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José Mourinho's decision to work as a World Cup pundit for Kremlin-backed television channel RT has been strongly criticised by MPs following the Salisbury poisoning attack.



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The most expensive chocolate bonbon in the world, called 'Glorious', will be showcased in Óbidos this weekend.

**WEATHER** ➤ P3

National and regional tourism heavyweights unite against Algarve tourist tax

## TOURIST TAX BACKLASH

Full story, see p. 2



Economy Minister Manuel Caldeira Cabral soaks in the view at a hotel in the Algarve, as the region continues to smash tourism records. There has been an outcry in many quarters this past week following a decision by the majority of the Algarve's local councils to introduce a tax on hotel stays in the region. (Photo: Lusa/Luis Forra)

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# Tourist Tax Backlash

A number of major players on the regional and national tourism scene – Silves council, the Algarve’s largest hotel association AHETA, the ACRAL Algarve Commerce and Services Association and the national hotel association AHP, to name some – have vented their opposition to a regional tourist tax that has recently been approved by the Algarve inter-municipal council board, AMAL.

**A**MAL last week green-lighted the creation of a region-wide tourist tax to be charged at the Algarve’s hotels and other types of accommodation, such as private lodgings rented through Airbnb.

It was approved following a meeting last Friday, though when the new tax will be introduced and how much the cover will be have yet to be decided.

Porto and Lisbon already charge a similar tax, of €1 per tourist, per night, to a maximum of seven consecutive nights’ stay at a time. One of the most significant opponents to the tax is the Association of Portuguese Hotels, the AHP, which described the impending add-on as “untimely and inappropriate” and detrimental to the Algarve with regard to competition.

“The fact that the Algarve is still a very seasonal destination with longer stays, compared to more urban destinations, will also oblige hoteliers to adjust their prices, especially in low season, in order to compensate their guests, which shows that this decision, passed without any consultation with the hotel industry, demonstrates a total lack of knowledge of the reality of the sector”, the AHP said in a statement.

Echoing the AHP’s stance, the Algarve Commerce and Services Association ACRAL said in a statement that, “as a principal”, it is not in favour of the introduction of a tourist tax in the Algarve, but said if it does come to fruition, part of the new tax should go towards a “local commerce support fund”.

“The introduction of a tourist tax will overburden the stay of those who visit us, reducing the competitiveness of the destination, or, alternatively, will penalise the region’s hotel sector”, said Álvaro Viegas, head of ACRAL,



**CARRIE MARIE BRATLEY**

adding “in no way is it a desirable measure for the Algarve.” In Viegas’ view, “the application of a fee presupposes the provision of a service, which is not the case, and a tax can only be created by Parliament.”

He said should such a tax come into play in the Algarve, part of it should be channelled into a local commerce support fund, which should be created to “help preserve or renovate public spaces, contribute to the creation of free parking, or to enhance safety in city centres and more touristy areas.”

Following suit, Silves council issued a statement in which it vehemently stressed it “rejects the introduction of a tourist tax in the Algarve”, contradicting an announcement made by the AMAL municipality association, which conglomerates the region’s 16 individual councils, stating all were in favour.

“Contrary to what was recently said by the Association of Municipalities of the Algarve (AMAL), because it does not correspond to the truth of the facts or the position of the Municipality of Silves, we would like to stress to the media and public opinion in general that Silves is against the introduction of a Municipal Tourist Tax in the Algarve, and does not endorse the decision taken by the remaining 15 municipalities”, Silves said in a statement issued this week, reiterating: “There is no unanimity among the 16 Municipalities of the Algarve about the application of the Tourist Tax.”

Silves further said it believes the creation of the tax would result in “greater territorial inequality and a deepening of intraregional asymmetries”, as well as “producing counterproductive effects in the promotion of tourism.”

The council added it “disagrees that the financial shortcomings of the municipalities or



Visitors to the Algarve could soon be faced with a tou

entities with which the State has obligations, must and can be resolved through the approval of new taxes”, but instead the government should “fully comply with the Local Finance Law, transferring the resources required by that Law [for councils] to provide a better service to the population and to create more favourable conditions for local

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**N** News in Brief



tourist tax, to be paid at hotels and other holiday accommodation. (Photo: Lusa/ Luís Forra)

development.” AHETA, the Algarve’s largest hotel association, shared Silves and ACRAL’s stance, saying the tax will “damage” the Algarve. Criticising AMAL’s decision, the hotel heavyweight accused the inter-municipal grouping of “not

understanding the true subsistence of Algarve tourism”. It argued that, contrary to Lisbon and Porto, where a tourist tax is already in place, the Algarve is not a short city-break destination, but a holiday destination where visitors tend to spend

longer periods. The hotel association said it “reserves the right to initiate all legal actions allowed”, to prevent the application of a measure it considers “unfair, illegal and harmful to regional and national public interest.”

**Portugal runs on renewable energy alone for almost three days**

Portugal ran on renewable energy alone for 69 consecutive hours. According to grid operator REN, most of the energy was generated from wind turbines, setting a renewable energy record between last Friday and this Monday. Green energy currently supplies just over half of Portugal’s annual electricity needs, saving the country around 750 million euros in fossil fuel imports.

**Flexibility presupposed in land cleaning**

President Marcelo Rebelo de Sousa has said that the deadline for people to clear shrubs, bush and trees around homes and villages presupposed some flexibility. The Portuguese President said that recent heavy rainfall has further complicated the task of land cleaning, which citizens had until last Thursday to conclude. The taxman has repeatedly notified landowners that failure to clean their land by the deadline could result in fines of up to 120,000 euros.

**Portugal is happier, but not happiest**

A new report out this week has revealed that Portuguese are among the least happy people in Europe. But despite being ranked 77th in the world, Portuguese are considerably happier than they were a year ago, rising 12 places in the 2018 World Happiness Report. According to the UN sponsored findings, Finland has overtaken Norway to become the happiest nation on earth. The top four places are taken by Nordic nations, with Finland followed by Norway, Denmark and Iceland.

**WEATHER**

**Another wet weekend on the way**

There are no more storms on the radar for the moment – after Emma, Felix and Gisele battered Portugal in recent weeks – but more rain, at times heavy, is forecast for the weekend. Generally, the first half of next week should be dry and partly sunny, but then the rain returns from next Thursday onwards.

**Lisbon:** The capital will have a rather wet weekend, with heavy rain falling on Saturday, before easing up slightly on Sunday to let sunny spells through. Monday, Tuesday and Wednesday will be dry and brighter, albeit chillier at night, and rain returns from the latter half of next week.

**South:** It’s a similar scenario to Lisbon for the Algarve, with rain, heavier on Saturday, falling over the weekend. The coming week is

looking bright and dry, although those overnight lows will dip to around 5 degrees Celsius, and light scattered showers will return for the coming weekend.

**North:** The worst of the rain will fall in the north before this weekend, lightening up somewhat for Saturday and Sunday, and for most of the coming week will be partly cloudy and cool, before showers return from next Thursday onwards.

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President Marcelo Rebelo de Sousa during a recent visit to Faro to inspect the damage caused by the recent spate of bad weather. (Photo: Lusa/ Luís Forra)

# MPs demand protection for Algarve coast as storms wreak €7 million in damage

A group of MPs has asked for more measures to be put into place to reinforce the Algarve coastline after the recent series of storms caused over a dozen rock-falls and landslides from cliffs along the shore.

**S**ocial Democrat (PSD) MPs have submitted a draft resolution in Parliament to protect the southern coast from coastal erosion, which has been aggravated by the rough seas brought on in recent weeks by successive storms. "It is necessary to take stock of coastal risk situations related to the use of beaches with regard to potential rock-falls, silting of barriers, and destruction of the Ria Formosa sand dunes and barrier islands, of which Faro beach is a prime example", the MPs argued. Nineteen landslides were registered along the Western Al-

garve coastline between 28 February and 6 March 2018, and while the MPs conceded coastal erosion is a natural process, they say the rate at which it has recently occurred is of concern. Meanwhile, a provisional tally of the damage caused by the recent stormy weather is estimated at over €7 million in the municipality of Faro alone. "Between the coast, businesses, housing, farms and urban public spaces, the damages amount to more than 7 million euros - this is the greatest damage caused by weather phenomena in the recent history of the county", Faro Mayor

Rogério Bacalhau said in a statement. President Marcelo Rebelo de Sousa visited Faro last weekend to inspect and raise awareness about the damage, which the local council thanked, in its statement. Meanwhile, the Faro gypsy community that was left homeless after a tornado tore through their camp has returned to the site. The 100-people-strong commune was temporarily put up in the local Penha pavilion, but has now returned to the camp to rebuild their dwellings, with the help of the local council.

## 'Vigilantes' rescue over 50 animals

A group of friends who set up a vigilante group named the IRA – Animal Intervention and Rescue – claims to have saved over 50 animals from neglect and even life-threatening situations over the past year and a half.

The group was formed in September 2016, although the bonds of friendship stem back over 15 years, the IRA (*Intervenção e Resgate Animal*, in Portuguese) says.

Many of the animals they have rescued, dogs, cats and horses, were taken

illegally after initial attempts for the owners to concede voluntarily proved futile.

The covert group, which wears masks and never gives their names, to remain anonymous, is aware that in cases it is breaking the law, according to an in-

depth interview by newspaper *Observador*, but says it is a means to an end in instances where even the authorities struggle to intervene.

Last week they made headlines again after rescuing a mistreated dog that had been left exposed to

the tempestuous elements in a Lisbon neighbourhood.

Its owners, two teenagers whose parents had recently been arrested, initially refused to let the group take the animal for rehabilitation and re-homing despite it being visibly

neglected, but it was eventually taken by them to be groomed and checked over by a vet.

The group said it would be keeping an eye on the animal and on the two teens, who live in impoverished conditions.

"We receive complaints,

we evaluate them, we enquire if the situation has already been reported to the competent authorities, and only then, if it has, do we assemble, plan and implement a rescue", the founder of the IRA group told newspaper *Correio da Manhã* last week.

## Recruitment



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Lisbon

The British Embassy in Lisbon is part of a world-wide network, representing British political, economic and consular interests overseas and is now looking to recruit a **Consular Assistant (Seasonal Staff)**, based in Portimão, to be fully engaged in providing a high level of pro-active support to the consular team in Portugal (Portimão and Lisbon) while attending to members of the public.

The successful candidate will be responsible for processing Emergency Travel Documents for British nationals whose passports have been lost or stolen, preparing documentation for notarial services and providing support in back office work, including administrative tasks, taking telephone calls, and answering written enquiries. There will be a requirement to attend 5 days training at the Foreign Office in London, and the successful candidate will also be required to travel occasionally to the British Embassy in Lisbon to directly support consular colleagues there for several days at a time.

This is a fixed term, 5 month vacancy. For further details on this vacancy and to apply, please visit the website: <https://goo.gl/xHRsUW>



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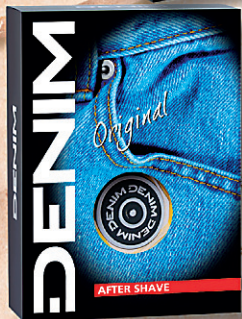


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# Algarve golf pioneer John Stilwell dies age 92

**N** CARRIE-MARIE BRATLEY



Algarve golf pioneer John Stilwell died last Thursday at the age of 92. (Photo: Supplied)

John Stilwell, founder of the Algarve's renowned Penina Hotel and creator of the region's very first golf course, died last week following an illustrious role as a pioneer of tourism in the Algarve.

**B**ritish entrepreneur John Benedict Stilwell died "peacefully, at home" last Thursday at the age of 92, according to his family.

His funeral took place on Monday at 3pm at the Santo André church in Penina, where in 2014, the family patriarch had attended its 40th anniversary service.

The RTA Algarve regional tourism board has paid tribute to "one of the founding fathers of Algarve tourism", saying it "profoundly lamented" his death.

John Stilwell was born in Lisbon in 1925 to a British father and Portuguese mother.

In 1943 he voluntarily joined the British Army to fight in the Second World War and was posted to Italy, where he jokingly recalled in an interview with **The Portugal News** several years ago, walking - "not all in one go" - from Naples to Trieste.

He envisaged the Penina Hotel and Golf Course while on holiday with a group of friends in Praia da Rocha in 1961.

Just five years later his vision became reality. "One of my friends pointed out that there was very little to do in the winter,

and said, 'You'd better come up with something'.

"We looked at a little hotel in Praia da Rocha, but it was too expensive to do up, so I went looking for an alternative."

Along with several other partners, he purchased the 146 hectares that were mainly rice fields - "there was a lot of water here" - and invited golfing legend Henry Cotton to design the course.

On 5 November, 1966, the Algarve's first 18-hole golf course was inaugurated by Portugal's then President, Américo Tomás.

Cotton famously described Penina in his biography as his "greatest achievement", and is buried in nearby Mexilhoeira Grande, in a spot overlooking the course.

The resort went on to become the Algarve's first five-star hotel, dressed with extraordinary historic artefacts deriving from the Stilwell family's fascinating ties, among them a 16th century wardrobe, a snooker table originally given to the Royal British Club, of which Mr. Stilwell's brother was chairman, by King Edward VII, and a piano gifted by Portugal's Queen Dona Amélia, who was good

friends with John Stilwell's grandmother.

Over the years, Penina played host to a flow of stars and celebrities, including Bing Crosby and Sir Paul McCartney.

But perhaps one of the most poignant chapters in Penina's and Portugal's history is that it was also there that the Alvor Agreements were signed after the historic 25 April Revolution in 1974.

An accord was made between the Portuguese Government and three of Angola's leading freedom movements (the MPLA, the FNLA and UNITA), to give the colony independence.

Unbeknown to many, it was signed in one of the rooms at Penina.

Desidério Silva, head of the RTA, said the region is "indebted" to Stilwell "for daring to dream of building the first five-star hotel and the first golf course in the region, without which we may not today be a tourist destination of internationally-recognised excellence for the practice of the sport."

He added "The last 50 years of Algarve tourism have been shaped by the bold and innovative vision of John Stilwell in luxury hotels, golf and real estate tourism, where he pioneered".

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# Lisbon top city in Portugal

Lisbon has once again topped a national ranking of the best cities in Portugal.



