly on Tuesday, in response to a question from the Greens (PEV), Medina said that during the event there could be expected to "be measures appropriate to an event of this nature and on this scale". Regarding "exceptional traffic measures", he said, these were being planned together with the PSP urban police force. Medina stressed that extra buses would be laid on, but did not specify which routes would be affected and how many more buses would be running. The mayor stressed that the Eurovision event itself was limited to just a few days, but that there would be an open-air 'vil-

lage' set up in Praça do Comércio for "about 15 days".

Asked by the Greens about the use of volunteer labour by organisers, Medina said that the city council has itself not issued any request for volunteers for itself or for the Eurovision organisation. According to reports, one third of the people working for Eurovision during the event are unpaid volunteers. The final is to take place on 12 May in the Altice Arena in the Parque das Nações, the former Expo98 site on the north-eastern edge of the city. As host nation, Portugal automatically takes part, and is to be represented by Cláudia Pascoal, who on Sunday won the national heat with the song "O Jardim" (The Garden).
TPN/Lusa

CP backs down from scrapping steam engines after outcry

Portuguese train operator CP – Comboios de Portugal, has said it has suspended the sale of some engines as scrap following public outcry.

Daily paper *Público* reported on Wednesday that the company was trying to sell three 100-year-old steam engines for scrap, which caused an outcry among train enthusiasts, who said the locomotives should be saved for their historical and museum value.

The national rail company has now said the National Railway Museum will be given another chance to assess the engines, and that it was willing to sell the train to any credible entity that was able to avoid their degradation and ensure preservation.

Ports see record cruise passengers in 2017

The number of cruise passengers who entered Portuguese ports in 2017 increased five percent over the previous year to 1.3 million and the number of stopovers increased by 10 percentage points and set a new record of 947.

According to figures from the Port of Lisbon, port administrations expect a new record to be reached in 2018.

The ports of Leixões, Lisbon, Setúbal, Portimão, the Azores and Madeira are attending Seatrade Cruise Global, the world's largest cruise event that runs until Thursday in the United States, under the brand Cruise Portugal - APP, Portos de Portugal.

The results for 2017 show, according to

the document, that Lisbon leads the year as the port with most stopovers, registering movement of 330 cruise ships.

Madeira (Funchal and Porto Santo), in turn, is the leader by the number of passengers.

The Azores recorded a "significant" increase in the number of ships stopping over (26 percent), from 121 to 152, with the number of passengers increasing from 125,904 in 2016 to 135,783 in 2017.

The port of Leixões recorded 100 stopovers, compared to 84 in 2016, reaching 95,562 passengers (33 percent more than in the previous year).

Portimão went from 43 to 71 stopovers and from 19,520 to 29,859 passengers, registering the highest increases (65 percent and 53 percent, respectively) among Portuguese ports.

The document further notes that the port of Viana do Castelo once again saw

just one cruise ship stopover in 2017 and that the port of Porto Santo had a total of four ships.

"All the port authorities saw an increase in the number of passengers embarked and disembarked in their figures for 2017. It is also worth noting that Lisbon stands out in the inter-porting and turnaround market, with an increase of 73 stopovers of vessels registered in 2016, to 82 in 2017," it said.
TPN/Lusa

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Ryanair threatens to ground planes post-Brexit



Ryanair CEO Michael O'Leary pictured here during a press conference in Brussels earlier this week. (Photo: EPA/Stephanie Lecocq)

Ryanair is threatening to ground its planes after the UK withdraws from the European Union to persuade voters to “rethink” Brexit.

persuade the average British voter that you were lied to in the entire Brexit debate. “You were promised you could leave the EU and everything would stay the same. The reality is you can leave the EU, yes that’s your choice, but everything will fundamentally change.”

Mr O’Leary warned that there would be a “real crisis” as flights between the UK and the EU are disrupted after Brexit. He said: “When you begin to realise that you’re no longer going to have cheap holidays in Portugal or Spain or Italy, you’ve got to drive to Scotland or get a ferry to Ireland as your only holiday options, maybe we’ll begin to rethink the whole Brexit debate.”

“They were misled and I think we have to create an opportunity.” EasyJet chief executive Johan Lundgren, who was on stage alongside Mr O’Leary, interrupted him to say: “If you start

grounding your planes, I’m flying.” Carsten Spohr, the boss of German carrier Lufthansa, added: “In theory, if we could use this industry to prove to the British how wrong the decision was, that might be a good thing.”

The single market for aviation, created in the 1990’s, means there are no commercial restrictions for airlines flying within the EU. Mr O’Leary has repeatedly warned that airlines will be forced to cancel post-Brexit services from March 2019 if no agreement is reached in the Brexit negotiations by September, because schedules are planned about six months in advance.

Transport Secretary Chris Grayling said in January that he is confident flights will not be grounded because “it’s in the interests of everyone” to maintain the open market for aviation. *TPN/PA*

Ryanair donates €30,000 to Faro children’s home

Irish low-cost airline Ryanair has donated €30,000 to the Refúgio Aboim Ascensão children’s home in Faro.

The institution was the latest recipient in the airline’s ‘Fly to Win’ charitable scratch-card scheme.

Over the years the scratch card

has raised and donated funds to Our Lady’s Children’s Hospital, in Crumlin, Ireland, UK charity Naomi House & Jackspace, and the ISPCCC Childline.

The Dublin-based carrier’s chief executive Michael O’Leary said he wants to “create an opportunity” by making people realise they are “no longer going to have cheap holidays”. He told an audience of airline leaders in Brussels: “I think it’s in our interests - not for a long period of time - that the aircraft are grounded. “It’s only when you get to that stage where you’re going to



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MPs concerned with police, prison officer violence

Portuguese MPs on the Constitutional Affairs Commission said on Wednesday that they were concerned with the levels of violence by police officers and prison guards and want to meet with the justice and the internal affairs ministers shortly.



An archive photo taken in 2015 of a protest in Cova da Moura against police violence. (Photo: Miguel A. Lopes)

worsening of cases of violence and abuse by Portuguese security forces and in the country's prisons. "The report is, unfortunately, a lesson and a reply to all those who think we are an example in matters of the rule of law. There cannot be any denial by the Portuguese state", the main opposition party said.

The deputy whip of the ruling Socialist party, Filipe Neto Brandão, said the report did say there had been a recent reduction in prison overcrowding, but regretted the persistence of various "pathologies" in the police and prison systems. This comes after Portugal's home affairs inspectorate received 772 formal complaints about the security forces in 2017, 42 more than in 2016 and the highest number in the last four years.

The complaints submitted to the Inspectorate-General of Internal Administration (IGAI) relate to the PSP urban police force, the GNR police force, and the Foreigners and Borders Service

(SEF) - all of which come under the Ministry for Internal Administration. Of the total, 403 complaints were submitted by citizens and the rest, 369, by judicial authorities. According to the figures provided to *Lusa News Agency*, in six years, the IGAI has received a total of 4,577 complaints. The last time the number of complaints was so high was in 2013, when there were 830.

Last year, the inspectorate dealt with 1,380 reports of possible police abuses, 608 of them carried over from 2016. Of the total dealt with during the year, inspectors concluded almost half of them (657); six prompted disciplinary proceedings. In all, the IGAI started 16 disciplinary proceedings, compared with 10 in 2016. Last year's total includes two disciplinary proceedings against PSP officers following the use of firearms in cases that resulted in the death of civilians.

In the last six years, 11 PSP and GNR officers have been the subject of proceedings in such cases. *TPN/Lusa*

Eighty-three people killed on roads so far this year

Accidents on Portuguese roads killed 83 people in the first two months of the year, nine more than in the same period of 2017.

According to the National Road Safety Authority (ANSR), which collects data from the PSP and GNR police forces, there were also 130 more road accidents in January and February this year than in

the same months of 2017.

According to ANSR, Setúbal is the district that has recorded the most fatalities this year, with 18, followed by the districts of Porto (11) and Lisbon (9).

Their position arose following a recent report from the European Committee for the Prevention of Torture and Inhuman or Degrading Treatment or Punishment (CPT), which noted the persistence and even the



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Dragon's Den star's Portuguese property development scoops top international award

TV 'Dragon' Duncan Bannatyne's Portuguese property scheme, Apple Tree Lane, has received a prestigious international award.

Apple Tree Lane was named as 'Best Residential Development Portugal' at the 2017-18 European Property Awards. The judging panel for the Property Awards is composed of experts and experienced members across a wide range of disciplines and property-related specialties. It is chaired by the Earl of Liverpool, Chairman and Director of The Rutland Group Limited. A serial entrepreneur and philanthropist, Duncan embarked on property development in 2016. The former BBC TV 'Dragon' made a substantial European investment and established the new venture to renovate and develop properties in the Algarve. Bannatyne, who is chairman of UK health club chain the Bannatyne Group, and his business partner British ex-pat Chris White of Ideal Homes Portugal, discovered an abandoned plot of land in Almancil, recognised its potential and began the transformation of Apple Tree Lane.

The Apple Tree Lane project is comprised of five linked villas within a private cul-de-sac. Landscaped gardens surround the properties, including a shared pool and lounging area for residents. The last available unit sold in July 2017, successfully completing the mission it set out to achieve for both its investors and for the regeneration of the region. Duncan Bannatyne said: "The project was half-built then abandoned during the recession which hit Portugal pretty badly. However, in my opinion property prices in the Algarve are below their true value and will rise quickly over the next few years." He added: "I invested at a time these properties are still within reach of Brits, and other nationalities, with an appetite for a place in the sun and an understanding of the need to buy at the right price and the right time. "The success of Apple Tree Lane proved me right and the award is the icing on the cake."



Duncan and his wife Nigora at the start of the project. (Photo: Supplied)

Intermarché launches animal adoption platform

French supermarket chain Intermarché has launched a new animal adoption platform on its Portuguese website, which links shoppers to animals available for adoption, as well as the associations who take care of stray and abandoned animals.

Over a dozen associations from north to south of Portugal are listed on the platform, which aims to find forever families for unwanted dogs and cats. It also gives shoppers the opportunity to purchase vouchers to donate to the association or associations of their choice.

According to the retailer, the 'Amiga-Me' platform currently features over 100 animals available for adoption, and aims to act like a bridge between abandoned animals and poten-

tial new homes.

Mathieu Descoubès, Marketing Manager of Intermarché, said: "With this project we aim, on the one hand, to help the insti-

tutions find new homes for these animals and, on the other, for the people who have the possibility of having a companion, to find one, simply and affordably

near where they live."

All registered animal protection associations are invited to sign up to the platform. See: www.intermarche.pt/amiga-me.



Study claims Portugal's schools have 'institutionalised racism'

There is "institutional racism" in Portuguese schools, where most pupils of African descent have worse marks, more likelihood of failing the year, and they are almost all sent to vocational training, a study into 'immigration and schooling' has claimed.

These facts were revealed by national studies and lend weight to the idea that schools in the country are another of the contexts influenced by "institutional racism", the researchers from the Sociology Studies Research centre at ISCTE - Instituto Universitário de Lisboa said.

The researchers highlighted that the persistent inequalities "are an indicator, among many, that racism is part of the obstacles

to school democratisation". "Although there has been some progress, Portugal is one of the OECD countries with the highest inequality in terms of school performance, which is related with socio-economic disadvantages".

On top of that, the study stresses that despite some

educational measures being taken to facilitate the integration of immigrant pupils, such as the implementation of Portuguese not as a mother tongue, there is a gap between what was planned and what exists on the ground at present.

TPN/Lusa

ENGLISH DENTAL SURGEON

Dr. Francis Haley

B.D.S.

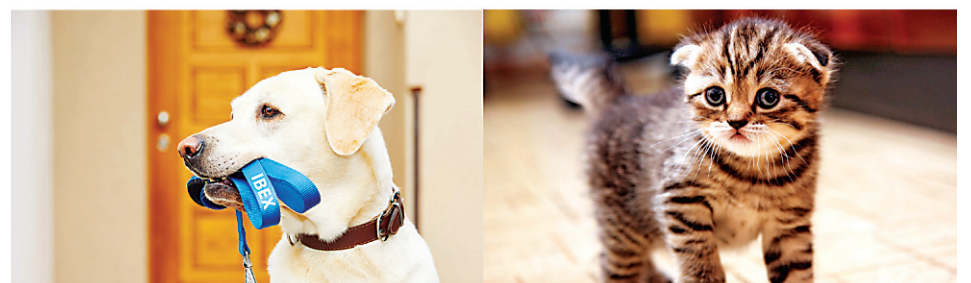
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British Blogger Wins Portugal's Best Travel Blog Award



Blogger, Julie Dawn Fox. (Photo: Dave Sheldrake)

A British teacher who moved to Portugal in 2007 to teach English in Coimbra has won a prestigious award for 'Best Travel Blog Chosen By The Public' at Portugal's leading travel and tourism fair in Lisbon on 3 March 2018

The blog 'Julie Dawn Fox In Portugal' beat off stiff competition from Portuguese bloggers, outstripping them with 22 percent of the public vote.

Nominated for the third consecutive year in the BTL Travel Blog Awards, Julie's cultural travel blog was shortlisted for the 'Best Blog Promoting Portugal In A Foreign Language' category and went on to beat 15 other bloggers across four categories in the popular vote.

It is the first time in the

five-year history of the BTL travel blog awards that an English-language blogger has won over national bloggers.

"I never dreamed of beating some of the best and most popular Portuguese bloggers in a public vote, so I am still mildly stunned by this achievement. Such recognition and support, from both my loyal readers and the Portuguese people, for the work I have been doing is deeply rewarding", the jubilant expat told **The Portugal News**.

Julie moved to Portugal in 2007 to teach English as a foreign language in Coimbra.

Keen to explore Portugal, she soon realised that finding useful information about off-the-beaten-track locations was often challenging.

She rekindled a dormant passion for writing and started sharing her experiences of living and travelling in Portugal on her blog. She stopped teaching in 2015 to dedicate herself full time to her blog.

Porto voted second best airport in Europe

Porto's Francisco Sá Carneiro airport has been elected by ACI - Airports Council International as the second best airport in Europe in the category of airports with over two million passengers per year.

The winner in its category was Sochi Airport.

The awards were handed out as part of the Airport Service Quality Survey (ASQ) study, a world-leading programme that aims to benchmark passenger satisfaction at airports.

Results are based on feedback from questionnaires filled out by passengers who give their opinions on 34 different

indicators, from services offered to customer service, waiting times, employee politeness, cleanliness and comfort, among others.

Porto, which operates direct flights to 72 different countries, was chosen as the second best in Europe in the same category.

"We were proud to know that once again we were chosen by our passengers as one of the best airports in

Europe. This is our 11th prize in the last twelve years and it is particularly important for us at a time when the number of passengers at Porto Airport has exceeded 10 million, a result of a 15 percent increase over 2016", said Thierry Ligonnière, Chief Operating Officer and Administrator of ANA Aeroportos de Portugal.

Fernando Vieira, Director

of Porto Airport, added: "These awards are recognition of the work and effort that the team at Francisco Sá Carneiro Airport employs daily, and with all its partners. It is the result of the permanent commitment of our teams and as such it is a great pride to realise that we can continue to grow while maintaining the quality we seek to pursue".

Food safety authority seizes thousands of bottles of fake sparkling wine

Portugal's health and Safety authority ASAE has seized 4,536 bottles of fake sparkling wine worth over €5,000 in Águeda, in northern Portugal.

