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The Portugal News' campaign to support and promote accessibility in Portugal. See page 38

EVERYDAY, THE BEST AND THE CHEAPEST

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**Ronaldo rescues Portugal P56**

Two of the world's most exciting players - Egypt's Mohamed Salah and Portugal's talisman Cristiano Ronaldo - went head-to-head in an enthralling World Cup tune-up friendly in Zurich that did not disappoint.



**Russian Response** ➤ P4



Portugal has held talks with its Portuguese Ambassador in Russia as it ponders its stance with regard to the 'Sergei Skripal' poisoning case.

**Ryanair Wrangle** ➤ P8



The union representing low-cost airline Ryanair's cabin crew in Portugal has confirmed they will be striking on three days over Easter.

**Tree Triumph** ➤ P12



An ancient cork oak in the Portuguese village of Águas de Moura, Setúbal, has won European Tree of the Year.

**WEATHER** ➤ P3

## Hotels hike prices to ward off school-leavers on 'finalists' spring break trips

# SPRING BREAK REBUFF

Full story, see p. 2



As Portugal's school-leavers gear up for their traditional 'Finalists Trip', youngsters party and celebrate on the beach at Clayton's Beach Bar and Grill in South Padre Island, Texas, USA, 11 March 2018. (Photo: EPA/Larry W. Smith)

The harder we work the luckier we get





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# Spring Break Rebuff



CARRIE-MARIE BRATLEY

Portugal's hoteliers might be hopeful of a bumper Easter season, but it seems the country's 12th year school-leavers may be contributing little towards the results. The head of the largest hotel association in the Algarve – one of Portugal's most popular Easter holiday destinations – has said hoteliers in the region hike their prices at this time of year to put off high-school leavers from taking their traditional 'finalists trips' in the revered beach destination.

**T**his, according to newspaper *Diário de Notícias*, is a practice exercised for over a decade in that particular region of Portugal, in a bid to avoid the "problems, noise and conflicts" that such trips can entail. Where hotels do accept groups of high-school leavers, hefty deposits are being asked for to cover their stays, the report reveals.

Speaking to *Diário de Notícias* (DN), Elidérico Viegas, head of the AHETA hotel association, said "it is an area of business that has no interest, nor offers profitability for hotels."

"In addition to not compensating financially, we cannot dissociate this strategy from behavioural issues." The head of the association stressed that "inappropriate behaviour, conflicts, and deterioration of equipment" are some reasons as to why hoteliers are attempting to ward off students.

While admitting that not all youngsters behave badly, Elidérico Viegas said unfortunately the well-behaved students "end up paying for those who do". Past "disruptions and losses" have led to hotel units in the popular region asking for "guarantees regarding the preservation of fixtures and fittings, and down-payments to cover expenses that result from misused equipment and parties".

In a nutshell, the AHETA chief summarised, "no finalist groups are accepted" in the Algarve. Even when hotels were more open to accepting them, Viegas recalls, "more significant deposits were required and prices were less competitive, which diverted the groups to other destinations", namely to Spain.

Last year's spring break was marred by an incident in southern Spain in which more than 1,000 Portuguese finalists were kicked out of a hotel amid claims of disagreements and vandalism. Around 1,200 Portuguese students in their final school year were ordered to leave the Camino Real hotel in Torremolinos after they allegedly caused thousands of euros worth of damage and destruction.

But the Algarve is not alone in trying to steer clear of high-school leavers. Several hotels on the Costa da Caparica, just south of Lisbon, where the Caparica Primavera Surf Fest is currently taking place, also told DN that they do not accept bookings from organised groups of 12th year finalists over Easter.

"I do not want students, they make a lot of noise and they annoy the other guests, and they are a lot of work", the owner of a two-star hotel told the newspaper.

Regardless, Portuguese agencies that specialise in organising finalists' trips say



Spring Break is celebrated by students across the Globe South Padre Island, Texas, USA, 11 March 2018. (Photo)

they have noted a growth of over 20 percent in demand.

Approximately one year after the incident in Torremolinos, several thousand Portuguese final year students were once again due to descend on the Spanish resort this week.

Meanwhile, both the GNR and PSP police forces have upped patrols on the roads and in busy resorts for the Easter period, to keep an eye on the holidaying youngsters as well as uphold safety in general, as the number of tourists is expected to swell. GNR officers are also staging checks at border-crossings on buses carrying finalists on organised trips to Spain.

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**N** News in Brief



Here, youngsters play beer pong while partying and celebrating on the beach at Clayton's Beach Bar and Grill in Lagos. (EPA/Larry W. Smith)

**Immigration service staff stage 3-day strike to demand career structure**

On Tuesday, staff of Portugal's Borders and Immigration Service (SEF) launched a three-day strike to raise awareness of what trade unions call a "chaotic situation" at the institution. According to the Union of SEF Staff (Sinsef), the Ministry of Internal Administration, which oversees the service, has done nothing to remedy the situation and, together with SEF's national bosses, is implementing "administratively absurd policies". The union is pressing for the recognition of a career structure for the 600 or so of SEF's total 1,200 staff who lack the status of police officers. They work in the department that issues documents, including passports, residence permits and 'golden visas' - fast-track residence for major investors.

**Tavira Mediterranean gastronomy fair cancelled**

A Mediterranean gastronomy fair planned for Tavira next weekend has been cancelled. The culinary workshop was due to take place in Cachopo on Saturday 7 April but has been cancelled for a car race to take place. A countryside walk to learn more about cereal production, which was also part of the gastronomic event, has also been cancelled.

**Deutsche Bank announces sale of retail operation to Spain's Abanca**

Deutsche Bank announced on Tuesday that it has reached an agreement to sell its retail banking business in Portugal to Abanca Corporación Bancaria of Spain for an undisclosed amount. It is to retain a foothold in Portugal in the form of a branch dedicated to corporate and investment banking. The sale to Abanca requires regulatory approval, but Deutsche hopes that the operation can be concluded by the summer of 2019. It said that it will work with clients and employees to "ensure a smooth transition".

**Algarve hoteliers hopeful of a bumper Easter**

Hoteliers in the Algarve are the most hopeful of a bumper Easter in the country. According to Portugal's national Hospitality Association (AHP), Algarve hoteliers have the best perspectives in terms of Easter bookings. This was found after the association carried out a national study among its associates, last month.

**Zero demands strategic environmental assessment of new Lisbon airport**

Portuguese environmental association Zero said on Wednesday that there must be a Strategic Environmental Assessment of the new Lisbon airport in Montijo and that if one is not conducted, the association will file complaints with the Portuguese and European Commission (EC) courts. The environmental defence association announcement came after "the latest new that talked about an Environmental Impact Study" which does not comply with the legal requirements and good practice regarding the assessment, transparency and participation", it said.

**WEATHER**

**Easter weekend washout**

After a lovely couple of days for most of the country, the weather is sadly to deteriorate over the Easter weekend, bringing with it some still much-needed rain.

**Lisbon:** Lisbon is forecast to be rainy for the foreseeable future with showers, heavier on Thursday this week, falling almost non-stop until the end of next week. There will be some sunnier intervals in-between the showers, but the Easter weekend in Lisbon will be a wet one.

**South:** Southern Portugal can also expect scattered showers on and off for the coming several days, although over the weekend it should stay mostly dry, with some sunshine and high cloud around, and temperatures rising steadily towards the 20 degrees mark by the end of next week.

**North:** Persistent rain, heavy at times, will fall consistently in northern Portugal at least until the end of next week. However, showers are forecast to be lighter over the weekend, with some brighter spells breaking them up, but on the whole there will be constant rain until next Friday.



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# Portugal summons Portuguese Ambassador in Russia for talks

Portugal has recalled its Portuguese Ambassador in Russia to Lisbon for talks as it ponders its stance with regards to the 'Sergei Skripal' poisoning case.



North Atlantic Treaty Organization (NATO) Secretary General Jens Stoltenberg speaks at a news conference at the NATO headquarters in Brussels, Belgium. NATO has this week announced it will be cutting the size of its Russian mission by a third, in response to the Sergei Skripal poisoning. (Photo: EPA/Olivier Hoslet)

**I**t comes as Portugal has yet to make a firm decision on whether it will expel any Russian diplomats following the poisoning of former double agent Sergei Skripal in the UK.

The USA and about 24 other countries, including 16 from the European Union (EU) have announced they are expelling more than a hundred Russian 'diplomats' in support of the UK, *Lusa News Agency* reports.

The president of Portugal, Marcelo Rebelo de Sousa, has said that the decision to recall the Portuguese ambassador back from Moscow was a "warning" and a "strong decision by the Portuguese state".

Speaking on Television on Wednesday, the Portuguese foreign minister Augusto Santos Silva said that recalling the ambassador for

consultations was the most adequate measure to defend the country's interests and express Portugal's position on the international stage.

NATO has meanwhile also slashed the size of its Russian mission by a third, removing accreditation from seven Russian staff and rejecting three other pending applications in response to the poisoning. Nato secretary general, Jens Stoltenbe said the move sends a "clear and very strong message there is a cost to Russia's reckless actions". Last week, London expelled 23 Russian embassy employees in retaliation for the attack in Salisbury.

The Portuguese government has not followed suit but it said on Monday that it has "taken note" of the concerted decision by many EU

governments. Foreign minister, Augusto Santos Silva, said on Tuesday that the Portuguese government's decision about the 'Skripal case' is "in progress" and will be governed by the defence of the interests of the nation, Europe and NATO, but also by "autonomy, prudence and firmness".

"This is a process that is probably still in its infancy, it is necessary to avoid any escalating logic. As the NATO Secretary-General has said, we must be firm with Russia, but at the same time maintain political dialogue with Russia. This is the orientation of Portugal." Segei Skripal and his daughter who was visiting from Moscow were the victims of a nerve agent attack on 4 March 2018, in Salisbury, which has been blamed on Russia. Russia has denied any involvement.

## More funding granted for UK police to continue probe into disappearance of Madeleine McCann

British police are to continue their investigation into the disappearance of Madeline McCann after the UK's Home Office confirmed that an application from the Metropolitan Police for more money to prolong the probe, called Operation Grange, will be granted.

The Daily Mail claims the top-up is approximately €170,000, in an investigation that has so far seen in the region of €12.6 million spent on it.

"The Government remains committed to the investigation of the disappearance of Madeleine

McCann. We have briefed the Metropolitan Police Service that the application for the allocation of special funds for 'Operation Grange' will be approved", the British government said.

Meanwhile, the Mirror reports detectives are to pursue "one final

line of inquiry".

Madeleine McCann disappeared on the evening of 3 May 2007 from a holiday apartment in Praia da Luz, in the Algarve region of Portugal, then aged three. In May this year, she will have been missing for 11 years.

## Foreign drivers offered more toll assistance over Easter

Portugal's road infrastructure manager Infraestruturas de Portugal (IP) has said it will be boosting the number of assistants giving out information and help on tolls over the Easter period.

IP said that support teams would be out in force at the Easytoll areas beside the border near Viana do Castelo, on the A24, near Vila Verde da Raia, on the A25, and beside the Alto Leomil

service area on the A22 in the Algarve. The IP assistants will be available to help foreign tourists who visit Portugal over Easter to use the Easytoll system to pay for their motorway electronic tolls.

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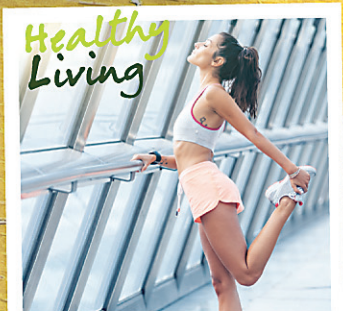


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# Portuguese national seriously injured in France terror spree

A Portuguese national has been left in a “serious” condition after being shot in the head by the perpetrator of a spate of attacks in southern France last Friday, carried out by a lone ISIS-affiliated gunman.



A 27-year-old Portuguese national was injured in the string of terror attacks in Southern France last Friday, which left four people dead and fifteen injured. (Photo: Facebook)

**T**he victim is identified as 27-year-old Renato Silva, originally from Coimbra, Central Portugal, who currently lives with his parents near Carcassonne, France.

Manuel Correia, a family friend, told Lusa News Agency that Renato Silva had been driving his car when the attacker opened fire, killing the passenger and injuring Renato.

According to reports, after being shot, the Portuguese national still managed to activate the GPS tracker on his mobile phone and call his mother, who in turn called the police, triggering the ensuing manhunt for the perpetrator.

Renato Silva was still conscious when the authorities found him, and called his mother again from hospital before being placed in an induced coma.

He was expected to be kept in a coma at least until the middle of this week, when doctors were due to decide whether Renato could be operated on to remove the bullet.

The string of attacks in Carcassonne and Trèbes, by a man claiming to be acting on behalf of so-called Islamic State, caused four deaths, including that of the suspect.

Redouane Lakdim, 25, of Moroccan descent, is believed to have opened fire on Renato Silva's car, before hijacking it and driving to a supermarket where he held workers and shoppers hostage, claiming to be acting on behalf of so-called Islamic State.

Last Friday's attacks also left another fifteen people injured, three of whom are in a serious condition, the French internal affairs ministry said.

# Moroccan charged with terrorism offenses

The Portuguese public prosecutor has charged a Moroccan national who is being held in a Lisbon prison, with allegedly belonging to an international terrorist organisation.

The attorney general said that the Moroccan is accused of one crime of joining a terrorist organisation, another of forgery for the purpose of terrorism and four crimes of using fake documents for financing terrorism.

The attorney general added that the Moroccan, who radicalised and recruited Moroccan youths in Portugal for the so-called Islamic State, is also accused of recruiting for terrorism and financing terrorism.

TPN/Lusa

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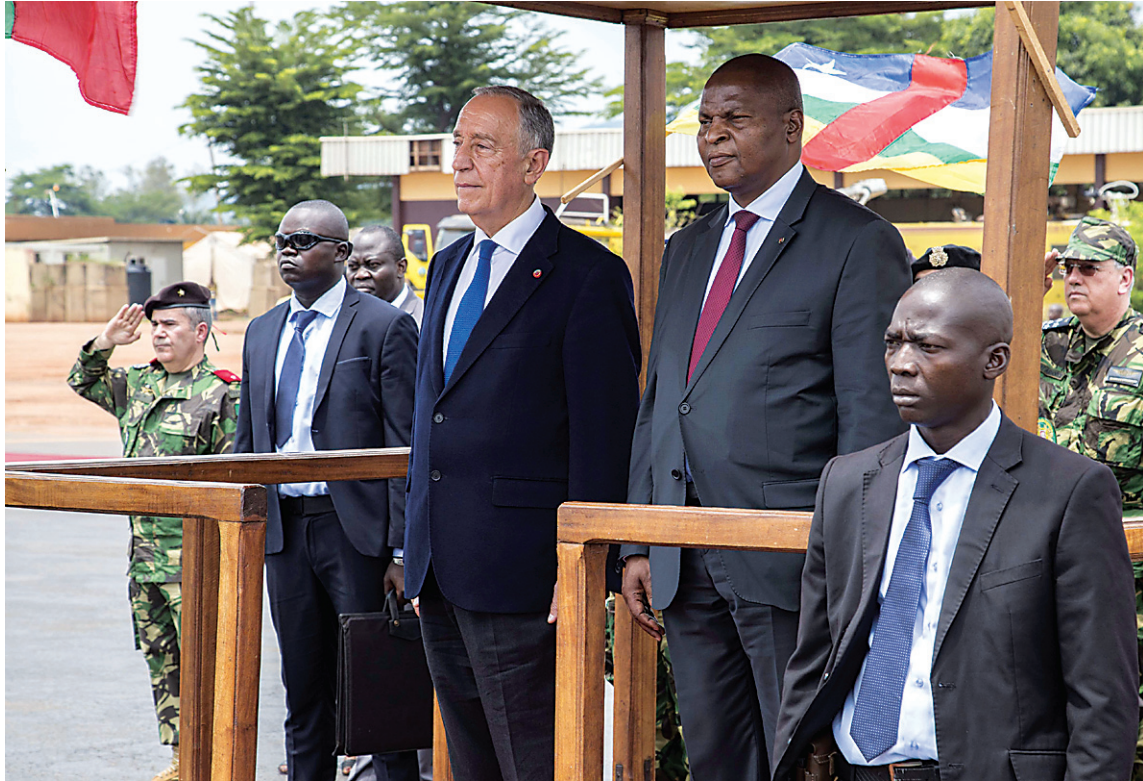
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# President visits soldiers in UN mission in Central African Republic



Portugal's President Marcelo Rebelo de Sousa was welcomed by the President of the Central African Republic Faustin-Archange Touadéra (C) during a visit to Portuguese troops who form part of the United Nations Multidimensional Integrated Stabilisation Mission (MINUSCA), on Monday. (Photo: Lusa/Alexandre Duclay/EUTM-RCA)

Portugal's president, Marcelo Rebelo de Sousa, has this week visited the Portuguese military force that forms part of the United Nations Multidimensional Integrated Stabilisation Mission in the Central African Republic (MINUSCA), and soldiers commanding the European Union training mission there.