Lisbon has this week been found to be the best city in Portugal, whether it is for business, to visit or in which to live. (Photo: Lusa/ Tiago Petinga)

**T**he report, which analyses all 308 councils in the country based on their business, tourism and living conditions, placed

Porto and Cascais in second and third. In this fifth edition of the annual study, which measures how the municipalities are seen

and classifies the performance of each one's brand, Lisbon was ranked first in all three categories: Business, Visiting and Living.

The top 10 of the general ranking in 2018, after Lisbon, includes Porto and Cascais, followed by Braga, Coimbra, Sintra, Funchal, Faro, Vila Nova de Gaia and Setúbal. According to Bloom Consulting, the only Algarve city in the top ten is Faro, which comes in at eighth in the rankings, up one position on last year. The next best placed cities in the Algarve are Albufeira, which rose to 16<sup>th</sup>, one spot ahead of Portimão. Lagos and Tavira were meanwhile placed among the top-25 cities to visit.

The consultancy also noted the "uninterrupted growth" of Vila Nova de Gaia (Porto district), which made its debut in the top 10 this year, climbing three places compared to last year. The municipality of Oeiras, however, fell back seven places to 15th in this year's ranking. The Portugal City Brand Ranking analyses the success of the 308 Portuguese municipalities and their relative performance in attracting new investors, tourists and new residents, according to variables such as statistical data, demand, and online surveys.

## Axe-wielding Irish PhD student sent to prison for attempted murder

A former post-graduate researcher from Ireland at the University of Coimbra has been sentenced to seven years and six months in prison in a psychiatric facility for attempting to kill a professor with an axe.

The court eased the sentence by taking into consideration that the accused suffers from a type of autism.

The PhD student went on the rampage after he was told that he would no longer be receiving tutoring due to an unpaid debt of 5,000 euros to the university.

## New rules for selling pets online take effect

New rules governing the sale of pets online have come into effect.

Sellers of pets will now have to clearly indicate in online adverts when breeds are potentially dangerous.

Breeders and sellers will also have to be registered.

Only animals that are registered in Portugal's official list, which contains their full genealogy, may be advertised as pure breeds.

The law aims to prevent pets being sold which could carry contagious diseases or suffer from genetic anomalies.

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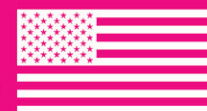
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# Junker praises Lisbon's 'beautiful' economic progress

The president of the European Commission, Jean-Claude Juncker, has this week praised Portugal for the "beautiful collective performance" that allowed the country to overcome the crisis and arrive today at an economic situation few believed possible some years ago.



Jean-Claude Juncker (L), President of the European Commission, hugs Prime Minister of Portugal Antonio Costa (R), at the European Parliament in Strasbourg, France, 14 March 2018. (Photo: EPA/Patrick Seeger)

Speaking directly after the Portuguese prime minister, António Costa, at a debate in the European parliament in Strasbourg about the future of the European Union, Mr Juncker again spoke of his passion for Portugal, a country that was "hit hard by the crisis", so he was particularly happy to see the current economic situation.

"Portugal left the Excessive Deficit procedure last year and just last week the Commission concluded that the imbalances were no longer excessive. Who would have believed this a few years ago?" he asked. The EC president stressed that "the truth is that this progress demanded painful years of considerable effort from the Portuguese that other Euro-

peans do not properly appreciate". António Costa is the third European leader to participate in a cycle of debates organised by the European parliament about the future of the EU, after the prime ministers of Ireland and Croatia and before the French president, Emmanuel Macron, who is to be the guest of honour in April.

TPN/Lusa

# Browns set for yet another Algarve Rugby Festival

Last October the European Challenge Cup threw up one of the biggest shock results seen in the history of European professional club rugby.

Russian side, Krasny Yar beat Stade Francais 34-29 at the Krasny Yar Stadium in Krasnoyarsk, the third largest city in Siberia, scoring five tries against the Parisian outfit.

Next week the powerful Krasny Yar squad return to Browns Sports & Leisure Club in Vilamoura where they will do battle against a strong British Army team.

Last season the 100th anniversary game between the Army and the British Navy at Twickenham was witnessed by a sell-out crowd of 82,000 such is the popularity of the inter-service rivalry. So if you want to experience the thrills and spills of top class rugby union then Browns at Vilamoura is the place to be next week.

This year the atmosphere is expected to be particularly charged with anticipation as this will be the tie-breaking game between the Russian and British opposition. 2014 was the last time the two squads were face-to-face

on the pitch at Browns, when the "Reds" succeeded in reversing 2013's loss to the Russian team (31-20) with a final score of 26-22.

On Saturday 24th March at Browns, Vilamoura the 8th edition of the Algarve Rugby Festival will start off with an opening U-18 match between Loulé Rugby and Instituto Britânico Huelva Rugby Union at 2pm on Pitch2.

Followed by the main match on Pitch 1 between British Army RU vs Krasny Yar at 4pm.

Browns' doors will open at 1pm and entrance is free and open to all. Food and beverages will be available at pitch-side bars followed by Live music after the games.

More information can be found via: Browns Sports & Leisure Club, Caminho dos Golfes in Vilamoura. Tel: (+351) 289 322 740, visit: [www.brownsclub.com](http://www.brownsclub.com) or on the event's official facebook page: [www.facebook.com/brownsclub](http://www.facebook.com/brownsclub)



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# UK MPs tell Mourinho to reconsider taking Russian TV ‘blood money’

José Mourinho's decision to work as a World Cup pundit for Kremlin-backed television channel RT has been strongly criticised by MPs following the Salisbury poisoning attack.

**T**he Russian channel announced Mourinho as its main pundit for Russia 2018 a day after the incident in Salisbury, but the Manchester United manager has repeatedly refused to answer any questions about the role. In a statement given to Press Association Sport, Rhondda MP Chris Bryant said: "To my mind, this is blood money, paid directly from the Russian state coffers."

RT, formerly known as Russia Today, has recently been attacked by politicians in France and the United States for pumping out propaganda in support of Russian president Vladimir Putin, and on Monday in parliament several MPs called for its UK broadcasting licence to be withdrawn. While he is probably the best paid, Mourinho is not the only high-profile football figure associated with the controversial channel, as former players Stan Collymore and Peter Schmeichel also work for RT, as do several politicians, including George Galloway and Alex

Salmond. Former Scottish National Party leader Salmond faced similar criticism when he became a presenter for RT last year. Bryant's message was backed by fellow Welsh Labour MP Stephen Doughty. He told Press Association Sport: "It's not just MPs. Leading sports figures and commentators need to reflect carefully on whether they want to be associated with Putin's propaganda machine."

"RT has repeatedly conned viewers with a veneer of respectability, while taking its orders from the Kremlin. "Serious questions are already being asked about participation in the Russian-hosted World Cup. I would urge leading football figures to rethink - not least after this week's revelations - whether their punditry on Putin's mouthpiece is appropriate." The Football Association has declined to comment on what the UK's worsening relationship with Russia might mean for the World Cup but is understood to believe it should

**José Mourinho has come under fire for accepting a job with Russian broadcaster RT during this summer's World Cup. (Photo: PA)**



not impact England's plans to compete in the tournament. Now in its second week, the controversy started when former spy Sergei Skripal and his daughter Yulia fell seriously ill in Salisbury on 4 March. It has now been confirmed that they were poisoned by a lethal nerve agent developed by the Russian military and they, and the first policeman on the scene, remain in a serious condition in hospital. Broadcasting regulator

Ofcom issued a statement on Tuesday, following Prime Minister Theresa May's update on the inves-

tigation to parliament on Monday, and said it would wait for her next public comments on Wednesday

before considering "the implications for RT's broadcast licences".

TPN/PA

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# Robotic seal that helps dementia patients arrives in Portugal



**Paro, the robot seal which helps to counter Dementia, pictured here with his creator Takanori Shibata in Lisbon. (Photo: Lusa/António Cotrim)**

A robotic baby seal designed to help patients suffering from dementia and already used in 30 other countries, has arrived in Portugal.

**T**he sweet-looking toy is widely used in hospitals and old people's homes as a therapeutic tool to improve the quality of life of dementia sufferers. Designed in Japan, it uses Artificial Intelligence to stimulate memories and improve the quality of life of patients who have lost their mental ability. The first seal in Portugal is to go to the Casa da Saúde da Idanha home in Belas, Sintra. The baby seal, named Paro, moves and responds to sound or touch. It has also been found to improve "depression, anxiety, pain, stress, loneliness, and sleep disturbances", according to its creator, Takanori Shibata. "Paro can adapt to users and behave as they would like. It has a limited number

of functions but people associate interacting with it to interacting with a cat or dog they may have had in the past, or to the experience of taking care of a child", Shibata explained. The inventor added, petting the robot in therapeutic sessions can reduce behavioural or psychological problems "such as aggression or agitation", which are rooted in such things as "pain or anxiety. Takanori Shibata explained that using this technology allows "the reduction of social costs" and improves quality of life, and said he hopes that "in the future, Portugal will adopt Paro in its social security system". In countries like the United Kingdom, the robot has been used experimentally in some National Health Service units.

## Research points to solution to regenerate heart cells

A team of researchers, led by scientists at the Porto Institute of Research and Innovation in Health (i3S), said it has proven that the heart of neonatal mice can be used to discover new drugs to treat a variety of cardiac diseases and regenerate heart cells.

In a statement, the scientists explained that adults are unable to generate new heart muscle in cases of disease, usually forming a scar as a repair, which can then lead to heart failure.

In this study, published in the Stem Cells Reports journal, the team of researchers, coordinated

by Diana Nascimento and Perpétua Pinto-do-Ó, showed that the heart after birth, as well as forming this scar, also has the capacity to regenerate and generate new cardiac muscle.

This means that "it is important to study the neonate heart to find innovative therapies for a wide

range of heart disease," they argue.

"We have shown that fibroblasts are regulating both regeneration and repair in the neonatal heart and, as such, the study of the response of these cells, is essential so that in the future we can trigger a more

efficient response by the adult heart in a disease situation," explained research coordinator, Diana Nascimento

The article's lead author, Vasco Sampaio-Pinto noted that "the model described can be used to develop new therapies to promote the regeneration of the

heart in cases of, for example, myocardial infarction, and also to find new drugs that prevent scar formation."

According to the researcher, "this scar prevents the normal functioning of the heart, often leading to heart failure."

TPN/Lusa

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# Food safety authority seizes almost 14 tons of cod

Portugal's Food and Economic Security Authority (ASAE) seized almost 14 tons of cod at a company in Ílhavo, in the northern district of Aveiro, with a presumed value of €49,500, the agency announced on Tuesday.



ASAE inspectors this week seized 14 tons of cod during an operation in northern Portugal. (Photo: Lusa/Mario Cruz)

In a statement, ASAE said that it had inspected a fishery industry unit, located in the municipality of Ílhavo, in order to check on the conditions of the production and processing of frozen fish products. During the inspection, 13,770 kilograms of frozen cod was discovered that had been gutted and de-

headed without prior notification to the General Food and Veterinary Directorate. "It was also found that this cod was frozen after being bought in its fresh state, to be scaled and salted, without labels or documents, and its traceability was not demonstrated," the statement said. The inspection also resulted in proceedings being launched against the company in question. TPN/Lusa



## More than one in five workers on minimum wage

There were 670,000 workers in Portugal on a minimum wage in December 2017, nine percent more than 12 months earlier, the government said in a new report.

Some 20.4 percent of the country's workforce was being paid the minimum possible by law in December.

This means that an extra

55,500 workers were being paid just €557 a month at that time. The minimum wage went up to €580 at the beginning of this year.

TPN/Lusa

## Hogwarts coming to Loulé

For one day only, Loulé is to host Harry Potter's 'Hogwarts', the fantastical school where wizardry and witches magic up fun and games.

The Algarve city will be the backdrop for Hogwarts this Saturday, for the fifth 'Harry Potter Meet' event, organised by the Algarve Harry Potter Community and the Algarve Geeks Association.

Loulé castle and the Espírito Santo convent are to be transformed into 'spell schools', while games of Quidditch are also being staged.

According to the organisation behind the event, visitors "can learn witchcraft in magic lessons in a real castle and test their dexterity and physical ability in exciting Quidditch games."

Quizzes and magical food are also on the menu.

Entry to the event, which takes place in Loulé castle and convent between 10am and 8pm, is free.

## Volunteer beer drinkers wanted

A research group at Lisbon's Nova University this week announced that it is looking for volunteer beer drinkers.

In a statement published on Monday, investigators from the CINTESIS research group explained that they were looking to assess the effects moderate beer drinking had on the digestive tract of healthy individuals.

In order to qualify for the study, volunteers will have to drink a single beer each day, though

some days might include an alcohol-free ale or one with a limited amount of alcohol. According to the research group leader, willing volunteers, who have to be between 18 and 65, should their application to join the group be successful, will have the "rare opportunity to contribute to gaining knowledge on the metabolic effects of beer drinking."

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# World's most expensive bonbon showcased at chocolate festival

“Glorious”, the most expensive bonbon in the world, will be on show at the International Chocolate Festival

of Óbidos, this weekend. The unique chocolate costs 7,728 euros and is coated with 23-carat gold.

The most expensive chocolate bonbon in the world, called ‘Glorious’, will be showcased in Óbidos this weekend at the International Chocolate Festival, where the public can take a peak at the exclusive gold-plated chocolate costing €7,728.

The bonbon is made up of equatorial black Valrhona chocolate, saffron filaments, Perigord white truffle, white truffle oil, Madagas-

car vanilla, gold flakes ... and a secret ingredient.

“It’s a product that we look for the most expensive ingredients for its confection,” explained the bonbon’s chocolatier, Daniel Gomes, who for about a year worked on creating the ‘exclusive’ chocolate truffle, “aimed at the luxury market.”

‘Glorious’ will have a limited edition of just 1,000 bonbons, sold in packaging that is also “a work of art and almost like a jewellery box,” that can be kept after the bonbon has been eaten.

The packaging consists of a black lacquered wooden base with gold serial number engraving and a crystal cloche, coated with thousands of Swarovski crystals and pearls, finished off with a gold ribbon handle.

The exclusivity of the product includes “the requirement not to divulge to whom the bonbons are sold,” said Gomes, revealing only the countries where ‘Glorious’ has been sent: the United Arab Emirates, Russia, Angola and Argentina.