ASAE said this week that it had launched an inspection to combat the illegal prepa-

ration, distribution and sale of wines in Águeda.

The winemaker is now being taken to court for mislabelling the wine as quality sparkling wine without complying with the obligatory production process.



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Portugal not 'strict enough' on gold visas – Transparency International



Former Portuguese Interior Minister, Miguel Macedo, who resigned in 2014 over the 'Visa Gold Portugal' case, is standing trial among a total of 21 defendants. (Photo: EPA/Mario Cruz)

Portugal is one of the European Union (EU) countries where the process of granting of 'gold visas' is not strict enough, Transparency International said this week, noting that there are insufficient steps to confirm the origin of the cash that applicants are investing.

Presenting a joint investigation with the Organised Crime and Corruption Reporting Project (OCCRP) in Brussels, Transparency International's strategic director Casey Kelso pointed to Portugal

and Hungary as examples of EU countries that have not been "sufficiently rigorous" in complying with procedures established to grant so-called 'gold visas' or permanent resident status to people from countries outside the

EU in return for investments. He said that in Portugal, there are insufficient steps to verify the source of the wealth of the applicants, noting that as the process currently stands it is enough to submit a criminal record.

To back this up, Kelso pointed out that Portugal is a case study of how these programmes can possibly lead to corruption within a government as in the case of former Minister of Internal Affairs Miguel Macedo, who is being tried for corruption in granting of 'gold visas' to foreign nationals. According to Kelso, the trial underway in Portugal is an example of the dangers of 'gold visas'. There are 11 people in public office who are being tried, said Rachel Owens of the non-governmental organisation Global Witness. Owens praised Portuguese socialist party MEP Ana Gomes, who she said was a champion in the fight against gold visas, and recalled that once someone obtains Portuguese citizenship they can move freely within the EU. In the Portuguese case, the investigation highlights the acquisition of 'gold visas' by members of the Angolan "ruling class," by pur-

chasing properties in Portugal. According to figures published by the Ministry of Foreign Affairs, between 8 October, 2012, when the programme was launched, and 31 January, 2018, 'gold visas' represented an investment of €3.5 billion, of which €3.1 billion was invested in real estate. Transparency International director Carl Dolan has a "growing concern" over what schemes of this kind mean for the integrity of the Schengen area. "These people are buying access to EU citizenship and the EU," he added. The results of the research, which took place over the last six months, covering the programmes of eight Member States - Austria, Bulgaria, Cyprus, Hungary, Latvia, Lithuania, Malta and Portugal - and Armenia and Montenegro will be presented to community organisations on Monday afternoon. TPN/Lusa

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Portugal seeks lithium investments in Canada

Portugal sees lithium as a renewable energy as a raw material to help in the electrical storage of renewable energy and aims to attract foreign investors to "leverage battery production," the Portuguese Energy Secretary said this week.

Jorge Seguro Sanches is in Toronto, where he took part on Monday in the International Mines Ministers Summit, which brings together more than 3,800 investors from 130 countries.

Lithium is an essential metal for the production of batteries, at a time when the world faces an unprecedented environmental and energy challenge.

"We are a country that has very considerable lithium reserves. (...) We are realising our potential, because lithium is increasingly in demand, precisely for batteries, for electric mobility, but also for other aspects, such as the glass industry," said the Secretary of State for Industry.

Portugal is one of the world's leading countries in the field of renewable energy in terms of power production, with lithium being "one of the raw materials that can boost the possibility of producing batteries," said Seguro Sanches.

According to Seguro Sanches, the world is undergoing a period of energy transition, and trans-

port will increasingly involve electric cars, batteries, and lithium batteries.

The Secretary of State for Energy intends to attract "investors to an international public [lithium mining] tender, which will be launched soon," covering areas in Portugal with lithium reserves. "This is an opportunity for the development in Portugal of an industrial sector linked to exploration, initially, and afterwards to the extraction of the resource, that allows us to achieve industrial gains, in terms of what this sector may become in the future," he said.

According to figures from the Directorate-General for Energy and Geology (DGEG) in 2016, 30 applications were submitted for rights and exploration with lithium as the main focus, with a proposed overall investment of around €3.8 million.

The lithium minerals currently extracted in Portugal are exclusively used by the ceramics industry, to make flux, but there are plans to use the mineral for other more valuable purposes. *TPN/Lusa*

Portugal launches tender for rail freight line

Portugal's prime minister, António Costa, said on Monday that the investment in the future rail link between Évora and Elvas was symbolic of the moment the Portuguese economy is going through and that means there is more public investment.

The prime minister was speaking at the launch of the call for tenders for the rail link from Évora to Elvas, held in Elvas on Monday morning and that the work should start by March next year costing about €509 million, almost half of which will come from European funds. The railway works, which will connect the Portuguese deep-water port of Sines and Lisbon to the Spanish border are important for both Iberian countries, he said. The line is mainly going to be used for freight trains, which is why the Spanish prime minister was also present. *TPN/Lusa*



The European Commissioner for Mobility and Transport Violeta Bulc (R) and Portuguese Prime Minister Antonio Costa (L) during the ceremony that marks the beginning of the project of the Elvas - Caia railway section at Elvas Station, Portugal. (Photo: EPA/Tiago Petinga)



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IRS 2017 - Taxation of Income

Nº 5: Rental Income - Long-term Rentals (Category F)



DENNIS SWING
GREENE

Income is reported in different categories: A) Salaries, B) Sole Traders, E) Capital, F) Property, G) Capital Gains and H) Pensions and is taxable in Portugal regardless of its origin. For non-residents, only income actually arising in Portugal is subject to assessment.

Long-term property lets (usually having a rental contract between landlord and tenant) are included in Category F and are reported on "Anexo F" in the second filing period in May. This activity is different from Short-term Holiday Lets which are seen as a business activity called "Local Lodging" and reported on Annex B - Self-Employment Income.

Rental contracts must now be registered using "Modelo 2". In addition, each contract is assessed Stamp Duty of 10% based on the monthly rent. With a proper contract, duly registered with *Finanças*, tenants should be eligible for a housing tax credit. Tax is calculated at a flat rate of 28% (autonomous) or on total income at marginal rates (aggregated). If you receive payments from Rental Income Guarantees, they are also taxable in Portugal and must be reported in Category G (Capital Gains).

Deductible Expenses

Deductible expenses are now without limit for necessary expenses for conducting the rental activity. As a general rule, expenses related to the structural upkeep are admissible as opposed to those relating to how the dwelling is used. The following are examples of allowable deductions:

Indoor and outdoor painting; Repair / replacement in plumbing or electrical systems; Energy and maintenance of elevators and common areas; Expenses with doormen and hallway cleaning; Insurance premiums for buildings; Local taxes such as sanitation and sewage rates and Property Rates ("IMI"); Collective property security and other condominium expenses.

Landlords cannot deduct:

Construction work making structural changes in the property; Purchase of furniture and decorations for the dwelling; Air conditioning equipment

installation; Capital improvements, such as extensions or installation of automatic irrigation systems.

When properly documented, capital improvement expenses may enter into the calculation of the taxable base of the building for Capital Gains purposes when the property is eventually sold.

Other non-deductible expenses include: Furnishings (normally dealt with on the deed of purchase/sale of the property) Mortgage costs (also deducted at the sale of the property) Utilities (except when included in condominium fee)

Losses may be deducted in subsequent years

If losses incur in conducting the rental activity, they may be written off over six years. This also applies to capital improvements to the property and, consequently, there were losses rather than profits. For this to occur, the building must be leased for at least 36 months, consecutively or not, over the following five years. The owner can do the work in a year when the property is not rented and present the spending up to two years later. However, as always, all expenses must still be documented with proper invoices.

Electronic Rent Receipts

Taxpayers who declare under category F are required to issue an electronic rental receipt for all rental income received from their tenants. This receipt is issued through the *Finanças* website in an online application created for this purpose. Landlords over age 65 may use traditional invoices, reporting annually under "Modelo 44".

Rental Activity (Category F) is exempt from VAT. **Next: Short-term Lets (Local Lodging)**

Dennis Swing Greene is an International Tax Specialist and Chairman of euroFINESCO s.a. www.eurofinesco.com

ADVERTISER'S ANNOUNCEMENT

Moving To Portugal

What You Need To Know When Moving To A New Country

Moving to a new country is always a big adventure, but to make the move as stress free as possible it's important to know exactly what you need to do. Here is a simple guide on making the move and what you need for a seamless transition to Portugal.

1. Tax number

Your tax number is an essential document in Portugal, without it there is not much you can achieve. It's needed to open a bank account, to rent or buy a property, to buy a car, etc. And every time you have to make a

payment superior to 1000€, you will have to show it.

2. Legal Entry

2.1 European citizens

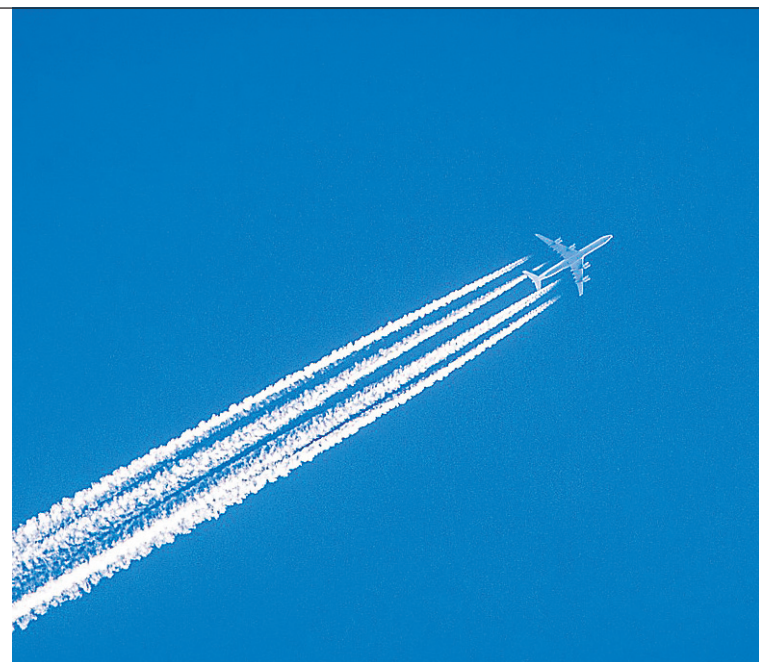
Any national from a country, which is part of the European Union, is free to move to Portugal, but he/she must apply for a certificate of residence, at the local council, which will be valid for 5 years. After 5 years, an appointment with SEF will be necessary, in order to obtain a residence permit.

2.2 Non-European citizens

Nationals from countries, outside of the European Union,

have to apply for a residence visa, before entering Portuguese territory. This visa can be avoided, together with the trouble of getting it, if these nationals can make an investment in Portugal (in a bank account, a property or a company) and apply for the Golden Visa. In this case to start the process of obtaining the visa and to have legal entry in Portugal, a tourist visa is enough.

See the full article including information about taxation, car matriculation and driving licence by visiting www.veronicapisco-lawoffice.com/publications



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Eastern Ghouta – Just Like Eastern Aleppo

In the past two weeks of heavy fighting, Syrian government forces have taken back about a quarter of the rebel-held Eastern Ghouta enclave, but you won't have heard much about that.



According to reports, the UN, the Syrian Red Crescent and the Red Cross have started to move a 46-truck convoy of food and medical supplies into the besieged Damascus suburbs of Ghouta. (Photo: EPA/Youssef Badawi)

need the civilians as shields against even heavier bombardments by government forces.

Maybe government troops are stopping them from leaving too - decisions are not always rational seven years into a civil war - but that would not make sense from a tactical or a propaganda standpoint.

At any rate, Bashar al-Assad's troops and aircraft are not being deterred by the presence of civilians who may or may not be hostages. The offensive continues, including the bombing. If it follows the same course as the government siege of rebel-held eastern Aleppo in late 2016, the Eastern Ghouta enclave should fall towards the end of this month.

At that point, if the siege of eastern Aleppo is any guide, there will be no massacre of civilians (who will again turn out to be around a quarter of the number claimed to be present during the siege). The remaining fighters will be allowed to surrender and may be transported to some other rebel-held enclave, although those are dwindling in number.

And Damascus will be free of bombardment for the first time since 2012. Sieges of cities are always dreadful events. They involve close-quarters combat in the midst of a civilian population. Street-fighting eats up soldiers' lives faster than any other kind of combat, so the side that has access to massive amounts of firepower (generally the attackers) deploys it ruthlessly to keep its own military casualties down.

In terms of the scale of the bombardment, Eastern Ghouta is no different from Eastern Aleppo - nor indeed from Mosul in northern Iraq, which was retaken from Islamic State forces last year by US-backed Iraqi troops after a brutal, grinding nine-month battle. Indeed, the worst of the three sieges, in terms of civilian casualties, was almost certainly Mosul.

We heard less about civilian casualties in Mosul, however, because most international news providers are based in Western countries that backed that operation, and many of the aircraft doing the bombing were American. (Belgian, British, French, Iranian and Iraqi aircraft were also involved.)

N GWYNNE DYER

We hear much more about the bombing in Eastern Ghouta because the planes involved belong to the Syrian regime and perhaps to its Russian backers (although Moscow denies that). The reporting is utterly partisan and therefore completely unreliable.

None of this constitutes a defence of the Syrian regime, whose behaviour before and during this civil war has been indefensible. Indeed, there is reason to suspect that the Baathists' decision to release more than a thousand Islamist radicals from prison when non-violent protests first broke out in 2011 was designed to turn the revolution into a civil war against extremist Sunni 'terrorists' that the regime would stand a chance of winning. That's what happened, in any case, and now, with the help of Russia and Iran, the regime has won. More fighting will not change the outcome; it will merely prolong the agony.

It also carries the risk that there will be a clash between the major foreign powers who now have troops in the country, including Turkey and the United States.

The humanitarian thing to do now would be to negotiate a ceasefire that acknowledge Assad's control of the country but gave refuge to all those who do not wish to live under his rule. That's impossible, however, because nobody wants to accept more Syrian refugees, and especially not the Islamist leaders who now command almost all the rebel forces. So the war must go on, one bitter step at a time, until all of Syria that is not occupied by American or Turkish forces is back under Damascus's rule. And then, unless they decide to partition Syria, the Americans and the Turks will have to be persuaded to leave.



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

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THE PORTUGAL NEWS

Whereas you will have heard a great deal (unless you are trapped down a coalmine) about the 'massive bombing campaign' that has allegedly killed 500 innocent people there in the past week.

It is "hell on earth" in the Eastern Ghouta, said United Nations Secretary-General Antonio Guterres, and you may have seen video clips of some of the victims of the bombing (always including women and children). You will not, however, have seen any footage of armed rebels belonging to various Islamist groups, although they are there in large numbers. You will probably have heard at some point that 393,000 people are trapped in this rebel enclave on the eastern edge of Damascus, Syria's capital, and you may even have wondered who counted them? That was the area's population seven years ago, at the start of the Syrian civil war, but until about a year ago it was very easy for people to leave. Most probably did.