According to a presidential aide, during Monday's visit the head of state also had a meeting with the president of the Central African Republic (CAR), Faustin-Archange Touadéra. The visit by de Sousa, who as president is also Supreme Commander of the Armed Forces, took in Bangui as well as a trip to the Portuguese force at N'Poko camp. The Portuguese contingent is made up of 159 soldiers in all, 21 of whom have been on the ground since mid-February, based at the Bangui barracks. The rest set off from Portugal at the start of March, and include three members of the air force and 135 of the army, mostly from the 1st battalion of the Paras.

The force, which is commanded by a lieutenant-colonel, João Bernardino, constitutes a rapid reaction force under the operational control of the military component of MINUSCA. It substitutes the soldiers of a previous force that was on duty for six months in the Bangui, Bocaranga and Bangassou areas. A separate contingent of 40 Portuguese soldiers heads up the EU training mission - the first time that Portugal has had this responsibility. The mission as a whole has 170 soldiers from 12 countries. The president was accompanied on his trip to the CAR by Portugal's minister of national defence, José Azeredo Lopes.

TPN/Lusa.

## More victims asking for help than in 2015

During the course of 2017, Portugal's Victim Support Association (APAV) dealt with 40,928 requests for help, which is a 19 percent increase on 2015, and identified over 9,000 people as certified victims, according to figures released by the organisation this week.

APAV's annual report for 2017, released on Tuesday, shows that the 40,928 contacts made (by telephone, online or in person) led to the opening of 12,086

support procedures, in the course of which 9,176 people were identified as victims.

The cases involved a total of 21,161 crimes and other forms of violence.

The association stresses that crimes against people accounted for 95 percent of situations recorded, and domestic violence alone accounted for 75.7 percent of cases.

By type of crime, sexual violence also stood out, with 175 cases of child sex abuse, 422 of stalking and 25 of cybercrime.

According to APAV, 82.5 percent of victims were female and more than 30 percent of

victims were professionally active.

Of those committing the crimes, more than 80 percent were male.

In terms of the places where crimes were committed, homes shared by victims and their attackers were the most common settings, followed by the victim's place of residence and then in public.

A formal complaint was made to the police in under half of the cases (46 percent).

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# CP launches low-cost tickets for travel in April and May



National rail company CP – Comboios de Portugal has launched a spring campaign selling heavily discounted tickets for travel on its high-speed services between major cities. (Photo: MÁRIO CRUZ/LUSA)

National rail company CP – Comboios de Portugal has launched a spring campaign selling heavily discounted tickets, from as little as €3.50, for travel on its high-speed services between major cities.

Discounts of up to 80 percent are applicable on journeys on the Alfa Pendular and Intercities high-speed trains, between 5 April and 31 May.

Tickets can be purchased up to 60 days in advance and nine thousands seats at discounted rates are available.

According to CP - which reportedly launched the campaign to compete with other modes of low-cost travel in Portugal, such as

flights between Faro and Lisbon, and Porto - "the promotion covers all Alfa Pendular and Intercidades destinations."

These include Lisbon to Porto from €5 on the Intercidades or €6.50 on the Alfa Pendular; Lisbon to Covilhã from €3.50; Lisbon to Guarda and Lisbon to Faro from €4.50, or Lisbon to Braga and Lisbon to Guimarães from €5.50, among others". This comes after CP

workers staged strike action last month.

According to their union, "the strike aimed to achieve the negotiation of a regulation of careers that dignifies and values the workers of CP - Comboios de Portugal, EPE, who are on low wages, and to effectively reduce existing wage inequalities instead of increasing them enormously."

For more information see [www.cp.pt](http://www.cp.pt).

## Portuguese coastguards on Greece mission detect migrant vessel

Portuguese coastguards working in Greece came across a packed vessel with 33 migrants on board – an overloaded boat that was heading towards the Molivos lighthouse, according to the National Coastguard Authority (AMN).

"The coastguard team on mission in Greece detected a boat navigating in the direction of the area

of the Molivos lighthouse, with evident signs of it being a boat overloaded with migrants," the AMN

said in a statement issued late on Monday.

According to the statement, the Portuguese

immediately contacted the Greek coastguard, providing all the information about the vessel they had detected.

"This vessel was then accompanied by the Greek coastguard to the safe disembarkation of the migrants," the AMN statement went on.

"On board the vessel were 33 migrants who then disembarked safely, watched over by the Greek coastguard."

In its role as part of the European Union's Operation Poseidon, Portuguese coastguards have detected and safely rescued from the Aegean

Sea more than 4,000 migrants of various nationalities trying to get to Europe.

The operation is under the aegis of the EU's Frontex agency and in support of the Greek coastguards, with a view to monitoring the EU's maritime frontiers.



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# Ryanair's Portugal cabin crew look set to go ahead with Easter strikes

The union representing low-cost airline Ryanair's Portuguese cabin crew has confirmed they will be striking on three days over Easter after negotiations with the airline proved "fruitless".

**T**he action, to be staged on Thursday this week, Easter Sunday and next Monday, will be going ahead, the SNPVAC (National Union of Civil Aviation Flight Personnel) confirmed on Tuesday.

This is, the union explained in a statement quoted by site *Economia Online*, because talks with the airline "proved to be fruitless, as Ryanair does not want to accept applying Portuguese Law", namely in terms of the rights inscribed in the Constitution and the Labour Code, such as parental rights.

According to *Economia Online*, the union also wants the company to stop "disciplinary proceedings when onboard sales targets are not hit", as well as considering a sick leave due to illness as an unjustified absence.

"What is the Portuguese State doing when it allows its people to be disrespected in their own country? Where is the Government, which has belittled itself to the

point of supporting a company that ignores the Portuguese laws?" the SNPVAC slammed in its statement.

The union further said that, "unlike the Government, Ryanair cabin crew members respect and demand their basic rights.

"And even the vile threat to close the bases in Portugal does not frighten us", they said in the statement.

In response to questions posed by *Lusa News Agency* about the stoppage over this upcoming Easter period, Ryanair only said: "We do not comment on rumours or speculation".

On 21 February, Ryanair CEO Michael O'Leary said he believed that the Easter cabin crew strike would not go ahead because his Portuguese personnel are "satisfied", and criticised the SNPVAC for calling the stoppage.

Addressing accusations that the low-cost airline does not comply with Portuguese labour laws and has seen working conditions deteriorate in



Passengers disembark from a Ryanair plane at Lisbon airport. In Portugal the Irish low-cost airline flies from all of the country's main airports as well as operating domestic routes between Faro and Porto, Lisbon and Porto, and the mainland and the Azores archipelago. (Photo: João Relvas/Lusa)

recent years, Michael O'Leary stressed that "conditions have actually been improving".

"Our flight crew members are entitled to leave at the end of each week, and pay increases that result in an additional 25 to 45 euros per year", he explained.

Michael O'Leary dismissed allegations of pressure on the company's employees, urging that "if there is evidence of bullying, cases should be brought

forward", and also criticised the fact that the SNPVAC recently refused to meet with the airline in

Dublin, Ireland, where the company is headquartered. Still, Ryanair's

outspoken CEO admitted that, "if the strike does go ahead, flights may be cancelled."

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# British couple whose Portugal ‘babymoon’ inspired daughter’s name, launch fund for babies ‘born sleeping’

A young couple from Cornwall, UK, who suffered the heartbreak of losing their baby daughter at birth, have launched a fund in her name to help others in similar situations.



Aimee Green, 23, and Ryan Conroy, 25, on their babymoon in Portugal. They have launched a fund to help other grieving parents after their baby daughter Luna was stillborn. (Photo: Supplied)

**A**imee Green, 23, and Ryan Conroy, 25, have set up ‘Luna’s Fund’ with an initial goal of raising £10,000 to offer a range of services and financial support to other bereaved parents. Using their own experience, they hope the money can be used to help grieving families create new memories and look forward to their future. Luna Valentina Conroy, Aimee and Ryan’s first child, was born sleeping (stillborn) on 29 November 2017, after a text-book pregnancy. During her birth, Luna’s umbilical cord ruptured and despite the medical team’s best efforts, nothing could be done to save her. Aimee says: “Over the past three months we’ve learnt that Luna was born into this crazy world to make a difference and impact peoples’ lives. “Memories, money and time have been crucial in our recovery

process and it is important that all grieving families have access to these. In our daughter’s memory, it is our mission to make this happen, and that is exactly what we intend to do.” While initially Aimee and Ryan hope to offer some practical help to families in ways such as redecorating the baby’s nursery and shopping deliveries, their ultimate aim is to open two safe haven retreats; one in the UK, ‘Luna’s Lodge’, and the other in the sun, Luna’s Legacy’. Aimee and Ryan visited friends in Portugal for their ‘babymoon’ - a traditional final holiday for the parents before the baby’s arrival - when Aimee was 24 weeks pregnant. It was here in Portugal where they confirmed the name choice for Luna, having noticed it everywhere they turned. The couple are now appealing for donations through a Facebook page ‘Luna’s Fund on their

JustGiving page: <https://www.justgiving.com/crowdfunding/lunasfund> and through their website: [lunasloveandlifeafterstillbirth.com](http://lunasloveandlifeafterstillbirth.com), where Aimee is publishing a heartfelt blog on their experience, telling others what happened to Baby Luna. Aimee said: “My first blog was viewed by over 2,000 people within the first week, which I was overwhelmed by. It has now reached 26,000 views in four weeks and has reached people as far as Australia and every country in between. “There are so many messages of support, which is amazing. The messages are helping in more ways than people will ever know.” Luna’s Fund stands for ‘Love and Unity for Neonatal And Stillborns’. “We are now looking for ways to raise money to keep the memory of our daughter alive and want people to join with us to achieve that aim”, Aimee concludes.

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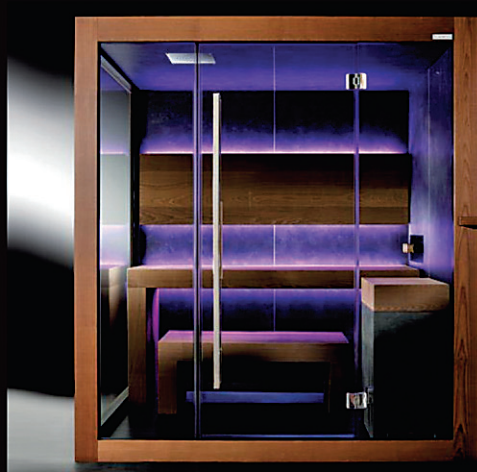
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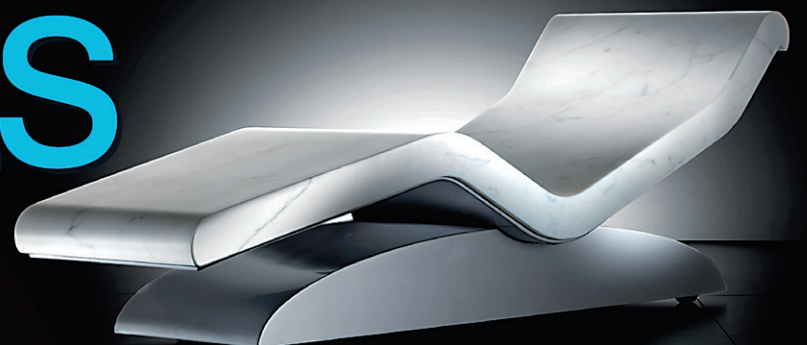


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# San Diego ‘blue tech’ mission builds ties with Portugal



Portugal's Sea Minister Ana Paula Vitorino (D), accompanied by the mayor of Figueira da Foz, João Ataíde (E), during the inauguration ceremony of the Blue Tech Ocean & Sea Incubator in Figueira da Foz, in December 2017. (Photo: PAULO CUNHA / LUSA)

San Diego's Blue Tech Cluster – one of the largest maritime technology groups in the US – has completed a mission to Portugal to find partners, ideas and investment opportunities in companies developing projects in the field.

**H**osted by the Ocean Forum (Fórum Oceano) - Associação da Economia do Mar (Association of Maritime Economy) - a private non-profit corporation that aims to promote activities relating to the maritime economy - the mission was part of a broader visit to Europe by a delegation made up of representatives of 13 US organisations working in the field.

In comments to *Lusa News Agency*, the secretary-general of the Ocean Forum, Rui Azevedo, said that the visit provided “the opportunity to present a range of instruments that are at [our] disposal to help investments in Portugal”, as part of the European Union-funded Portugal 2020 and Fundo Azul programmes, as well as “a range of other possibilities for attracting investment”.

If proposed projects are “relevant and profitable”, he said, “there will certainly be investment to

help them.”

According to Azevedo, the mission to Portugal included some 100 business meetings between members of the US delegation and local companies, which made it possible to “deepen” cooperation with San Diego's Blue Tech Cluster.

Work between different clusters, he said, “is fundamental to bringing some ideas to fruition.”

An informal network of such clusters has formed following a series of meetings between representatives from Portugal, Spain, France, the UK, Ireland, Canada and the US, with the objective of exchanging information between its members.

The Ocean Forum itself has over 100 members, working in everything from conservation, processing and marketing of fish and fish products, the shipping industry, shipyards, fisheries and fish farming, ports, transport and logistics. *TPN/Lusa.*

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## Portimão-Bragança flight bumped up to twice daily

The domestic flight that connects the Algarve in southern Portugal to Bragança in the north, with several stops in between, now departs twice a day, as of Monday this week.

The AeroVip flight starts from the Alvor aerodrome in Portimão, and stops in Cascais, Viseu and Vila

Real before reaching its final destination, Bragança, and coming back again. Two daily flights will now

depart from Portimão, at 10.20am and 5.20pm. The service between the Algarve and northern

Portugal takes approximately two hours, depending on how many people board or deplane at each stop.



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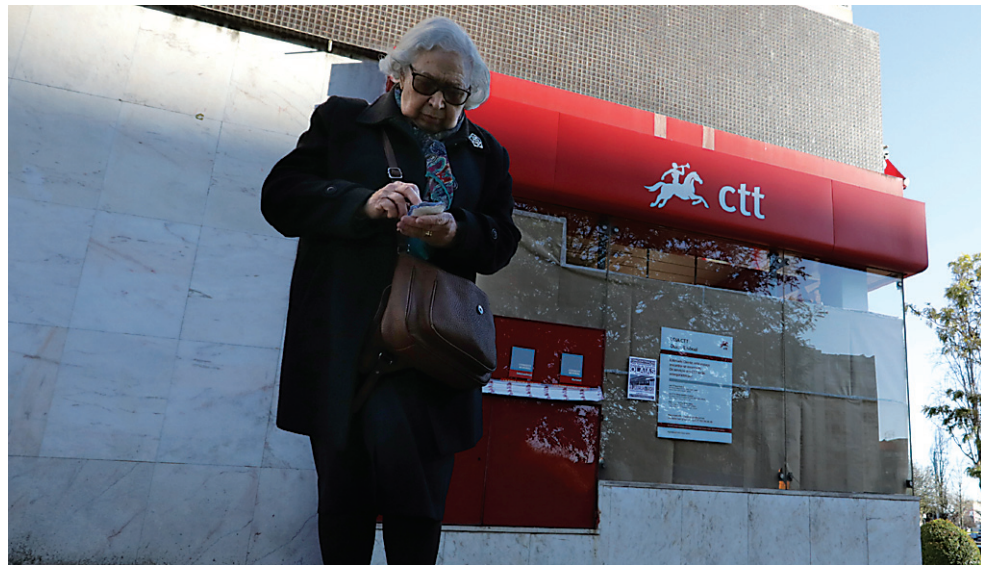


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# Sending a letter more expensive from next week

The cost of sending a letter or a parcel from Portugal's CTT post offices is to go up at the start of next week.