The most expensive bonbon in the world, which will be on display in the sculpture tent in

Óbidos surrounded by security guards, is made in Leiria, at Daniel’s Chocolate, but “kept in a secret place” and transported to countries where it has already been acquired with “high security and conservation measures, and with all security mechanisms activated until it reaches the customer’s home.”

The diamond-shaped chocolate is not for every budget, but, according to Gomes, “it causes all sorts of reactions,” and the chocolatier is expecting opinions to be divided between “those who think it is acceptable to create an expensive and exclusive rarity,” and those who “consider it an extravagance for a chocolate to cost more than €7,000.”

With their exclusive packaging, the chocolate designer’s premium bonbons and wide range of colourful chocolate bars with freeze-dried fruit, with distinctive flavours, fillings and textures, will continue to keep tongues wagging both in Portugal and abroad. The International Chocolate Festival of Óbidos starts this Friday and runs through until this Sunday. Each ticket to the festival costs €6.5. TPN/Lusa



The annual chocolate fair will return to Óbidos. (Photo: Lusa/Carlos Barroso)

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# Lisbon, Athens agree on essential points of future of the EU



Portugal President Marcelo Rebelo de Sousa pictured here delivering an address during an official visit to Athens this week. (Photo: Lusa/José Sena Goulão)

The president of Portugal said on Monday that Portugal agrees with Greece about the essential points of the future of the European Union (EU) and understands and supports the “Greek example” regarding the acceptance of refugees.

**M**arcelo Rebelo de Sousa was speaking at a reception for the Portuguese community in Greece at a hotel in Syntagma Square in the centre of Athens. “The Portuguese constitution talks about human dignity and we take this constitutional demand very seriously: to respect all people, wherever they come from, whoever they are. And that is our position about migration and refugees”, he said. Earlier in his speech, the president said that Portugal and Greece have a “common view on very sensitive points regard-

ing the future of the EU which he believed would become crucial in the coming months and years. “Portugal and Greece agree on essential facets of what is going to be discussed”, he said. Marcelo Rebelo de Sousa said that there were cases that are obvious, such as what is happening with migrations and refugees, but there are also common positions in other areas such as the conclusion of the Economic and Monetary Union, the multi-annual financial framework and the EU’s internal and external political and institutional position.

TPN/Lusa

## Toys and cars top the list of dangerous products detected in EU

The European Commission this week released its 2017 report on the Rapid Alert System for dangerous products.

The report shows that in 2017, the Rapid Alert System was increasingly used by national authorities with more than 2,000 alerts on dangerous products circulated through the system. Toys, for example several models of the popular

fidget spinners, cars and motorcycles, topped the list of dangerous products detected and removed from the market.

Vera Jourová, Commissioner for Justice, Consumers and Gender Equality said: “European consumer

rules guarantee that only safe products are sold in the EU. If this is not the case, the Rapid Alert System supports authorities to react quickly and remove any products that might cause injuries.

“Thanks to this system,

we are keeping our children safe and preventing fatal accidents on our roads. This is a good example of how to efficiently enforce EU consumer rules. Unfortunately, in many other areas we need to improve enforcement

and make sure consumers can benefit from their rights. This is what our upcoming ‘New Deal for Consumers’ is all about.”

The 2,201 alerts sent through the Rapid Alert System prompted nearly 4,000 follow-up actions,

such as the withdrawal of products from the market. This shows that all national authorities closely monitored the alerts in the system and took all necessary measures to help make the market safer for consumers.

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# EU expert group tackles 'fake news'

In a report handed over this week to Commissioner for the Digital Economy and Society Mariya Gabriel, the High-Level Expert Group on Fake News and Disinformation spread online has suggested a definition of the phenomenon and makes a series of recommendations.

**T**he independent experts are advocating a Code of Principles that online platforms and social networks should commit to. The report complements the first insights from a public consultation and Eurobarometer survey also published earlier this week. These contributions are hoped to feed into the preparation of a Communication on tackling disinformation online, that the Commission will publish in spring.

Commissioner Gabriel said: "Thanks to the High-Level Expert Group and to Professor Madeleine de Cock Buning for the great work in steering the group to meet the tight deadlines. With all the opinions gathered and the extensive collective expertise, we now have at our disposal a wide array of material that will help us put forward a number of tangible options to better address the risks posed by disinformation spread online." Chair of the High-Level Expert Group, Professor Madeleine de

Cock Buning, said: "I am very pleased with our results, especially the commitment of all stakeholders, including online platforms, on the steps we advise the Commission to take. It is a great leap forward on the issue of the spread of disinformation: we have created a robust starting point for a Code of Practices, supported by a multi-stakeholder Coalition."

The report from the High-Level Expert Group focusses specifically on problems associated with disinformation online rather than fake news. The experts deliberately avoided the term 'fake news', saying it is inadequate to capture the complex problems of disinformation that also involves content which blends fabricated information with facts.

The report defines disinformation as false, inaccurate, or misleading information designed, presented and promoted for profit or to intentionally cause public harm. This can threaten democratic processes,

values and can specifically target a variety of sectors, such as health, science, education and finance. The report underlines the need to involve all relevant parties in any possible action, recommending first and foremost a self-regulatory approach. The group recommends promoting media literacy to counter disinformation; developing tools for empowering users and journalists to tackle disinformation; safeguarding the diversity and sustainability of the European news media; continuing research on the impact of disinformation in Europe.

According to the latest Eurobarometer survey (around 26,000 citizens interviewed), people perceive that there is a lot of fake news across the EU with 83 percent of respondents saying that this phenomenon represents a danger to democracy. It emphasises also the importance of quality media: respondents perceive traditional media as the most trusted source of news (radio 70 percent, TV 66 percent,



EU Commissioner for Digital Economy and Society, Bulgarian, Mariya Gabriel (R) and Madeleine de Cock Buning (L) from Utrecht University and Chair of new High Level Group (HLEG) on fake news and online disinformation, give a press conference in Brussels, Belgium, 12 March 2018. (Photo: EPA/Olivier Hoslet)

print 63 percent). Online sources of news and video hosting websites are the least trusted sources of news with a trust rate of 26 percent and 27 percent, respectively.

According to the public consultation, the overall perception is that the spread of disinformation via social media is made easy because fake

news appeals to readers' emotions (88 percent), are disseminated to orient the public debate (84 percent) and are conceived to generate revenues (65 percent). Half of the respondents believe that fact-checking after the disinformation has been published is not a solution as it will not reach the people that saw the initial information.

## Portugal among top countries for women entrepreneurs

Portugal is among the top ten countries for women in business.

According to the second edition of the Mastercard Index of Women Entrepreneurs, women business owners in Portugal have some of the best opportunities to succeed.

Overall, Portugal is placed sixth in the

Index, with the top five countries providing the strongest supporting conditions and opportunities for women to thrive as entrepreneurs being New Zealand, Sweden, Canada, the United States and Singapore.

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When dialing - 112 - the standard emergency number in Portugal, the operator is unlikely to speak English. The caller is then reliant on their Portuguese language

skills. Being in an anxious state it can be difficult to explain what has happened and all too often the situation is misunderstood and the address unclear. In contrast, when telephoning the 'iMERGENCIES' Centre, the multi lingual staff take control of the problem (6 languages). Immediately summoning an emergency vehicle and speaking in Portuguese they will guide the crew to exactly where they are needed.

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# Exports increase almost 10 percent in January

The Portuguese economy minister revealed in Brussels this week that the increase in Portuguese exports, which he described as "accelerating greatly", also showed the country was going through a "good period" in terms of competitiveness.



Latest figures out this week show that ports across the country have been their busiest in a while, with exports climbing ten percent, while imports also rose by a slightly higher figure. (Photo: Lusa/Mário Cruz)

**O**n leaving an EU Competitiveness cabinet meeting, Manuel Caldeira Cabral, said the figures the Portuguese National Statistics Institute (INE) released this week show that Portuguese exports in January went up 9.6 percent, which was more than in the last three quar-

ters meaning they are accelerating and the government expects this trend to continue. The acceleration was particularly significant in the automobile sector, which saw exports to the EU and the rest of the world rise. There were also strong increases in the agro-food sector, which increased 15.6 percent,

and the machinery sector which saw exports rise more than 10 percent compared with the same month last year. The INE said this week that exports rose 9.6 percent but imports steamed ahead with an increase of 12.4 percent compared with January 2017.

TPN/Lusa

# Inflation creeps up in February

The annual rate of change of the Portuguese Consumer Price Index (CPI) was 0.6 percent in February, the National Statistics Institute (INE) said on Monday.

According to INE, "rounded to one decimal place, this rate coincides with the value of the quick estimate published on 28 February," although the final rate is 0.4 percentage points lower than the previous month.

The underlying inflation indicator (total index excluding unprocessed, food and energy products) recorded a year-on-year change of 0.6 percent, 0.3 percentage points lower than in January.

The aggregate for unprocessed food products registered a year-on-year change of -0.1 percent in February (0.8 percent in January), while the rate on energy products decreased to 1.6 percent (2.3 percent in the previous month).

In terms of expenditure categories and in relation to the previous month, INE noted increases in the annual rate of change in clothing and footwear and health, with -2.4 percent and 1.0 percent, respectively (-4.7 percent and 0.7 percent the previous month).

The year-on-year rate of change in the categories of

transport and alcoholic beverages and tobacco fell by 1.0 percent and 0.7 percent, respectively (3.2 percent and 2.3 percent the previous month).

In February, the monthly CPI variation was -0.7 percent (-1.0 percent the previous month and -0.2 percent in February 2017).

The average variation over the last twelve months was 1.3 percent, the same rate as the previous month.

The Portuguese Harmonised Consumer Price Index (HICP) registered a year-on-year change of 0.7 percent, 0.4 percentage points lower than the previous month and 0.5 percentage points lower than the Eurostat estimate for the Euro Zone (in January, the year-on-year change in the Portuguese HICP was 0.2 percentage points lower than the Euro Zone).

The HICP recorded a monthly variation of -0.6 percent (-1.2 percent the previous month and -0.2 percent in February 2017) and an average variation over the last twelve months of 1.5 percent (the same as the figure recorded in January).

TPN/Lusa



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exercising this activity. Failure to meet the above norms is subject to severe penalties.

#### Letting to Holidaymakers

*Non-Residents* normally report income both in Portugal as well as in their home jurisdiction. Regardless of where you are paid and in what currency, your primary responsibility is to report the activity in Portugal because 1) this is where the business activity (tourism) takes place and 2) where the property to be commercialised is located. Double taxation is normally eliminated via international tax credits.

#### Electronic Green Receipts

As in all freelance business activities in Portugal, you are required to issue invoices to your clients. Because these invoices are done electronically via the Internet, the Tax Authorities have an on-going record of your income.

#### Reporting to "SEF"

Just like any hotel, you will be required to report the arrival and departure of foreign guests. Reporting is done on line to the "*Serviço de Estrangeiros e Fronteiras*" (Aliens and Border Service) with 3 different programmes available.

#### Portuguese Income Tax

An "IRS" declaration must be filed in May following the fiscal year. Most find the Simplified Regime to be both simple and economical when compared to standard accounting practices. Under current legislation, 65% of *Local Lodging* income is excluded to account for operating expenses that no longer need to be reported. This equates to an effective tax rate of <9% on your gross *Local Lodging* income.

**Next: Capital Gains - Investment Portfolios**  
Dennis Swing Greene is an International Tax Specialist and Chairman of euroFINESCO s.a.  
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# Trump and Kim

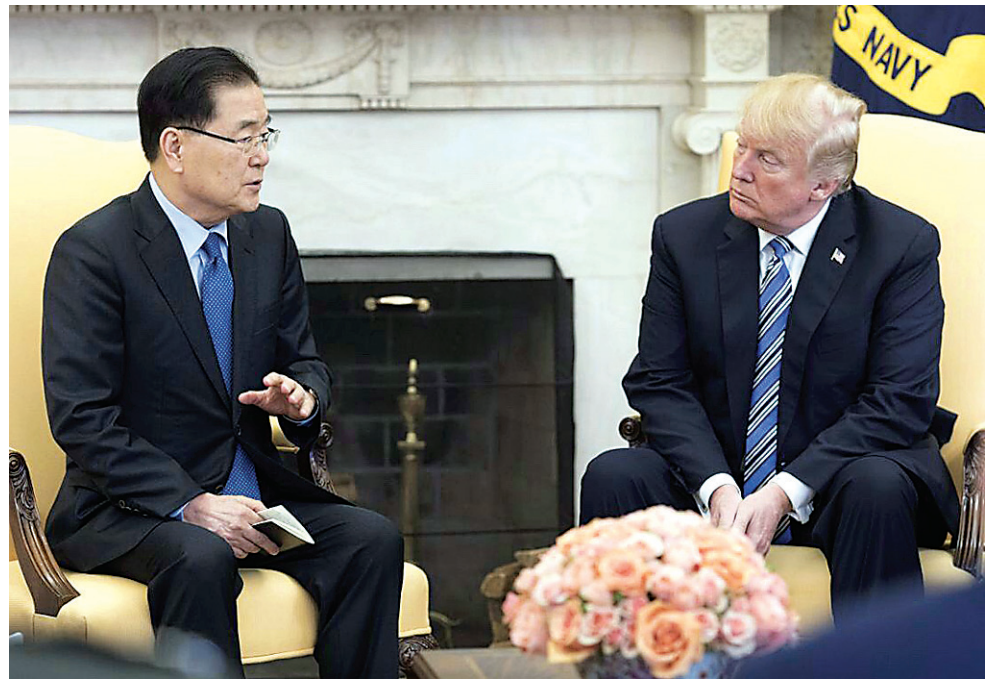
Anything short of a complete breakdown at the talks would virtually guarantee Trump next year's Nobel Peace Prize. Moreover, it would seem bigger and shinier than the one they gave to Barack Obama, because Obama hadn't actually earned it. He got it just for being a nice guy. Oh, no, wait a minute. If they gave it to Trump they'd also have to give it to Kim Jong-un, and that would be even sillier. Yet there probably won't be a complete breakdown at the talks, which are due by May, because both men are strongly motivated to make them look successful. Kim's minimum goal is to establish North Korea as a legitimate sovereign state that is accepted by other sovereign states (including the United States) as an equal. Just having a one-on-one discussion with Trump about the security problems of the Korean peninsula gives him that. He will do his best to keep the meeting civil, and under no circumstances will he break off the talks first. Trump's main goal is to look good - to get a 'win' - and Kim's advisers will have told him to let Trump win something. It doesn't matter much what, so long as Trump can wave it in the air and claim victory when he gets home. But it will definitely not be an enforceable agreement to dismantle North Korea's new nuclear weapons and their delivery vehicles. Look at it from Kim Jong-un's standpoint. Saddam Hussein gave up his nuclear weapons programme (involuntarily) after the first Gulf War in 1990-91, and twelve years later the United

States invaded Iraq, overthrew Saddam, and hanged him. Well, the new Iraqi regime provided the rope and the gallows, but the US invasion would never have happened if Saddam had really had nuclear weapons. Libya's Colonel Muammar Gaddafi gave up his quest for nuclear weapons too. It never really amounted to much, but it worried Western powers enough to make them leave him alone most of the time. Then Gaddafi handed over all his pathetic scraps of nuclear weapons-related technologies - and NATO airpower subsequently backed the tribal rebels who finished him off with a bayonet up his backside. So if the US sees you as a problem and you value your life, don't stop until you get your nukes, and never give them up. The North Koreans understand this lesson very well. No promise Trump could make would persuade the North Koreans to surrender their nukes. As far as Kim is concerned, nuclear deterrence against the United States has now been achieved, and he'd be mad to give it up again. It's a pretty flimsy form of deterrence - his rockets aren't very accurate and his nuclear weapons don't always explode in a fully satisfactory way - but even a 10 percent chance that North Korea could kill half a million Americans in a 'revenge from the grave' attack should be enough to deter the US from using nukes on North Korea. A nuclear war between the US and North Korea would probably kill ten times as many North Koreans including practically every

I think I know why President Donald Trump suddenly agreed to hold talks with North Korean leader Kim Jong-un after a year of mutual threats and verbal abuse.