Civilians can't leave now, mainly because the rebel fighters won't let them: they

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Re: Mr. Major's Speech

SIR, John Major, the former UK PM made some really good points in his speech to the UK Creative Industries Federation (Wed 28 Feb 2018). In particular the following are worthy of note:

- UK cannot move forward with leaving the EU, the Single Market, the Customs Union and the ECJ, whilst at the same time expecting à la carte, beneficial-to-Britain, bespoke entrance to the European market. It is just not credible.
- The "will of the people" - so often summoned up when sound argument is absent - was supported by only 37% of the electorate. 63% voted either in favour of membership - or did not vote at all.
- There was a majority for Brexit, but there was no overwhelming mandate to ignore the reservations of 16 million voters, who believe it will be a harmful change of direction for our country.
- The character of the Brexit debate with its intolerance, its bullying, and its name-calling. I welcome rigorous debate - but there must be respect for differing views that are honestly held.
- UK Government has assessed post-Brexit position upon three separate criteria: that UK stays in the Single Market; reaches a trade deal with Europe; or fail to do so. Each option shows UK to be worse off: and disastrously so with no trade deal at all. And the poorest regions will be hurt the most.
- Every serious international body, including the

IMF, the OECD, the Institute for Fiscal Studies, the National Institute of Economic and Social Research - as well as Nobel prize-winners - forecast UK will be poorer outside the EU. Such forecasts could be wrong, but to dismiss them out of hand is reckless.

• The "will of the people" can't be ignored, but Parliament has a duty also to consider the "wellbeing of the people". Taking all of these facts into account one has to really wonder why the UK Government is acting on a non-binding consultative type referendum, particularly one that was supported by only 37% of the electorate and which all emerging forecasts, even the UK Governments' own forecasts, suggest UK to be worse off outside the EU. Surely democracy dictates UK Citizens should have the final say on any decision to take the UK out of the EU? EU CITIZEN By email

Re: Plastic

SIR, Wendy and Ray Hardinge (letters 3.3.18) ask why people prefer to drop their litter on wasteland and by the roadside instead of using litter bins. I can tell them in one word - laziness. You can supply dozens of bins but some people will still leave their rubbish where they stand. I was always taught that litter goes into the bins or you take it home with you. Sadly there appears to be a lot of people who were not either taught this or simply cannot be bothered to clear up

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after themselves. I have seen all manner of litter left on the grass near to my shop, including used disposable nappies. Unfortunately the dropping of litter is not restricted to one country, it is endemic wherever you have humans, and the authorities deem that dog owners cannot take their pets on the beaches outside bathing season despite the fact the vast majority of them pick up after their pets. They ought to see the mess left in the summer months by humans on the beach! LESLEY FRASER. Bookworms, Albufeira

Re: Dictatorial

SIR, What a well-crafted letter in which Mr Roderix makes so many salient points regarding the new all-encompassing, monstrous outrage of mandatory self-destruction of all our rural gardens at our own expense. As he suggests, this is a knee-jerk reaction by the powers that be brought about by the probably avoidable deaths caused by neglect or ignorance of Forestry husbandry. Leaving large gaps in forests, especially next to roads and vulnerable motorists is an accepted practise in all countries with forests, to avoid fire spreading. These Draconian ultimatums to the law-abiding residents of rural Portugal

have no thought or consideration for their physical or financial ability to carry out these orders. There is not a whiff of concern about the obvious mass ecological damage which will be brought about throughout the whole of Portugal. A garden is very much an extension of your home and Gardeners have spent very large sums of money, on climbing plants, trees and shrubs and their own time, lovingly creating their gardens to encourage all the wonderful wildlife which abounds in the countryside. Is the welfare of all birds and animals of no concern to the authorities or is there maybe a "city ignorance" of matters pertaining to the countryside? Huge "elevated" fines of hundreds or thousands of Euros are threatened for non-compliance by March 15th apparently. It must also be a very confusing and time-consuming time for all Estate Agents to change all the particulars and photographs of properties they are selling. The Portuguese Board of trade is now actively wooing immigrants from other European countries with special pension deals and the obvious future uncertainty could affect their efforts. One thing is for sure - it will all end in tears for a great number of poor and sad people. RGH, Loulé

Let's Walk in the Algarve

Tuesday 13 March - Let's walk from Nora:

A fairly easy walk of just over 2.5 hours, through hamlets, orange groves and avocado farms with good views to the coast. 10.30am start. Meet in the centre of Nora which is just off the main road between Silves to Messines. From Silves take the Messines road and after approx 10km you will see a sign on the right to Nora. Turn into the village around a sharp right bend and then 100m further on you will see recycling bins on the right - meet here. There is a café 'Tasca na Nora' just off to the right. Julie 965 753 033

Tuesday 20 March - Let's Walk on Rocha da Pena:

The limestone escarpment of Rocha da Pena is a classic site for spring flowers and birds. This walk will take you up and along the escarpment and also through unknown countryside, 2.5 hours

long. There is a climb (gradual) to the top but this will be done with lots of rest stops. 10.30am start. Meet in the centre of Penina. Take the IC1 north and exit for Messines then follow the signs for Salir, pass by Alte and you come to Benafim. At the roundabout in Benafim go left direction Penina, the road goes up around to the right and after 200m there is a small road to the right for Penina. Drive into the village and meet at the small square at the entrance (there is a café up a side street). 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 - Chris 913011537.

Bowls Algarve

Algarve bowlers may have escaped the winter league season without getting wet, but that did not apply to this week's games. Tuesday's Semi-Finals of the Inter-Club competition took place under very changeable weather conditions. S. Kinane of Floresta and M. Dance of Alvor fought through the Semi's to face each other in the Finals of the Ladies Singles, whilst N. Roberts of Floresta and D. Austin of Pedras did likewise in the Men's Singles during the morning.

During the afternoon, in the Ladies Pairs Competition M. Dance and S. Currell of Alvor are through to face G. Hogg and C. Williams of Floresta. The Men's Pairs have G. Hargreaves and T. Norman of Floresta facing D. Reilly and B. Holt of

Pedras whilst in the Mixed Pairs the first finalists are J. Parr and A. Parr of Albufeira.

Wednesday, the second day of the Semi's, was cancelled due to the bad weather. These games will now be played on Wednesday 7 March. Still to play are the Mixed 4's, the Open 4's and the Mixed Pairs in the morning, with two Triples games, the Open 4's and Mixed 4's in the afternoon.

Thanks go to Joe Scott of Tavira for a well-prepared green and making everyone welcome. Congratulations to all finalists and good luck to all those still to play. The Finals will be held at Balaia on 14 and 15 March.

The Super 10's Competition was similarly effected by the bad weather and will be completed shortly.

Miriam Hare

Algarve Activity Bike Rides

Here are the details of this week's rides:

Saturday 10 March - Bike Ride starting in Paderne: We meet in the car park at the bottom of the hill at 9.15am ready for a 9.30am start. This will be a fairly challenging ride of around 40kms with a café stop somewhere along the way.

Sunday 11 March - Bike Ride starting in Loulé: We meet in the Avenida opposite the market 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@algarvebikesholidays.com, see our website: www.algarvebikesholidays.com, or Facebook: AlgarveBikeHolidays.



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Portuguese wine on a high



AGM Dinner at Hotel Pestana Vila Sol

2017 was a great year for the Portuguese wine industry, with top producers winning a number of international awards and able to sell out their wines soon after release. But despite winemakers being busier than ever, many had still made the time to present their wines to the Algarve Wine Society, either at events held in the Algarve or when groups of members visited the wine regions lying to the north. Reported AWS President Gaynor Stapleton at the society's AGM held on Tuesday 27 Feb. at the Hotel Pestana Vila Sol, when she also thanked committee members for their hard work in organising events and trips throughout 2017. Secretary Nigel Adams noted that the society's membership

has grown over the last year, with a welcome increasing diversity in national origins.

With the AGM concluded, seventy members moved to the serious business of the evening and enjoyed a gourmet five-course menu. Vernon Delauney performed live after dinner and the dance floor was animated despite members having done full justice to a delicious menu, for which the staff from the Hotel Pestana Vila Sol were given a well-deserved round of applause.

The AWS's next event is a day trip to Quinta do Quetzal near Vidigueira on 21 March.

More information on the AWS is available at www.algarvewinesociety.com

APAA Fashion Show

On Sunday, 8 April, the Association for the Protection of Animals on Algarve (APAA) will be holding a Fashion Show and sale of new and used clothing at Restaurante Ponte Romana, Silves.

Entry fee will be €5, which includes a welcome drink, served from 11am. The show will start promptly at 11.30am and should last for approximately one hour. Lunch will be provided at approximately 1pm for those that want to stay, for an additional cost of €15.00.

Many items of clothing and accessories will be for sale fol-

lowing the show, all at very reasonable prices.

It is not necessary to book a place for the Fashion Show only, but if you would like to stay for lunch, please either email: info.apaaportugal@gmail.com or call Jenny on 919 041 903.

If you are interested in becoming a model for the day, please also contact APAA. It is purely for fun and no payment will be made.

All the proceeds of the show and sale will go to APAA to help them continue their work of helping owners to sterilise their pets or pay for urgent treatments/operations.

Football Tournament for Olhão

Walking Football for those over fifty-years-of-age was introduced to the Algarve four years ago and it was in Olhão that it all started. So it is appropriate that the first major international tournament organised by East Algarve Walking Football should be staged in the town.

The twenty-team tournament at the Municipal Stadium on 15 and 16 November has the full backing of the Olhão Town Council with António Camacho (Head of Education, Sport & Leisure, Câmara Municipal de Olhão) delighted to support the event.

Tournament organiser John Knight said: "We are extremely grateful to Olhão Council for providing the excellent facilities at the Municipal Stadium with its superb astro-turf pitches."

Early interest has been shown by clubs from across the UK as well as Spain, Gibraltar and Portugal.

Thousands of older men across Europe, in the UK alone there are over 800 teams, have rediscovered the joys of playing football again through a sport that makes the basic elements of a match accessible to them by slowing the game down.

In addition the camaraderie and social events have brought a whole new dimension to the sport, with its key elements of fun, fitness and friendship.

For more information visit website: www.walkingfootballalgarve.com



L to R: António Camacho (Head of Education, Sport & Leisure, Câmara Municipal de Olhão) and Chris Wright (President, EAWF) seal the deal.

Dance Academy Success



During the Carnival week school holiday, the small but enthusiastic team of nine dancers of minis to seniors from Nicola's Move-Ment Dance Academy based at Clube CRCD Luzense, once again arrived home with chests bursting with pride and clinking with medals following their success at the Portuguese qualifier of the Dance World Cup held in Figueira da Foz.

Of the 24 dances in six different categories of dance style, they have qualified with 16 dances in total and won medals for 12 dances, including two gold, two silver and eight bronze. Six of these were solos and the most

successful categories were tap, song and dance, and jazz. All nine team members from 5 to 20 years of age have qualified for entry to the finals being held in Sitges, Spain later this year.

This is the third year that this growing and successful school has qualified for the Dance World Cup finals. Please watch out for the fundraisers being held to support these young and ambitious dancers.

If anyone is interested in joining this dynamic school, please contact 913832335 or check the Nicola's Move-Ment Dance Academy Facebook page for details of classes and events.

AHA Talk

On Monday 12 March at 6 pm in the Clube de Tavira and Tuesday 13 March at 6 pm in the Municipal Library Lagoa, John Henderson will be giving a talk about his Career in the Royal Canadian Mounted Police. John Henderson started his policing career (at his mother's behest) with the London Metropolitan Police in 1971. After a short and formative three years, John returned to Canada to join the Royal Canadian Mounted Police (RCMP) by whom he was transferred seventeen times across Canada (courtesy of the Canadian taxpayer). One of his most interesting and life altering assignments was his duty as a member of the Canadian Contingent in the Kosovo Police Service (1999/2000). This assignment was a part of the first armed U.N. mission in which the



John Henderson

RCMP served. John writes, "It was truly a wonderful and rewarding career with only two or three days in which I might have welcomed a different outcome."

Algarve History Association welcomes voluntary monetary contributions to help run the organisation. For more information contact: lynne.algarvehistory@gmail.com

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Reward-based training for dogs



Training is a great way to keep your dog's mind active. It also helps you bond and understand each other.

According to the PDSA, without training, the world can be a pretty confusing place for your dog. We all expect dogs to behave in set ways and follow certain rules. Your dog needs to understand those rules before they can stick to them!

It's easier to learn when it's fun. The kindest and most effective method is called "reward-based training" - also called "positive reinforcement".

How reward-based training works
By rewarding your dog with a treat when they do what

you want, they will want to behave that way again. Repeat this several times. So if you want them to sit, give the command and give the treat either during the good behaviour or immediately afterwards. Your dog will eventually respond to your command without needing the reward. The leader of the pack According to the PDSA, it's a myth that some dogs always want to be the dominant one and that you need to be the leader of the pack in order to control them. Your dog doesn't need to view you as more

dominant than them, but they do need to learn to trust you and understand your commands.

The Golden Rules of Reward-Based Training

- Know what makes your dog tick! The reward has to be something that your dog really likes, so that they're prepared to work for it. Some dogs like food treats, others prefer praise or a favourite toy.
- Timing is everything. Help the dog link the behaviour with the reward: give the reward during the behaviour or within half a second after they've done it.
- Keep it short. Don't make training sessions too long, or your dog will lose interest or get frustrated. Always end on a high, after a success.
- One by one. Focus on training one command at a time. When your dog has learnt one, then you can move on to the next.
- Clear commands. Use short commands. Avoid confusion by only using the command for the behaviour you want.
- Keep going. Keep rewarding when your dog does what you want. It may

take lots of repetition but, with patience, your dog will eventually understand the command and what you want. It's a great moment when, suddenly, the penny drops and your dog gets it!

- Ignore mistakes. Every dog makes mistakes sometimes. It's not their fault - it just means they haven't learnt the task yet. Ignore the mistake and give the reward next time they get it right.
- Never use punishment. Shouting, smacking, hitting, using gadgets like water pistols, or using rattle cans and choke chains are all forms of punishment. They cause anxiety and fear; which are proven to make animals learn slower. It's unkind and doesn't create lasting results. It teaches your dog that people can't be trusted and this can lead to behavioural problems later in life. Instead, use positive, fun, reward-based training - it's kind and effective.
- Get everyone on board. Everyone in contact with your dog should praise the right behaviour, use the same commands and ignore mistakes. So your

What Ca

Candice Brown won the Great British Bake Off last year, and now has her first book out. Let's just say, she's still trying to get her head around these really quite delicious facts.

“It's funny saying that... 'My book!'” she says, with a small, bemused laugh.

Three manic months of writing, cooking, developing (and very little sleep) later, and the result is Comfort, a collection of Candice's tried-and-tested home classics: "The sort of things you want to stick your face in, grab a spoon, dive straight in and worry about burning your mouth later".

If you are keen to sample something Candice would make then try out these two recipes from her new book:

Chunky Shepherd's Pie (Serves 4)

Olive oil
1tbsp (heaped) plain flour
800g lamb stewing steak (eg. neck), cut into small pieces
1 large red onion, diced
1 red pepper, seeded and diced
3 small carrots, peeled and diced
2 celery sticks, diced
150g chestnut mushrooms, diced
100g chorizo, skinned and sliced
Leaves from 1 small bunch fresh rosemary, thyme and sage, finely chopped
1 dried bay leaf
2tsp finely chopped garlic (jarred or fresh)
1 small fresh red chilli, finely chopped (remove the seeds if you don't like too much heat)
1tsp hot smoked paprika
1/2tsp paprika
1/2tsp cayenne pepper
1tsp dried thyme
2tsp mushroom/porcini powder (available from Whole Foods or online)
1tbsp (heaped) tomato puree
200ml red wine
300ml beef stock (fresh or from stock cube)
1tbsp Worcestershire sauce

dog gets the same message from everyone, rather than gets confused by different messages.