Sending a letter or parcel from Portugal's post offices will be more expensive from the start of April as prices are hiked to the maximum currently allowed. (Photo: Lusa/Manuel de Almeida)

**F**rom Monday, 2 April 2018, Portugal's CTT post office is to push its prices up to the maximum allowed by its regulator, Anacom.

All types of post, from normal post to Correio Azul express post, registered mail and packages up to 10kgs, are to become more expensive, by an average of 4.5

percent, going up by between two and ten cents. This is the maximum increase allowed by regulator Anacom for the current period.

# Government regulates ride-hailing platforms

The Portuguese parliament has approved a law to regulate the activity of passenger transport platforms such as Uber, Cabify and Taxify.

Among other measures passed at the end of last week, the new legislation requires drivers to take a training course for taxi drivers of a length to be defined at a later date.

There will be new licences for the partners and platforms, and all the drivers will have to have a work contract with the partner

companies.

The platforms will also have to pay a fee to "compensate for the costs".

This is a kind of tax on the commissions that are charged for each journey and will be between 0.1 percent and two percent depending on a government order yet to be issued.

# Five taxi drivers detained for over-charging airport passengers

During the course of last week, Portuguese police detained five taxi drivers in Lisbon for over-charging their passengers from Lisbon airport.

The amounts they over-charged were later returned to the victims. The police said one taxi driver charged €35 for a trip from Lisbon airport to the city

centre, more than €23 more than the real fare, while another, also from Lisbon airport over-charged by €10.80. The other three over-charged by less.



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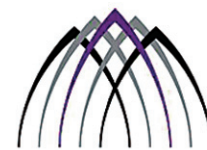


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# Supermarket staff to strike on Easter Sunday

A Portuguese union representing supermarket employees has called a strike for 1 April, Easter Sunday.



Workers at many of the country's supermarkets are expected to be striking this coming Sunday, Easter Sunday. (Photo: Lusa/ Paulo Novais)

It said the strike was in protest against a lack of respect for the national Easter holiday and to

demand "decent work" conditions, a better work-family life balance, and the "end of job insecurity". The

union also called for pay rises. The 24-hour strike on Easter Sunday will involve about 85,000 workers.

## Police step up vehicle checks in week-long Easter road-safety operation

Portugal's PSP police force on Monday this week initiated a road-safety operation to run until Easter Sunday, 1 April, with a view to reducing the number of accidents on the country's roads over this busy period.

Throughout this week, patrols are being stepped up in areas with large concentrations of people, namely shopping and tourist areas and around public transport networks.

Officers are also to undertake public awareness campaigns to encourage safe behaviour, the

PSP said in a statement.

The force will pay "special attention" to serious and very serious infractions that "foster risks to general safety", such as speeding, driving under the influence of alcohol or drugs, the use of a mobile phone while driving, and not wearing a seat belt.

## SIC signs agreement to air Late Late Show with James Corden

CBS Studios International has announced a licensing agreement with Portuguese broadcaster SIC for the basic cable rights to The Late Late Show with James Corden.

Premiering in early April, the series will be seen for the first time in Portugal on cable channel SIC Radical, only a few days after the U.S. broadcast.

Since the show's launch in March 2015 in the U.S., the

Late Late Show, hosted by British comedian James Corden has attracted appearances from A-list stars among them Adele, Madonna, Tom Hanks, Julia Roberts, Tom Cruise, Justin Bieber, David Beckham and Ed Sheeran.



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# Two century old Portuguese cork tree named European Tree of Year in online poll

An ancient cork oak in the Portuguese village of Águas de Moura, in the municipality of Palmela, in Setúbal district, was last week declared European Tree of the Year by the European Parliament, with 26,606 online votes.



The Portuguese "whistler" cork oak tree received its peculiar name "whistler" because of the noise created by the great number of birds that take shelter in its branches at the end of the day. (Photo: Lusa/ Rui Minderico)

The 234-year-old 'whistler' cork oak - so-called because of the quantity of songbirds it attracts in the evening - beat off competition from ancient elms in Cabeza Buey, Spain, which

garnered 22,323 votes, and an oak in Russia known as 'the Old Man of the Forests of Belgorod'. On behalf of the Portuguese bid, the secretary-general of the Union of the Mediterranean Forest (Unac), Nuno Calado,

said that he was very pleased with the victory, "not only because it was the first time that Portugal has taken part in the competition, but also because it has been a very difficult year", in reference to the devastating and deadly forest

fires that swept the country last year, specifically in June and October.

The announcement at the European Parliament marked International Day of the Forest, and was made last Wednesday at a ceremony at the institution's headquarters in Brussels. The online voting deadline closed on 28 February. The winning tree was planted right in the very centre of Águas de Moura in 1784, and currently stands at 16.2 metres high. Cork has been stripped from the tree's trunk more than 20 times over its lifetime. It has also been listed as a 'Tree of Public Interest' since 1988, and according to the Guinness Book of Records is "the world's largest cork oak".

The other trees in contention were from 11 countries: Belgium, Bulgaria, Croatia, the Czech Republic, Hungary, Lithuania, Poland, Romania, Russia, Slovakia, Spain and the UK.

TPN/Lusa

## Abandoned Lagos horses sold at auction from €10

A dozen horses that were abandoned in the Algarve city of Lagos went up for sale at auction last week, with bidding prices starting from €10.

Claims on social media state the highest winning bid for a horse was €153 and the lowest was €11, meaning the average price for a horse was around €54.

Last week, Lagos council said that the starting price of the bidding was "symbolic" and is no way meant to reflect the animals' worth.

It is understood some of the horses may have been bought by foreign animal welfare associations and could be heading overseas.

The council said the winning bidders would have their properties checked to make sure they are suitable for the horses, and the animals would be moving to their new homes soon.

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# Cascais meeting to be ‘alternative to Davos’



Cascais is set to become an ‘alternative to Davos’ (Davos, Switzerland, the traditional meeting place of the annual World Economic Forum) as in May it hosts, for the third time, the Horasis Global Meeting. (Photo: Lusa/António Pedro Santos)

The Horasis Global Meeting, an event that is expected to draw some 600 business leaders, government officials and experts, is to take place in Cascais for a third time this May, with the aim of becoming an alternative to the World Economic Forum that draws bigwigs to Switzerland each year.

**T**he central theme of its debates, according to organisers, is how to build a sustainable future.

“We decided to hold the Horasis Global Meeting in Cascais, on a permanent basis, to create there a ‘new Davos’, in which participants arrive every year in a known place,” Horasis president Frank-Jurgen Richter explained to *Lusa News Agency*.

According to Richter, “Portugal is the ideal country to host the meeting”, given that it “is the cradle of Europe’s emerging technology (...) and the new world centre of global dialogue due to its excellent geographical position between the East and West.”

The choice of Cascais was also not random, he said, explaining that the area “offers all the ingredients to attract experienced businesspeople, in particular investors, and leading government officials and political decision-makers, because of its excellent infrastructure.”

The Horasis Global Meeting is to take place from 5 to 8 May, with a special

focus this year on the role of technology.

Among participants who are already confirmed is Portugal’s prime minister, António Costa, and other members of the Socialist government, as well as what Richter called “the most promising world leaders”, such as Peter Mutharika of Malawi, Armen Sarkissian of Armenia, Hassan bin Talal, a Jordanian prince, Ulisses Correia e Silva, the prime minister of Cape Verde, and Mohamed ElBaradei, a former vice-president of Egypt and Nobel Peace Prize laureate.

Richter also listed the European commissioner from Portugal, Carlos Moedas, in this group of promising leaders.

Among business leaders taking part, he cited José Manuel Barroso - a former president of the European Commission, who is now president of Goldman Sachs International, and Pedro Duarte Neves, a deputy governor of the Bank of Portugal and president of the Committee for the Protection of Consumers and

Financial Innovation for the European Banking Authority, among others.

In its 60 sessions, the Horasis Global Meeting is to cover topics such as migration, blockchain technology, artificial intelligence and youth employment.

There is a need, according to Richter, for institutions to regain the trust of their populations. Some of the sessions will feature discussion of how world leaders will respond to the growth of political, economic, social and technological cleavages.

“We feel that, since last year’s meeting, the world seems to be dividing: populism is taking hold in various parts of the globe, leading to protectionism and reducing world agreements,” the Horasis president said, citing “geopolitical threats” such as those on the Korean peninsula, in Syria and in Ukraine. The Cascais event will thus serve to “bring together decision-makers from around the world in new cooperation work,” he told Lusa.

TPN/Lusa.

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## Luxury tower flats going for €3,500 a square metre

The developers of a new tower block in the Campolide area of Lisbon say they expect to have a significant part sold before building work begins at prices of over €3,500 a square metre.

José Cardoso Botelho, general director of Vanguard Properties told Lusa News Agency that he expects all the properties in the €80 million project to have been sold before the tower is half-built and a significant part before work even begins.

He said the price of €3,500 a square metre could easily be beaten on the top floors of the tower. The 195 flats in the tower, range from single bedroom studios to six-room apartments, including duplexes, one of which is on the top floor and is already

promised to a Portuguese buyer, he said.

The tower is residential only and includes various amenities such as swimming pools, a spa, garden, a padel court and a children's area that are not common in other city centre buildings because they are relatively low.

The Campolide tower is to have 26 storeys above ground level, covering a total of 50,000 sqm of constructed area and it will have 352 parking places distributed over three underground levels.

## Fixed-term contracts cut to maximum of two years

The maximum length of fixed-term work contracts in Portugal is to be reduced from three years to two, and there will be less leeway for renewals, the government announced at the end of last week when it presented proposals to alter the labour law.

The new proposal reduces the flexibility between a company's temporary needs and the actual length of the fixed-term work contracts.

For instance, if a company

enters into a one-year contract with a worker, the next three renewals cannot, in total, be for more than a year.

The measures also include a proposal from the government's election programme that limits the reasons for fixed-term contracts.

Temporary work will also have limitations on the number of times a contract can be renewed, something that does not exist under current law. *TPN/Lusa.*

# Economic climate, consumer confidence indices rise in March - INE

Portugal's official economic climate and consumer confidence indices both rose in March, according to figures from the National Statistics Institute (INE).

Consumer confidence and Portugal's economic climate both grew last month, according to fresh figures from the National Statistics Institute. (Photo: Lusa/NUNO ANDRÉ FERREIRA)



According to the data available, the economic climate index - which is calculated on the basis of surveys of companies in various sectors - was at 2.1 points in March, from 1.9 in February. The consumer confidence index,

meanwhile, was at 2.0 in March, up from 1.3 in February. In March, the INE noted in its report released on Tuesday, confidence fell in manufacturing, trade and services, but this was offset by a rise in construction and public works.

In consumer confidence, "the increase in the index (...) reflected the positive contribution of all components: prospects relative to the evolution of the household financial situation, of the country's economic situation, of savings and of unemployment", the INE said.

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# Duterte: Mass Murderer in Power

**N** GWYNNE DYER

Philippine President Rodrigo Duterte once said that Ferdinand Marcos, who was overthrown by the first non-violent revolution ('People Power') in 1986, would have been the Philippines' best president "if he did not become a dictator." Just as Duterte himself had the potential to be the Philippines' best president if he had not become a mass murderer.



**Philippine President Rodrigo Duterte gestures to protesters in Quezon City, Philippines 24 July 2017 (reissued 14 March 2018). A complaint filed by a lawyer in the Philippines accused President Duterte and several government officials of crimes against humanity in the wake of the state sanctioned war on drugs, which, according to Human Rights Watch, has killed an estimated 13,000 people. (Photo: EPA/Mark R. Cristino)**

**H**e doesn't react well to criticism, either. Last month the International Criminal Court began to investigate a complaint by a Filipino lawyer that the extrajudicial killings in Duterte's anti-drug war (now 8,000 and counting) amount to 'crimes against humanity'. He responded by declaring

that the Philippines would no longer accept the authority of the world tribunal. Last weekend he went further, urging other countries to withdraw from ICC too: "Get out, get out, it's rude." Rude? That's a bit rich coming from a man who has called former US president Barack Obama, former US ambassador

Philip Goldberg, and even the Pope "a son of a whore", but Duterte does not suffer from an excess of self-awareness. Less than two years into a six-year term, he has already threatened to pull out of the United Nations too. His main mode of speech is stream-of-consciousness, so he doesn't necessarily mean

what he says, but you can never be sure. He is not unintelligent, but the one constant that shapes everything he says and does is his tough-guy persona. That's what Filipinos love him for (last year he had a 91 percent approval rating), but the problem is that he really is a tough guy - and not in a good sense.

He graduated from law school and became a prosecutor in his home city of Davao, the biggest city in the southern island of Mindanao. It was then the most violent city in the country, and he set out to tame it.

It is not clear when Duterte decided that a death squad was needed to accomplish that task, but he makes no secret of its existence. In fact, he boasts about it, and sometimes hints that he did some of the killing himself. He became the mayor of Davao in 1988, and claims that 1,700 suspected criminals were killed on his watch.

Most of them were street kids - petty thieves and small-time drug dealers - but it did work, after a fashion: Davao is now reputed to be the safest city in the country. And it was his promise to do the same thing country-wide that won him the presidency in 2016 with 39 percent of the vote, almost twice as many votes as the nearest runner-up among the five candidates.

It would have made more sense if the Philippines was an ultra-violent country overrun by crime and drugs, but it isn't. It is a profoundly unequal country whose politics has been dominated by a privileged and largely hereditary elite, but neither the crime rate nor drug usage is significantly higher than in other southeast Asian countries.

Amphetamine use (the Filipino drug of choice) is around the same level as in the United States or Australia, and opioids and cocaine are virtually absent in the country. The murder rate is around the same level as the United States: four per 100,000 people in 2015, six per hundred thousand in 2016 (due to Duterte's killing spree).

In less than two years in office, Duterte has presided over the extrajudicial murders of some 8,000 people, most of them drug-users who do little harm except to themselves. It is a classic displacement activity: the real problems are corrupt politicians and police and income disparities so huge that a quarter of the

population lives in absolute poverty, but it's much easier to wage a war on drugs and crime.

Displacement tactics are quite common in politics (like Donald Trump promising to bring back millions of lost American jobs from foreign countries when most of them were really destroyed by automation). But the pity of it is that Rodrigo Duterte, for all his bombast and vainglory, had other qualities that would have been very useful in the presidency.

He is an honest man, as Filipino politicians go, and he has a real empathy with the poor. During the Marcos dictatorship he protected opposition protesters in Davao, and he is gay- and Muslim-friendly in a country that has little tolerance for either. He calls himself a 'socialist', but the city of Davao achieved the highest economic growth rate in the country under his mayorship.

Alas, Duterte is also a mass murderer (he has said he will sign a pardon for himself "for the crime of multiple murder" before he leaves office.) He has become addicted to the cheap popularity he gets from saying and doing shocking things, and lacks the discipline to work on the country's real problems. He is a disaster for the Philippines, but that's probably where the damage ends. And although he occasionally talks about abolishing the Congress and leading a self-appointed "revolutionary government", he is unlikely to be able to carry it off, because by then he won't be popular any more. The Philippines will not prosper under his rule.



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





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# SOMETHING TO SHOUT ABOUT!



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

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

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## Re: Coastal protection

SIR, I was amused to read in TPN that MPs demand protection for Algarve coast as 3.6 million euros has just been washed away at Barril Beach.

The ill-conceived sand dune defence barrier erected at great cost (mostly EU funds I understand) last year was an eyesore and blocked transit from the beach to the sea.

Sadly for the Ria Formosa experts the scheme was swept away by recent storms. There is now barely any evidence it ever existed. A fraction of the money would have been better spent improving the crumbling path from the bridge to the beach. More bright ideas the Social Democrat MPs have to stop coastal erosion are eagerly awaited.

TIMON DAY, Nr Tavira

## EN125

SIR, We have spent the majority of our winters for the past 28 years staying for long periods in the Eastern Algarve. We prefer that part of the Algarve for several reasons, but definitely not for comfortable travel along the EN125. Having just spent a week staying with friends west of Faro, and travelling around the 'other side', it is painfully obvious where money on the roads is being spent. Why this inequality? We can only think it is because that area is where the masses spend their holidays.