**N** GWYNNE DYER

South Korea's national security adviser Chung Eui-yong (L) meeting US President Donald J. Trump (R) at the White House in Washington, DC, USA, 08 March 2018. (Photo: EPA/Cheong Wa Dae Media Office / Handout South Korea)



member of the regime - Pyongyang would be a glowing, radioactive pit - so Kim's regime would never initiate such a conflict. But he needs the assurance that the United States will never resort to nuclear weapons either, and only North Korean nuclear weapons can provide the necessary deterrence. You may deplore this kind of thinking, but it is entirely rational and it is at the heart of North Korea's strategy. Kim's willingness to talk about the "denuclearisation of the Korean peninsula" is therefore just that: a willingness to talk, but not to act. And there's plenty to talk about. Does 'denuclearisation' mean no American nuclear weapons can be located in South Korea? Given the range of those weapons, how would that make North

Korea any safer? Does it mean dismantling North Korea's nuclear weapons? Certainly not. It's just what Kim had to say to get the talks started. His ultimate goal is to 'normalise' North Korean nukes, as Indian and Pakistani nuclear weapons were eventually accepted as normal. This can only happen if the United States acknowledges a state of mutual nuclear deterrence between the two countries, which Trump is not yet ready to do. But even by talking to Kim about it, he begins to give the concept substance. Kim can promise Trump a "moratorium on nuclear and missile tests" because he doesn't really need more tests. His nuclear weapons and rockets are far fewer and much less sophisticated than their American coun-

terparts, but mutual deterrence can work effectively even when one side has a hundred or a thousand times more nuclear weapons than the other. So Trump gets an early 'win', and Kim gets to nudge the United States a little closer to an understanding that its future relationship with North Korea will be one of mutual deterrence. Or maybe locking two narcissists in a room is bound to end in tears, but it's well worth a try.

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



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## Re: Land Cleaning

SIR, An interesting, but I would have thought unpopular, letter effectively exonerating people who don't clear their land or cut fire breaks was printed in The Portugal News, 2 March.

I am terribly old fashioned, but find worrying this extension of the socialist idea that there should be a class of persons who are owed something by their peers. First there was the idea that those who have money should be responsible for giving increasing amounts of it to those who have not. This was followed by the idea that all people have rights. We were then told that all people are equal. This should have led to the conclusion that all should have both rights and responsibilities, but strangely no-one seems to have made that connection. May I give you what I consider to be a fundamental social axiom: that there be no rights without responsibilities.

Your letter-writer believes that people who don't properly maintain their land because they can't afford to should be exempt from their responsibilities. Don't you think a more socially equitable and moral position would be that if you can't look after something so that it becomes a danger to your neighbours, then you should get rid of it to someone who can?

There are far too many in this country who simply do not take responsibility for their decisions. I don't think we should encourage them. JOHN CLARE, Silves.

## Obligatory Land Clearance

SIR, I would like to add my voice to the comments on your letter page regarding the new law on clearing land. We are people who are most affected by this unfair and unreasonable law which will be impossible for us to fulfil.

My husband and I have lived in the Algarve for over 30 years and are now retired. We clear the land around our house every year as the law dictates, mainly the wild hill above our house which would otherwise be covered in rockroses and other flammable shrubs. We usually have until May or June to complete this job. Now the law has changed we will have to clear much more, especially with regard to trees "too close together". The hill in question is very

steep and too dangerous to burn our cut down branches and tree trunks. My husband, aged 68, has to manually drag everything down the hill for more than 50m to our terraces in order to burn it. He has now been given a deadline to complete this job by 15<sup>th</sup> March, an impossible task. He has no-one to help him, I suffer from severe arthritis and have not been able to get up the hill for years. Our meagre pension will not stretch to employing helpers. Not only that, but we have also been ordered to cut down and destroy all ornamental trees and fruit trees that are now deemed too close to our house or too close together. These trees consist of mature orange trees, nesperas, lemon trees, peach and apricot trees, and a whole load of ornamentals we have planted over the years. They provide fruit and/or shade. Our beautiful garden will be destroyed. We now have conflicting advice. Some people say that private gardens and farmland are exempt, but we were also told by the police we must cut them down. We don't know what to do.

Some years ago, huge fires swept through the Algarve. The hills around us, planted out with eucalyptus and pine, were burnt to a cinder. The fire also spread through our land, burning dried grasses & weeds but none of our well-irrigated trees or bushes caught fire, though a few leaves were scorched. This, despite the fact that firemen could not come out to help us as they were busy helping villages and large estates. Our garden was a green oasis in a sea of blackened hills. Small landowners who irrigate their gardens are not the problem, but we are being made to pay for it. The blame for fires lies on the shoulders of people who start them on purpose or else are careless and negligent. The fires are then spread, mainly by eucalyptus, which burns explosively, sending flaming debris high into the air to ignite somewhere else. The authorities recognised the danger of eucalyptus and made laws about planting them, which were then scrapped due to pressure from the rich forest owners and Troika, who want profit and do not care about the environment. Eucalyptus planting continues destroying the environment and increasing the fire danger to us all. Lastly, the new law has caused desperation among many small landowners, who now have no time to

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

clear everything stipulated. A fireman we spoke to said they have been called to many small fires started accidentally by farmers desperately trying to get rid of their rubbish or lose their livelihood. So far this law has caused fires as well as misery and hardship to innocent people. ALARA TWINE, By email

## Re: Mr Major's Speech

SIR, I find this letter intriguing. The writer has apparently changed the way votes are counted, He has added the non-voters to the "Leavers" to arrive at a different answer to the actual result.

What would have happened if he had added the non-voters to the remainers? I think we should stick to the correct way as it has been done constitutionally for hundreds of years. With regard to the assessment of the post brexit situation, do you remember the assessment of the stock market and the pound versus euro before the vote? More importantly do you remember after the vote when the stock market hit new highs and the value of the pound versus the euro increased? I would point out that these assessments are based on Theory and not fact - Do you remember in 1975 when to join the market we had to disown (trade wise) New Zealand and Australia among others, and what has happened to them?

There will be a discussion and vote in the Commons so please let us wait and see what happens without all this distorted and misinformed discussion. I would add that I am a confirmed watcher of Question Time on BBC and every time that Brexit is mentioned a member of the audience comments that we should stop all this petty bickering and misinformation and get on with the job of leaving. Finally I would say that I heartily disagree with hiding behind pseudonyms to preserve your anonymity, if you have something to say have the courage of your convictions, your position as a "Remainer" is quite clear from the text. A.L. THOMAS, Lagoa

## Re: Mr Major's Speech

SIR, The letter Re: Mr Major's Speech from EU CITIZEN - expressed so well the FACTS relating to the whole Brexit debacle dating right back from the referendum campaign to the present. The force with which the rightwing politicians smirkingly dismiss the 63% of the population is sickening and frankly frightening. This is not a democratic process. I yearn passionately for 'my' government to represent me and the views of the many like-minded citizens.

My initial response to the leave vote and politicians who are then now supposed to handle the transition is that they are bumbling idiots and conceited asses. I haven't heard anything since to change that opinion. I have come to believe that those who are committed to Brexit in the govt and their associates very definitely have vested interests. They are certainly exceptionally obscure and purposely ambiguous in interviews. There is no expertise evident anywhere to deal with the extremely complex issues which have taken years in the EU to sort. We will be in a vacuum, isolated and vulnerable after March 2019, and will be likely to form many dubious alliances which will not enhance our self-esteem, our economy or our markets. HAZEL NORBRON, Tavira

## Graffiti

SIR, Having now lived in Albufeira for the last five years I cannot believe how the graffiti has escalated. Why oh why are the GNR or the Câmara not doing anything to stop these thugs destroying this beautiful country. Everywhere you drive, there is more and more of this unsightly mess. Some parts of the country are starting to look like War Zones. These idiots seem to have no pride in their country and think it is okay to write on anything that doesn't move. Please, please, if anyone sees these thugs report them and let's get Portugal looking beautiful again, MRS J BELL, Albufeira

## Let's Walk in the Algarve

**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

**Friday 23 March - A walk on the Serra de Cão:** A great

walk through a part of the countryside that sees very few visitors, one gentle climb up onto the ridge for great views to the sea and a chance to see the first spring flowers. About 2.5 hours. 10.30am start. Meet at the Café Pallur in the centre of Barão S. Miguel. Drive along the EN125 from Lagos towards Sagres. After approx 12km you pass a pottery on the left. Soon after turn right towards Barão S Miguel. Follow the road for 2.5km and the cafe is on the left in the village centre. Julie 965 753 033

*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

Wednesday 7 March was the date for the second half of the Interclub Semi-Finals which were rained off last week, and the venue was again Tavira Bowling Club. The morning began bright and sunny, however, the afternoon proved to be different. The rain began about 2pm and conditions deteriorated for the rest of the afternoon.

Despite the deteriorating weather conditions spectators, and there were plenty of them, were treated to some excellent bowling. During the morning session the Mixed 4's, S. Currell, G. Pratt, S. Kirk and S. Pratt of Alvor were beaten by C. Le Piodevin, C. Heselton, S. Le Piodevin and J. Scott of Tavira. The Open 4's saw T. Crawford, I. West, B. Holt and L. Bateman of Pedras triumph over P. Harris, B. Harris, D. Reilly and P. King also of Pedras. Whilst, in the Mixed Pairs, S. Kinane and G. Kinane of Floresta won against D. Stewart and G. Herrtage also of Floresta.

The afternoons saw the teams try to begin early where they could, whilst the weather was holding. In

the first Triples, D. Austin, M. Mullane and J. London of Pedras won against M. Jackson, P. Sutton and J. Sutton of Floresta. The second Triples game, saw B. Walker, M. Ellis and W. Seed of Alvor win against R. Fribbins, R. Fribbins and N. Merritt of Floresta. In the Open 4's J. King, P. King, P. Hare and M. Hare of Balaia lost against A. Parr, G. Noonan, R. Bland, and A. Reynolds, whilst the Mixed 4's saw P. King, M. King, B. Holt, and V. Holt of Pedras, triumph over D. Hibbert, N. Roberts, D. Stewart and A. Roberts of Floresta.

The welcome at Tavira was again as warm as ever, with the rinks in excellent condition, thanks to much hard work from Joe Scott. Thanks also go to the Markers and Umpires who officiated in appalling conditions both last week and this. The kitchen staff at Tavira also deserve our thanks as they kept everyone supplied with plenty of drinks and food.

Congratulations to all those who prevailed and commiserations to those who didn't, better luck next year. *Miriam Hare*

## Algarve Activity Bike Rides

Here are the details of this week's rides, or not, depending as usual on the weather:

**Saturday 17 March - Bike Ride starting in São Brás:** We meet in the Lidl car park 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 18 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@algarvebikeholidays.com, see our website: www.algarvebikeholidays.com, or Facebook: Algarve Bike Holidays.*

Please send your Club or Community news to:  
newsdesk@theportugalnews.com

## CASA AGM in Portimao



The CASA 2018 AGM, was held at the *Portimão Naval Club* on Saturday 3 March.

The wind and rain may have prevented us enjoying the usual river view from the outside terrace but had no further impact on the evening. The Naval Club's meeting room was perfect for our 48 members to partake in the short meeting, following a welcoming glass of Prosecco to drive out the negative effects of the current weather. The usual formal proceedings, including the re-election of the committee and presentation of the auditors re-

port were dispatched without delay and we all then adjourned upstairs to the main restaurant for an excellent three-course dinner served by the friendly and attentive staff.

Our next scheduled event is a "Sunday Brunch" to be held at *The Wolf* in Carvoeiro on Sunday 15 April.

Full details of this and all our planned events, which are also open to non-members, can be obtained from the club website: [www.casasocial.club](http://www.casasocial.club) or from Margaret Brito on: 282495475 or by email to: [info@casasocial.club](mailto:info@casasocial.club)

## Donation and career talks

RC Estoi Palace International members returned to the Poet Emiliano da Costa School on Tuesday 28 February to enjoy a lunch prepared and served by the students. Last year members visited the school for lunch and donated 600 euros to purchase an oven to assist the students with their food preparation. This year after another superb 3-course lunch prepared using the new oven, the Club was delighted to donate another 400 euros to purchase a microwave for the students and fund a Study Trip.