• Get them to eat the right treats. Dog obesity causes health problems. Try using healthy food as rewards, e.g. a very small slice of carrot. If your dog is only interested in less healthy food, such as small pieces of sausage, give them a smaller main meal so they don't get too much food on training days.

Reward-based training in action: Teaching your dog to 'come'

Here's an example of how to use reward-based training to teach your dog basic recall. Once they've got the hang of it, your dog will come to you when they're called.

Your dog is much more likely to want to come back to you if you're being exciting and fun - so remember to keep the training positive and upbeat!

- Start off somewhere quiet, where there's very little that can distract your dog (for example, in your living room or garden).
- Call your dog, then back away from them.
- Kneel down, hold your arms out and call them to you. Remember to make sure you keep your voice light and cheerful - your dog won't want to come if you sound serious or angry.
- When your dog comes to you, remember to reward them with lots of praise and a small healthy treat straight away. As your dog gets better at recall, you won't need to reward them every time.
- Once your dog's got the hang of it, move further away from them before you give your 'come' command. When you feel your dog is doing well, go out to a local park and work on recall in a busier environment.

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Salt and freshly ground black pepper

For the topping:

4 sweet potatoes
4 large baking potatoes
Milk
Butter
3 leeks, trimmed and sliced
100g grated cheese
Salt and freshly ground black pepper

1. Preheat the oven to 160C fan (180C/350F/Gas Mark 4).
2. Heat up a glug of olive oil in a large frying pan over a medium/high heat. Season the flour with salt and pepper, then toss the lamb in the flour to coat lightly all over. Fry in batches until browned on all sides. As each batch of lamb is browned, transfer to a large casserole using a slotted spoon.
3. Add another glug of olive oil to the frying pan, followed by the diced vegetables and sliced chorizo, the fresh herbs, bay leaf, garlic and chilli. Fry for four to five minutes until the vegetables soften, stirring frequently.
4. Stir in the paprika (both types), cayenne, dried thyme and mushroom powder. Turn the heat to medium. Add the tomato puree and stir in, then pour in the red wine. Allow this to bubble away for a couple of minutes before stirring in the beef stock and Worcestershire sauce. Make sure you get all of the lovely bits off the bottom of the pan.
5. Tip the whole lot over the meat in the casserole and give it a good mix round. The liquid should just be visible through the top layer

of meat. Place the lid on the casserole and transfer to the oven to cook for two to two-and-a-half hours - until the meat is tender. Stir occasionally.

6. With about one-and-a-half hours of cooking time to go, prick the sweet and baking potatoes with a knife, then set them on a baking tray and place in the oven with the casserole to bake for the remaining time.

7. Melt a knob of butter in a frying pan over a low/medium heat, add the leeks and cook for five to six minutes until soft. Set aside to cool.

8. When the meat filling is cooked, remove the casserole from the oven - the sauce should be rich and thick. Taste for seasoning, add more if needed and stir through. Cover the casserole and set aside. Increase the oven temperature to 180C fan (200C/400F/Gas Mark 6).

9. Using a sharp knife (holding the potato with a tea towel), cut each sweet and baking potato in half lengthways and scoop out the soft flesh into a large bowl. Mash all the flesh together with a splash of milk and knob of butter. Stir through the leeks and half of the grated cheese. Season with black pepper.

10. Cover the meat mixture with the potato and cheese mix. Scatter the remaining grated cheese over the top. Put the casserole back into the oven (without the lid) and bake for about 25 minutes until the cheese has

melted, the top is golden and the meat juices are bubbling up around the edges.

11. Serve hot, with a heap of broccoli and greens.

Triple layer berry Victoria sponge cake

Ingredients:

(Serves 10-12)

335g self-raising flour
335g unsalted butter, softened
335g golden caster sugar
3tsp baking powder
6 large eggs
Grated zest of 2 lemons
Juice of 1 lemon
150g fresh raspberries
600ml double cream
500g fresh strawberries,
Icing sugar, to finish

1. Preheat the oven to 160C fan (180C/350F/Gas Mark 4). Grease three 25cm round, loose-bottomed sandwich tins and line the bases with greaseproof paper.

2. Sift the flour into a large bowl and add the butter, sugar, baking powder, eggs, lemon zest and juice. Mix together until smooth, fluffy and combined. If using an electric mixer, mix on a medium speed and do not over mix.

3. Divide two-thirds of the mixture between two of the tins. Reserve five of the fresh raspberries for the decoration, then add the rest to the last third of the mixture and mix them through, crushing some of the raspberries as you go. Put this mixture into the third tin.

4. Place the three tins in the oven and bake for about 20

minutes until the sponges are risen and golden, and are slightly coming away from the edges (try not to open the oven before the 20 minutes are up). The raspberry sponge may need another five minutes. Remove the tins from the oven and turn out the sponges onto a wire rack. Leave to cool.

5. Whip the double cream thick enough to hold its shape - do not over-whip. Spoon the cream into a piping bag fitted with a round nozzle.

6. Reserve five of the strawberries for the decoration. Evenly slice the rest of the strawberries. Pipe a layer of double cream onto one of the plain sponges. Top with a layer of sliced strawberries. Spread a small amount of cream on the underside of the raspberry sponge, then place it gently on top of the strawberries (the cream helps the sponges stick together).

7. Pipe a layer of double cream on the raspberry sponge and top this with the rest of the sliced strawberries. Spread a small amount of cream on the underside of the other plain sponge, then set this on top of the strawberries. Push down gently and check the layers are even.

8. Top with any leftover cream, the reserved strawberries, cut in half, and the reserved raspberries, then dust with icing sugar.

Comfort: Delicious Bakes And Family Treats by Candice Brown is available now. TPN/PA



Triple layer berry Victoria sponge cake. (Photo: PA Photo/Ebury Press/Ellis Parrinde)



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Banishing gardening myths



Myth - Ivy kills trees

Guy says: "Ivy is thought to seldom kill trees of itself, but the presence of ivy indicates the very strong suspicion of root disease especially honey fungus doing serious harm to the host and allowing the ivy to flourish under the diminished canopy."

If you think ivy kills trees, watering scorches leaves and digging is always needed to control weeds, think again.

The Royal Horticultural Society is putting the record straight on a number of old wives' tales which have worked their way into the gardening psyche. Here, Guy Barter, RHS chief horticultural adviser, busts open some of the most famous myths.

Myth - Wild flowers are easy.

Guy says: "Gardens are often just too rich and fertile for wild flowers so that the desirable flowers fade away and rampant grasses take over. Mixes of annual flowers that resemble wild flowers on the other hand are easy and highly beneficial to many insects and a wiser choice for fertile gardens.

Myth - Water drops on leaves cause burning from the sun's rays.

Guy says: "To focus sunlight, a water droplet needs to be above the leaf, and this can very occasionally happen with hairy-leaved plants (French beans for example) but in almost all cases scorching is not caused by wet leaves. Spraying leaves with pesticides or liquid fertiliser in sunny conditions can cause harm, however, as the water evaporates and the chemicals become concentrated, so can harm foliage."

Myth - Ground cover plants save work.

Guy says: "Depending on the type of plant you use, ground cover plants can soon become so thick that laborious pruning and thinning is required. Sooner or later perennial weeds set up camp in ground cover and have to be

winkled-out by hand as weedkillers and hoes cannot be used. Around trees and shrubs, ground cover acts as a particularly pernicious 'weed' unless carefully controlled."

Myth - Digging is required to control weeds.

Guy says: "The main reason for digging weeds is control, as burial of weeds is highly effective. But if weeds are controlled by other means such as mulches, herbicides or shallow hoeing, digging can be dispensed with. The only fly in this ointment is that sometimes weed control by other means can take longer and be harder work than digging, so it is not necessarily true for every site."

Myth - Raised beds are best for growing crops.

Guy says: "Raised beds are a great idea for ill-drained clay soils in wet regions where they enhance drainage and make avoidance of compacting wet soil by trampling easier. But on other soils they enhance drainage to the point of drought (greatly increasing drought susceptibility) and impede flexibility in cropping as sprawling plants are hard to include in a strictly defined bed. Therefore gardeners may do a lot of hard work at considerable expense for fewer crops."

Myth - Plants like being spoken to.

Guy says: "With neither ears nor language it seems improbable that the spoken word has much effect on plants, although it may be therapeutic to the chatting gardeners themselves!"

TPN/PA ■

Create a p

Millions of us are now spending some, if not all, of our time working from home.

And one of the joys of working in your own space is that you're the boss when it comes to design and ambience - so you can escape dull desks and bland decor and kit out your own personalised sanctuary to suit your taste.

Entrepreneur and beauty and wellbeing expert, Liz Earle, has teamed up with blinds and curtain specialist Hillarys, to reveal her own home office and simple but effective tips to help you conjure a stylish work area of your own, where you can be happy as well as productive.

"It's a quick and easy strategy for creating the perfect space, or could be used for an existing office makeover, which could be just what you need to reinvigorate your home-working life," enthuses mother-of-five Earle, 54, who lives on a farm in the West Country. "There's undoubtedly a whole host of benefits to home-working, particularly from a health and wellbeing perspective, whether that's because you're escaping the daily commute or because you're able to spend more time with the family."

Read on to discover Earle's approach for creating a calm and stylish home office...

Work with the light

"Put your desk in front of a window; plenty of natural light is the holy grail, as it's known to significantly help increase energy, creativity and productivity," advises Earle. "Wood or faux wood Venetian blinds are perfect for home office windows as they

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filter light, which will minimise glare on a computer screen and the slats can be adjusted to control light levels when the sun moves round during the day. Go for function but don't forget about style. Roman blinds soften the look, and a pretty botanical fabric brings a lovely feel of nature into the room."

Make an eco desk choice

"Make your office more eco-friendly with a desk made from reclaimed scaffolding boards and simple trestle legs," Earle suggests. "Scaffolding boards can be picked up cheaply from a salvage yard, and the beauty of doing this is that you can design your desk according to your space and needs. Make sure there's room for a task light and desk accessories."

Invest in a great chair

"As tempting as it sounds, dragging a chair from the dining room or a stool from the kitchen is a false economy," Earle warns. "An ergonomically designed chair may not give you the designer feel you had in mind - but your back will thank you for it! You can always pretty it up with a cosy

sheepskin or throw.

"Don't hunch over a laptop - set up a computer monitor at eye level and use a separate keyboard, ergonomic mouse or track pad. Rest forearms on the desk while typing and invest in a simple foot rest to ensure you sit with legs at a comfortable 90-degree angle to the floor."

TIP: Try to do simple stretches and strength moves regularly throughout the day. You don't necessarily need equipment - try out chair yoga which can be done while seated.

Get crafty with accessories

"It needn't cost the earth to decorate your office. Charity shops and car-boot sales are perfect hunting grounds for quirky, vintage pieces, or you could indulge in some DIY creativity," says Earle. "Cover plain cardboard box files with wallpaper or fabric for a fabulous bespoke look. A pin-board, made from a wooden picture frame, foam and fabric, is a great way to display photos, to-do lists or other information you want to see at a glance."

TIP: Schedule things in your diary that make you happy, not just work tasks.

Soft, floaty voile curtains disguise a shelving unit. (Photo: PA Photo)



Bring nature into your space

"It's been proven that plants in the workplace can reduce stress levels and increase productivity," Earle points out. "Aside from these health benefits, plants are a cheap and cheerful way to add decoration and bring the outdoors in. I opt for green, leafy plants like ferns or ivy, avoiding cacti whose spikes can create the opposite of a relaxed feeling, or flowers with a strong scent, which can be distracting or irritating." And

if caring for real plants doesn't quite work out for you, there are great faux options available these days, so you can still get that calming, leafy look.

Conceal the clutter

"But remember, the more stuff you add to your desk, the more your brain has to keep track of," adds Earle. "Working in a crowded space can be mentally exhausting and distracting, even if you don't realise it. Get creative with storage. I've used soft, floaty

voile curtains to disguise a shelving unit."

Create an uplifting display Finally, treasured photos that spark joy, and meaningful sayings to keep motivation levels up, make an ideal finishing touch. "Pictures and photographs can be a great way to inspire creativity and a feeling of wellness," says Earle. "Pick out three or four that are significant to you and make sure those are in your view."

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Full of Middle Eastern promise

A rough-hewn jewel in the Middle East's otherwise showy crown, Oman has its sights set on becoming an eco-tourism destination. Sarah Marshall explores.



The dunes of Wahiba Sands, Oman. (Photo: Sarah Marshall/PA Photo)

Wrapping my leg nervously around the cornerstone of a mountain outcrop, I'm almost doing the splits to reach my next foothold. Below the vertical drop, a rugged canyon tears through charred, flaking rock, burst open like an overcooked pastry. Retreating mountain goats splay plumes of dust with their hooves and silhouettes of swallows wheel from shadowy caves. As I complete the final section of a via ferrata at Oman's Alila Jabal Akhdar hotel, I'm bathed in the shimmering marigold light of a setting sun - along with beads of anguished sweat. Although attached firmly with ropes and a carabina hook, I'm convinced my legs will jellify and cheat me, and my head is filled with nothing but my next step. Wild, pristine and sparsely populated, Oman is a destination ripe for adventure. Like most Middle Eastern countries thrown off kilter by the falling price of oil, tourism is becoming a new economic interest - although it's still very much in its infancy.

Less flashy than Dubai, more progressive than Saudi Arabia, it's the gentle Gulf state where 47 years of absolute rule has maintained peace and stability. It's hard to imagine civil war once waged through the Al Hajar Mountains in the north of the country - although, fearing any rebellious reprisals, the Sultan has banned all mention in local history books. Opened in 2004, a road now winds up to the plateaus and most of the crumbling 300-year-old shepherds' villages have been abandoned. Constructed using stone from the mountain, the design of the low-lying Alila hotel is based on one of these settlements, As Sarab. On a hiking trail to explore the ghostly ruins, only tiny geckos keep me company; set apart from other developments, this section of the mountain range is wrapped in a cocoon of silence. Overlooking the vast chasm where the via ferrata winds around, Alila's views are heart-stopping. The watchtowers and sandstone forts of Bahla and Nizwa hover on the far horizon, and at night, stars spray the sky silver.

Sensitive to the environment, the property is partly powered by solar energy, uses its own water source, has achieved zero waste to landfill, and buys produce from a collective of farmers based in the mountain. Pomegranate kernels glisten like rubies on a pillow of smoky baba ganoush at the dinner table, and silky mushroom slithers wallow in a bath of thick tahini. Many crops are grown on ancient terraces in the nearby UNESCO listed Saiq Plateau, famously visited by Charles and Diana in 1986, when they flew in by helicopter for a picnic. Now though, a clinical hotel owned by the Ministry of Defence sits on the Diana viewpoint, and over consumption of water has led to one of the mountain springs drying up for the first time in history. Rose farmers, whose velveteen pink petals are irrigated using a traditional stone aflaj system, have been the most affected, and finding a solution to the problem is one of the many challenges facing a rapidly modernising Oman. Vast areas of the country, such as

the life-ravished Empty Quarter, are inhospitable, but other desert regions have been adapted to tourism. Stretching 80km from the interior to the coast, Wahiba Sands takes just four hours to cross. A sand storm is brewing when we arrive at the 1000 Nights Camp, where glass-fronted cabins are decorated with billowing circus top roofs and embroidered trims. Shisha pipe smoke trails curl from the husk of a cushion-filled dhow boat, a reminder of how close we are to the sea. Picking up speed, funnels of wind wriggle like snakes through the sand and spindrifts fill the air with fine dust.