If a tourist tax is to be levied, as reported in your paper this week, then may we suggest some of that money is spent on improving the disgraceful state of the EN125 in the Eastern Algarve. MWHITELEY, Algarve visitor

## Land Maintenance

SIR, I am very pleased. The large area of land behind my house, which had slowly turned into jungle and was a serious fire risk, has been a scene of great activity every day for the past fortnight and, admiring the the newly restored view this morning, I was taken back thirty years to a time when the ground was maintained

clear for harvesting and the trees pruned. Carob and almond were cash crops and, although most of us didn't sell our olives, the trees received the same care. We used to collect our olives and take them to the lagar where we would receive half the oil that they produced thus giving us a year's supply. Times have changed, bureaucracy has closed the lagar and complicated the selling of any produce so that for today's landowners it is not an economic proposition and therefore the land has been uncared for. I am only sorry that my heirs cannot enjoy those simple pleasures.

JIM G., Faro

## Land Cleaning

SIR, I refer to several letters in the Portugal News (17 and 24 March editions), on the subject of land cleaning, some of which were written before the change deferring the processing of fines for non-compliance until after 31 May.

From the letters it appears that the laws are still unclear to many and the original earlier than usual deadline of 15 March, coupled with the bad weather, has given rise to confusion and concern on the part of many people. Safe Communities Portugal has made a great deal of effort in reflecting these views and others in our meetings with the GNR, ICNF and ANPC, both at national and local level in the Algarve. The ICNF are very clear that there is a need for latitude in the interpretation of the laws due to lack of clarity in places. On 3 March I wrote to the GNR National Headquarters, emphasising the above so that when it comes to enforcement, these and other factors are taken into full account. During follow up meetings with them they have stated, that:

1. Enforcement will be on the basis of "good sense",
2. They are aware of the difficulties many people have faced,
3. The enforcement action will be applied consistently across the country,
4. Enforcement will be based on those properties at greatest risk, where there has been no compliance,
5. Although the GNR must uphold the law, fines are a last resort; the priority for

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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

people's own safety is compliance, 6. There are checks and balances in place - if a fine process is initiated it will be scrutinised at the District Headquarters level before this is authorised. I can say this with certainty as I have met with both the person who processes the fines and the one who makes the ultimate decision.

Concerning the laws, it is clear that these were not designed for well cared for gardens as we know them. They do not differentiate between the cleaning rural lands and cleaning a garden - so this is where, the application of "good sense" is required. The ICNF and GNR have been in close contact, so there should be a clear understanding, when it comes to interpretation and enforcement.

In noting one letter there is still confusion over "clearing" or "cleaning". Unfortunately the Government leaflet many people received through the post showing two large circles devoid of any trees and bushes, did not help in this regard and has led people to completely clear all their trees/bushes. Safe Communities has taken this up with the ANPC Headquarters.

There are also some people who may be

elderly, perhaps living alone, who do not have the means to undertake extensive cleaning of their land. Being in the same age group as a couple of your correspondents, I appreciate their concerns. In such cases advice is to call on friends or neighbours if possible to help. If this fails, seek advice from the local Junta da Freguesia, to see if there is any assistance that can be provided. This is not for the reason of avoiding fines, but more importantly that people and their property are not at risk.

For those who still have questions then it is best to contact the ICNF, local Civil Protection or GNR SEPNA. They are there to help. General advice is, however, to at least make a start now, if your land needs cleaning. Safe Communities also has extensive government information in English and other languages on our website - [www.safecomunitiesportugal.com](http://www.safecomunitiesportugal.com) / Civil Protect / rural Fires / Land cleaning -property protection. We can also be contacted on [info@safecomunitiesportugal.com](mailto:info@safecomunitiesportugal.com). Also the Portugal News Supplement dated 2 March provides comprehensive information.

DAVID THOMAS, President, Safe communities Portugal

## Let's Walk in the Algarve

**Tuesday 3 April - Let's Walk near Alcalar:** A 2.5 hour easy walk (just two very short climbs) in an area that has very few visitors and offers much to see and enjoy. 10.30am start. Meet at the Restaurant O Tasco close to Alcalar. Take the EN125 westwards from Portimão and just after the exit for Alvor turn right signed Alcalar. Drive for almost 10km and you will come to the restaurant on the left on a bend in the road, parking to the right.

**Friday 6 April - A walk on the Serra de Cão:** A great walk through a part of the countryside that again 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 café is on the left in the village centre.

*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

All competitions finished for this season, we are now moving into the madness of the numerous visiting teams, which most clubs have at this time of year. But first, we must have the Presentation Dinner for the silverware and medals to be presented.

Friday 23 March was the day of the Presentation Dinner, held at the Baia Grande Hotel in Albufeira, attended by over a hundred of the Algarve's best bowlers to collect hard earned rewards. The evening began with pre-dinner drinks, followed by a sumptuous three course meal, enjoyed by everyone. Then onto the business of the evening, presenting the medals to the 'runners up' and awards to finalists, each category warmly applauded with many congratulations to everyone. Albufeira Cats took the League 'A' Title, with Valverde Vipers holding the title of League 'B'.

Albufeira also won the Super 10's Competition and Valverde won the Cameron Cup. Well done to all teams, and especially to the winners. After the presentations there was dancing to music provided by a DJ.

Albufeira also held their traditional celebration of St. Patrick's Day on Friday 16, a day early due to the clash with the rugby! This was also a celebration for their clubs success in the League and Super 10's whilst also their final event as their green is now closed to bowling for the summer, reopening later in the year, ready for the next winter league bowling season.

Whilst most clubs now have visiting teams for the next few months, the next item on the bowling agenda is the start of the Summer League during May, which runs through June and completes before the real summer heat. *Miriam Hare*

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## Primary Production at VVIS



On Thursday 22 March, a visitor from outside might have been surprised by seeing an array of students in costume ranging from Pinocchio to the Ugly Sisters and many other disparate characters from childhood stories and nursery rhymes wending their way to the school theatre.

The connection was a very lively staged production of 'The Jolly Postman', an interactive children's book of the 1980's. The students, ably and patiently directed by Mr. Victor Torcato, put on a first class bilingual performance, all the more impressive given the mix of nationalities where in many cases, neither English nor Portuguese are the mother tongue. Ralph Keenan as the postman fulfilled the role with clear diction and energy. There was a rousing chorus from the

cast of the Humpty Dumpty Rap whilst Marianna Clarke playing The Donkey gave a beautiful rendition of 'I Believe I can fly'.

During the interval, the Year 7 Band entertained the audience with a variety of instrumental items and some very robust singing.

In the second part of the production, Years 5+6 gave a splendid performance of Lewis Carroll's 'Alice in Wonderland'. This ageless classic was tackled with verve and enthusiasm by the whole cast and whilst it would be impossible to mention the strengths of all those who took part, Kristina Torcato proved excellent in the role of Alice, both in her acting and singing.

After the performance, proud parents mingled with their children for refreshments kindly distributed by Mrs Broomfield & Mrs Miles.

## Algarve Senior Bikers March Ride

At last there was a short break in the much needed rain for the motorcyclists of the ASB to get a day out on their bikes.

John Heffernan organised a lovely ride from Boliqueime over the hills above Salir to Almodôvar in the lower Alentejo. It was a bright but somewhat chilly day and a break was taken in Ameixial on the way for a warming coffee.

After passing through Almodôvar the riders returned south via São Marcos where lunch was taken at Restaurante Cruzamento before going their

separate ways home.

John would like to thank Steve Wills and Stan Green for their help with organisation on the day.

All members would like to send good wishes to ASB regular Joachim Heinsen who is in hospital in Germany and hope to see him back on his famous blue VW trike very soon.

The picture shows the group at the Ameixial coffee stop.

Next Event: 17 April. Ride starting in Silves. Organised by John Redding and Alain Balouzet.

David Shirley.

[www.algarveseniorkbikers.com](http://www.algarveseniorkbikers.com)



## Nigel wins the day



L-R Nigel Doyle, Mike Pearson (C L Solutions) and Seamus Fox (Society Captain)

Onyria Palmares was the venue and Alvor/Lagos the combination for the Atlantic Golf Society's last major tournament.

Although one of the best courses in the Algarve it is not renowned for low scoring, however this year was the exception with the best performance coming from Nigel Doyle with 40 stableford points.

In second place with 39 points was Ann Campbell and third and fourth places were Lady O'Grady and Chris Dale with 38 and 37 points respectively.

Congratulations ladies and gentlemen, great golf.

Nearest the pin winners were Eileen Farran, Helena Burke, Paul Thorne and a special mention for Charles Hopkins with a hole in one on the second hole!

Many thanks to our very very generous sponsors Onyria Palmares and CL Solutions who provided the breakfast/dinner and restaurant and golf vouchers at the presentation in the evening at the Atlantic Bar.

Next month's event will take place on 4 April at Pinheiros Altos. For further details checkout [www.andygolf.co.uk](http://www.andygolf.co.uk) or contact Andy Willimott on 913922707.

Andy

## Algarve Activity Bike Rides

Here are the details of this week's rides:

**Saturday 31 March - Bike Ride starting in Paderne:** We meet in the car park at the bottom of the hill at 9.15am ready for a 9.30am start. This will be a fairly challenging ride of around 40kms with a café stop somewhere along the way.

**Sunday 1 April - Bike Ride starting in Almancil:** We meet close to Apolónia supermarket at 9.15am ready for a 9.30am start. This will be a mostly easy ride of around 35kms with a café stop somewhere along the way.

If you would like to come along

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

For more information please contact Paul Beesley on tel: 913226954, email: [paul@algarvebikeholidays.com](mailto:paul@algarvebikeholidays.com), see our website: [www.algarvebikeholidays.com](http://www.algarvebikeholidays.com), or Facebook: Algarve Bike Holidays.

## The Marley Benefit is a huge success

The Marley Benefit on 15 March 2018 was a huge success. As Marley's mum I want to thank absolutely everyone who was involved. We raised over 5,800 Euros and donations are still coming in!

We had a simply lovely evening in Quinta do Paraíso, Carvoeiro with over 150 guests and enjoyed a fabulous meal. Not only that, we had the pleasure of being entertained by the wonderful Big John, Abba Divaz and Daddy Jack Band. Not to mention who put the programme all together... The one and only Danny Maverick.

Ricardo Martins, manager of Quinta do Paraíso, ensured everyone had a marvellous time and we even managed to get a bus put together by a friend of mine at Vialgarve so no one had to worry about driving after one too many.

We had a fabulous raffle supported by many local businesses which everyone

seemed to really enjoy and a fantastic auction featuring amazing items such as a week's holiday in a hotel, Sam Smith tickets donated by Direct Transport and a Man United shirt. Not to mention our fabulous auctioneer Mr Peter Mills who really got the crowd bidding!

Despite some difficulties with some seating arrangements, my friends and loved ones had a wonderful time and I also met some new faces and some great supporters of Marley.

Sadly Marley wasn't able to be present as he just wasn't well enough, however so many fantastic individuals have already approached me wanting to be involved in the next fundraiser or making one of their own.

Just want to take a moment and thank the incredible Marie Hindle who ran the Lisbon EDP marathon in the torrential weather we've been having and raised over 500 euros for Marley. I've said this before but you, my dear, are a super mum I'm very glad to know.

You are such a superstar! A family friend is also preparing himself for a skydive by 'Jumping for Marley' next week, so stay tuned to find out how he gets on!

Marley is currently undergoing treatment which is predicted to last the next couple of months. By which point we'll be ready to make our way to Barcelona for his operation. We are fundraising for his current treatment and testing, his operations and once we are out of the danger zone we'll be ready to equip the house for his recovery. We still have a long road ahead but this event really has given us a great start, more fight and we are so grateful for everyone's love and support.

For more information on future events and to follow our journey please check out our blog at [www.marleyandmum.com](http://www.marleyandmum.com) and our fundraising link <https://www.justgiving.com/crowdfunding/marleyswheels>.

Kate Inácio

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# Outsmart those garden pests



A row of garlic, which can put pests off the scent of other crops. (Photo: Thinkstock/PA)

As you get ready to sow, plant and re-arrange your vegetable beds and flower borders, now is the time to take steps to outsmart the pests that can so often ruin your crops and leave plants in tatters.

### Use smelly plants

Pests can often be confused through scent, or simply don't like the smell of certain plants. You can repel whitefly from valuable crops by planting French marigolds, Tagetes, next to them. The whiff of garlic and alliums, which are ornamental onions, can also keep pests at bay generally. Mixing highly scented plants together makes it more difficult for pests to find their favourite target. The strong smell of catmint, Nepeta, can deter flea beetles, while hyssop and mint put off cabbage white butterflies. Plant hedging barriers of fragrant plants such as lavender, hyssop, rosemary or southernwood around your whole vegetable plot to mask the scent of your veg from pests.

**Create barriers**  
Place a barrier of grit or

eggshells around plants which are frequently targeted by slugs and snails, such as hostas and lupins. Cover vulnerable young vegetable plants with fine-mesh crop-protection netting, or even old net curtains, and protect new brassica plantings with collars of horticultural fleece to stop cabbage root fly in its tracks. Cover newly sown carrots with horticultural fleece to deter carrot fly.

### Use sacrificial plants

It may be worth losing some plants, in order to keep others. If you want your beautiful hosta leaves to remain undamaged, try planting Chinese lettuce nearby, which slugs also love - so this will hopefully give them enough food to feast upon without reaching the hostas. But remember to go on a slug patrol too and remove any of the little critters you spot on the sacrificial plants, to

stop them breeding. Grow nasturtiums and garlic to deter aphids from attacking your vegetable crops. Cabbage white caterpillars also love nasturtiums, so you might want to plant a row of them as an alternative menu to cabbages and broccoli, which the caterpillars would also devour. Some predators prefer certain varieties of veg to others. Slugs, for instance, are partial to the autumn-sown onion variety 'Buffalo', so if you mix this in with other onion types, the rest may escape relatively intact. Other sacrificial plants may include broad beans to attract red spider mite, nicotiana to lure whitefly, and potatoes to provide a feast for mealy bugs. You will have to dispose of these plants once the pests have taken hold, but at least this method should leave other crops untouched.

TPN/PA

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**T**here are a number of ways you can do this - cover vulnerable plants, put nuisance insects off the scent of prized crops, or simply install some sacrificial flora and fauna which will attract pests to them and away from other varieties. Here are the tips and tricks you need to know about...

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# Conversation starters

Paris is famed for its lavish perfumeries and opulent boutiques, but there is one shop that trumps the likes of Christian Dior and Yves Saint Laurent.

**I**n business since 1831, family-run Deyrolle is an institution.

Described as a temple to taxidermy and the natural world, it's now the subject of a coffee-table photo book depicting some of the weird and wonderful items available for sale. If you are looking for some pieces to add to your home that are sure to be conversation starters then look no further than Deyrolle.

### What can you buy?

Expect to find a real menagerie of madness in this cabinet of curiosities. Mounted birds are accompanied by a label with the name of the genus, species and site of capture; reptiles are preserved in alcohol, and butterflies are displayed in picture frames. It's worth a visit for the window shopping alone: fluffy chicks peek from slits in wooden drawers, polar

bears pose with parrots and red pandas lounge on stems of bamboo.

### Is it ethical?

All the animals for sale died of natural causes, and the shop's owner, Prince Louis Albert de Broglie, advocates sustainability. He also supports various wildlife causes.

### Who shops there?

The store was popular in the 19th century when Europeans became fascinated by specimens from the natural world. Famous patrons included artists Salvador Dali and novelist Vladimir Nabokov.

### What else do they do?

In 1995, the owner launched Le Prince Jardinier brand, selling high-quality garden tools and accessories, natural textile clothes made in France, decorative objects, table and picnic wear, and furniture collections. Deyrolle has also recently



A glass display of mineralogy, taken from A Parisian Cabinet of Curiosities: Deyrolle (Flammarion, 2017). (Photo: PA Photo/Francis Hammond)

done a fashion collaboration with children's clothing company Petit Bateau. A Parisian Cabinet of Curiosities: Deyrolle by

Prince Louis Albert de Broglie, published by Flammarion, is out now. Find the store at 46 Rue du Bac. Visit [deyrolle.com](http://deyrolle.com) TPN/PA

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# Tackling a barking problem

It is of course natural for dogs to bark, but what do you do when barking becomes a problem for you and your dog?