The Club has a close relationship with the school, distributing dictionaries annually to 5<sup>th</sup> year students. On 7 March, for the 4<sup>th</sup> year running RCEPI awarded Diplomas of Merit to their best students. This initiative began after discussions with Professor Cidália Teixeira, the school Librarian on how to reward students who performed outstandingly. This year the certificates were presented by Bruno Costa, President Elect of

RCEPI and Francisco Soares, Director of the Grouping of Schools Pinheiro e Rosa. As in previous years the 3 best students per year (5<sup>th</sup> to 9<sup>th</sup>) were chosen. In addition this year a USB of 16GB was also given to the best student from each year. On the same day, the Club had also organised a series of career talks for the students. Subjects covered included Civil and Acoustic Engineering, teaching, and music. A student that the Club is sponsoring through Faro University also came to talk about her course in prosthetics and demonstrated some of the equipment used to help amputees. RC Estoi Palace International and the Poet Emiliano da Costa School are very grateful for the excellent presentations given by the professionals who gave up their time to come along and talk to the students.

For further information on RC Estoi Palace International contact [moc@estoiipalace.org](mailto:moc@estoiipalace.org), [www.rotaryestoiipalace.org](http://www.rotaryestoiipalace.org)

## The Lucky Golfers



Ian Yarwood, Erik Herter, winner Caroline de Roos, Ewan Rankin and Captain Bruce Dawson

On 7 March, when the Royal British Club Golf Society played for the Royal British Cup at Estoril, they were incredibly lucky to have a so-called window of no rain! Thirty players took the field early in the morning well-prepared with rain gear which, fortunately, they did not need. The weather made up for it with heavy rain for the rest of the day!

As it was International Women's Week it was fitting that the winner of the competition was one of our international members and a woman! Caroline de Roos scored 38 points with two men following her: Ewan Rankin was second with 37 points and Caroline's fellow Dutchman, and last month's winner Erik Herter, was third also with 37 points. Fourth place went to Denys Stormont with 34, fifth to

David Gray with 33 and sixth to Graham Dewar with 32.

The monthly prizes - with no Guests this month - were awarded to: Nearest the Pin for Ladies - Gabi Huettl, Nearest to the Pin for Men - Erik Herter. The Newstead Trophy - for players with handicap of 23 and over and not in the first six players - was won by Auke Bos (another Dutchman). The Cow Bell this month went to Tom Scheier.

Lunch was held at the Estoril Club House during which Ian Yarwood, Chairman of the Royal British Club presented the prizes and spoke about the various events available to members. Captain Bruce Dawson announced that next month's competition will be held at Estoril on 4 April when members will play for the Rawes Trophy.

Brenda Leitão

## Algarve expat launches crime book series

Long-time Algarve expat Trevor Holman, working with a New York publisher, has launched a six-book crime series, 'The Algarve Crime Thrillers', inspired by his legal background, as well as his current life in the sun.

The first book in the series, 'The Mijas Murderer', was published in both hardback and paperback earlier this month. The second, 'The Faro Forger' is due out in May, while book three in the series 'The Salzburg Suicides' is scheduled for release late Autumn.

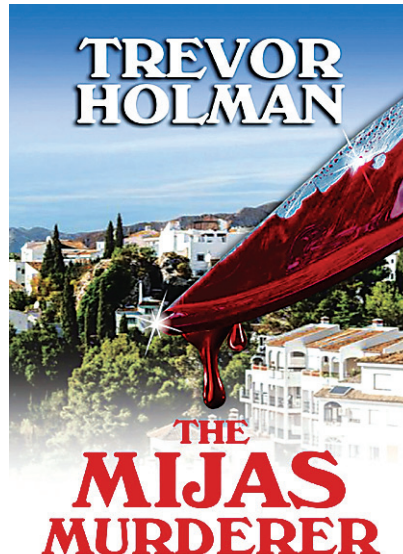
The concept of the books is based on two fictional characters, who live in Quinta do Lago and become involved with the GNR, the UK police and Interpol in helping to solve various crimes. Their undercover investigations take them all over the world and the first book in the series starts when one of our hero's neighbours is brutally murdered in his own home here in the Algarve.

Books four, five and six in the series, provisionally titled 'The Cairo Conspiracy', 'The Paris Poisoner' and 'The Albanian As-

sassin', are in the pipeline and should be published throughout 2019.

Trevor Holman says: "The idea of writing the books first came about when I started telling a friend about some of the hundreds of cases I'd sat through as a magistrate in the UK before my wife and I moved to the Algarve. Over a number of years I'd sat on the magistrates bench listening to the prosecution outline all manner of crimes, some absolutely horrendous and others completely laughable. After the prosecution had gone through their evidence we then had to sit there listening to the defence come up with various reasons, explanations and excuses as to why their clients should not be punished. These stories have provided a lot of the basic material used in the books.

'The Mijas Murderer' is now available from various online booksellers such as Amazon: [www.amazon.com/Mijas-Murderer-Trevor-Holman-ebook/dp/B079JH944S](http://www.amazon.com/Mijas-Murderer-Trevor-Holman-ebook/dp/B079JH944S)



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# No more Scooby snacks

When your dog looks up to you as you eat your food it can be hard not to succumb to those puppy dog eyes but each little treat could be doing your pet far more harm than good according to experts.



**V**et Barbara Royal has been sharing her experiences on Oprah.com about the foods that can cause problems for cats and dogs and some may be a surprise to many pet owners. Dr Barbara Royal said: "There are a lot of foods that people tend to feed their animals that they shouldn't - and they don't know they shouldn't." Take a look through some

of the top foods for pets to avoid and make sure that you don't end up letting your animals snack on these...

#### Peanut butter

Lots of humans have problems digesting nuts and have allergies to them so it should not come as a shock to learn that animals should not be eating peanut butter.

According to Dr Royal, peanut butter was found to be the one food that most sur-

prised pet owners when she said they should never give this to pets. "I have a lot of animals that will come in [with] allergies or chronic problems, and then I find out that they've been giving all the medications in peanut butter. So we stop the peanut butter and everything gets better."

#### Pizza crusts

There are lots of us who end up throwing away the pizza crusts, especially if we have perhaps over estimated the amount of pizza we think we may be able to eat this Friday night! Don't be tempted to give these crusts to your pets though as they are not good for animals to consume.

Dr Royal explains: "Other things that people feed are, like, Friday evening pizza crust - that comes under my long list of things which is: no corn, no wheat, no soy

and no white potato in foods." Processed foods such as pizza often contain potato and potato skins and in the skins there is a substance called solanine, which can be toxic to animals - so it is a good idea to avoid this.

#### Crisps

There can't be many people who honestly think that eating crisps is a healthy choice and we should think the same way about crisps when we consider throwing them a couple from our family-sized bag.

Don't feed your pets crisps, or anything that is very salty, like pretzels or other salted snacks because salty food can be inflammatory and lead to other problems arising.

#### Sweets and biscuits

You wouldn't want to eat a dog biscuit and your dog does not want to eat one of your biscuits either! Foods filled with sugar are bad for animals and anything containing chocolate is of course off limits as this is toxic to animals and no matter how much you think you are treating your pet, you could actually be causing harm to them instead. So, what should we be giving our pets instead? What we should be feeding our pets with should make sense to the bodies of our pets, so we should be looking at little meat treats instead.

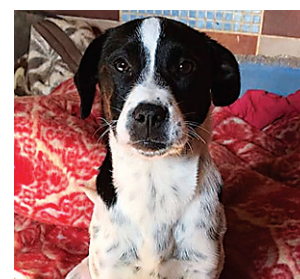
And with cats we need to be

even more careful, according to the vet who concluded: "They're obligate carnivores so they absolutely shouldn't really be eating food other than mostly meat - they should have high protein, high fat and low carb - not more than 5-10% of their food should be carbohydrates. "So when you're feeding treats, a lot of the treats have a lot of sugars and things in them. You want to get rid of those."

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# All creat

**W**ading through waist-height devil's club shrubs with leaves the size of dinner plates, I feel like a shrinking Alice in Wonderland. Everything around me is enormous.

Towering until they almost block out the sky, colossal cedars and hemlocks create a comforting sanctuary, securely grounded by their ancient roots. For a relatively young country celebrating 150 years since Confederation this year, these 400-year-old beauties are treasured historical monuments.

In Canada, everything is supersized: distances are vast, forests are endless, and wildlife is wonderfully abundant. It's a scale almost incomprehensible to someone from a small European island which could probably fit neatly into the pocket of west coast province British Columbia. And if the sights are big, the sounds are even bigger: The grumbling of a sore-head sleeping grizzly disturbed from his slumber echoes around the forest canopy like a rumbling storm about to break.

Frozen to the spot, his eyes darting wildly, Gary Zorn shhs a wrinkled index finger to his appropriately ghost-white beard. A seasoned guide, with 40 years' experience trekking bears in this area, he's not afraid, he's simply listening and anticipating what the grumpy grizzly metres away from us might do next.

Originally a tracker for hunters, 71-year-old Gary is a master of bear behaviour, but early on he made the decision to swap guiding guns for leading wildlife tours, and is one of British Columbia's true pioneers. The decision to ban the hunting was welcomed by many and supported by the economic growth of nature tourism, proof these animals are worth far more alive than dead.

"Hunting was becoming a dirty word," explains Gary on his initial decision to change tack. "But when I told friends ecotourism was the way forward, they laughed at me." Firmly resolute, he carried on and was granted the wildlife guiding permit 001, the first to be issued in the province. Based at Pyna-tee-ah lodge at the base of the Cariboo Mountains, deep inside BC, he runs

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# ures great and grizzly

Ecotours BC with his wife Peggy, operating almost exclusively in an area the size of Switzerland. Combining boat trips along salmon-filled rivers, active treks through sub-Alpine forest and even (on occasion) heli-hikes to peaks above the clouds, he promises wild, intimate but always respectful encounters, deservedly earning him the moniker 'Bear Whisperer' - a title he's trademarked. A cloak of foggy drizzle sweeps across the Mitchell River, a tributary of the Quesnel, on our first outing, an 80km speedboat ride from the lodge. Birds of prey swoosh through webs of mist netting the tips of fir trees and beads of rain hang from garlands of lichen like jewels. Next summer, Gary plans to launch an ambitious glamping site in this remote, peak-fringed wilderness, with smart safari-style tents pitched on a floating platform. Dawn and dusk brown bear viewing will be possible, with days spent exploring caves by kayak and hiking through ancient forest. Thousands of sockeye salmon return here from September to October, firing upstream like silver bullets until they mutate into plump, green-gilled, devil-red monsters, travelling from the Pacific Ocean before spawning and dying in the place they were born. They're a bedrock in the food chain and provide a particularly tasty meal for bears. Wearing waders almost up to my chin, I climb over a

chaos of toppled trees and decrepit branches, squelching salmon carcasses underfoot. Dragged by bears from the water, their nutrients are responsible for the forest's epic growth spurts; salmon DNA has even been found in cedar trees. Gary ushers our group of four (the maximum number of guests per outing) to a log jam on the water's edge, and sitting with our legs dangling in the aquarium-clear stream, we wait. It's about an hour before the first diner turns up, a hulk of a bear stripping fish as we would a banana. "Will you look at the foot on that," gasps Gary. But one whiff of our scent, and the grizzly is gone. It's been a difficult year for bears, our guide explains, as we head back to the lodge, wending past forest-swathed ridges bearing conspicuously gaping scars. This summer wildfires ripped through the province, destroying more than 11,000 sq km of land. Although bears are resilient, the smoke and stress had an impact. "In all my years, I've never seen anything like it," exclaims Gary, who noticed the grizzlies were becoming almost nocturnal to avoid the heat. Suddenly, mid-conversation, he switches off the motor, as a female bear with cubs bounds angrily towards us. "Aggie," sighs Gary, with a degree of fond familiarity. "That bear never liked me."

Acquainted with many since they were cubs, Gary knows most of the bears in this area. Au fait with their physical features and mannerisms, he can connect the different families and is convinced they recognise him, too. A real storyteller, he has the dinner table spellbound later that night with recollections of humorous and high-octane adventures, all delivered with a lyrical intonation that ebbs and flows like a warm wave. There's the tale of a raven who helped a deaf bear find his dinner (the clever bird knew he could feast on leftovers); the suspense of a stand-off with a curious sow (waving his arms and growling helped our protagonist escape), and the remarkable account of a wolf chasing a fawn over Gary's head (almost too ridiculous to tell). Leaning over and whispering, Peggy reveals her husband keeps a journal every night, with 30 years of observations noted down. "Most of the things he knows, you can't read in a book," she says with pride. His findings have been shared with a trusted few, including Ryan Simmonds, who came to work as a guide for the Zorns four years ago. While Gary takes care of the river activities, animal enthusiast Ryan is largely in charge of hikes. He's inseparable from Penny, an energetic Border Collie who's been trained to detect the whereabouts of bears, moose and wolves, but will

From the end of November trophy hunting of grizzly bears is banned in British Columbia. Sarah Marshall ventures into the Cariboo Mountains to meet Gary Zorn, an ex-hunting guide who pioneered bear tourism in the province.



A grizzly bear hunting for salmon on the Mitchell River in the Cariboo Mountains, British Columbia, Canada. (Photo: PA Photo/Sarah Marshall)

never give the game away by barking. In autumn, silver birch trees flutter coyly in their golden fineries and hillsides radiate a spectrum of burning colours. Following a spiral of logging trails, we wind towards the top of Mount Brew, where footprints from a large male bear have been seen. "If you want to understand wildlife, you need to simplify your thinking," says camo-clad Ryan as we embark on a steep, sweaty hike through huckleberry bushes and sub-Alpine firs. "We're the ones that overthink things." Arriving at an opening sprinkled with snowdrops of cotton grass, I'm struck by the overwhelming silence. There are 250 species of birds in the Cariboo Mountains, but until the honeyed morning sun hits these peaks, not one is

audibly present. Instead I settle for the intoxicating scent of sweet pine and views of quartz islands shimmering in a nearby lake. Only when we return to our vehicle do we encounter signs of life: a mound of bear poo topped with glistening undigested berries is an invitation for scavenging squirrels and chipmunks to tuck in. There may be no bears but

I'm acutely aware of their presence. They're probably watching us, laughing at our human clumsiness from afar. The final insult comes when we notice fresh paw prints in the muddy ground, planted over our own steps made earlier that day. Crushing our tiny strides, they belong to a giant. But in a country where size is everything, I shouldn't be so surprised. TPN/PA

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# PRICK

CACTI AND SUCCULENTS: CHOOSING, STYLING, CARING

GYNELLE LEON



Prick: Cacti And Succulents: Choosing, Styling, Caring by Gynelle Leon is published by Mitchell Beazley. (Photo: Mitchell Beazley/PA)

## The great cacti comeback

In just a few short years, the humble cactus has gone from being the token potted plant of non-gardeners to coolest houseplant on the block.