Curving through the sculpted dunes like surfers on a wave, we drive to a high point to watch bolts of lightning shatter the sky until torrents of rain begin to fall - something I never thought possible in the desert.

The next morning, I awake to birdsong, and find camels happily chewing on vegetation sprouting from the dust. Lifting their heads curiously as we approach, the calm creatures gaze at us wide-eyed and wide-mouthed.

"I call that the Polo expression," laughs my guide and driver Abdullah, a young Omani dressed in the traditional dishdasha robe with a turban swept around his head.

Continuing our journey, we head to the coast, passing coffee shops that don't seem to sell any coffee and cafes serving thin pancakes basted with cream cheese and runny honey.

Along the water's edge, picnicking families huddle beneath shady wooden pavilions decorated with posters of their beloved Sultan. Dressed head to toe in black flowing robes, no one is seeking a suntan.

Set between the Khawr al Masirah and the Arabian Sea, Masirah is Oman's largest island and a nesting ground for loggerhead turtles. Although popular with local people, it's still relatively undiscovered by tourists with only one major hotel, Masirah Island Resort, in the north. During the one-hour ferry ride from Shana, I'm ushered into a single sex seating area. Typical of Masirah, women wear a silky face mask, leaving only their kohl-lined eyes visible, and many shy away from public view. In fact, this is the closest female contact I have throughout my entire stay.

Fringed by fine sand beaches backing onto a mountainous interior, Masirah is Oman in microcosm. Most visitors come in July and August when turtles are hatching, but out of season it's oddly empty and we pass barely any vehicles on the main tarmac ring road, which only takes a couple of hours to drive. Bedouin fishermen in pick-up trucks disappear into narrow wadis, and at times the migrating bird population easily outnumber people.

At the moment, anyone can wander along the turtle nesting areas, although there are plans to introduce a marine conservation area. Standing in the glittering surf washed up from the warm Arabian Sea, I can easily imagine boutique resorts finding a happy home here.

For now, though, burrowing hermit crabs have the place to themselves, erecting wizard hat pinacles in place of sandcastles. Exciting times may be ahead for Oman, but selfishly, I hope those unpredictable deserts, treacherous mountains and wild seas will always be a little out of reach.

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Wellbeing tips from your granny



Make photo albums. (Photo: PA Photo)

Granny's generation might not have known what a hashtag was, but they were nailing self-care goals...

Stereotypical grandmothers probably no longer exist. But for the sake of this list, think old-school, 'grew up in the 1930's/40's/50's' granny - because we could learn a lot from them when it comes to everyday wellbeing. Long before Goop-isms, fitspo and #healthgoals were remotely even a thing, people have been practising wellbeing-enhancing habits, just often in simpler, quieter ways.

This isn't a nostalgia-fest, however. That time also endured world wars and rationing, women had far less freedom, healthcare was less advanced, mental health was brushed under the carpet and it was widely believed that smoking was good for you. But when it comes to self-care and keeping stress in check, granny had a few useful tricks up her sleeve that we could all still benefit from today...

Make photo albums

We take more photos than ever, but it's so easy to file them away on your laptop or upload them to Instagram, check your 'likes' for a few days and then forget about them. Before digital cameras, you had to get your photos printed. Seeing how they turned out was half the fun, then you'd flip through the albums again and again, reliving those moments and - to reference a more millennial happiness-giving 'rule' - practising gratitude.

Have actual conversations

Sure, smartphones mean we're all constantly connected, yet rates of loneliness and mental health problems like depression are on the up. Having hundreds of 'friends' or 'followers' on social media, and being able to text and message people for free, in

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seconds, doesn't mean we're necessarily benefiting from meaningful interaction. Text chat has its place, but don't overlook the importance of proper chats and meet-ups too.

Take more baths

It didn't actually become common for UK homes to have fitted bathrooms until the 1960's, and even then, many didn't have showers (gran probably made do with an outside loo and a metal tub they filled by hand). Rationing bathwater aside, a good soak in the tub is an easy way to hit 'pause' and let those everyday stresses unravel. Treat your skin to some TLC with some mineral-packed bath salts or oil at the same time. You'll probably have a much better sleep afterwards, too.

Embrace housework (sort of)

Thankfully, we've moved on from the days when women's destinies didn't extend far from a mop and bucket. And while we're all about the shared domestic duties, if we're honest, sometimes a Saturday morning spent

If we're honest, sometimes a Saturday morning spent getting the kitchen in order, or sprucing up the lounge, can actually feel pretty rewarding. (Photo: PA Photo)



getting the kitchen in order, or sprucing up the lounge, can actually feel pretty rewarding. Maybe it's because calm environment = calm mind. Maybe it's because focusing on mindless tasks can be relaxing. Maybe it's because we just feel more comfortable when we've got things under control - even if it is just the washing up.

Learn to sew

It's no longer essential to learn skills like sewing. But while granny probably learned to sew so she could darn socks, patch up

trouser tears or rustle up a new summer frock, there's a reason some people take up sewing as a hobby and swear by it for keeping them sane.

Bake for fun

Same goes for baking. And don't get hung up on how Instagrammable your lemon drizzle looks or if your Frangipane's a flop. Hobbies can actually help with managing depression and anxiety, so do it just for the joy.

Switch off the TV

We're big fans of a box-set binge and there's no

shame in unwinding in front of Big Bang Theory. But before TVs became a regular fixture, and before it became possible to skim through a bazillion channels all hours of the day, thinking of things to do - and spending less time sitting down - probably came more naturally. Enjoy your TV, but carve out time where you purposefully leave it off, so you can read, get out for a jog or listen to music, knowing you've made that choice for your own benefit and not as a punishment.

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Accessible tourism App launched

Visitors to Portugal can now take advantage of an interactive App to make their stay in Portugal as easy and enjoyable as possible.



Launched on 27 February in Lisbon by the Secretaries of State for Tourism and Inclusion of People with Disabilities, as well as the Presidents of the Vodafone Portugal Foundation and Turismo de Portugal, the App aims to be a one stop shop for anyone with accessibility issues.

TUR4all is the App for Accessible Tourism in the Iberian Peninsula. It provides information about accessible accommodation, restaurants, bars, monuments, museums, cultural centres, wine tourism, beaches, leisure activities, tourism offices, city tours ...in short, accessible destinations and experiences.

The application enables people with special needs to plan their trips, with access to objective and accurate information about the level of accessibility of tourism resources. TUR4all has been designed so that users can customise their search criteria according to their specific needs.

TUR4all features tourism resources that have been evaluated by accessibility experts, with the TUR4all insignia, in addition to resources added by users by way of an online questionnaire specifically designed for that purpose.

Users can add comments about tourism resources, allocate them a score based on their level of accessibility and the inclusive approach to customer care. The App also allows users with the same interests and needs to communicate with each other.

TUR4all will be available in Portuguese, Spanish, English, French, Italian, German and Chinese, is completely free of charge,

and is available for both iOS and Android devices.

If your mobile is an older model and you are unable to download the application, it is suggested that users instead visit <http://www.tur4all.pt> which is compatible with all devices and can also be viewed on a PC or laptop.

The App has been launched as part of a wider initiative, Accessible Portugal, which since 2006, has grown to become the institution for the promotion of Accessible Tourism for All in Portugal. This private, non-profit association is an entity that qualifies tourism supply and demand for all segments of the market according to their distinctive characteristics. Accessible Portugal promotes the development of areas that are gearing up to welcome a diversity of clients / tourists from a growing market, while also improving the quality of the lives of residents who also have a diversity of needs that must be satisfied.

According to the association: "The promotion of Accessible Tourism from this perspective has been a major success. The aging world population, particularly that of major tourist source markets, together with their growing and consolidated desire to travel, naturally require tourist destinations to gear themselves up in an endeavour to respond to the respective challenges."

LETTER

SIR, I would like to share my very positive experience of a recent stay at the Vale d'Oliveiras resort in Carvoeiro.

My husband had promised me a spa day for Christmas but sadly passed away on 22 December before he was able to arrange it. I had been having a very difficult week so decided that now was the time to treat myself to the spa day and I looked online for places close to me as I live in Silves.

I found the resort online where it said it was suitable for wheelchair users but then also called to double check as I would be staying the night in the resort and was travelling alone. The staff assured me that the facilities would be suitable for me as I only have one leg and use a wheelchair.

When I arrived at the resort, the staff were very helpful to me as a solo traveller and after I booked in they even wheeled me to my room with my bag

accessible



Used with kind permission of the artist José de Guimarães

Portugal

which would have been difficult without help.

Once I entered the room, which even had ramp access, I found the room to be perfect for a wheelchair user. In the bathroom there was a wheel in shower, handrails and even a mirror and hand basin at the correct height, while the bed was good and solid and did not move as I got in and out.

The next morning I went down to the buffet breakfast room where staff told me to take a place at the table and have a coffee while they brought the food I chose directly to the table. Every member of staff was fantastic.

I had been concerned about going to the spa but the lady helped me to get on and off the bed and even gave me a cup of tea to finish with.

Living in Silves, I often have problems getting around the place, especially when people park on ramps or pavements but it was fantastic to stay in the resort!

I would like to thank everyone at Vale d'Oliveiras for making my stay such a memorable one.

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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

Three-Bedroom Villa with stunning panoramic views near Estoi

The elevated position of this property allows impressive mountain views to the north and beautiful views down to the Atlantic Ocean.

Several terraces around the villa allow pleasant outlooks and the terrace around the swimming pool has a sheltered summer kitchen with BBQ and dining area. Next to it is an office that can easily be converted into additional accommodation, if desired.

The ground floor consists of an open plan lounge, dining room and kitchen and two lovely guest suites. The spacious master suite on the first floor has a seating area with access to the private balcony from where to enjoy the beautiful scenery.

The property does not only have a double garage but also a cosy self-contained wooden cottage with a one-bedroom studio.

The property is only a few minutes' drive from the pretty village of Estoi, 10 minutes from the market town of São Brás and 15 minutes from Faro airport.

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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: Boliqueime
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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AMI2913



Bedrooms	4
Bathrooms	5
Built area	799m ²
Plot area	11,000m ²

4 Bedroom Villa in stunning location
With land, swimming pool & more!
Santa Barbara

€1,350,000 Ref no: VLC466 Energy rating: E



Bedrooms	4
Bathrooms	4
Built area	386m ²
Plot area	5,450m ²

4 Bedroom Villa in quiet countryside
With large plot and swimming pool.
Loulé

€895,000 Ref no: VFG502 Energy rating: C



Bedrooms	4
Bathrooms	4
Built area	450m ²
Plot area	4,000m ²

Renovated Villa close to Almancil
With large plot and swimming pool.
Almancil

€850,000 Ref no: VNS308 Energy rating: D



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AMI.8999



2 BED APARTMENT IN WALKING DISTANCE TO THE BEACH

110.000 €

Build area: 61 m2
Location: Quarteira
Ref: A21-113



3 BED VILLA WITH STUNNING VIEWS NEAR ESTOI

495.000 €

Build area: 331 m2
Plot size: 7.600 m2
Ref: W5-010



2 BEDROOM TOWNHOUSE CLOSE TO THE BEACH

295.000 €

Build area: 94 m2
Location: Albufeira
Ref: B2-027



4 BED COUNTRY HOUSE WITH SEA VIEWS IN MONCARAPACHO

695.000 €

Build area: 314 m2
Plot size: 6.240 m2
Ref: U1-020



4 BED VILLA IN ESTOI WITH VIEWS TO THE COAST

430.000 €

Build area: 142 m2
Plot size: 960 m2
Ref: W5-009





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Luxurious Villa near Carvoeiro & Ferragudo

With stunning everlasting sea views in a prime location, this high quality construction luxurious villa is a few footsteps from white sand astray beaches and just a short drive from Carvoeiro and Ferragudo. Elegant and spacious, this villa with 3 en-suite bedrooms all with walk-in wardrobes, offers full privacy in several terraces with a wide range of seats and recreation spots (partially covered). Perfectly inlaid with the surrounding nature this villa blends its garden to the landscape and cliffs. The property with 267sqm is on a large plot with 3900sqm.

Property Highlight



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Price: €2.200.000
Era Lagoa/ Carvoeiro
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<p>Old Village – 2 bedroom apartment</p> <p>New on the market, a delightful apartment with 2 bedroom, open lounge and kitchen, enclosed terrace in the sort after Old Village Resort. Good as holiday home or investment. Must see.</p> <p>Ref:FS140 Price:€235,000</p>	<p>AMI 10185</p> <p>For more details, please visit our website or call in the office</p> <p>www.fivestar-vilamoura.com Tel: 289302762 Mob: 969190361 / 965392755 Email: info@fivestar-vilamoura.com Office: 7A Church Square Old Village, Vilamoura 8125-429</p>	<p>Vilamoura - 3 bedroom Detached Villa (Old Village)</p> <p>Location, location and location. Nice detached villa with private pool and garden. 3 good size bedrooms, 2 bathrooms, dining room, bright and airy lounge, fitted kitchen and secure parking.</p> <p>Ref:FS131 Price:€595,000 ono</p>	

<p>VENDAVILLA.COM</p> <p>MAIN OFFICE: VILAMOURA, Av. Da Marina, Marina Plaza, Shop 69, (in front of Hotel Vila Galé Marina) EST. 1982 AMI 489 Mobile: 91 8788375 Tel: 289 315 333 sales@vendavilla.com</p>	<p>VILAMOURA – SEA VIEW</p> <p>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</p>	<p>VILAMOURA – PRIVATE CONDOMINIUM</p> <p>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</p>	<p>VILAMOURA– NEAR THE GOLF COURSE</p> <p>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</p>	<p>VALE D'ÉGUAS - SPECTACULAR VILLA W/ UNIQUE STYLE</p> <p>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</p>
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<p>LAND & HOUSES ALGARVE YELLOW HOMES</p> <p>Sociedade de Mediação Imobiliária Lda. AMI 6232</p> <p>For detailed information, please visit our website: www.landandhousesalgarve.com www.landandhousesalgarve.de</p> <p>Tavira: 281 320 281 Vilamoura: 289 301 294</p>	<p>Near Estoi</p> <p>5 bedroom villa, brand new property, unique style, very high quality finishes, all mod. cons, double garage, large plot, private, pool. EC class: B Ref: P-PEC Price: €850.000</p>	<p>Near Vilamoura</p> <p>4 + 1 bedroom villa, peaceful setting, country views, single storey villa, guest apartment in basement, pool and garden. EC class: D Ref: R-WGH Price: €795.000</p>	<p>WE ARE ACTIVELY LOOKING FOR QUALITY PROPERTIES TO SELL TO OUR INTERNATIONAL BUYERS IN ALL AREAS PARTICULARLY AROUND:</p> <p>LAGOS, BOLIQUEIME, LOULE, ALMANCIL, VILAMOURA, SANTA BARBARA, MONCARAPACHO, Stª CATARINA, TAVIRA, PRAIA VERDE</p>	<p>Near Loule</p> <p>3 bedroom villa, single storey property, very good finishes, private and secure but not isolated, good country views, large garage. EC class: D Ref: R-MCW Price: €645.000</p>	<p>Near Olhos de Agua</p> <p>3 bedroom villa, single level villa, well presented, pool and low maintenance garden, walk to beach and restaurants, fantastic rental property. EC class E Ref: STG Price: €490.000</p>
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- 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

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ALGARVE DOG SHOW

INTERNATIONAL ALGARVE FAIR

11am - 7pm
2 & 3 June
Fatacil Lagoa

SATURDAY 10/03/18

BBC One	
06.00	Breakfast.
10.00	Saturday Kitchen Live.
11.30	Classic Mary Berry.
12.00	Football Focus.
13.00	BBC News; Weather.
13.15	MasterChef.
14.15	MasterChef.
15.15	Coast and Country Auctions.
16.00	Live Six Nations Rugby Union.
19.00	BBC News.
19.10	BBC Regional News; Weather.
19.20	Pointless Celebrities.
20.10	Casualty.
21.00	Troy: Fall of a City.
22.00	BBC News; Weather; National Lottery Update.
22.20	Match of the Day.
23.45	FILM: A Few Best Men (2011).
01.15	Weather for the Week Ahead.
01.20	BBC News.