When it comes to tackling barking the first thing to realise is the difference between natural barking and nuisance barking. There is no problem with a dog barking at an intruder but it should never be the case that a dog barks to the point of being a problem and there are ways to

reduce the amount of barking without stopping it altogether. The first step is to work out why the dog is barking in the first place. Dogs don't bark for no reason, so think about if your dog is barking for attention, because they are bored, perhaps they are stressed or maybe they can see people or animals going by.

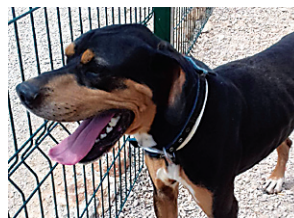
Once you think you have worked out why your dog is barking then it is a good idea to visit your vet for some help. You will find that at many vets that there will be a member of the team with specialist qualifications in this area or they could alternatively refer you to a behavioural specialist. Sometimes health problems could be responsible for the barking so it is worth having this checked out too. If barking is not a behavioural problem that can be addressed with a specialist trainer, or a health problem that can be dealt with by the vet, then the next step is to keep a bark diary to help you work out where the problem is. Keeping a bark diary will help you to identify triggers and patterns in a dog. You may find that the barking is because your dog is trying to warn you about the people walking past the garden or the bird they see on the window sill. Simple solutions can be found to this, such as blocking off a fence so the dog cannot see through - but remember that dogs bark equally through boredom so be sure you are not taking away any important stimulus in your bid to stop the bark! Don't let barking become a problem and ask your vet for advice on how to keep barking natural and not a nuisance.

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**VIVO** is a big boy, around 33 kilo and around 5/6-years-old. He is at a foster at the moment and we would like to find him a home ASAP. He is good with other dogs and kids. He needs a fenced garden. For more information email: [friendscanilportimao@gmail.com](mailto:friendscanilportimao@gmail.com)



**NOOR** is a sweet girl of around 2/3 years-old. She is medium sized and very friendly with all people and other dogs. Sterilised and vaccinated, Very nice first time dog. If you would like to meet her please email: [friendscanilportimao@gmail.com](mailto:friendscanilportimao@gmail.com).

# Get to know yo

The story of Prawn On The Lawn is one of constant ingenuity. It started out as a tiny North London fishmonger and seafood bar; just eight seats, a fish counter and no fryer. "The idea was, you could have a glass of fizz and a few oysters while you bought your fish and it was being prepped," explains Katie Toogood, who runs POTL with her husband, self-taught chef Rick. The tricky bit was, they didn't have a licence for hot food. "It forced us into doing something a bit more out there," admits

Rick, describing how their ever-changing menu revolved around curing, pickling, ceviche, oysters, and crab and lobster on ice. "Having all the fish on display, we just wanted to cook it. As a chef it became quite frustrating." Five years on, the pair have swapped their stripped-back fishmongers for two restaurants - one in London and one in Padstow, Cornwall - and now have their own self-titled cookbook, packed with 'fish and seafood to share'. While they're all about keeping things simple, they've noticed that people



## FISH AND SEAFOOD TO SHARE

RICK AND KATIE TOOGOOD

Prawn On The Lawn: Fish And Seafood To Share by Rick and Katie Toogood is published by Pavilion. (Photos: PA Photo/Pavilion)

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# ur seafood

are becoming more adventurous with their seafood. So much so, "people don't even want cod if it's on the menu, they're like, 'No, have you got any pollock?'" says Katie. Some do still need to be nudged to have their fish whole rather than filleted, though. "You just get so much flavour from the bones!" Hence Rick has taken the decision that, if you order crab at POTL, it'll come whole, not dressed. "It's the theatre of it," he says proudly. "Picking the meat out is so rewarding." There are some things just don't need reinventing.

### Crispy red mullet (Serves 4)

Vegetable oil, for frying  
4 red mullet, around 300g each, scaled and gutted (gurnard can be used as an alternative)  
Plain flour, for dusting  
Sea salt, to taste  
Lemon wedges, to serve  
3-4tbsp extra-virgin olive oil and lemon dressing

1. Make the dressing, using the ratio: 70% extra-virgin olive oil (the best you can buy) and 30% freshly squeezed lemon juice. Whisk together and set aside.
2. A deep-fat fryer is the best thing to use for this recipe. If you don't have one, heat vegetable oil in a frying pan large enough to fit the four fish. The oil needs to be deep enough to submerge half of the fish when laid on their sides. Bring the oil up to 190°C/

- 375°F. Test the temperature by putting a cube of bread in the oil - if it immediately starts to crisp up, you're ready to go.
3. Pat the fish dry with paper towels, then dust with flour, ensuring they are completely covered and any excess is shaken off. Carefully place the fish in the hot oil. Fry for four minutes on each side. Remove with a slotted spoon onto some paper towels to absorb any excess oil.
4. Transfer to a serving plate, sprinkle with sea salt and serve with lemon wedges and the dressing in a small bowl on the side.

### Roasted monkfish tail (Serves 4)

8tbsp Vietnamese marinade (see below)  
1.5kg monkfish tail on the bone, skinned and butterflied (ask your fishmonger to do this)  
4 spring onions, finely sliced  
4 sprigs of coriander, leaves only  
4 sprigs of holy basil (Thai basil), leaves only  
A handful of toasted peanuts, chopped (optional)  
1 lime, cut into wedges  
For the Vietnamese marinade: (Makes 150ml - enough dipping sauce for 10)  
2 garlic cloves, peeled  
A handful of coriander, stalks and all  
5 kaffir lime leaves  
1 thumb-sized piece of fresh ginger, peeled  
1 birdseye chilli, roughly chopped



Crispy red mullet

2 lemongrass stalks, topped and tailed, roughly chopped  
A splash of Thai fish sauce (nam pla)  
Juice of 2 limes  
50ml extra virgin olive oil

1. Make the marinade. Put all the ingredients into a food processor or blender and blitz until as smooth as possible. Don't worry if it looks a little 'bitty', as it will soften down during the cooking process.
2. Preheat the oven to 160°C fan/180°C/350°F/gas mark 4. Line a roasting pan, large enough to hold the monkfish tail, with greaseproof paper.
3. Spread two tablespoons of the marinade across the greaseproof paper and place the monkfish tail on

- top. Make sure the meat of the butterflied monkfish is opened out and spread the remaining marinade over the fish. If you are using a different fish you may need more or less marinade - just make sure the fish is well covered.
4. Sprinkle with half the spring onion and roast in the hot oven for 20 minutes. When the fish is cooked, the meat will start to peel away from the backbone.
5. Transfer to a serving plate and pour the cooking juices over the fish.
6. Garnish with the remaining spring onion, coriander, basil and peanuts (if using). Serve with lime wedges on the side.

TPN/PA

## Restaurant of the Week

### Boutique Pão & Pão



**Location:** Av. Tivoli, Edf. Moura Praia, 13, Vilamoura (next to the Banks)

**Opening hours:** Open daily from 7am

**Price range:** \*\*

**Style:** There are cakes and then there are the cakes at Boutique Pão & Pão! Here the art of a coffee and a cake are taken to an entirely new level; this a place where the world of gourmet delights meets coffee shop culture. Choose from a selection of cakes that are mouthwateringly tempting and pair them with delicious Bellissimo coffee, juices, cocktails, smoothies and much more.

While the cakes are the stars of the show at Boutique Pão & Pão, there are plenty of other items on the menu that are equally enticing. Enjoy a sandwich made with one of around 20 different types of bread or sample a burger, special toasties, soups and salads either on the sunny terrace or inside the chic and modern coffee shop.

**Speciality dishes:** Those looking for something special need look no further than the exclusive O Melhor Bolo de Chocolate do Mundo (the best chocolate cake in the world). This rich and creamy cake manages to bring together the exquisite taste of chocolate

while remaining light and incredibly moreish. Other best-sellers include "The Banoffee", "O Melhor Pão de Ló do Universo" (the best Pão de Ló in the universe) and "Tarte de Lima".

All the cakes not only look amazing, they taste even better and you will be left wanting to return time and again to make your way through the choices on offer! **Extras:** Customers can pick up their own gourmet delights to treat friends (or themselves!) back at home with speciality chocolates, olives and even gourmet mushroom kits as well as cakes and breads available to take away. If you are hosting a party and would like entire cakes for your special occasion then orders can be taken.

**Tell us more:** The philosophy at Boutique Pão & Pão in Vilamoura is to offer customers the very best products, from the most highly acclaimed suppliers, to create the ultimate coffee shop experience. From the teapots that the tea is served in, to the fresh milk used in the coffees, everything is sourced to provide the best possible experience, with a focus on all of the senses.

**Contacts:** Tel: 289 313 542 or visit [www.facebook.com/pg/boutiquepaopao](http://www.facebook.com/pg/boutiquepaopao)

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# 48 hours in Colombo

No longer just the urban gateway to Sri Lanka, Hannah Stephenson discovers Colombo has enough war-torn history, colourful temples and culinary delights to make it worth a stop-off.



Seema Malaka Temple. (Photo: PA Photo)

Visitors to Sri Lanka are often in such a rush to head for beaches, whale-watching tours, tea plantations and elephant safaris, that they don't stop for a second glance at its commercial capital Colombo. Big mistake. While at first sight, it may seem like a sprawl of a city, with its honking tuk-tuks, corporate skyscrapers and a massive ongoing oceanfront development billed as the next 'mini Dubai', Colombo is also a haven for history-lovers and culture vultures. Glitzy new hotels rub shoulders with old colonial architecture, frenetic street

markets give a snapshot of the life of old-style trading, while calming Buddhist temples allow a respite of reflection, in this city split into 15 postcode areas to identify specific districts. Checkpoints have come down since the country's 26-year civil war ended in 2009 to allow access to Colombo's historical Fort area, presidential buildings, British-named streets, historic clock tower and lighthouse. This relatively new freedom of movement and a far less visible military presence should give visitors peace of mind to explore a city which is fast developing but which, at least for now,

hasn't sold its soul. Here are just a few of the highlights you shouldn't miss in 48 hours.

#### Where to stay

Shangri-La Colombo, Colombo 2 (Shangri-la.com/Colombo) Location is everything when on a city break and this sparkling new seafront hotel, which opened in November, is in prime position on Galle Face, a few minutes' walk from the fascinating Fort area and the old Dutch Hospital, home to a mix of hip bars, restaurants and shopping opportunities. This five-star, 32-floor, sky-high haven is all-out luxury, from the moment you step through its doors and admire the incredible crystal-encrusted lotus flower chandelier, to fine dining in one of its six restaurants or sampling the Chi spa. Uninterrupted views of Galle Face Green, Beira Lake, the city skyline and the dazzling Indian Ocean make it a great base from which to discover the city.

**Day 1:** Morning stroll Galle Face Green Blow away the cobwebs from the 10 1/2 hour flight with a walk on Galle Face Green, a 500m stretch of lawn separating the Indian Ocean from the financial district. Amble along the promenade fringed by street vendor stalls selling *isso vadei* (red lentil cakes topped with shrimp),

samosas and local crab, paying pennies, rather than pounds.

**Lunch:** Rice and curry There are so many rice and curry places in Colombo, you'll be spoilt for choice. Check out Upali's (upalis.com) in Colombo 7, which offers authentic Sri Lankan cuisine, all for a few quid. And if you want to find out where the locals eat, visit yamu.lk, a review site made by - and for - Sri Lankans.

**Afternoon:** Brush up on history Colombo National Museum (museum.gov.lk) It'll take at least an hour to whizz round this impressive white colonial building in Colombo 7, established in 1877 by the British, which houses relics from Sri Lanka's history in a series of cool rooms. Highlights include bone remains from the 4th century, artefacts from ancient irrigation systems and gold antiquities. Entry 1,000 rupees (€5). **Sunset:** Walking tour The best way to explore the Fort area of Colombo is on foot, so book a reputable walking tour: Mark Forbes (colombocitywalks.blogspot.co.uk) or Harold Sandrasagara (colombowalks.com) are both good. A three-hour walk with lunch from Colombo Walks is 4,000 Sri Lankan Rupees (around €20). For more than 20 years, Fort - the main financial centre - was cordoned off because of the civil war

between the Sri Lankan government and the terrorist group Liberation Tigers of Tamil Eelam (known as the Tamil Tigers) who were defeated in 2006.

Amazing architecture includes the red-brick Cargills, the country's first department store built in 1844 - now, sadly, home to a smattering of fast food outlets - and the imposing Red Mosque (Jami Ul-Alfar Masjid), its tall minarets in swirling red and white patterns. Pre-dinner drinks:

Cocktails in style Grand Oriental Hotel (grandoriental.com) Built in 1920, this was once the most elite hotel in Colombo and the last port of call for wealthy travellers leaving Ceylon by P&O. Now a shadow of its former self, this faded residence has a certain tacky charm about it and still offers brilliant views of the port from its fourth floor restaurant and terrace. Sip a gin and tonic or an arrack - local coconut-based firewater - watching the watery world go by. A G&T will set you back 600 Rupees (about €3). But eat somewhere else.

**Dinner:** Seafood extravaganza Ministry Of Crab (ministryofcrab.com) Come here to fine dine on crustaceans in the happening haunt of the Old Dutch Hospital, a 17th century building which originally treated the sick during the Dutch occupation of Sri Lanka, that has more recently become home to a clutch of fashionable bars and restaurants. Go for its signature chilli crab and choose your size, from 1/2 kilo (4,000 Rupees/€20) to Crabzilla (2kg, 26,000 Rupees/€130) for the ravenous.

**Day 2:** Morning Tuk-Tuk safari Organised tuk-tuk tours are more expensive, but you won't have to haggle a price. Tuk-Tuk Safaris (tuktuksafarisrilanka.com) charge 7,500 Rupees (around €35) for a morning, including entrance fees to temples, lunch and refreshments on tour. But if you're on a tight budget, negotiate well and you can do it independently

for around 3,000 Rupees (€14).

**Mid-morning:** Cultural immersion Gangaramaya Temple Colombo's most famous Buddhist temple (entrance 200 Rupees/around €1) is likely to be crowded. The scent of incense is heavy as you explore a museum housing a jumble of antiquities, including elephant foot tables and coconut oil troughs. It looks thrown together and nothing is marked, so don't expect to discover its provenance.

**Lunch:** Spicy street food The Curry Pot (currypotlk.com) This Sri Lankan-run spit and sawdust joint with wooden chairs and tables invites you to choose your curry at the counter - including super-spicy mutton, chicken, sweet mango and pumpkin with all the accompaniments. Chicken, rice and curry will set you back 250 rupees (€1.25).

**Afternoon:** Souvenir shopping Racecourse Shopping Complex, Reid Avenue, Colombo 7 The bright, white racecourse grounds and colonial building were converted into a shopping mall in 2014, where you'll find upmarket stores and boutiques selling a mixture of handmade Sri Lankan goods, batik, masks and traditional clothing. Opposite the racecourse is Laksala, Sri Lanka's only state-owned store, an emporium selling handicrafts, Ceylon tea and spices, and gemstones - including Sri Lanka's famous blue sapphires. If you're buying gems, make sure you get an authentic certification with your purchase.

**Dinner:** Final blow-out Capital Bar And Grill, Shangri-La Hotel Colombo It's the last night, so have a blow-out at Colombo's newest hotel's luxurious restaurant. Head for the striking blue banquettes of the showier part of the Grill, which is separated into four sections with different ambiances. Carnivores should go for the signature 'Tomahawk' steak, all 1.3kg of it. A meal for two, with wine, may come to around €100 a head if you push the boat out.

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# Behind the wheel of Mazda's groundbreaking prototype

The future is hybrid and electric - or so governments and vehicle manufacturers would have you believe.



**T**he UK government's already announced plans for pure-combustion engines to be phased out of new cars by 2040, and replaced by electrified vehicles. But we still live in the present, and lack of charging infrastructure means that for many people, internal combustion is still the only viable option. Mazda knows this, and in a bid to prolong the petrol engine's lifespan, has come up with a new type of engine, promising the fuel economy of a diesel while using cleaner petrol fuel. It's called SkyActiv-X, and we took a trip around Portugal to get behind the wheel of an early prototype and find out more about this new tech...