**G**arden centres can't get enough of them, Prada has stamped prints of them on purses and shirts - and last year, Prick, London's first cacti and succulent boutique was opened, by expert Gynelle Leon. "Cacti have always been cool for lots of people, who've been collecting them for ages," says Gynelle, whose new book - Prick: Cacti And Succulents: Choosing, Styling, Caring - offers a guide to these low-maintenance plants. "But the cur-

rent boom comes from a number of different contributing factors. "There's a big emphasis on interior design at the moment, with things like Pinterest really fuelling that. We are spending a lot more time indoors, and plants have become the new show-off factor. It's not just about having limited edition prints or designer furniture, it's also now about your plant collection." While Instagram's gone mad with 'shelfie' posts of lines of cacti, the focus on these plants has also emerged because of our

growing focus on wellbeing, Gynelle notes. "We have such stressful lifestyles, both in work and with the climate of the world, that we are trying to do as much as possible to improve our wellbeing, and plants are proven to do that. "We are bringing the green within," she adds. "Most of us don't have gardens, we are living in cities, so bringing the green within our homes makes a difference to our wellbeing and sense of peace." Here, Gynelle shares some of her top tips and insights about the best ways to care

for and style your cacti and succulents...

**Create table decorations**  
You can make table decorations easily with cacti, using candles surrounded by succulents including echeverias and sempervivums, which look great as you can get a whole range of colours. You could use wire to secure them, or moss, which you'd just have to water lightly.

**Give them sunshine**  
While cacti are relatively low-maintenance, there

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are a few handy pointers you should know about. "The general rule is that they need direct sunlight, so a windowsill is the best place to have them, or a wall next to a sunny window," says Gynelle. "The soil needs to be free-draining, so use cacti and succulent soil rather than a multi-purpose compost, which is made to retain water. It's about keeping the roots dry. Most people kill their cacti and succulents through overwatering. "Good circulation of air is good for cacti as well, so keep them well ventilated. It helps to ward off any pests you might get in the house as well."

**They really don't need much water**

"If it's in the summer on a south-facing window, you'll be watering about every 10 days, depending on the size of the pot," says Gynelle. "The larger the pot, the longer it takes to dry out. You can pop a kitchen skewer into the soil



**We are spending a lot more time indoors, and plants have become the new show-off factor. (Photo: Gynelle Leon/PA)**

to make sure it's dry all the way through. "In winter, when you have

to give them their winter's break, with cacti you can go without watering at all from

October to March. And try to keep them cooler in winter," she adds. "However, if you live in a very warm, centrally-heated home, you'll probably have to give it a little water every three weeks or so."

**Will they flower?**

"All cacti do flower, but it's hard to get them to flower within our homes because the plants need the seasons to flower, and central heating throws them off," explains Gynelle. "I bring them outside in summer, but bring them inside in winter."

**Style with care**

Wondering about the best ways to style up your cacti? Gynelle says: "Lots of people like building up collections and making clusters. I use the three or five rule - you either put three or five together.

"Putting some which are exactly the same size on a shelf or a windowsill can look really good," she adds. "If you are making a collection, it's always nice

to have a variety of different shapes, textures and colours. That makes the group look more interesting. You could combine a tall

columnar cactus with a leafy succulent, and just make sure there's a diversity of sizes, ranges and forms." *TPN/PA*

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Hibiscus Chicken. (Photos: PA Photo/Harper Collins)

Lope Ariyo is "more than happy to introduce the world to African cuisine" and her contemporary approach to Nigerian cooking has resulted in her debut cookbook, *Hibiscus*.

Lope calls it "an entry point" into West African cuisine, as it blends her British background, growing up in East Croydon, with her memories of the food she ate during the couple of years she spent at boarding school in Nigeria. At home, the food blogger became the main cook at around 13. "The only reason is, I'm a very picky eater, so my mum was like, 'Do you know what? I'm tired of you, just do it yourself,'" she explains, breaking off into laughter. "The moment she said that, it was me, opened up to a whole new world."

When it comes to opening more eyes, and bellies, to Nigerian cooking, Lope particularly wants to convince people of the "many uses for the traditional ingredients that haven't really been explored yet." And don't go calling Nigerian ingredients 'superfoods' either. "I hate the term superfood! These are often things that people from ethnic minorities have been eating for ages, like avocado - that was just a regular food growing up, why are you calling it a superfood?! It's also a marketing ploy, because the moment something gets

# Nigerian food enters the fray

labelled a superfood, the price goes up," she says. "[It's like] now you see the price value of it, that's only when our food becomes relevant." The price of food can create barriers, and shapes what people can and can't eat - which is especially the case when a food trend or cuisine becomes seemingly exclusive. Take clean eating. "It doesn't just come with the food, it comes with a lifestyle," Lope explains, "and if your body can't adapt, or you don't have the money for that lifestyle, that's when it can become alienating." Nigerian cooking, at the core, is the opposite of that, it's about caring and hospitality says Lope, and the idea of cooking for one is "very unheard of". "We cook for plenty, so anyone who wants to come and eat, can come and eat," she says. "I don't think it's great to alienate people from food, because food is about sharing - in any culture."

## Hibiscus Chicken

(Serves 4)

4 chicken breasts  
2 tbsp coconut oil, melted  
Fine-cut dried hibiscus petals (available from Amazon)

### For the marinade:

1 tsp celery salt  
1 tsp onion granules  
1 tsp garlic granules  
1 tsp black pepper  
1 tsp ground white pepper  
1 tsp cayenne pepper  
2 tsp finely chopped parsley  
2 tsp finely chopped tarragon

### For the sauce:

2tbsp freshly squeezed lemon juice  
200ml unsweetened coconut water  
2tbsp fine-cut dried hibiscus petals  
4tbsp coconut sugar (available from Ocado and Lakeland)

1. In a large bowl, combine all the marinade ingredients. Toss in the chicken breasts and coconut oil, mix so that the chicken is well coated and leave to marinate for 30 minutes.
2. To make the sauce, whisk the lemon juice, coconut water, hibiscus and coconut sugar in a small saucepan over a medium heat. Bring to the boil before reducing the heat to low, then leave to simmer for 15 minutes until the liquid has reduced by half. Set aside and allow the sauce to cool completely for roughly 15 minutes, until it thickens.
3. Put a griddle pan over a medium heat to heat up, and meanwhile brush each marinated chicken breast with the sauce. Place them in the hot pan and cook, giving each side four to five minutes before turning - they should be nicely browned and cooked through.
4. Plate the chicken and drizzle over any of the remaining hibiscus sauce. Sprinkle over some crushed hibiscus petals and serve with fried coconut rice on the side. (Below).

## Coconut fried rice

(Serves 4)

370g long-grain rice or basmati rice



400ml tin coconut milk  
1 tbsp groundnut oil or coconut oil  
1 chicken stock cube  
1/2tsp dried thyme  
2 dried bay leaves  
1/2 red onion, finely chopped  
6 closed-cup mushrooms, wiped and chopped  
1/2 green pepper, finely chopped  
1/2 yellow pepper, finely chopped  
1 large carrot, finely chopped  
1 tsp ground coriander  
1/4tsp turmeric  
1tsp garlic powder  
1tsp ground ginger  
Salt and white pepper

1. In a large saucepan, bring the coconut milk to the boil along with the stock cube, thyme and bay leaves. Reduce the heat to medium-low and allow the coconut milk to simmer for five minutes until it smells slightly fragrant.
2. Meanwhile, rinse the rice until the water runs clear. Drain the rice in a colander, then add it to the coconut milk - it should just about be covered by the liquid. Turn the heat up to medium-high, cover with a lid and

cook for about 10 minutes - you'll have to stir the rice every so often to make sure it doesn't burn on the bottom. Once most of the milk has been absorbed, you'll find that if you bite on a grain of rice, it should have softened but still be quite al dente and taste slightly nutty. Turn off the heat and set aside.

3. Take a large, deep frying pan and heat the groundnut oil or coconut oil over a medium-high heat. Add the onion, mushrooms, peppers and carrot, and coat them with the ground coriander, turmeric, garlic powder and ginger. Continuously stir the veggies for seven minutes until they start to soften.
4. Add the partly cooked rice and season with salt and pepper before reducing the heat to medium-low. Cover the pan with a lid and steam for a further five to 10 minutes, depending on how soft you like your rice.
5. Divide the rice evenly between four plates, or place in a large serving dish for the middle of table.

∴ *Hibiscus* by Lope Ariyo is available now

TPN/PA



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# World Sleep Day 2018

In an age where we live at an incredibly fast pace and always online, where slowing down is seen as a "waste of time", sleep is devalued. Sleep is essential for one's wellbeing. Lack of sleep will result in exhaustion and is detrimental to one's health. Only when the body reaches its limit and says enough, do we stop to reflect.

**I**t is important to realise that sleep is the main support of our wellbeing. Science has proven that sleep is a period of intense activity, necessary for restoring energy, productivity, creativity and connecting with ourselves and others during the day.

In order to combat disrespect for sleep, "World Sleep Day" was created. This year it falls on 16 March. "World Sleep Day" is an annual event that draws attention to important issues related to sleep, motivating professionals from all over the world to create events that remind everyone of this important issue which is so important for our wellbeing. The focus of WSD is to expand knowledge on the many aspects of sleep related

problems by promoting prevention and information on ways of solving sleep disorders.

World Sleep Day 2018 will incorporate the slogan: "Join the sleep world, preserve your rhythms to enjoy life". The object is to emphasise the importance of the circadian rhythms in healthy sleep, which was inspired by the recent Nobel Prize winners in Physiology and Medicine. These three researchers led a study on this topic and made important discoveries on the molecular mechanisms that control the circadian rhythm.

This year, an important event will be held in Lisbon on World Sleep Day. The II Latin- American Meeting on Chronobiology and Sleep Medicine will

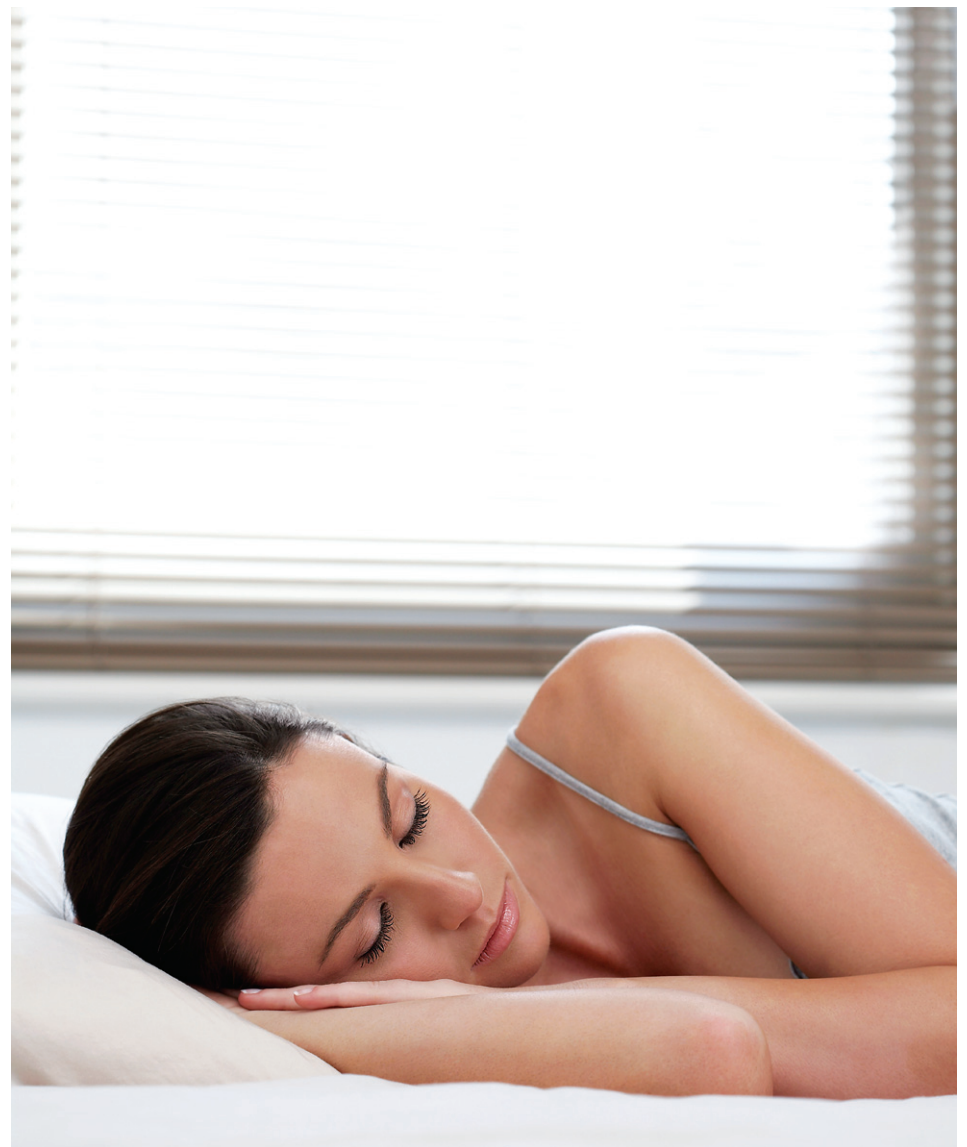
feature, in addition to a panel of speakers of extraordinary international prestige, national speakers from multiple converging areas, both scientific and medical, related to sleep.

This event will be organised by the Portuguese Association of Chronobiology and Sleep Medicine.

Research on sleep disorders has evolved in recent years, as have the medical and psychological solutions. There is no longer a reason not to seek medical help if you sleep poorly.