BBC Two England	
06.10	The Wonder of Animals.
06.40	Naomi's Nightmares of Nature.
07.10	The Pets Factor.
07.30	The Dengineers.
08.00	Absolute Genius: Monster Builds.
08.30	Beyond Bionic.
09.00	Robot Wars.
10.00	Gorilla Family and Me.
11.00	Homes Under the Hammer.
12.00	Cats v Dogs: Which Is Best?
13.00	FILM: The Caine Mutiny (1954).
15.00	Escape to the Country.
15.30	Me and My Dog: The Ultimate Contest.
16.30	Final Score.
17.30	Flog It!
18.00	Hugh's Wild West.
19.00	Amazing Hotels: Life Beyond the Lobby.
20.00	David Attenborough's Natural Curiosities.
20.30	Dad's Army.
21.00	FILM: Hitchcock's Shower Scene: 78/52 (2017).
22.30	QI XL.
23.15	FILM: Dial M for Murder (1954).
00.55	FILM: The Lady Vanishes (1938).
02.30	Civilisations.
03.25	This Is BBC Two.

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-Do!
09.05	Scrambled!: Wishfart.

SUNDAY 11/03/18

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	BBC News; Weather.
12.30	MasterChef.
13.00	Homes Under the Hammer.
13.55	Songs of Praise.
14.30	Live Six Nations Rugby Union.
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	Sir Bruce: A Celebration.
22.05	BBC News.
22.25	BBC Regional News; Weather.
22.35	Match of the Day 2.
23.35	FILM: Fright Night (2011).
01.15	Weather for the Week Ahead.
01.20	BBC News.

BBC Two England	
06.10	Coast.
06.55	A to Z of TV Gardening.
07.15	The Instant Gardener.
08.05	Gardeners' World.
08.35	Countryfile.
09.30	Saturday Kitchen Best Bites.
11.00	Spring Kitchen with Tom Kerridge.
11.45	Lorraine Pascale: How to Be a Better Cook.
12.15	MOTD2 Extra.
13.00	The Ladykillers: Pest Detectives.
14.00	Money for Nothing.
14.45	FILM: Laura (1944).
16.10	Back in Time for Tea.
17.10	The World's Most Extraordinary Homes.
18.10	FILM: Deep Impact (1998).
20.00	Top Gear.
21.00	Life and Death Row: The Mass Execution.
22.20	The Mash Report.
22.50	Top Gear: Extra Gear.
23.15	Women's Six Nations Highlights.
23.45	Sign Zone: Question Time.
00.45	Sign Zone: Immigration: Who Should We Let In? - Panorama.
01.15	Sign Zone: Holby City.
02.10	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.

MONDAY 12/03/18

BBC One	ITV London
06.00	Good Morning Britain.
09.15	Lorraine.
10.00	The Jeremy Kyle Show.
11.00	This Morning.
11.45	Loose Women.
12.15	ITV Lunchtime News; Weather.
13.00	ITV News London; Weather.
13.30	Judge Rinder.
13.45	Tenable.
14.15	ITV London Weather.
14.45	Escape to the Country.
16.15	A Service of Celebration for Commonwealth Day.
17.15	Flog It!
18.00	Pointless.
18.30	BBC News at Six; Weather.
19.00	BBC Regional News and Weather.
19.30	The One Show.
20.00	Inside Out; BBC News; Regional News.
20.30	EastEnders.
21.00	Classic Mary Berry.
21.30	MasterChef.
22.00	BBC News at Ten.
22.30	BBC Regional News and Weather.
22.45	Imagine.
00.25	Have I Got a Bit More Old News for You.
01.10	Weather for the Week Ahead.
01.15	BBC News.

BBC Two England	Channel 4
06.00	Winter Paralympics Live.
06.30	Winter Paralympics Breakfast.
07.15	Wanted Down Under Revisited.
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	Yes Chef.
14.15	Your Home in Their Hands.
15.15	Planet Earth.
16.15	Into the Wild with Gordon Buchanan.
17.15	Put Your Money Where Your Mouth Is.
18.00	Eggheads.
18.30	The Repair Shop.
19.00	Top Gear.
20.00	Only Connect.
20.30	University Challenge.
21.00	FILM: Being Blacker (2018).
22.30	Newsnight.
23.10	Weather.
23.15	Putin: The New Tsar.
00.15	Odyssey.
00.55	Odyssey.
01.40	Sign Zone: Countryfile.
02.35	Sign Zone: Royal Recipes.
03.20	This Is BBC Two.

BBC Four	
06.00	Winter Paralympics Live.
08.00	Winter Paralympics Breakfast.
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.
19.30	Winter Paralympics Today.
20.00	Undercover: Who's Policing Your Bank? - Channel 4 Dispatches.
20.30	Food Unwrapped.
21.00	24 Hours in Police Custody.
22.00	Electric Dreams: Safe and Sound.
23.00	Winter Paralympics Highlights.
00.15	Winter Paralympics Live.

TUESDAY

BBC One	
06.00	Breakfast.
09.15	Holding Back the Years.
10.00	Homes Under the Hammer.
11.00	The Sheriffs Are Coming.
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	A Place to Call Home.
15.10	Escape to the Country.
15.45	Coast and Country Auctions.
16.30	Flog It!
17.15	Pointless.
18.00	BBC News at Six; Weather.
18.30	BBC Regional News and Weather.
19.00	The One Show.
19.30	EastEnders; BBC News; Regional News.
20.00	Holby City.
21.00	Shetland.
22.00	BBC News at Ten.
22.30	BBC Regional News and Weather; National Lottery Update.
22.45	This Country.
23.15	Inside Britain's Moped Crime Gangs.
23.55	Drugs Map of Britain.
00.25	Weather for the Week Ahead.
00.30	BBC News.

BBC Two England	
06.00	Coast.
06.30	Holding Back the Years.
07.15	The Sheriffs Are Coming.
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	Yes Chef.
14.30	Your Home in Their Hands.
15.30	Planet Earth.
16.30	Into the Wild with Gordon Buchanan.
17.30	Put Your Money Where Your Mouth Is.
18.00	Eggheads.
18.30	The Repair Shop.
19.00	Saving Lives at Sea.
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	The World's Most Extraordinary Homes.
00.15	Sign Zone: MasterChef.
01.15	Sign Zone: An Island Parish: After the Hurricane.
02.15	Sign Zone: Royal Recipes.
03.00	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	ITV Lunchtime News; Weather.
12.55	ITV News London; Weather.
13.00	ITV Racing: Cheltenham Festival.
16.30	Britain's Best Walks with Julia Bradbury.
17.00	The Chase.
18.00	ITV News London;

Must See TV

Dancing on Ice - The Final (ITV, Sunday 6pm)

Phillip Schofield and Holly Willoughby introduce the grand final of the competitive figure-skating contest, as the final three celebrities and the professional partners once again take to the ice as they seek to claim the title of Champion of the Rink. As ever, Jayne Torvill, Christopher Dean, Jason Gardiner and Ashley Banjo form the judging panel, assessing each couple's skills and ultimately delivering the scores that will combine with the results of a public vote to determine which couple will emerge victorious. Plus, Torvill and Dean also put on their skates for one triumphant showcase performance, drawing the show to a close. Last in the series.

13/03/18

Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
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 The Cruise: Voyage to Alaska.
23.15 Piers Morgan's Life Stories.
00.15 Jackpot247.
03.00 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

Channel 4

06.00 Winter Paralympics Live.
08.00 Winter Paralympics Breakfast.
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.
19.30 Winter Paralympics Today.
20.00 The Great Celebrity Bake Off for Stand Up to Cancer.
21.15 Seven Year Switch.
22.20 Gogglebox.
23.00 Winter Paralympics Highlights.
00.15 Winter Paralympics Live.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Great Irish Journeys with Martha Kearney.
20.00 Immortal Egypt with Joann Fletcher.
21.00 The Ruth Ellis Files: A Very British Crime Story.
22.00 The Prosecutors: Real Crime and Punishment.
23.00 FILM: A War (2015).
00.45 Top of the Pops: 1982.
01.25 Top of the Pops: 1982.
01.55 The High Art of the Low Countries.
02.55 The Art of Spain.
03.55 Close.

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WEDNESDAY 14/03/18

BBC One

06.00 Breakfast.
09.15 Holding Back the Years.
10.00 Homes Under the Hammer.
11.00 The Sheriffs Are Coming.
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 A Place to Call Home.
15.10 Escape to the Country.
15.45 Coast and Country Auctions.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
19.00 The One Show.
19.30 Taking on Putin - Panorama; BBC News; Regional News.
20.00 DIY SOS: The Big Build.
21.00 Saving the British Bulldog.
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.
23.45 FILM: The Artist (2011).
01.20 Weather for the Week Ahead.
01.25 BBC News.

BBC Two England

06.00 The Repair Shop.
06.30 Holding Back the Years.
07.15 The Sheriffs Are Coming.
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 Two Tribes.
13.30 Yes Chef.
14.15 Your Home in Their Hands.
15.15 Planet Earth.
16.15 Into the Wild with Gordon Buchanan.
17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.
18.30 The Repair Shop.
19.00 Saving Lives at Sea.
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 David Attenborough's Natural Curiosities.
00.45 Sign Zone: MasterChef.
01.45 Sign Zone: The World's Most Extraordinary Homes.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.

12.30 ITV Lunchtime News; Weather.
12.55 ITV News London; Weather.
13.00 ITV Racing: Cheltenham Festival.
16.30 Britain's Best Walks with Julia Bradbury.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.30 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 UEFA Champions League Highlights.
23.45 Play to the Whistle.
00.40 Jackpot247.
03.00 Tenable.
03.50 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

Channel 4

06.00 Winter Paralympics Live.
08.00 Winter Paralympics Breakfast.
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: Home or Away.
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.
19.30 Winter Paralympics Today.
20.00 The Supervet.
21.00 One Born Every Minute.
22.00 Damned.
22.30 8 Out of 10 Cats.
23.00 Winter Paralympics Highlights.
00.15 Winter Paralympics Live.
04.30 Coast vs Country.
05.25 Food Unwrapped.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Great Irish Journeys with Martha Kearney.
20.00 The Secret History of Our Streets.
21.00 The Ruth Ellis Files: A Very British Crime Story.
22.00 Timeshift: Crime & Punishment - The Story of Capital Punishment.
23.00 Blues America.
00.00 Island at the BBC.
01.00 Top of the Pops: 1982.
01.35 Top of the Pops: 1982.
02.15 The High Art of the Low Countries.
03.15 The Secret Life of Books: Confessions of an English Opium Eater.
03.45 Sounds of the Seventies.
03.55 Close.

THURSDAY 15/03/18

BBC One

06.00 Breakfast.
09.15 Holding Back the Years.
10.00 Homes Under the Hammer.
11.00 The Sheriffs Are Coming.
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 A Place to Call Home.
15.05 Escape to the Country.
15.45 Coast and Country Auctions.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
19.00 The One Show.
19.30 EastEnders; BBC News; Regional News.
20.00 MasterChef.
21.00 Not Going Out.
21.30 Still Game.
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 The Repair Shop.
06.30 Holding Back the Years.
07.15 The Sheriffs Are Coming.
08.00 Sign Zone: Earth's Natural Wonders.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Daily Politics.
13.00 Two Tribes.
13.30 Yes Chef.
14.15 Your Home in Their Hands.
15.15 Planet Earth.
16.15 Into the Wild with Gordon Buchanan.
17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.
18.30 The Repair Shop.
19.00 Saving Lives at Sea.
20.00 Great Continental Railway Journeys.
21.00 Civilisations.
22.00 MOTD: The Premier League Show.
22.30 Newsnight.
23.10 Weather.
23.15 Top Gear.
00.15 Sign Zone: MasterChef.
00.45 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 ITV Lunchtime News; Weather.
12.55 ITV News London; Weather.
13.00 ITV Racing: Cheltenham Festival.
16.30 Britain's Best Walks with Julia Bradbury.
17.00 The Chase.

18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Undercover: Rough Sleeper - Tonight.
20.00 Emmerdale.
20.30 The Cruise: Voyage to Alaska.
21.00 Four Days That Shook Britain.
22.30 ITV News at Ten; Weather.
23.00 ITV News London; Weather.
23.15 The Late Debate.
23.45 UEFA Europa League Highlights.
00.45 Lethal Weapon.
01.30 Jackpot247.
03.00 Undercover: Rough Sleeper - Tonight.
03.25 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

Channel 4

06.15 3rd Rock from the Sun.
06.40 3rd Rock from the Sun.
07.05 Everybody Loves Raymond.
07.30 Everybody Loves Raymond.
08.00 Winter Paralympics Breakfast.
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: Home or Away.
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.
19.30 Winter Paralympics Today.
20.00 Location, Location, Location.
21.00 My Baby's Life: Who Decides?
22.00 The Job Interview.
23.00 Winter Paralympics Highlights.
00.15 Winter Paralympics Live.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Top of the Pops: 1985.
20.00 The Brain: A Secret History.
21.00 The Ruth Ellis Files: A Very British Crime Story.
22.00 Timeshift: Crime & Punishment - The Story of Corporal Punishment.
23.00 Blues America.
00.00 Top of the Pops: 1985.
00.30 Tom Jones at the BBC.
01.30 The World's Most Photographed.
02.00 The High Art of the Low Countries.
03.00 The Secret Life of Books: The Mill on the Floss.
03.30 The Beauty of Anatomy.
04.00 Close.

FRIDAY 16/03/18

BBC One

06.00 Breakfast.
09.15 Holding Back the Years.
10.00 Homes Under the Hammer.
11.00 The Sheriffs Are Coming.
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 A Place to Call Home.
15.00 Escape to the Country.
15.45 Coast and Country Auctions.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
19.00 The One Show.
19.30 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: Shanghai Knights (2003).
00.55 Weather for the Week Ahead.
01.00 BBC News.