In very simple terms, SkyActiv-X engines combine characteristics of both petrol and diesel engines. The groundbreaking technology is that of compression ignition, where fuel is injected into the engine's cylinders and ignites without the need for a spark. Compression ignition has been done before, but it's limited in scope. It operates only in a very

narrow band of engine revs, and can be thrown off easily by environmental factors. Mazda's overcome this by adding in a spark plug, which - by means of a second tiny burst of fuel - aids and controls compression ignition. It also allows the engine to run as a traditional spark ignition engine under high rpm or heavy load. The process is thus: air mixes with a tiny amount of fuel during the intake stroke, filling the cylinder with a very lean mixture. Then, as the cylinder compresses, another burst of fuel is introduced at the top of the chamber. The spark plug ignites this, and the resulting fireball spreads through the cylinder, adding enough heat and pressure for the remaining fuel to combust. The mixture in the majority of the cylinder is kept too lean for combustion to occur without the aid of the fireball, preventing knocking. The timing of the spark itself controls when ignition happens, and it allows fine adjustment of the engine's timing for different temperatures and environmental factors. A small supercharger feeds air into the engine, ensur-

ing the air/fuel mixture is kept as lean as possible even at high speeds. The air swirls on the way into the cylinder, too - ensuring the fuel is mixed in as thoroughly as possible, important for a clean burn. Using this system, Mazda claims a car powered by a SkyActiv-X engine will produce 10-30% more torque than an equivalent SkyActiv-G petrol and return an impressive 20% improvement in fuel economy. The torque and

fuel economy curves will be flatter, too, with the company promising more repeatable results than with the current trendy downsized turbocharged engines. "We want to provide our customers good results in the real world," said CEO of Mazda Europe, Jeffrey Guyton. "Even if you go back to the beginning of SkyActiv, we said these cars may not be the greatest on the test cycle, because the downsized turbos perform really well in tests. "I think you'll see the displacement of some of those really small turbo engines creeping up. They were designed to do well on New European Driving Cycle testing, but they're not so red-hot for real world, or WLTP testing. Mazda has always tried to do well in the real world, maybe to its detriment in the European market. But if you go to the US, where the testing is very much more realistic, actually Mazdas often perform better than the label because they're designed to do well in the real world."

The engine's improved economy - and crucially, its ability to return this economy across a wider range of conditions - means that Mazda's been able to add lower gearing to the top end. RPM is kept higher while cruising, and so the engine is more responsive. Finally, emis-

sions of toxic NOx (nitrous oxide) gases are low. These gases contribute to local air pollution, and are a big factor in the current 'war on diesel'. But the cooler operating temperatures of the SkyActiv-X engine ensure NOx figures are kept on the right side of regulations. The best compliment we can pay to the SkyActiv-X engine is how ordinary it feels in normal driving. We sampled the tech in a test mule, which though it had an ordinary Mazda 3 body on top, is actually just a testbed for the firm's latest chassis and engine tech. The brand is targeting 187bhp and 230Nm of torque from the 2.0-litre engine we tested, though the mules were not running near those figures. Under most conditions, SkyActiv-X feels like an ordinary petrol engine, albeit with torque more akin to that of a diesel. Tested back-to-back with a standard 120hp petrol Mazda 3, the torque difference is noticeable - the new engine requires less frequent downshifts and pulls cleanly from low RPM. Unlike a diesel though, the engine doesn't feel too strained higher up the rev range. At high RPM, the unit switches to conventional spark ignition, but if there wasn't a display on the dashboard informing us of this, we would hardly have noticed.



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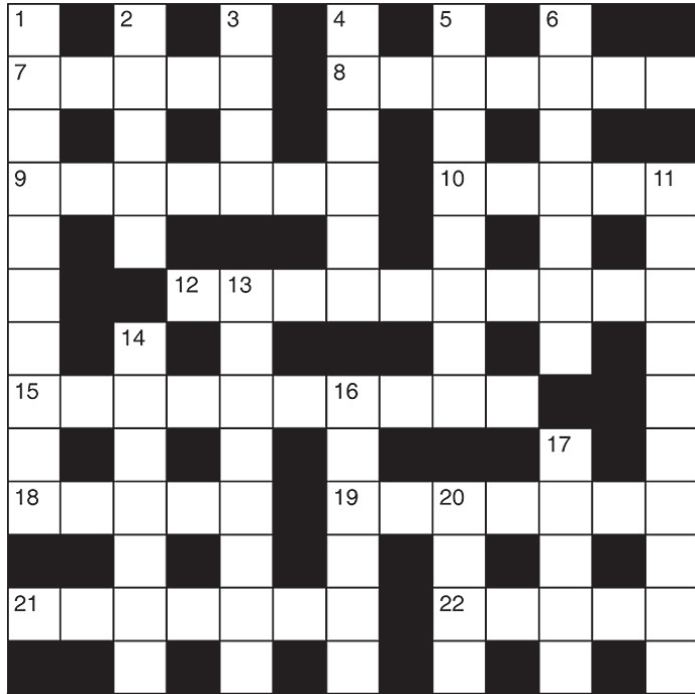


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**Last week's cryptic crossword solutions**

**Across:** 1 Catch phrase; 9 Try; 10 Broadside; 11 Divan; 13 Bouncer; 14 Sinbad; 16 String; 18 Animate; 19 Heron; 20 Classroom; 21 Nib; 22 Wedding-ring.  
**Down:** 2 Any; 3 Cabin; 4 Phoebe; 5 Redoubt; 6 Spin-drier; 7 At a distance; 8 Years gone by; 12 Vindicate; 15 Amassed; 17 Rejoin; 19 Homer; 21 Nun.

**CRYPTIC CROSSWORD**

**ACROSS**

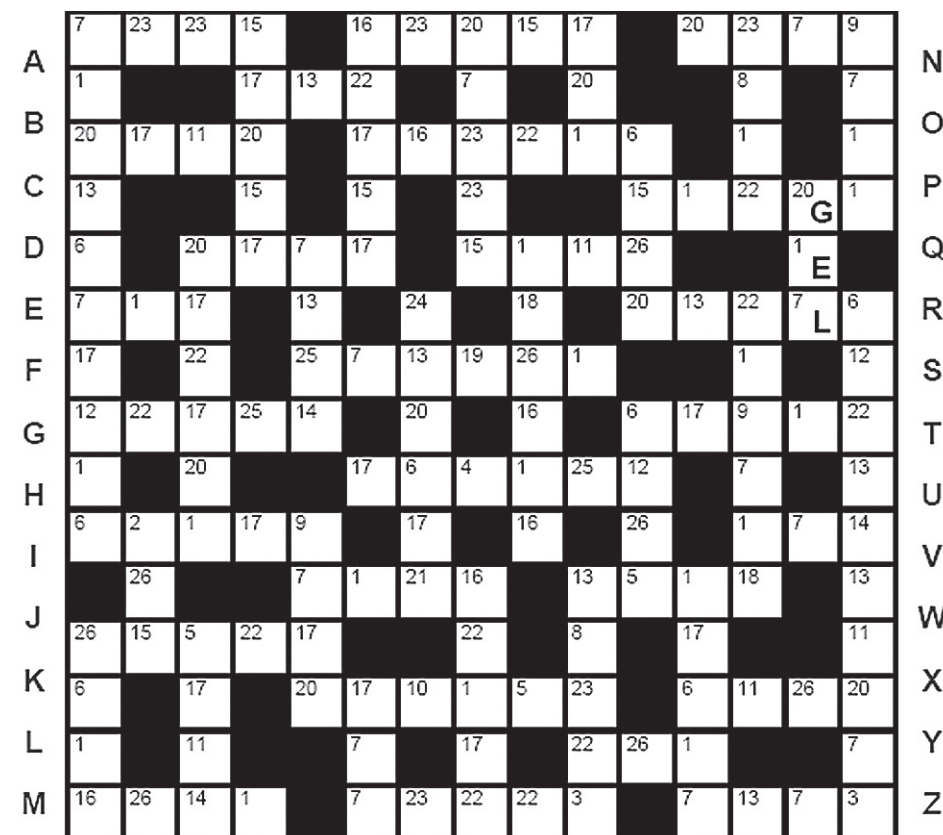
- 7. & 19 Ac. Adjust hard traces on outdated transport (5,3,4)
- 8. There's a different feature of the forest (3,4)
- 9. Being parched, stopped speaking (5,2)
- 10. Misappropriate a little salt (5)
- 12. Dance in South Carolina (10)
- 15. It's sun heat refracted - fan needed (10)
- 18. Way to divert a tour to the East (5)
- 19. See 7 Across
- 21. Teacher confused by continental measure (7)
- 22. Fruit that gives the chap vigour (5)

**DOWN**

- 1. Shows some grief when there's a sad mix-up (5,1,4)
- 2. One going on the track to do some coaching (5)
- 3. Paid to do the catering (4)
- 4. Service engineer (6)
- 5. They're interested in what's in store (8)
- 6. The hard stuff from Tangier (7)
- 11. Palm oil (4,6)
- 13. Accommodate a fellow practitioner at hospital (8)
- 14. Courageous enough to apply a tourniquet (7)
- 16. Is the seaman going with the Spanish girl? (6)
- 17. Men on board vessels round the west (5)
- 20. A tip of the French politician (4)

**CODEWORD**

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



**QUICK CROSSWORD**

**ACROSS**

- 7. Destitute (5)
- 8. Cut off (7)
- 9. Mild (7)
- 10. Alert (5)
- 12. Belligerent (10)
- 15. Unremitting (10)
- 18. Stratum (5)
- 19. Rendering (7)
- 21. Rare (7)
- 22. Bit (5)

**DOWN**

- 1. One-sided (10)
- 2. Creature (5)
- 3. Ditch (4)
- 4. Giggle (6)
- 5. Treacle (8)
- 6. Devilish (7)
- 11. Impartial (4-6)
- 13. Liberal (8)
- 14. High-spirited (7)
- 16. Vivacious (6)
- 17. Amendment (5)
- 20. Mature (4)

**Last week's quick crossword solution**

**Across:** 1 Rudimentary; 9 Eye; 10 Substance; 11 Lodge; 13 Darling; 14 Nipped; 16 Addict; 18 Seepage; 19 Canon; 20 Eradicate; 21 Ass; 22 Delectation.  
**Down:** 2 Use; 3 Issue; 4 Embody; 5 Tutored; 6 Rendition; 7 Replenished; 8 Weightiness; 12 Deprecate; 15 Evasive; 17 Depart; 19 Cleft; 21 Ado.

**SUDOKU**

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

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

Medium

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

Hard

**Last week's solutions**

**Last Week's Codeword Solution**

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

**Last week's solutions**

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

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

Medium

Hard



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Over the past 20 years there have been significant changes in the food supply, and weed and insect resistance has led to "alarming" increases in the amount of pesticides in food. (Photos: PA Photo)

# Could food be making you

The increase in childhood illness is linked to the industrialised food they eat, according to the authors of a new book. Lisa Salmon finds out more.

digestive disorders from reflux and constipation to colitis, immune disorders such as allergies and asthma, and neurocognitive disorders such as autism, ADHD and various mood disorders. Obesity, diabetes and other endocrine issues can also be related to the food supply and exposure to environmental endocrine disruptors, they say.

"There are other concerns that are not as well-publicised but are equally troublesome, such as sleep disorders and fatigue. Many kids just don't feel well!" says Perro, a former director of the Paediatric Emergency Department at New York's Metropolitan Hospital. Certainly, a number of these health problems have become increasingly prevalent in UK children - Allergy UK says the percentage of

children with allergic conditions has risen dramatically. Childhood cases of eczema and allergic rhinitis (hayfever) have both trebled over the last 30 years, and the prevalence of children with peanut allergy in western nations has doubled in just 10 years. In addition, in the five years up to 2012 the number of children classed as being autistic in the UK rose by more than 50%.

### How has food changed?

Although many factors are linked to chronic illnesses in children, Perro and Adams focus on what they say is one of the biggest causes: industrialised food. They say over the past 20 years there have been significant changes in the food supply, and weed and insect resistance has led to "alarming"

increases in the amount of pesticides in food. The most significant increase, they say, has been in the use of glyphosate-based herbicides and ever more toxic formulations of new pesticides.

"Foods once considered 'healthy' are now potentially full of toxicants that are causing systemic issues in our children's guts," explains Adams, who says that while there are no good studies of the effects of these foods in humans, animal studies point to major concerns including disruptions of the microbiome, leaky gut and dysbiosis (an imbalance between good bacteria and bad bacteria in the gut) that can lead to malfunctioning immune systems and inflamed brains.

**Other toxic factors**  
There are many factors beyond food that may be involved in poor childhood

According to a paediatrician and a university medical anthropology professor who've co-written a new book *What's Making Our Children Sick?*, the "epidemic" increase in chronic, hard-to-diagnose childhood health problems - ranging from allergies and asthma to autism and ADHD - can be attributed to "the cumulative outcome of being born into and living in an environment that has been made toxic by agrochemical industrialised food production". The authors, Dr Michelle Perro and Professor Vincanne Adams, claim that unless children are eating 100% organic food or home-grown vegetables, they are eating "toxic ingredients" like pesticides, hormones and antibiotics that are harmful to their health.

**What illnesses could be linked to food?**  
A broad spectrum of childhood illnesses can be tied to exposure to food and environment, say Perro and Adams. The illnesses include basic




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# Is your child ill?

health, say Perro and Adams, including toxins and toxicants such as plastics, flame-retardants, air pollution, electrosmog (EMFs), and chemicals from cleaning products and body products, plus stress. Although tests can evaluate children's exposure to and carrying load of these toxicants, they are rarely used. "The tools of medicine have not caught up with the kinds of pathogens our kids are exposed to," stresses Adams, a medical anthropology professor at the University of California, San Francisco. "Children are not managing this toxic soup well, and with the additional assault of food that's full of pesticides, we are seeing precipitous declines in their health."

**What can parents do?**  
The situation can be improved, promises Adams, who says an easy



There are many factors beyond food that may be involved in poor childhood health.



**Foods once considered 'healthy' are now potentially full of toxicants that are causing systemic issues in our children's guts.**

first step is to buy organic food and use filtered water. However, she says that as many families can't afford to buy organic produce, it's important for them to do little things like cooking at home rather than eating out, and packing healthy school lunches for their children. "Parents need to embrace the idea that food matters," she says, explaining it will help their children have healthy children in turn too. "The impact of food is not only on children's health but also on the health of future generations."

**How long does it take for a child's health to improve?**  
The speed of health improvement after a diet change depends on the

underlying health of the child and their pre-existing diet, explains Perro, who says the biggest improvements are often in children who were initially sickest. For others, the changes may be slower, especially if the family is already eating well, but getting to the root issues (sensitivities to specific foods, or even chronic infections such as Lyme disease) takes time. Children who are chronically ill may develop picky eating habits, and well-meaning parents might give in to their child's demands, often for sugary or carb-containing foods, because they fear the child isn't getting any nutrition. "It's hard to change dietary habits," says Perro, "but a

wonderful side-effect of treating the child is that, when changes are made, often the whole family's health improves."  
**Never too late to change**  
The earlier families change their diet the better, says Perro, so even before couples become parents it's useful to do a 'pre-pregnancy clean-up' of both partners' diets. "However, it's never too late to begin the process, whether there's a sick child at home or not," she stresses. "Even small changes can make a difference. There will be bumps in the road and bad days, but improvements will be seen if the child has been consuming a healthy diet."  
TPN/PA

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# Making life easier for autistic children

Autism: Is it a terrible tragedy if your child has it, or do they simply have a different brain, and skills that are no better or worse than those of non-autistic children?



**W**hatever you think, one thing's for sure - life can be challenging both for an autistic child and his or her parents.

Jessie Hewitson, who has a seven-year-old autistic son, is well aware of the challenges and after successfully tackling them herself, she's written the book *Autism: How to raise a happy autistic child*, to help other parents trying to deal with the condition.

Here Hewitson, whose son was diagnosed at the age of two, outlines six

ways to make life easier for autistic children.

## 1. Fix the environment, not the person

In the past, parents tried to help their children by reducing autistic behaviour and training their autistic child to mimic non-autistic children, says Hewitson.

She believes this, among other issues, has led to the current mental health crisis among autistic adults.

If an autistic child is engaging in self-stimulating behaviour ('stimming' - spinning around, flapping their hands) because

they're anxious, she says there are two possible approaches: stop them stimming, which can also happen when they're excited or happy, or stop what is causing the child anxiety.