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Bachik gave the actress Margot Robbie a champagne shimmer, starting with OPI Lisbon Wants Moor and topping it with a chrome effect powder. (Photo: PA Photo)

## The best of Awards Glamour

Awards season is done and dusted for another year, but the glam doesn't have to stop now the red carpets have been rolled up and the gowns returned to the ateliers. You can emulate A-list glitz by trying your hand at the hair and make-up looks of the stars - and for significantly less than the price of a designer dress.

**H**ere, we hand out the gongs for the best beauty looks of the season, and ask the experts for their advice on how to get the Hollywood look at home...

**Best blush: Emma Stone**  
"This was a power blush moment. I was inspired by the unabashedly high glamour and powerful feeling of the late Seventies and early Eighties - a time when women wore strong, modern looks," explains Rachel Goodwin, Nars celebrity make-up artist who did Emma Stone's Oscars look, starting with a base of Nars Natural Radiant Longwear Foundation. "I mirrored the pink colour blocking in Emma's suit and applied the Nars Wanted Cheek Palette high on the cheeks blending up toward the eye," Goodwin explains.

### Best lipstick: Lupita Nyong'o

For the Baftas, make-up artist Nick Barose was inspired by Lupita Nyong'o's latest movie role. "She's wearing all black, I wanted the make-up to feel regal and fierce. The 'panther eyes' is a nod to her movie *Black Panther*," the make-up artist says. "Dramatic graphic liner that looks cat-like adds so much toughness and attitude, and when paired with perfect elegant red lips, it gives the classic, feminine red lips a fun and tougher attitude." Barose recommends Lancome's Caprice shade to emulate this bold look: "Apply two coats for intensity."

### Best up-do: Zendaya

American actress Zendaya is a real red carpet chameleon, constantly switching up her hair; but for the Oscars she went with a super-sleek, scraped back chignon. Hair stylist and Viviscal Ambassador Neil Moodie offers his advice on updos: "A lot about putting hair up is having grip on the hair itself. Don't have it too clean as it will be smooth and slippery. I recommend a little bit of root backcombing as this gives support as you're putting it up. "For a neat, tight up-do, I always recommend spraying hairspray onto the brush so as you're brushing the hair it distributes evenly and gives hair grip. Pins and grips are essential. Bend the end of the pin over and create a little hook so if it starts to slip out, the hook will grip to the hair. I also suggest using a matte texture spray at the roots."

### Best complexion: Helena Bonham Carter

Morag Ross, make-up

artist and SUQQU spokesperson, was responsible for Helena Bonham Carter's incredible skin at the Baftas. Ross achieved the peaches and cream glow by first giving the actress a skin-plumping facial massage, then used a trio of SUQQU products, tapping a shimmering highlighter on Bonham Carter's cheekbones and finishing with a delicate sweep of blusher over the cheekbones.

### Best manicure: Margot Robbie

Leading actress nominee Margot Robbie was also presenting an award at the Oscars, so she drafted in the A-list's favourite manicurist Tom Bachik, to get her nails ready for the spotlight. Bachik gave the Aussie actress a champagne shimmer, starting with OPI Lisbon Wants Moor and topping it with a chrome effect powder. The polish is available to buy, but if you want to get the exact same metallic top coat, you'll need to book in for an OPI manicure in salon.

### Best curls: Jennifer Lawrence

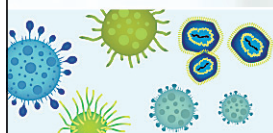
To complement her stunning Dior disco ball dress at the Oscars, Jennifer Lawrence opted for Seventies-inspired curls.

Award-winning hairdresser Lee Stafford has this hair how-to. "For Jennifer Lawrence's voluminous curls, opt for a wand with a medium-sized barrel like my Rainbow Shine Wand. Section your hair into two and work from the back of your head towards the front. For this look you want to curl even sections of hair, roughly one-inch, away from the face. Once you've finished curling, take a pea-sized amount of hair wax and rub between your hands and comb the wax through the hair. This will give you matte texture a la J-Law."

### Best eye make-up: Lady Gaga

For her dramatic Grammys look, Lady Gaga turned to Marc Jacobs Beauty and the brand's Global Artistry Ambassador, Sarah Tanno. "Gaga's eyes were inspired by a dark, starry night, romantic and striking to complement her gorgeous gown," Tanno says. She applied a gel crayon eyeliner heavily on the upper and lower lash line, then created a strong winged shape with liquid liner, blending the two together with a shimmering black eyeshadow and finishing with lots of mascara. TPN/PA

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# In the pink

**W**hen the British first found grapefruits in Barbados they were christened 'forbidden fruit', but there's no evil behind these spheres of Caribbean sunshine. Dubbed one of the Seven Wonders of Barbados, the underrated and understated grapefruit is one of the most nutritionally beneficial fruits around. We've found five of the most surprising health benefits to sink your teeth into.

### They boost your immune system

Constantly getting colds? You might want to head to the citrus fruits aisle. Grapefruits are packed with flu-busting vitamin C, which many of us lack in our diets. Micronutrient deficiencies of this crucial vitamin have been found to alter immune responses in animals and are thought to have a similar effect on the human immune response. Studies have also found that maintaining good levels of vitamin C in the body can reduce the severity of cold symptoms. So next time you're feeling under the weather, avoid the soft drinks and fill your cup with a grapefruit smoothie.

### They keep your skin healthy

Not only are grapefruits high in vitamin C, they also pack a powerful vitamin A punch. These two wonder vitamins combined are the perfect formula for healthy skin. Grapefruit extract applied topically has been found to have some pretty potent anti-ageing benefits, and it can even fight off free radicals. If you don't fancy smearing it on your face, a grapefruit a day will provide the body with all-important nutrients essential for clear, glowy and blemish-free skin.

### It can reduce gum disease

Nobody wants to look down in the sink after brushing their teeth and see

While avocados continue to be all the rage on the breakfast scene, there's a far superior fruit we reckon deserves its time in the spotlight. It's pink, it's sour and looks a bit like an overgrown orange; we're talking, of course, about the majestic grapefruit.



While the legends of extreme weight loss results should be taken with a pinch of salt, a study has shown that eating half a grapefruit before a meal may actually help with appetite control. (Photo: PA Photo)

blood, but if you do find yourself in this unlucky scenario, perhaps another red liquid is the answer. Studies have found that those suffering from gum disease greatly benefit from eating two grapefruits per day, thanks to the fruit's high levels of vitamin C, which promote wound healing and cut damage by unstable free radical molecules.

### It lowers cholesterol

While doctors aren't quite sure how grapefruits interact with cholesterol, though antioxidants may be the answer, studies have shown they can lower LDLs - lower density lipoprotein or 'bad cholesterol'. In particular, red grapefruits appear to lower cholesterol more effectively than their white counterparts. However, if you're already on medication for cholesterol

- or anything else for that matter - you may want to consult your doctor before adding grapefruit to your diet.

### It may help you lose weight.

It's long been rumoured that grapefruit has a mythic quality that can help with weight loss. Variations of the 'grapefruit diet' have been used since the 1920's, but the most consistent theme is the idea that eating grapefruit before a meal can kick-start your metabolism. While the legends of extreme weight loss results should be taken with a pinch of salt, a study has shown that eating half a grapefruit before a meal may actually help with appetite control. Even if adopting a 'grapefruit diet' doesn't do much for your weight, at the very worst, you're still getting one of your five-a-day before each meal.

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# Confessions of a special needs mum

**N** KATE INACIO

As I sit here writing this in the dark as Marley sleeps soundly next to me, I want to see the ripple effect start to occur. Create a voice for special needs parents in the Algarve and also in other areas. Start making change happen. I don't know the best way to make change happen but I figured a start would be to express some feelings.



I am 99.9% sure there will be other parents out there who can relate to some of this article. I can't give you the answers, but maybe you'll be able to relate, and feel comfort from that. Reach out and contact me with your confessions and thoughts, let's become a pack of fighters. A group of warriors is far stronger and louder than one!

I feel under a huge amount of pressure every day. Do the right thing, say the right thing, find the best kind of treatments, and always be positive but realistic... The list is endless. Most of all, a huge amount of pressure to be the best possible mum I can be. I often think I wish I had a leaflet given to me when I had him. What to expect when being a mum of a child with special needs. A checklist of everything that will happen, what you will need and the future steps. But that's impossible. I wish I had one to show me the right road, guide me through the best decisions and the most effective ways to do things. The truth is you need to find acceptance that no one knows what's best, but most people will give it a good go!

And then my issue with being incapable of asking for help.

My friends have started to really start to get irate with this. Everyone is always saying how I need to take better care of myself and ask for help where it's needed. I never accept it though and I can't even explain why. I suppose I just like getting on with things, keeping my mind occupied and distracting myself a lot by being very busy. This isn't advice though as it isn't healthy! Definitely something I need to change.

We always get priority given to us in supermarket check-outs and I think I've offended some by declining it. There are a couple of reasons. Firstly, whenever someone points out we have priority and tries to push us through it's done with some kind of imperative like it must be obeyed. But mainly because there are people who DO need to pass a check-out and CAN'T wait - people in pain or someone pregnant needing a wee. But please respect my decision of teaching my son how to wait. He needs to appreciate that nothing in life comes easy and what it is about him that makes him incapable of waiting to pay for our bananas. Nothing. Patience is a virtue - something I want him to understand too.

One thing I need to learn myself, is being more conscious of talking about him when he is in the same room like he isn't there. The whole hearing deficit and global damp doesn't mean he can't understand everything and I'm becoming more and more aware of how much he picks up. I really have to try and work on that.

It all stems from the fact I feel completely consumed by him. I hope other parents can relate to this. My feelings towards him and caring for him feel really overpowering at the moment.

## accessible Portugal



Used with kind permission of the artist José de Guimarães

Like I can't think or talk about anything other than him. My thought processes ever rolling which interrupt 'normal' interactions considerably. The longing to have a conversation about anything other than health, but finding him coming right back into the forefront over every coffee or lunchtime.

My real internal struggle at the moment is with my daughter. Giving her enough time and attention and splitting myself between the two. I know she needs more time with her mum, but Marley is so needy at the moment that it is really hard. I need to help her create her own identity. Since she was born she has been the sister of... the translator for... the best door opener for... I need to find ways to help her create her own self as ultimately, she needs to be her own person.

I'm rattled with guilt that I don't take them out more especially Lilia. Recently it's been nearly impossible to leave the house. My plans revolve around whether it's wheelchair friendly or avoiding situations or places with noises I know will set him off. Possibly trying to get out of meeting someone who gets offended by Marley not saying hello. That has been embarrassing recently. So I opt out sometimes, but to be honest I really don't care. I have enough complications at the moment, why create more?

I've recently started exercis-

ing again to try and resemble something that doesn't look like it's surfaced from hibernation since 2011... When I actually go I feel great - but it's a rare sighting. I'm trying really hard but I do need to be forced to go. When Marley starts to feel a bit better I'm hoping I'll have a bit more motivation. I feel almost selfish for wanting to exercise sometimes. That, along with my love of a glass of wine and Italian food, isn't going to help bikini hopes for 2018.

The future terrifies me. With progressive diagnoses and illness I think it terrifies any mum. It feels some days like a looming cloud following me waiting to burst and it is really hard on his bad days. I need to be strong though and try my best to have faith.

Trying to understand him more whilst learning about myself as a mother and an individual... making sure I try not to shelter or underestimate, or overestimate for that matter. Patience... consistence... battles, hurdles, accomplishments and ultimately love.

I take my hat off to all you parents, you are all super heroes to me. Join the club and here's to you!

For more about disability issues or to find out more about the Marley and Mum journey please check out our blog at [www.marleyandmum.com](http://www.marleyandmum.com)

## What is your experience of Accessible Portugal?

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.

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**VILAMOURA – SEA VIEW**

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



**VILAMOURA – PRIVATE CONDOMINIUM**

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



**VILAMOURA – NEAR THE GOLF COURSE**

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



**VALE D'ÉGUAS - SPECTACULAR VILLA W/ UNIQUE STYLE**

Spectacular villa with sea and country view. 5 bedrooms, 7 bathrooms, 2 lounges, dining room, 2 kitchens with storages, laundry and basement. Furnished and equipped. Plot area approx. - 6.500 sq.m. Construction area approx. - 800 sq. m. ENERGY CLASS – B  
Ref. V12360 **Price: €1,700,000**



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**Tavira: 281 320 281**  
**Vilamoura: 289 301 294**



**Tavira**

Quality 4 bedroom / 4 bathroom villa (215 m<sup>2</sup>) with superb view & swimming pool. Fully fenced & walled-in plot of 612 m<sup>2</sup>. Close to golf & beach.  
EC: C  
Ref: LHV-1379 **Price: €499.000**



**Tavira**

Exclusive 2 bedroom / 2 bathroom property (143 m<sup>2</sup>) with garage, Jacuzzi & BBQ area located in upmarket residential area. Country and distant sea view.  
EC: in progress  
Ref: LHT-1024 **Price: €399.950**



**Tavira**

Semi-detached 3 bedroom / 3 bathroom villa (209 m<sup>2</sup>) with study, basement, garage & large outdoor spaces. Fully fenced plot of 325 m<sup>2</sup>. Sea view.  
EC: C  
Ref: LHV-1406 **Price: €389.000**



**Cabanas**

Superb 3 bedroom / 2 bathroom apartment (94 m<sup>2</sup>) with large garden (72 m<sup>2</sup>) and 4 communal pools. Close to the water front & all amenities.  
EC: D  
Ref: LHA-1240 **Price: €209.000**



**Tavira**

Town center! Light & bright fully furnished 3 bedroom / 2 bathroom apartment (93 m<sup>2</sup>) with extended living room space. A/C and mosquito nettings.  
EC: D  
Ref: LHA-1301 **Price: €165.000**



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Fabulous 3 bedroom villa with a spacious living room, air-conditioning, swimming pool, BBQ area, situated only 2 min. from the beach & just on the outskirts of Carvoeiro. Perfect for a holiday rental or a permanent home in the Algarve.  
Bedrooms: 3 Area: 136 m<sup>2</sup> | 400 m<sup>2</sup>  
Ref.: V1312  
**€320,000**



Modern Duplex 1+1 bedroom Apartment located in a condominium with a living room, kitchenette, bathroom, central heating, double glazed windows and terrace with sea views, only 5 min. from Carvoeiro beach. Potential holiday home.  
Bedrooms: 1 + 1 Area: 64 sqm | 107 sqm  
Ref.: AS616  
**€125,000**



Picturesque, Traditional Portuguese Style 2-bedroom Semi-detached House with a living room, wood burner, 2 bathrooms and a terrace overlooking the countryside views of the lovely village of Alte.  
Bedrooms: 2 Area: 91 sqm  
Ref.: V1274  
**€85,000**



Charismatic 3-bedroom Renovated Cottage with an open plan kitchen, spacious living room, large plot with garden & fruit trees, only 5 min. from Algoz.  
Bedrooms: 3 Area: 160.90 sqm | 22900 sqm  
Ref.: V1262  
**€260,000**



Modern, Fully Renovated 2 + 1 Bedroom Townhouse with a cosy garden, BBQ area & garage located only 5 min. from the beautiful fishing village of Alvor.  
Bedrooms: 2 + 1 Area: 96 m<sup>2</sup> | 297 m<sup>2</sup>  
Ref.: V1264  
**€245,000**



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**Vilamoura €420,000**

\*\*\*Price Reduced\*\*\*  
This beautiful and spacious 3 bedroom 2 bathroom detached villa, located in a nice residential area of Vilamoura. It's set on a wonderful landscaped and spacious plot of land with many different fruit trees and its own pool. Must see to be appreciated



**Vilamoura €260,000**

\*\*\*New Property\*\*\*  
A beautifully spacious 1st floor 2 bedroom apartment, situated in a prestigious area of Vilamoura within walking distance of the Marina. The apartment itself has been very well maintained, with air-conditioning throughout and lots of natural light.