BBC Two England

06.00 The Repair Shop.
06.30 Holding Back the Years.
07.15 The Sheriffs Are Coming.
08.00 Sign Zone: Back in Time for Tea.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Daily Politics.
13.00 Two Tribes.
13.30 Yes Chef.
14.15 Your Home in Their Hands.
15.15 Planet Earth.
16.15 Into the Wild with Gordon Buchanan.
17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.
18.30 The Repair Shop.
19.00 Saving Lives at Sea.
20.00 Mastermind.
20.30 Gardeners' World.
21.00 Pilgrimage: The Road to Santiago.
22.00 QI.
22.30 Newsnight.
23.00 Weather.
23.05 The Assassination of Gianni Versace: American Crime Story.
23.55 FILM: Hitchcock's Shower Scene: 78/52 (2017).
01.20 Sign Zone: Civilisations.
02.20 Sign Zone: The Assassination of Gianni Versace: American Crime Story.
03.10 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 ITV Lunchtime News; Weather.
12.55 ITV News London; Weather.
13.00 ITV Racing: Cheltenham Festival.
16.30 Britain's Best Walks with Julia Bradbury.
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 FILM: The Fast and the Furious: Tokyo Drift (2006).
00.45 Jackpot247.
03.00 Take on the Twisters.
03.50 ITV Nightscreen.

Channel 4

06.00 Winter Paralympics Live.
08.00 Winter Paralympics Breakfast.
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: Home or Away.
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.
19.30 Winter Paralympics Today.
20.00 Scruffs: Britain's Favourite Dog.
21.00 Gogglebox.
22.00 The Last Leg.
23.05 Winter Paralympics Highlights.
00.15 Winter Paralympics Live.

BBC Four

19.00 World News Today; Weather.
19.30 Top of the Pops: 1985.
20.00 Songs of Ireland.
21.00 The Irish Rock Story: A Tale of Two Cities.
22.00 Here Comes the Summer - The Undertones Story.
23.00 Van Morrison Live at Eden.
23.55 Top of the Pops: 1985.
00.25 The Irish Rock Story: A Tale of Two Cities.
01.25 Here Comes the Summer - The Undertones Story.
02.25 Songs of Ireland.
03.25 The Beauty of Anatomy.
03.55 Close.

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Early Man

Stars: Tom Hiddleston, Eddie Redmayne, Maisie Williams.
Genre: Animation, Adventure, Comedy. **Director:** Nick Park. **Rating:** M/6. **Plot:** In the beginning of time, when prehistoric creatures walked the earth, Dug, a caveman, manages to unite his tribe against the Bronze Age in a battle to beat them at his own game.

**Lady Bird**

Stars: Saoirse Ronan, Laurie Metcalf, Tracy Letts. **Genre:** Comedy, Drama. **Director:** Greta Gerwig. **Rating:** M/14. **Plot:** A story that explores the turbulent connection between a mother and her teenage daughter.

Although Christine "Lady Bird" McPherson tries to fight it, she is exactly the same as her very much in love, strongly opinionated and stubborn mother, that works tirelessly as a nurse to sustain her family after the father lost his job.

North & Centre



Solo New Circus Hand Balance act with Tiago Figueredo at Casino Lisboa. Showing on 9 & 10 March from 10:40pm.

EXHIBITION

"A Arte da Terra" is exhibiting artwork from various authors that are part of the Artistic Unit in Fundação AFID

(A social solidarity institution with the aim of promoting autonomy and support for social, health, education and training). Screens, Paintings and azulejos (Portuguese tiles) are the areas in which the talent of these youths can be appreciated in this exhibition. **1-15 Mar**, daily 11am-8pm at A Arte da Terra, Rua Augusto Rosa, Lisbon. www.aartedaterra.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.

KINGS INTERNATIONAL BALLET ACADEMY

info@kingsinternationalballetacademy.co.uk
Tel: +44 (0)7533 741301 / (0) 7714 503408



Kings directors auditioning and teaching

30th & 31st March 2018
at Algarve Easter Workshop
algarvedanceopen@gmail.com
Tel: 969 216 298 / 913 832 335

Cinema Listings

NOS Forum Algarve - Faro

Black Panther; Fifty SHades Freed; Red Sparrow; Escolhe Tu!; Mark Felt: The Man Who Brought Down the White House; Early Man (PV & OV); Lady Bird; Gnome Alone (PV); Tomb Raider (Only Wednesday)

NOS Mar Shopping - Loulé

The Hurricane Heist; Ferdinand (PV); Red Sparrow; Early Man (PV); Downsizing; Marrowbone; Black Panther; Gnome Alone (PV); Proud Mary

Gran-Plaza NOS - Tavira

Early Man (PV & OV); Acts of Vengeance; Tomb Raider (Only Wednesday); Red Sparrow; Black Panther; The Hurricane Heist; Snow: Uma Viagem Heróica (PV); Fifty Shades Freed

Algarvine - Portimão

The Hurricane Heist; Early Man (PV); Tomb Raider (Only Wednesday); Lady Bird

Algarvine - Lagos

The Hurricane Heist; Tomb Raider (Only Wednesday); Lady Bird; Early Man (PV); Snow: Uma Viagem Heróica (PV);

Algarvine Ria Shopping - Olhão

The Hurricane Heist; Early Man (PV); Tomb Raider (Only Wednesday); Lady Bird; Snow: Uma Viagem Heróica; Black Panther

Cineplace AlgarveShopping - Guia

The Shape of Water; Mark Felt: The Man Who Brought Down the White House; Ferdinand (PV); Black Panther, 2D & 3D; Escolhe Tu! (PV); Marrowbone; Lady Bird; I, Tonya; Proud Mary; Maya the Bee: The Honey Games (PV); Snow: Uma Viagem Heróica (PV); Red Sparrow; The Hurricane Heist; Gnome Alone (PV); Early Man (PV & OV); 12 Strong; Three Billboards Outside Ebbing, Missouri; Acts of Vengeance; Fifty Shades Freed

Cineplace - Portimão

Early Man (PV & OV); Marrowbone; The Hurricane Heist; Fifty Shades Freed; Mark Felt: The Man Who Brought Down the White House; The Shape of Water; Snow: Uma Viagem Heróica (PV); Downsizing; Black Panther; Red Sparrow

Cineplace Loures Shopping

Gnome Alone (PV); Red Sparrow; Snow: Uma Viagem Heróica (PV); Fifty Shades Freed; Lady Bird; Darkest Hour; The Hurricane Heist; Phantom Thread; Coco (PV); Black Panther, 2D & 3D; Early Man; I, Tonya; Three Billboards Outside Ebbing, Missouri; Marrowbone; Mark Felt: The Man Who Brought Down the White House; The Shape of Water

Cineplace LeiriaShopping

Early Man, (PV & OV); The Shape of Water; Gnome Alone (PV); Ferdinand (PV); Black Panther, 2D & 3D; Lady Bird; I, Tonya; Escolhe Tu! (PV); Marrowbone; Downsizing; Snow: Uma viagem Heróica (PV); Fifty Shades Freed; The Hurricane Heist

Cineplace Riosul - Seixal

Early Man (PV); 12 Strong; Snow; Uma Viagem Heróica (PV); Black Panther; The Hurricane Heist; Red Sparrow; Ferdinand (PV); Fifty Shades Freed; Gnome Alone (PV); Downsizing; Acts of Vengeance; The Shape of Water

Estação Viana Shopping - Viana do Castelo

The Hurricane Heist; Mark Felt: The Man Who Brought Down the White House; Red Sparrow; Black Panther; Early Man (PV); The Shape of Water; Gnome Alone (PV); Fifty Shades Freed

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



Algarvine

Portimão: 282 411
888 / Olhão: 289
703 332 / Lagos:
282 799 138 /
Sines: 269 633 510.



Cineplace

Guia: 289 561 073
/ Portimão: 282
070 101 / Leiria: 244 826 516 /
Loures: 210 110 677 / Riosul:
210 114 352 / Parque Atlântico:
296 629 514 / Covilhã: 275 334
731 / Viana do Castelo: 258 100
260 www.cineplaceportugal.pt



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

South

AUCTIONS

Auction House Algarve.

Our next live auction is **7 Apr**. 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

"Histórias de Outras Idades" Contemporary sculpture exhibition - Dramatic pieces from the renowned artist Rui Matos on exhibition from **15 Mar until 7 Jun**. A selection of iron sculptures characterised by the artist's use of expressive shapes and forms to communicate emotions and feelings in a highly distinctive style. Open to the public Mon-Fri from 9am to 6pm. Entrance is free. Vale do Lobo Art Gallery. Tel: 289 353 327 www.valedolobo.com

The Angels of Lagoa - A photographic exhibition of tiles of saints and angels charged with protecting the houses across the city of Lagoa. Exhibition created by Dr. Ron B. Thomson. Until **23 Mar** in the Municipal Library in Lagoa.

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

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

Exhibition of the 17th Corrida Fotográfica de Portimão - As well as the

Live Music in Casino Lisboa during March - Pan Sorbe, 8 Mar; Nery, 9 Mar; Luís Patraquim, 10 Mar; Nuno di Rosso, 15 Mar; Yugo Dee, 16 Mar; Sheri Vari, 17 Mar; Mário Valente, 22 Mar; Diogo Pires, 23 Mar; John Holmes, 24 Mar; Pelota, 29 Mar; Johnny Deep, 30 Mar; Luis Leite, 31 Mar. 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

New Circus shows at Casino Lisboa - Duo Daniela & João - Tecido Vertical, 2 & 3 Mar. Tiago Figueredo - Hand Balance, 9 & 10 Mar. Raquel Nicoletti - Tecido Vertical, 16 & 17 Mar. Daniela Vairo and Sonia Navarro - Aerial Shinning Elements, 23 & 24 Mar. Bruno, Miguel, Mónica and Raquel - Dança vertical, 30 Mar. 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

March in Casino Estoril - Wednesday Fado Cycles, every Wednesday 10pm, free entry. Tammy Weiss concert, 8 Mar. Voodoo Marmalade concert, 9 Mar. André Sarbib concert, 15 Mar. Liliana Martins concert, 16 Mar. Sofia Hoffman concert, 22 Mar. Frederico Braga da Costa concert, 23 Mar. Rui Faria & Sandra Gonçalves concert, 30 Mar. 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

ST VINCENT'S, CHURCH OF ENGLAND

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

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

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

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

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.

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

Chorus Concerts - "Bella a Capella" and "Ideais do Levante" chorus groups. **11 Mar**, 5pm at the Museu do Traje (Costume Museum), São Brás de Alportel. Tickets: €5. Tel: 966 329 073 www.amigos-museu-sbras.pt

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, Portimão - 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@qfontebispo.com

SHOW

Amores e Tangos - Show with dance. Guest singer: Paola Dell Erba. **16 Mar**, 9:30pm in the Municipal Auditorium of Lagoa. Tickets: €8. Tel: 282 380 453/434 www.cm-lagoa.pt

SOCIAL

afpop Lagos Walking the Coast - **16 Mar**. We will walk the coast to see the spring flowers with lunch to follow. The guided walk can only have about 20 people so I will take further groups during the following week if enough people want to go. If

I know what days you can manage between 19th and 23rd we can take it from there. Pat Allen, Tel: 282-697-548 E-mail: lagos@afpop.com

afpop East Algarve Coffee and Chat Morning - Member-2-Member. Coffee & Chat mornings. The 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. GUEST SPEAKER: Karin Holmström Forster Karin will be talking about her project to train guide dogs for the visually impaired young people living in the Algarve.

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 Brás de Alportel. For pre-registration and information call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

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

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

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

Tellington TTouch Training - Introduction to Tellington TTouch Two-Day Workshop with certified Tellington TTouch Practitioner, Alex Wilson, covering TTouch Observations, TTouch Body Work, and TTouch Groundwork. **27-28 Apr** in Portimão. Places are limited for this workshop so please book early to avoid disappointment. Please bring

a crate or vehicle so that your dog can rest as there are times when we will not be working with dogs - for those without dogs, there will be opportunities to work in groups with people who have dogs. For more information or to book please visit www.algarvedogtrainer.com or call +351 915 623 472

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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www.pvcdirecto.com
www.facebook.com/pvc.directo

Mothering Sunday
Service of Holy Communion
11th March
10.30am ASCA, Almancil
11am Convento de S. José Lagoa

Posies for ladies
Cake for all



ALL Saints

Rev'd John Chorton (Almancil)
Fr. Paul Luckman (Lagoa)
email: info@allsaintsalgarve.org
www.allsaintsalgarve.org
For more information & directions, please call 351 282 380 311

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



Algarve Homecare
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Tel. (351) 917 472 828
www.algarve-homecare.com

CC DEPRESSED/ BIPOLAR Friendly Support Meetings, 1st Monday of the Month 6:30pm, upstairs Casa Inglesa, Portimão. 914878927



All Saints Charter Box Club

The Club, which meets at 12 noon Mondays is open to both men and women. After a bowl of soup, prepared by one of our congregants, any subject may be discussed, but religion, as a topic is given a miss. Sometimes we have a guest speaker. There is no charge and all are welcome. If you wish to attend please email for details of the next meeting and directions (usually in the Lagoa area)
Email: copy@theportugalnews.com

Auctions



NEXT LIVE AUCTION
Saturday, 7 April 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

Charities

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.

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

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.

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 NANDI CHARITY SHOP. Winter clothing now in stock. Bargain prices. Furniture can be collected within 30 K Lagos. Tel 912741857

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.

Chimney Sweep



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Collections

artcollectables@ yahoo.co.uk We buy collections of stamps, chinese items, porcelain, paintings, bronzes, 1960s Scandinavian furniture and objects. Cash settlement.
Call 0044 7922 306 200 or 0034 618 090073.

Education

ENROLMENTS OPEN for really popular Portuguese courses. Beginners: 12 March and 9 April. Intermediate: 10 April. Advanced: 9 April. Centro de Linguas de Lagos. Call 282761070. Email info@centrodelinguas.com.

CC

CC stands for Community Care and these ads are provided free of charge by **The Portugal News** to help the various charities involved. These advertisements must be renewed at the end of the year at which time they must contact copy@theportugalnews.com for renewal.



Love Portugal and want to know it better?
Read all about it's people and recent history in Jenny Grainer's book
'PORTUGAL & THE ALGARVE NOW AND THEN.'
You will be surprised, amused and sometimes shocked but you will love it. Buy a signed copy directly from the author on: jennygrainer@sapo.pt. Kindle and paperback version available from Amazon.com or Amazon.co.uk
On sale also at **The Portugal News** office in Lagoa.

Entertainment & Leisure

ALGARVE WEEKEND WALKERS. Join us for professionally guided walks through the lovely Algarve countryside. 11th March Salir; 18th March north Loule. 10.30 start, €5 donation. Contact algarveweekendwalkers@gmail.com

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Friendship

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N.B. The Portugal News does not print 'escort' or similar type ads.

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www.curiosaportugal.com
facebook.com/CuriosaShop/

Jobs Offered

MOTOR BOAT technician/ mechanic/ all-rounder. Vilamoura Marina. Contact info@powercoolmarine.com/ 912511172

HAIR LOBBY in Cascais needs stylists and beauticians. Join our team. Tel. 916952682

www.theportugalnews.com

MAINTENANCE POSITION offered. We are looking for a reliable, trustworthy, energetic and organised person to fill our part time maintenance position for a small hotel on the outskirts of Loulé. See our full advert on page 14.