"If having a happy child is your goal, it's best to focus on stopping what's causing them anxiety," she says.

"Take away the stimming and you take away their coping mechanism. Try to reduce the anxiety by taking your child out of a bad situation, and build up from there."

## 2. Learn about sensory differences

The social difficulties, or differences, that accompany autism are well known, but what's perhaps less well understood are the sensory difficulties autistic people face. They process sound, sight, touch, smell and taste differently, and get too much or too little feedback from these senses compared with non-autistic people.

"This is why a trip to the supermarket or a music

# accessible Portugal



Used with kind permission of the artist José de Guimarães

group can be hell for an autistic child," explains Hewitson.

"Imagine what it must be like for a child who can't filter out background noise, seeing everyone else coping when they can't and unable to explain that they're in pain and distress.

"The modern world wasn't designed with your child in mind, so adapt it to their needs."

To do this, don't expect them to join you at noisy get-togethers if they don't enjoy them; give them noise-reducing earphones if you're going to the supermarket, or just shop online; and consider why tooth brushing leaves your child screaming.

She suggests any adaptations parents devise to help their autistic child cope with their sensory differences should be shared with their school.

## 3. Sort out your own

## issues

Hewitson admits it took her years to come to terms with her son's diagnosis, and points out that most parents have to battle for an assessment and then fight to get the right support at school.

This leaves many, if not all of them, stressed and unable to properly support other people, she says.

"When I go to parents' groups geared towards learning more about our children, I encounter parents so in pain they talk only about their own experiences, rather than those of their kids.

"Seek support to get to the point where that pain recedes and you can look at what your child needs more clearly."

She says regularly seeing a therapist has helped her deal with these issues.

## 4. Structure your life

One of the biggest difficulties for anxious autistic children - and most autistic children are anxious - is uncertainty, and while you can't eradicate uncertainty in life generally, you can minimise it at home.

"Structure and preparation are your friends," insists Hewitson.

She suggests using visual timetables, or if your child's older or less visually inclined, write a plan for the day. Create routines - do the same things in the morning in the same order - and do the same activities in the school holidays.

If you're going somewhere new, look up pictures on the internet or ask for photos to be emailed to you so your child knows what to expect.

## 5. Pick your battles with school

Hewitson says inadequate government funding means schools are finding it tough to support autistic pupils properly, so parents should make sure that what needs to happen is actually happening.

"You also need to pick your battles," she warns.

"The school is unlikely to be able to do everything you want them to do, or that they should be doing, so focus on what's going to make the biggest difference to your child."

She points out that many autistic children need support during break or lunch-times, so parents should make sure their child is okay at these times.

## 6. Speak to autistic adults

The people who really know about autism are autistic adults, stresses Hewitson.

She spoke to many autistic adults when researching her book, and says it's made her think about difference in an entirely new way.

"Now, when I'm unsure of how to approach something with my son, I message an autistic friend and unfailingly receive brilliant advice."

She suggests parents visit relevant Twitter or Facebook groups to gain an invaluable insight into what experiencing autism is really like. PA

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## 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.

Contact us by emailing [access@theportugalnews.com](mailto:access@theportugalnews.com)



# Immaculate 2 bedroom apartment with pool and private garage in the centre of Tavira

This week we present an excellent apartment ideal for permanent living or letting, sold furnished and ready to move into.

The apartment is situated in a truly unique and upmarket development right in the heart of coastal town Tavira in the Eastern Algarve and enjoys a sun terrace, a private garage and access to a communal swimming pool.

The property is set on the ground floor and consists of a good-size L-shape living room with integrated dining area, a fully fitted and equipped kitchen with pantry / utility room. From the living room you can reach a hallway that gives access to a large bathroom and two double bedrooms (one with access onto a balcony).

Both bedrooms benefit from built-in wardrobes. The terrace of the apartment is west-facing and offers space to seat easily 4

people. The property benefits from an elevator, a private garage, double glazing, security shutters, air-conditioning, telephone connection (broadband Internet possible), CCTV and is sold furnished. E.C.: B-

An immaculate apartment to be sold furnished with a reasonable price of Euro 220.000.

*For further information and/or to arrange for a viewing appointment of the property (Ref: LHA-1314) do not hesitate to contact Land & Houses Algarve – Yellow Homes, tel: (+351) 281 320 281, email: info@landandhousesalgarve.com, or visit our daily updated website: www.landandhousesalgarve.com*



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## Spring Cleaning




All air conditioning systems need annual maintenance. Spring is the ideal time, in readiness for the long summer ahead, and particularly in rental properties to prepare systems for rigorous use by holiday clients. The simple task of cleaning filters is easily done yourself – lift open the casing of the unit in each room, remove its plastic mesh filter(s), clean with warm water and a soft cloth, allow to dry completely, then insert back into place. Blocked filters significantly reduce a system's efficiency – keeping them clean can reduce energy consumption by 5% - 15%. External units can also become clogged if the environment is dusty or foliage impairs the air flow. Bugs and even geckos or small mammals can cause a fault. Keeping the surrounds clean and cutting back intrusive foliage is advisable. Finally, ensure that condensate / drainage pipes are unobstructed.

A specialist air-con company will not only carry out these tasks but also check functions & performance, refrigerant gas pressure levels, thermostats, plus electrical and pipework connections.

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



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**ASKING PRICE: €195.000**



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**Exclusive Opportunity**  
A One-of-a-kind, Picturesque 2 Bedroom Algarvean Typical House located in a tranquil hamlet in the countryside, only 10 min. from Silves. This fully renovated semi-detached house is filled with charm & elegance.  
Bedrooms: 2 Area: 107,50 sqm  
Ref.: V1337

**€98,000**



Spacious Property with 2 typical Algarvean houses and a warehouse, set in a 6000 sqm plot with fruit trees & a beautiful mature garden, located near Messines. Great potential for a permanent or as a guesthouse.  
Bedrooms: 4 + 1 Area: 292 sqm | 6140 sqm  
Ref.: V1315

**€345,000**



Typical Portuguese 3-bedroom house located only 10 min. from Silves. The house needs renovation works. It consists of 3 bedrooms, 1 bathroom, living room, dining room, kitchen and several storage rooms.  
Bedrooms: 3 Area: 78 sqm | 6000 sqm  
Ref.: V1217

**€140,000**



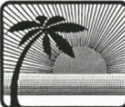
Charming, Fully Renovated 1 bedroom apartment set within a private condominium overlooking the beautiful gardens, tennis courts & sea view, located only 2 minutes from Praia da Rocha.  
Bedrooms: 1 Area: 60 sqm | 65 sqm  
Ref.: AS623

**€112,500**



Charming 2 bedroom Semi-detached Typical Portuguese house with a lovely garden, fruit trees and terraces, located only 1 km from the Historical City of Silves, close to all services, restaurants & shops.  
Bedrooms: 2 Area: 112 sqm | 375.50 sqm  
Ref.: V1339

**€150,000**



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If you would like to build your Dream House in your dream location this could be for you.

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**€145,000 - Ref. Q633**



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**Detached Villa | Loulé, Al Mancil center**  
Ref. 014170113 Price: 290.000€  
2 WC 3 2 M2, 113 M2, 234



**Semi-detached Villa | Al Mancil, São Lourenço**  
Ref. 014150206 Price: 180.000€  
2 WC 2 2 M2, 172 M2, 907



**Townhouse | Santa Bárbara de Nêxe, Canal**  
Ref. 014180003 Price: 149.950€  
2 WC 3 - M2, 98,4 M2 -



**Apartment | Loulé, Al Mancil center**  
Ref. 014170235 Price: 225.000€  
4 WC 3 1 M2, 147 M2, 147



**Apartment | Loulé, Al Mancil center**  
Ref. 014170159 Price: 170.000€  
3 WC 1 1 M2, 113 M2 -



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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.



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## 3 bedroom detached villa in Old Village, Vilamoura

This is an unique detached villa located in the Old Village of Vilamoura. The small gated property has its own private swimming pool and various sunny terraces outside. The south facing garden is well established. Another gate for your car to be parked securely within the ground.

On the ground floor, there is a lounge through dining area, not to mention a separate sitting area with a effective wood burner. It has glass patio doors which can be opened onto the balcony overlooking the swimming pool. It also has door through to a well-equipped kitchen with access to the back terrace and swimming pool.



### Property Highlight

One double bedroom downstairs with a bathroom next to it. Upstairs has the master bedroom and another double bedroom, both with south facing balcony.

A newly installed bathroom with walk in shower service both bedrooms.

The Old Village is very popular with holiday makers and property owners because it is very well located. It is within walking distance to the Vilamoura Marina and the centre of Vilamoura. It is very convenient to move around with half hourly public tourist

trains, taxis available to surrounding area such as Quarteira, Falasia Beach or the Family golf park.

There are numerous golf courses to choose from in Vilamoura, not to mention the award winning Victoria Golf Course and the well established Old Course. The area is safe and biking is an easy way to the beach. Taxis are cheap and plentiful.

Ref: FS135 Price: 575,000€  
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**Tavira: 281 320 281  
Vilamoura: 289 301 294**



**Tavira**  
Semi-detached 4 bedroom / 3 bathroom villa (161 m<sup>2</sup>) with garage & courtyard. Walking distance to the center. Plot of 290 m<sup>2</sup>. Underfloor & central heating. EC: A+  
Ref: LHV-1329 Price: €387.000



**Manta Rota**  
Well presented end of terrace townhouse (165 m<sup>2</sup>) with large pool & sun terrace close to the beach. Plot of 399 m<sup>2</sup>. A/C. Good location. Sold furnished. EC: C  
Ref: LHT-1026 Price: €375.000



**Tavira**  
Center! New 3 bedroom / 2 bathroom penthouse apartment (105 m<sup>2</sup>) with private roof terrace, garage & communal pool. Exclusive building with only 4 units. EC: in process  
Ref: LHA-1312 Price: €340.000



**Tavira**  
Charming and well-presented 3 bedroom / 2 bathroom apartment (135 m<sup>2</sup>) in the center of town. Open fire place & a/c. Terrace. All amenities near by. EC: D  
Ref: LHA-1310 Price: €275.000



**Tavira**  
Spacious & quality 2 bedroom / 2 bathroom apartment (93 m<sup>2</sup>) with 70 m<sup>2</sup> private terrace & underground parking. Nice residential area close to town. EC: C  
Ref: LHA-1313 Price: €175.000



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**Two Bedroom End of Terrace Townhouse**  
South facing with terrace.  
Quinta do Lago / Vilar do Golfe  
€295,000 Ref no: VSM555 Energy rating: D



**3 Bedroom Villa in Ideal FRONTLINE Location**  
South facing with private swimming pool.  
Vale do Garrão  
€745,000 Ref no: VCL367 Energy rating: C



**Elegant 3 Bedroom Linked Villa**  
With private swimming pool.  
Vale do Lobo  
€650,000 Ref no: VRN307 Energy rating: D



**Old Village – 2 bedroom apartment**  
New on the market, a delightful apartment with 2 bedroom, open lounge and kitchen, enclosed terrace in the sort after Old Village Resort. Good as holiday home or investment. Must see.  
Ref:FS140 Price:€235,000



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**Vilamoura - 3 bedroom Detached Villa (Old Village)**  
Location, location and location. Nice detached villa with private pool and garden. 3 good size bedrooms, 2 bathrooms, dining room, bright and airy lounge, fitted kitchen and secure parking.  
Ref:FS131 Price:€595,000 ono



**MAIN OFFICE:**  
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AMI 489  
Mobile: 91 8788375  
Tel: 289 315 333  
sales@vendavilla.com



**QUARTEIRA – VERY NEAR THE BEACH**  
Apartment situated 2 minutes from the beach and the main avenue. Comprising of 2 bedrooms, 2 bathrooms, lounge/dining and fitted kitchen. Parking and storage room in the basement. ENERGY CLASS – D  
Ref. A01637 Price: €187.500



**VILAMOURA – VERY QUIET AREA**  
Beautiful villa situated in a very quiet residential area, consisting of 3 bedrooms, 3 bathrooms, living room with fireplace, equipped kitchen, laundry and several terraces. Barbecue area. Swimming pool and garden. Plot area - 465 sq.m. Const. area - 169 sq.m. ENERGY CLASS - B-  
Ref. V12877 Price: €525.000



**VILAMOURA – BY THE GOLF COURSE**  
Semi detached villa comprising 3 bedrooms, 3 bathrooms, living room with fireplace, 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



**DUAS SENTINELAS – NEAR ALL AMENITIES**  
Three bedroom attached villa, consisting of 2 bathrooms, lounge/dining room with fireplace, fitted kitchen, utility room and several terraces. Barbecue and garage. Plot area - 220 sq.m. Const. area - 125 sq.m. ENERGY CLASS – D  
Ref. V12847 Price: €255.000



## Legals4u2

**Legals4u2** was formed to offer professional legal support, based on the principle of client friendly service with professional advice and a dynamic attitude for cost-effective legal matters.

We specialise in all aspects of property conveyancing, buying, selling and living in Portugal. Legals4u2 has not lost sight of property being one of the most valuable and important parts of your life.

### Selling

We can offer many solutions for owners selling property, from organising and updating property documents through to advising how to sell your property tax efficiently to mitigate capital gains tax liabilities, we have found many ways to help the owner maximise the final sale proceeds.

### Buying

For buyers we can help and advise on the best ways to purchase your new property, advising on future tax liabilities when selling, moving, renting, also ensuring that the property you are buying is in good legal order.

### NHR

For people wanting to reside in Portugal for tax benefits, Legals4u2 can offer organisation and processing of paperwork necessary to obtain the preferential status available.

### Property investment

Property investment if organised correctly from the start of the first purchase will save much money, we arrange and help establish/create purchasing companies saving many thousands of



euros (both short and long-term). Contact us for property investment solutions.

### Offshore properties

We have a specialist support desk for dealing with offshore/company owned property assets. Feel free to contact us for help and advice if buying or selling company-owned properties.

**Legals4u2** is headed by Dr Carolina Correia, an established lawyer (speaking English, Portuguese and French) who was Lisbon-based for many years. Having a young family, she decided some time ago to relocate for the healthy lifestyle the Algarve offers just like so many of us. She has surrounded her business with a strong team of professionals that can offer support and services with regard to all aspects of Portuguese life. Dr Carolina has been associated with UK companies, giving her an insight into the requirements that UK people have come to expect, offering fast cost-effective service with a smile.

We are easy to find, being located on the main Lagoa to Carvoeiro road near Intermarché Supermarket, Poço Partido Lagoa, with easy, direct private parking. Legals4u2 for cost-effective professional, affordable law services.

## A Decade of Penguin



This year Penguin celebrates 10 years on the scene, keeping energy-smart homeowners comfortably warm and cool with high-efficiency systems.

Since 2008 the company has become a familiar presence across the Algarve, their cheeky yellow vans catching the eye as they nip from job to job. Having opened for business as air-con installers, the company soon broadened its services to embrace other energy-saving technologies. Today, the company offers expertise in all aspects of home heating & cooling, advising which low-energy systems are best-suited to your home and lifestyle. For properties under construction or renovation, they work with architects, engineers and builders to design & install fully-integrated systems, with energy-efficiency the guiding principle.

Penguin also apply smart technology to control the latest air-con and heat pump systems, to help maintain an optimal indoor climate at minimal running costs. Solar systems, on the other hand, require no such control: whether thermal solar for free domestic hot water, or photovoltaic

(PV) to generate electricity, these reliable systems can be left to function by themselves in Algarve's year-round sunshine (although PV output can be monitored by smart device).

Summing-up a decade of progress, company director Chris Blackburn comments: "To an extent the recession drove a need for low-consumption systems and we kept abreast of the latest technologies and solutions to address demand. But of course coupled with that expertise comes the experience gained in 10 years' meeting the needs of property owners in the Algarve - a region with its own particular climate conditions and market demands. It hasn't always been a steady march of progress for Penguin - sometimes more of a waddle and a hop! - but to stay on top of the scene we must be doing something right."