**Vilamoura €159,000**

\*\*\*New Property\*\*\*  
Nicely located 1 bedroom / 1 bathroom spacious apartment set within a well maintained condominium. The apartment has two lovely south facing balconies and a communal pool, surrounded by landscaped gardens.



**Vila Sol €1,700,000**

\*\*\*New Property\*\*\*  
Spacious 4 bedroom / 4 bathroom detached villa with private heated swimming pool fabulously located on one of the larger plots in Vila Sol. Beautifully designed property which has been executed to the highest standards using first class materials.



**Vilamoura €260,000**

\*\*\*Investment Property\*\*\*  
Delightful 3 Bedroom / 2 Bathroom semi-detached villa set in a tranquil area of Vilamoura located between the Hilton Hotel Spa Resort and the Old Village. It is a cosy property which is filled with lots of natural light and has a communal pool.

## Algarve Assistants at your service



Are you spending more time in Portugal and think you may want to enjoy this lovely country more? Maybe it is time to become resident! Take the advantage of tax residency benefits, such as Non-Habitual residency tax status that gives exemption of tax on income earned abroad, or even be entitled to tax relief on income earned in Portugal. There are also other benefits including exemption of tax on importing and registering a foreign vehicle.

Or do you have a property in Portugal that you are renting? Do you have a Rental Licence, or do you need help in obtaining one?

Find all the help and advice you need with Algarve Assistants, with the team at your service to offer friendly assistance and support on these and similar matters.

Established in 2012 by managing partner Célia Vences who has extensive experience in this area, the aim of Algarve Assistants is to provide support services to foreign owners and visitors in order to help

them to reduce problems they may encounter and to feel more confident about living or owning a property in Portugal.

If you are looking for tax advice, a Rental property license, Non-Habitual residency tax status, Vehicle registration, to Exchange or register your driving license, Fiscal Representation or are simply looking for direction with accounting then you can count on the professional and experienced team at Algarve Assistants to help.

Every case, client and situation is assessed on an individual basis to ensure a customised solution to meet the unique needs of each client.

Never struggle with paperwork again in Portugal and let Algarve Assistants take the stress away with their prompt, efficient and trusted services.

Visit Algarve Assistants at their office in Patação, in Rua de Mar e Guerra, nº75A, on the way to the airport.

The office is open Monday-Friday, from 9am to 1pm and 2pm to 6pm.

## Your choice for property in the Lagoa area



If you are looking for a wide range of properties in the Lagoa area of the Algarve, then visit ERA Lagoa and meet the experienced and professional team on hand to help every step of the way.

ERA Lagoa is a real estate company which has been operating since January 5, 2004, with the team exclusively dedicated to the real estate market of Lagoa. With their in-depth knowledge of the local area and long experience, ERA has been able to sell more than 1,250 properties, helping to realise the dreams of more than 2,500 families.

ERA Lagoa is a firmly structured and organised company with 12 qualified real estate consultants who receive continuous training support. The consultants work full-time and are exclusively dedicated to the geographical area where they are specialists and work, with two commercial directors who give the necessary support to their teams of consultants. This allows for a streamlined proc-

ess with a guarantee of success and procedural direction entirely dedicated to the legal and financial processes of purchase and sale. Such professionalism makes all the difference in the success and conclusion of each sale and purchase with an efficient coordinator that guarantees the smooth transition between owners. This is all backed up with a proven national and international marketing structure to better promote the sale of each property.

ERA works within a larger network of more than 200 agencies within mainland Portugal and the islands of the Azores and Madeira and is integrated into the largest operator of real estate franchising, currently present in more than 50 countries.

You can find ERA Lagoa located at Rua Marquês Pombal, on the roundabout of the EN125, in Lagoa and at Rua do Barranco, in the centre of Carvoeiro.

Come and visit us! We look forward to helping you realise your real estate dreams!

## U-Store- store things your way

After almost 2 decades in business, U-Store self-storage continues to provide the Algarve with the highest quality storage. Whether you are building, moving, renovating or are simply clearing your clutter, U-Store is the perfect solution for you.

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Temporary, long-term or permanent storage is available for private or business use in indoor, locked, secure units within a fully insulated, purpose-built environment keeping your stored goods safe, clean, dry and in pristine condition.

Individual private units vary in size from 1.5m<sup>2</sup> (4m<sup>3</sup>), up to 17m<sup>2</sup> (51m<sup>3</sup>), whilst pallet or crate storage is an economical option for a small amount of goods.



With daily access, U-Store offers other amenities such as sale of packing materials, on site insurance and advice on storage requirements. Trolleys, pallet trucks and a forklift service are also available free of charge.

U-Store Self Storage is free of hidden charges, service charges or maintenance costs and all visits to the facility for viewing are welcomed.

Whatever you need to store (except flammable, explosive, perishable or illegal items), U-Store has the space to store it.

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## Ever thought about a Swim Spa?



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If you are thinking about having a Pool or Swim Spa there are many things to consider from energy efficiency to installation and more.

### Installation Costs

The first expenses you'll be exposed to for a swimming pool or swim spa are the installation costs. A swimming pool takes weeks to build and can cost anywhere from €25,000 to €100,000. A swim spa takes around one day to install, with a price tag of €12,000 to €30,000.

A basic swimming pool and a high-end swim spa will cost you around the same amount of money, so knowing which features the swim spa has and whether they're right for your lifestyle is also important.

### Safety Cover, Liner, and Shell Costs

Whether you choose a swim spa or a swimming pool, a safety cover is an essential purchase. It's important to remember that these can be expensive, with

swimming pool covers costing between €3,000 and €10,000 and swim spa covers are included and give much better Heat retention

### Energy and Heating Expenses

Energy efficiency is another important consideration when choosing a swimming pool or swim spa.

Typically, swim spas are more energy efficient than swimming pools. The best insulated swim spas have advanced insulation that traps and regenerates heat from the motor, using less energy overall.

Swim spas are cheaper to run in cooler weather. They also feature hard covers that are insulated. Because these covers trap waste heat from the water, you won't need to heat your swim spa in summer.

### Swim spas have a current and massage seats

An active current is the main feature of swim spas. The current allows you to swim without hitting the end of the spa. It's a very productive (and practical) feature for exercise. You'll get one of the very best workouts for cardiovascular health, with a workout as challenging as you want it to be.

### This Week's profiles:



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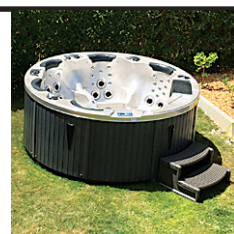
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Verse of the Week And this is eternal life: to know you, the only true God, and the one whom you sent - Jesus the Messiah.



# Contending in red again

**N** NEIL CONNOLLY

Tigermania is back. All of a sudden he is back. The Masters is only four weeks away. His fans are back boisterous and bustling. Their hero was wearing his red shirt on Sunday and this time he was contending.

**W**hat comes with Tiger is really a jolt in the arm, a tonic or twist in the storyline. Brandt Snedeker remarked after playing with Tiger that the surrounding noise, "is louder than (he) had heard in a long time." What is amazing is that the viewing figures on Saturday, were so high. So high that the networks haven't seen a Saturday spike, of this ilk, in the ratings for twelve years. Twelve years! He really is box office, this time people aren't expecting him to win; they are hoping to see him win with the mannerisms, the fist pumps, magnetic smile and the unexpected jail break shot. When the forty-four foot putt fed its way into the heart of the hole, on the seventy-first hole, to get him within one shot; It felt that the clocks had been turned back and we were watching the same imperious player. A birdie on the last and then a playoff, maybe it was possible. He fell short, this time, but what a comeback. His record shows that previously when he has been

within one stroke of the lead, the 69 times before, he has won 62 times. So, when he said that he felt comfortable in the thick of it, in contention on a Sunday - no wonder. In the modern era, nobody but nobody has controlled the dialogue and action on a Sunday. It appears we are on the verge of seeing the unthinkable, a Tiger Woods fully fit, pain-free and competitively ready for a comeback the likes of which the golfing world hasn't seen since Hogan's car crash in the fifties. He is already looking to Bayhill where he has won eight times already. He is saying publicly that he is just taking it day by day, no expectations, just pleased to be competing, healthy and pain-free. However, inwardly, deep down where the core of the competitor lives, he must be feeling that there is a shot at winning a tournament this year. Then the mind can wander, the Masters? Is it possible? That's what makes this so tantalising. He is closing on his 80<sup>th</sup> PGA Tour win, he has to

make it past 82 to be the all-time winner on Tour. The current banner holder is Sam Snead. It could be argued that if he passes that mark he really has become the greatest player of all time. Now I know you golfing aficionados have got a point, when you say that a true player is measured by their Majors record. Tiger is four short of the number held by Jack so Jack is the Greatest. Yet remember Jack's last win was in 1986, that's thirty-two years ago. The game has without argument become far more competitive over the last twenty years. So, fourteen stacked against eighteen, it's close, but if he were to get within two majors then the argument would surely shift towards Tiger being the greatest of all time, or GOAT as they are prone to saying these days. Now he may fall over, mentally or physically, we've seen the photos now. But the overwhelming feeling around the world is the game is better with Tiger in it. The advertisers, sponsors

and the spectators all agree and will pay to prove it. Paul Casey won by the way. Which is fabulous news, he hasn't won in nine years in the States and the resurgence of his career has been slow and steady. If Tiger had not been in the field, everybody would be asking Paul if he was planning to make the Ryder Cup Squad. Yet to find a story about that, is proving to be very difficult. Tiger is back. What seemed impossible two years ago now seems possible. He is "excited" about 2018. He's not the only one.



Tiger Woods showed a return to form last weekend. (Photo: Lusa/Tannen Maury)

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# FC Porto suffer shock defeat

**N** CHRIS WRIGHT



FC Porto manager Sérgio Conceição, pictured here second from right, confronts match officials following his side's shock 1-0 loss to relegation-threatened Paços de Ferreira. (Photo: Lusa/José Coelho)

side went in at the break with their lead intact. The Dragons had a great opportunity when Felipe was impeded in the sixty-sixth minute but Yacine Brahimi had his spot-kick well saved by Felgueiras. Paços de Ferreira held on for only their second win of 2018 and in the process inflicted the first defeat of the league season on FC Porto.

Reigning champions Benfica needed to beat Desportivo Aves if they were to take advantage of FC Porto's slip and close the gap at the top. Despite the efforts of Rafa Silva and Jonas, the Eagles went in at the break with nothing to show for their endeavours. That all changed after the interval with Benfica beginning to pepper the Aves goal with greater frequency, enabling Jonas to break the deadlock in the seventieth minute from Franco Cervi's cut-back. Ruben Dias then secured all-three points just five minutes later, as he reacted first to Raúl Jiménez's strike to slot home the rebound. Sporting knew they had to win at Chaves to keep alive their outside chance of catching the top two. Jorge Jesus once again had to shuffle his starting line-up due to injuries and he had keeper Rui Patrício to thank for several first-half saves which keep the score sheet

blank at the interval. Bas Dost joined the fray in the second-half and it was no surprise when the Dutchman nodded home after good work on the left by Ruben Ribeiro. Rodrigo Battaglia then protected Sporting's advantage with a goal-line clearance before making an immediate impact at the other end. From the right-back position, Battaglia battled for possession deep in the final third before squaring a pass across goal to Bas Dost who had the easiest of tasks to tap home goal number two, five minutes from time. There was still time though for Chaves to pull a goal back from the penalty spot through Platiny. SC Portimonense continue impressive progress in their first season back in the top flight. An eighteenth minute strike from Carvalho gave them the lead at home to Vitória de Guimarães. The visitors drew level four minutes later as Raphinha found the back of the net but their joy was short-lived when keeper Douglas was sent-off on the half-hour mark. Portimonense secured victory against the ten men when Pires scored in the sixty-sixth minute. The victory propelled the Portimão side into the top half of the league although they deserve better support than the 1,830 fans who turned up for this game.

Paços de Ferreira, languishing in the relegation zone after five straight defeats, pulled off the shock of the Primeira Liga season with victory over FC Porto. Benfica moved to within two points of top spot with a home win against Desportivo Aves whilst Sporting followed up their Europa League first-leg success against Czech outfit Viktoria Plzen with victory at Chaves.

**T**he weather at Paços de Ferreira's Mata Real Stadium was far from ideal for fast attacking football but the home side adjusted better to the conditions than their illustrious opponents FC

Porto. Just after the half-hour mark a Filipe Ferreira cross picked out Miguel Vieira at the near-post to give Paços de Ferreira the lead. FC Porto nearly levelled through Vincent Aboubakar but the home



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