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Property for Rent

HOUSE FOR rent, long term, Lagoa, 4 bedrooms, 600 Euros /month + bills. 968702836

Property for Sale



LAND & HOUSES ALGARVE YELLOW HOMES
Sociedade de Mediação Imobiliária Lda. AMI 6232
For detailed information, please visit our website:
www.landandhousesalgarve.com
www.algarve-property-search.com
Tavira: 281 320 281
Vilamoura: 289 301 294

FOR SALE Alvor. Looking for a villa near the beach? Without a huge garden to maintain? Friendly quiet neighborhood. 4 bedroom. 530.000€. Let's talk. 919074147 or 919961168

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ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon. Sun. 11.am. Bi-lingual Sunday school & creche is available. Minister's 218 043 410, www.standrewslisbon.com
THE SALVATION ARMY, Lisbon. 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 celestboa@mail.telepac.pt
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I N T E R N A T I O N A L COMMUNITY CHURCH, Lagos. Newfrontiers. Sunday service in English 10.30am. Madness Restaurant, Lagos Marina, Lagos. Tel. 960450750 www.icc-lagos.org
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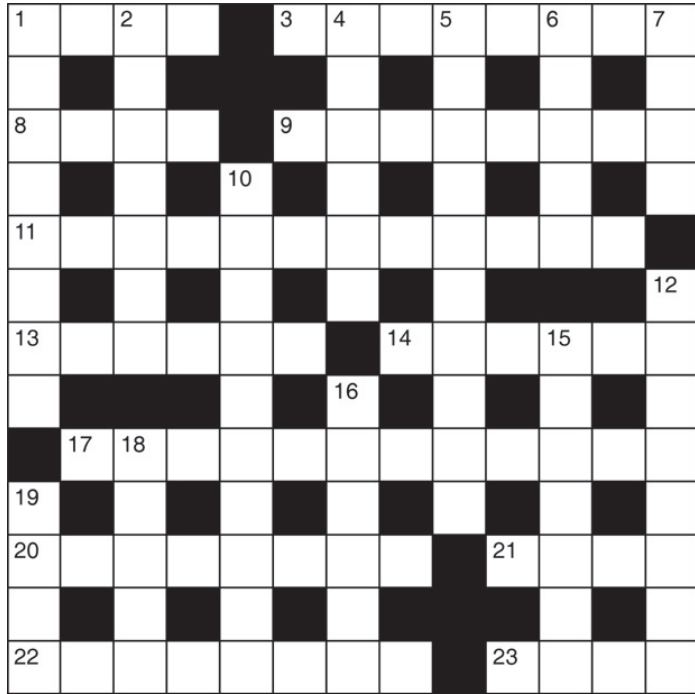


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Verse of the Week

And this is eternal life: to know you, the only true God, and the one whom you sent—Jesus the Messiah.

John 17:3; New International Version (NIV)



Last week's cryptic crossword solutions

Across: 1 Dash; 3 Isolated; 8 Sole; 9 Cribbage; 11 Overpowering; 13 Nitwit; 14 Stable; 17 Orchestrated; 20 Retainer; 21 Mice; 22 Parasite; 23 Ages.
Down: 1 Discount; 2 Salient; 4 Shrewd; 5 Laboratory; 6 Train; 7 Deed; 10 Split hairs; 12 Needless; 15 Battering; 16 Ascent; 18 Rotor; 19 Drop.

CRYPTIC CROSSWORD

ACROSS

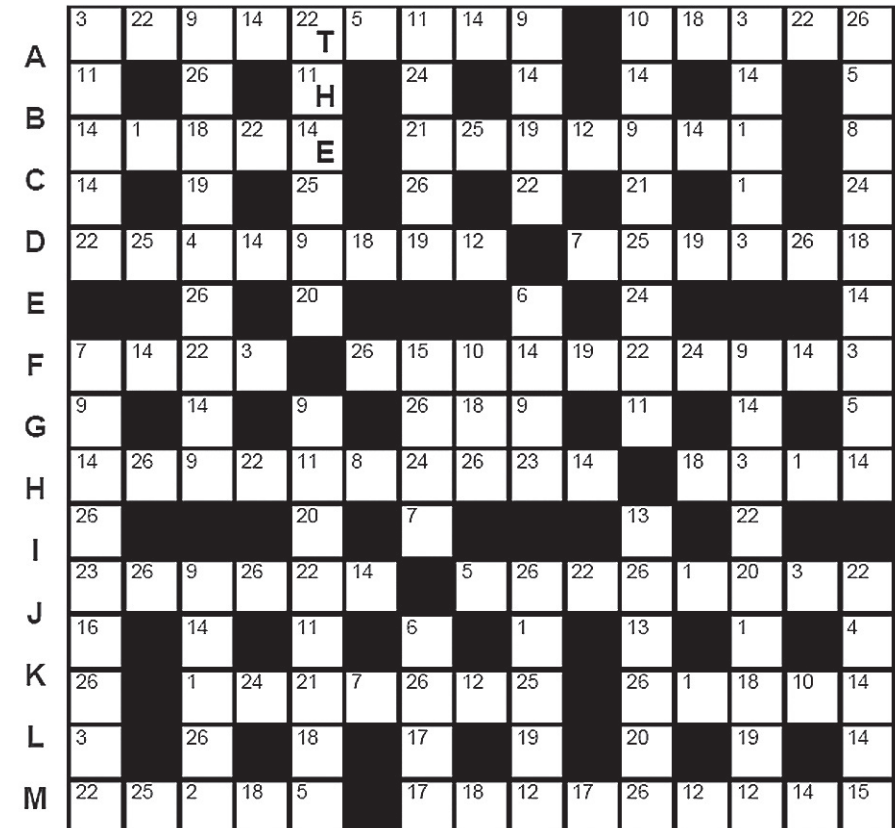
1. Avoid a bumper perhaps, but be out without scoring (4)
3. Nobody is in doubt that the raid is over (3,5)
8. Immature sounding psychiatrist (4)
9. Badly violated a joint (8)
11. It's bound to appeal to the less affluent readers (5,7)
13. Win, possibly earned (6)
14. An article to be followed (6)
17. Far better than other door-to-door salesmen? (7,5)
20. Ultimately resulting from net value (8)
21. Indecency must be destroyed (4)
22. Each person in it has some very onerous duties (8)
23. Nothing to the German, although it's his frontier (4)

DOWN

1. A number expelled are downcast (8)
2. Make an effort to study with care (7)
4. They're known for insurance, in the main (6)
5. Keep arguing - like Mrs. Sprat does (4,3,3)
6. Time to finish is what poets may need (5)
7. It's made to measure (4)
10. It seems a family man appears in a strange play (10)
12. The new director has yet to be paid (8)
15. Had a vision which put me in great fear (7)
16. By the way, falling water leads to stress (6)
18. About the first in that place (5)
19. He must be included in the top eleven footballers of all time (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

1. ICow-house (4)
3. Ready (8)
8. Subside (4)
9. Star (8)
11. Confusion (12)
13. Postpones (6)
14. Grab (6)
17. Incarceration (12)
20. Mitigated (8)
21. Unaccompanied (4)
22. Pause (8)
23. Anon (4)

DOWN

1. Meddler (8)
2. Refreshment (7)
4. Rota (6)
5. Excelling (3-7)
6. Rule (5)
7. Nobleman (4)
10. Be absent (4,6)
12. Closure (8)
15. Vibrato (7)
16. Outlook (6)
18. Hebrew leader (5)
19. Way (4)

Last week's quick crossword solution

Across: 1. Idle; 3 Property; 8 Cage; 9 Aversion; 11 Estrangement; 13 Strike; 14 Stable; 17 Indifference; 20 Regained; 21 Taxi; 22 Mitigate; 23 Rely.
Down: 1 Increase; 2 Lighter; 4 Ravage; 5 Peremptory; 6 Reign; 7 Yank; 10 Backbiting; 12 Severity; 15 Bandage; 16 Effect; 18 Night; 19 Cram.

SUDOKU

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

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

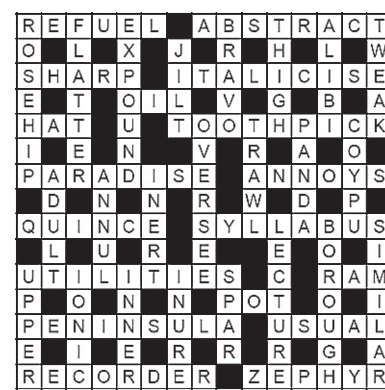
Medium

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

Hard

Last week's solutions

Last Week's Codeword Solution



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

Medium

Hard

Tommy Fleetwood – from golfing despair to world top ten

Following another impressive display at the WGC-Mexico Championship, where he finished in the top 15, reigning Race to Dubai champion Tommy Fleetwood has broken into the top ten in the Official World Golf Ranking for the first time, but it's not always been an easy journey into world golf's top tier for the Englishman.

Since being crowned European Tour Number One in Dubai last November, Fleetwood, who has experienced plenty of highs and lows in his short career so far, has continued to excel. Following a top-ten finish in his first European Tour start of 2018 at the UBS Hong Kong Open, the 27-year-old has impressed on both his home tour and in the United States, with his Abu Dhabi victory sandwiched in between top-five performances in both the Hero World Challenge and Honda Classic. Such outstanding early-season form means Fleetwood is now the third highest-ranked European in world golf - behind only Jon Rahm (third) and Justin Rose (fifth). Things haven't always been so smooth for the Southport native, though.

His Official World Golf Ranking had dropped to 188th in September 2016 - something which came as a surprise to many, including Fleetwood himself, who was seen as a poster boy for English golf in his younger days, having produced a number of notable amateur performances. He rose to number one in the World Amateur Golf Rankings and played in the 2009 Walker Cup, before turning professional in 2010. Fleetwood's smooth ascent to the European Tour continued when he became the youngest player to win the Challenge Tour Rankings in 2011, aged 20 and 290 days old. Everything was plain sailing... Or so it seemed. Tommy had to wait two years for his first professional win to come, at the 2013 Johnnie Walker Championship at Gleneagles, with many

more expected off the back of that maiden triumph. However, the victories didn't come, and the 12 months that followed July 2015, when Fleetwood missed the cut at the Open Championship, led him down a path to which he admits he came close to never recovering from. In a brutally honest and insightful interview earlier this year with HSBC, ahead of the first successful title defense of his career in Abu Dhabi, Fleetwood gave a stark insight into just how much his game, and mental state, had deteriorated. "I always felt like I would constantly progress, but it turned out that wasn't the case," he said. "Struggling with your game and seeing people play really good golf that you can't do, was something I hadn't experienced before. It's so easy to start trickling off in the wrong direction in this game, and I can actually pinpoint when this started happening for me. "I shot three under in the first round of The Open in 2015, I love St Andrews, and I thought this is a great chance to really do well in a Major. The second day I turned up and I couldn't hit it, I was horrendous. And from that day I began the downward slope for a year." After missing the cut at St Andrews, Fleetwood then missed four of his next five on the European Tour, and decided enough was enough. "I texted my dad and said 'Dad, this is really bad, what do you reckon?' And he just said the only person that knows your swing as well as I do is Thommo (Alan Thompson), who was my old coach. I texted him



Tommy Fleetwood. (Photo: Getty Images)

and said can I send you some of the videos of my swing. "Then I went to work with him on the range where he works, where we spent two and a half hours hitting balls. We then went onto the tee, where I took a four iron out and hit six shots in a row right and into a pond. At that point, we looked at each other and he said 'yeah, that's pretty bad'. "We had a month or two

working together where things weren't really improving, and he has told me since that he did actually question whether I'd gone too far down the wrong path where I might never come back from." Thankfully for golf fans around the world, and for Tommy himself, he did come back from those low moments, and how, with all those struggles now a distant memory for the humble Fleetwood.

Reaching the world's top ten is just the latest stage of Fleetwood's meteoric rise - and with the Masters Tournament starting on 5 April, the four-time European Tour winner will have plenty of chances to rise even higher now he is a mainstay in the biggest events around the world. The Tommy Fleetwood story has been a fascinating one so far, but there are still many more chapters for Tommy to write.

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FC Porto take the honours

N CHRIS WRIGHT

A thrilling 'Clássico' at the Estádio do Dragão saw FC Porto come out on top against a Sporting side who may well have had one eye on their Europa League game against Czech outfit Victoria Plzen last night (Thursday). Benfica thumped Marítimo at the Stadium of Light while SC Braga travelled to lowly Estoril who were hit for six.



FC Porto's Moussa Marega (L) in action against Sporting's Rui Patrício during their Portuguese Primeira Liga soccer match, held at the Dragão stadium, Porto. (Photo: Lusa/José Coelho)

Both FC Porto and Sporting were weakened by injuries and suspensions with the home side missing Alex Telles, Ricardo Pereira, Danilo, Tiquinho Soares and Aboubakar whilst Sporting were without their two biggest goal threats, Bas Dost and Gelson Martins. The three previous meetings between these two teams this season had produced just one goal, but a bright opening set

the tone for an exciting match with both sides showing attacking flair. In the twelfth minute, Marega twice came close to giving Porto the lead, heading against the post then seeing his follow-up effort cleared off the line by Bryan Ruiz. On the half-hour mark Porto took the lead as Maxi Pereira cleverly created space and slipped a neat pass to Héctor Herrera, who looked up and

crossed perfectly onto the head of Marcano who made no mistake. A minute before the interval, Sporting lost the injured Doumbia with young Rafael Leão taking his place. The 18 year-old Portugal youth international's first contribution was to make a superb darting run across the box, picked out by a lovely Bryan Ruiz pass, before firing low and hard into the net, the ball passing between Iker Casillas' legs.

FC Porto restored their lead shortly after the restart, when Gonçalo Paciência broke down the right and his low cross found Brahimi, who made no mistake as he lifted the ball over Patrício into the roof of the net. Sporting refused to lie down and Bryan Ruiz headed onto the outside of the post before Mathieu tested Casillas reflexes with a free-kick, which proved to be the first of several fine saves by the veteran Span-

ish international keeper. Porto, still unbeaten in the Primeira Liga, held on for a crucial win that keeps them five points ahead of Benfica, who were in rampant form as a first-half hat-trick from Jonas destroyed Marítimo. It was the Brazilian international's second three-goal haul of the season and brought his total to thirty, ten ahead of Moussa Marega (FC Porto) and Bas Dost (Sporting). Alejandro Grimaldo scored the Eagles other first-half goal after he collected Andrija Zivkovic's intricate pass inside the box. Marítimo sunk deeper in the second period, with the VAR stepping in to confirm Gamboa's raking foot down Zivkovic's leg merited a red card ten minutes after the break. Benfica completed their five-goal demolition of the Madeira outfit with a wonder-strike from Zivkovic in the eighty-first minute. The Serbian striker looked up and struck a right-footed curling shot high into the top corner from just outside the penalty area. Estoril are having a season to forget, beaten by non-league Farense in the Portugal Cup and now a 6-0 home defeat by SC Braga which sees them firmly anchored to the foot of the table. Portimonense's recent good form came to an end as they lost 3-0 at CD Aves. On Sunday, Portimonense entertain Vitória de Guimarães at the Municipal Stadium, Portimão, kick-off 11.45am.

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