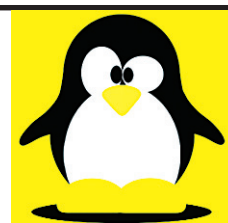
With English, Portuguese and French-speaking staff, the business serves a core-market of foreign property owners and expat residents who seek low-energy solutions to high-comfort demands. So be smart - think *Penguin!*

### This Week's profiles:



## Legals4u2

For more information, Tel: (+351) 926669548 or visit: [www.legals4u2.eu](http://www.legals4u2.eu)



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## Bedrooms Extra - Almancil store now under new management

Bedrooms Extra is a family-run business that has been trading successfully in the Algarve for over 20 years, with its first bed delivered in 1995. We have seen many changes over the years and we are about to see one more. Our Almancil store is under new management and we are currently in the process of updating our showroom bringing in some fabulous new products perfect for the Algarve. Our beds are all from British manufacturers. We are proud to be the sole representatives for Sleepzee and Relyon, offering excellent quality and great value for money and all available for immediate delivery.

Buying a new bed can be a minefield, for example, do you want a traditional build with pocket springs and natural fillings or perhaps you may like a Hybrid that combines pocket springs with the latest foam technology? How many springs do you need and what are the benefits of a higher spring count? These are all questions you may want to ask. With our fantastic selection, and Bed Experts with many years experience on hand to



offer guidance and advice, we can find the perfect bed to meet your needs.

Whatever keeps you awake at night, we are here to make sure it's not your mattress.

Beds available for next day delivery from stock

Please find our advert on page 47 or visit our website.

## An evergreen investment

Grasshopper Greens was established in 2005 to introduce top quality synthetic putting greens to the Algarve golf market. Deceptively realistic, these closely replicate the playing characteristics of natural greens to offer a constant-use practice facility. Currently we are nearing completing construction for Easter opening of the exciting new, prestigious Albufeira 20-hole mini-golf park visitor attraction at the Ondamar hotel for the Acitur Group, Lisbon based company, aimed at novices, families and seasoned golfers alike. This facility will be open to the general public & not just hotel guests & should become a hugely popular attraction for visitors to the Algarve.

Yet the golf market is just one area of specialism nowadays, as Grasshopper Greens offers a wide range of synthetic grass products for specific surfaces - tennis courts, soccer pitches and croquet lawns. The business has also broadened to meet demand for a range of domestic applications: lawns, patios, roof terraces, verandas, pool surrounds, even safe play areas for kids. Their most recent innovation is high-quality artificial hedge - either a box-type hedge or a tealeaf-style bush - which provides an immaculate, no-maintenance leafy border for any garden or patio.

Company director Martin Edwards explains: "In the Algarve environment, where lawns aren't naturally sustainable, where water conservation is a growing issue and water bills are rising steeply, many homeowners are looking at the long-term savings offered by synthetic lawns. Our lawns bring a realistic, lush and beautifully manicured aspect to all kinds of outdoor areas, requiring minimal maintenance - and no watering!"

Grasshopper Greens uses the finest-



quality products from Dutch manufacturers, offering the most advanced fibre technology. Martin underlines this necessity: "All too often I've seen the problems that occur with cheap products on the market, usually from the Far East. I completely avoid these, and the products I offer carry a 10-year warranty plus a 5-year installation guarantee."

The company prides itself in being the longest-established, and one of the only specialist synthetic grass companies in Portugal with a professionally-trained team of installers, now with over 13 years' experience. They offer a complete design & installation service or can also sell synthetic lawn direct 'off-the-rol'.

Martin concludes: "Grasshopper Greens takes absolute pride in delivering a first-class service: the best products, the highest quality workmanship - and an evergreen investment!"



## SATURDAY 31/03/18

BBC One	with Julia Bradbury.
06.00 Breakfast.	13.30 Britain's Brightest Family.
10.00 Saturday Kitchen Live.	14.00 Celebrity Catchphrase.
11.30 Classic Mary Berry.	15.00 Tenable.
12.00 Football Focus.	16.00 Tipping Point.
13.00 BBC News; Weather.	17.00 The Chase.
13.15 Bargain Hunt.	18.00 ITV News and Weather.
14.00 MasterChef.	18.15 ITV News London; Weather.
14.30 MasterChef.	18.30 New You've Been Framed!
15.00 FILM: Shrek Forever After (2010).	19.00 Ant & Dec's Saturday Night Takeaway.
16.25 Final Score.	20.30 The Voice UK.
17.15 A Question of Sport.	22.00 ITV News and Weather; Weather.
17.45 Doodlebugs.	22.15 FILM: The Bourne Identity (2002).
18.00 Ready or Not.	00.20 Goodwood Members Meeting Highlights.
18.30 BBC News.	
18.40 BBC Regional News; Weather.	
18.45 Pointless Celebrities.	
19.35 Who Dares Wins.	
20.20 Casualty.	
21.10 Troy: Fall of a City.	
22.10 BBC News; Weather; National Lottery Update.	
22.30 Match of the Day.	
00.00 FILM: Forget Me Not (2011).	
01.30 Weather for the Week Ahead.	
01.35 BBC News.	
<b>BBC Two England</b>	<b>Channel 4</b>
06.10 The Wonder of Animals.	06.10 Marathon: Maraton del Meridiano.
06.40 Naomi's Nightmares of Nature.	06.40 Triathlon: Challenge Wanaka.
07.10 The Pets Factor.	07.05 The King of Queens.
07.30 The Dengineers.	07.30 The King of Queens.
08.00 Absolute Genius: Monster Builds.	07.55 Everybody Loves Raymond.
08.30 Beyond Bionic.	08.20 Everybody Loves Raymond.
09.00 Robot Wars.	08.50 Frasier.
10.00 Gordon Buchanan: Elephant Family & Me.	09.20 Frasier.
11.00 Six Puppies and Us.	09.55 Frasier.
12.00 The Ladykillers: Pest Detectives.	10.25 The Big Bang Theory.
13.00 FILM: Cromwell (1970).	10.55 The Big Bang Theory.
15.15 Canterbury Cathedral.	11.20 The Big Bang Theory.
16.15 The Secret Helpers.	11.50 The Simpsons.
17.15 Big Cats About the House.	12.20 The Simpsons.
18.15 Easter from King's.	12.50 The Simpsons.
19.30 Dad's Army.	13.20 Come Dine with Me.
20.00 Attenborough's Wonder of Eggs.	14.20 Coast vs Country.
21.00 Hamlet.	15.25 A Place in the Sun: Winter Sun.
00.15 Civilisations.	16.25 A Place in the Sun: Winter Sun.
01.15 FILM: Therese Desqueyroux (2012).	17.30 The Secret Life of the Zoo.
<b>ITV London</b>	<b>Channel 4 News</b>
06.00 CITV.	18.30 Channel 4 News.
07.30 Scrambled!: Scrambled!	19.00 Coastal Railways with Julie Walters.
07.35 Scrambled!: The Tom and Jerry Show.	20.00 Britain at Low Tide.
07.50 Scrambled!: The Powerpuff Girls.	21.00 FILM: Taken 3 (2014).
08.10 Scrambled!: The Bagel and Becky Show.	23.15 FILM: AVP: Alien vs Predator (2004).
08.30 Scrambled!: Thunderbirds Are Go.	01.00 Ramsay's Kitchen Nightmares USA.
09.05 Scrambled!: Wishfart.	01.45 Hollyoaks.
09.25 ITV News.	03.55 The Question Jury.
09.30 James Martin's Saturday Morning.	04.50 George Clarke's Amazing Spaces.
11.25 Who's Doing the Dishes?	05.45 Streetmate.
12.25 ITV News and Weather; Weather.	
12.30 The Harbour.	
13.00 Best Walks with a View	
	<b>BBC Four</b>
	19.00 Lost Kingdoms of Central America.
	20.00 The Silk Road.
	21.00 Below the Surface.
	21.45 Below the Surface.
	22.30 Top of the Pops: 1985.
	23.00 Top of the Pops: 1985.
	23.30 The Highwaymen: Friends Till the End.
	00.25 The Highwaymen Live.
	02.25 Lost Kingdoms of Central America.
	03.25 Top of the Pops: 1985.
	03.55 Sounds of the Seventies - Solo.
	04.00 Close.

## SUNDAY 01/04/18

BBC One	Time.
06.00 Breakfast.	09.25 ITV News.
07.25 Match of the Day.	09.30 Love Your Garden.
09.00 Painting the Holy Land.	10.00 Countrywise.
10.00 Easter Day From Sheffield Cathedral.	10.30 The Voice UK.
11.00 Urbi et Orbi.	12.00 Ant & Dec's Saturday Night Takeaway.
11.25 FILM: The Silent Child (2017).	13.30 ITV News and Weather; Weather.
11.45 Bargain Hunt.	13.40 FILM: Willy Wonka and the Chocolate Factory (1971).
12.25 BBC News; Weather.	15.45 Catchphrase.
12.40 FILM: Shaun the Sheep Movie (2015).	16.30 ITV News and Weather.
14.00 MasterChef.	16.45 ITV News London; Weather.
15.00 MasterChef.	17.00 Tipping Point.
16.00 MasterChef.	18.00 The Chase: Celebrity Special.
16.30 Escape to the Country.	19.00 Change Your Tune.
17.00 Songs of Praise.	20.00 The Durrells.
17.35 BBC News.	21.00 The Good Karma Hospital.
17.50 BBC Regional News; Weather.	22.00 ITV News and Weather; Weather.
18.00 The Big Painting Challenge.	22.15 FILM: Sherlock Holmes (2009).
19.00 Countryfile.	00.40 Marcella.
20.00 The Generation Game.	01.30 Jackpot247.
21.00 Ordeal by Innocence.	03.00 Take on the Twisters.
22.00 BBC News.	
22.20 BBC Regional News; Weather.	<b>Channel 4</b>
22.30 Match of the Day 2.	06.15 The King of Queens.
23.30 The Women's Football Show.	06.40 The King of Queens.
00.05 Weather for the Week Ahead.	07.05 The King of Queens.
00.10 BBC News.	07.30 Everybody Loves Raymond.
<b>BBC Two England</b>	07.55 Everybody Loves Raymond.
06.20 Coast.	08.30 Frasier.
06.50 Glorious Gardens from Above.	09.00 Frasier.
07.35 Life in a Cottage Garden with Carol Klein.	09.30 Sunday Brunch.
08.05 Gardeners' World.	12.30 Jamie and Jimmy's Friday Night Feast.
08.35 Countryfile.	13.35 The Simpsons.
09.30 Saturday Kitchen Best Bites.	14.00 The Simpsons.
11.00 Spring Kitchen with Tom Kerridge.	14.30 The Simpsons.
11.45 Lorraine Pascale: How to Be a Better Cook.	15.00 The Simpsons.
12.15 MOTD2 Extra.	15.30 Ice Age: The Great Egg-Scapade.
13.00 Coast.	16.00 FILM: Dumbo (1941).
13.15 Pilgrimage: The Road to Santiago.	17.15 The Great Celebrity Bake Off for Stand Up to Cancer.
14.15 Canterbury Cathedral.	18.30 Channel 4 News.
15.15 RAF at 100 with Ewan and Colin McGregor.	19.00 Homes by the Med.
16.45 FILM: War Horse (2011).	20.00 Escape to the Chateau.
19.00 Down the Mighty River with Steve Backshall.	21.00 Homeland.
20.00 Top Gear.	22.05 FILM: The Green Mile (1999).
21.00 Conspiracy Files: Murder in Washington.	01.25 The Supervet.
22.00 Mock the Week.	02.20 Coastal Walks with My Dog.
22.35 Top Gear: Extra Gear.	
23.00 FILM: Selma (2014).	<b>BBC Four</b>
01.00 Sign Zone: Countryfile.	19.00 Only Connect.
<b>ITV London</b>	19.30 University Challenge.
06.00 CITV.	20.00 Painting the Holy Land.
07.30 Scrambled!: Scrambled!	21.00 Timewatch: WWI Aces Falling.
07.35 Scrambled!: The Tom and Jerry Show.	22.00 The Battle of Britain.
07.50 Scrambled!: Teen Titans Go!	23.30 Operation Jericho.
08.10 Scrambled!: Mr Bean: The Animated Series.	00.30 Dancing in the Blitz: How World War Two Made British Ballet.
08.30 Scrambled!: Adventure	01.30 Revolution and Romance: Musical Masters of the 19th Century.
	02.30 Timewatch: WWI Aces Falling.
	03.30 Close.

## MONDAY 02/04/18

BBC One	11.25
06.00 Breakfast.	FILM: Free Willy (1993).
09.15 Oxford Street Revealed.	13.40 ITV Lunchtime News; Weather.
10.00 Homes Under the Hammer.	13.50 ITV News London; Weather.
11.00 The Sheriffs Are Coming.	14.00 Judge Rinder.
11.45 Claimed and Shamed.	15.00 Dickinson's Real Deal.
12.15 Bargain Hunt.	16.00 Tipping Point.
13.00 BBC News at One; Weather.	17.00 The Chase.
13.15 BBC Regional News and Weather.	18.00 Paul O'Grady: For the Love of Dogs.
13.25 Father Brown.	18.30 ITV News London; Weather.
14.10 Garden Rescue.	18.45 ITV Evening News; Weather.
14.55 Escape to the Country.	19.00 Emmerdale.
15.40 Money for Nothing.	19.30 Coronation Street.
16.25 Flog It!	20.00 The Kyle Files.
17.15 Pointless.	20.30 Coronation Street.
18.00 BBC News at Six; Weather.	21.00 Marcella.
18.20 BBC Regional News and Weather.	22.00 ITV News at Ten; Weather.
18.30 Celebrity Mastermind.	22.19 ITV London Weather.
19.00 The One Show.	22.20 The Real Full Monty: Live.
19.30 MasterChef.	23.50 The Durrells.
20.00 EastEnders.	00.40 The Kyle Files.
20.30 Classic Mary Berry.	01.05 Jackpot247.
21.00 Lenny Henry: The Commonwealth Kid.	03.00 The Jeremy Kyle Show.
22.00 BBC News at Ten.	03.55 ITV Nightscreen.
22.20 BBC Regional News and Weather.	05.05 The Jeremy Kyle Show.
	<b>Channel 4</b>
22.30 Michael McIntyre: Happy & Glorious.	06.00 Countdown.
23.30 Live at the Apollo.	06.45 3rd Rock from the Sun.
00.15 Weather for the Week Ahead.	07.10 3rd Rock from the Sun.
00.20 BBC News.	07.35 The Big Bang Theory.
<b>BBC Two England</b>	08.00 The Big Bang Theory.
06.15 The Repair Shop.	08.30 The Big Bang Theory.
06.45 Money for Nothing.	08.55 FILM: The House of Magic (2013).
07.30 Nature's Weirdest Events.	10.35 The Simpsons.
08.30 FILM: Gnomeo & Juliet (2011).	11.05 The Simpsons.
09.45 FILM: Rise of the Guardians (2012).	11.35 The Simpsons.
11.15 The Super League Show.	12.00 FILM: The Jewel of the Nile (1985).
12.00 FILM: Funny Lady (1975).	14.10 Countdown.
14.15 Trust Me, I'm a Vet.	15.00 A Place in the Sun: Winter Sun.
15.15 Indian Ocean with Simon Reeve.	16.00 A New Life in the Sun.
16.15 Patagonia: Earth's Secret Paradise.	17.00 Four in a Bed.
17.15 Put Your Money Where Your Mouth Is.	17.30 Star Boot Sale.
18.00 Eggheads.	18.00 The Simpsons.
18.30 The Repair Shop.	18.30 Hollyoaks.
19.00 Top Gear.	19.00 Channel 4 News.
20.00 Only Connect.	19.30 The Million Pound Holiday Club.
20.30 University Challenge.	20.30 Travel Man: 48 Hours in Brussels.
21.00 Dave Allen at Peace.	21.00 The Island with Bear Grylls.
22.00 Dave Allen: God's Own Comedian.	22.00 Kiss Me First.
23.00 FILM: Z for Zachariah (2015).	23.05 Greg Davies: The Back of My Mum's Head.
00.30 Conspiracy Files: Murder in Washington.	00.05 Lee and Dean.
01.30 Sign Zone: David Attenborough's Natural Curiosities.	00.35 How to Get a Council House.
02.00 Sign Zone: Imagine - Andrew Lloyd Webber: Memories.	01.30 Britain's Favourite Food.
03.30 This Is BBC Two.	02.25 Coastal Walks with My Dog.
<b>ITV London</b>	<b>BBC Four</b>
06.00 CITV.	19.00 Beyond 100 Days; Weather.
09.25 FILM: Dragonheart (1996).	19.30 Nature's Microworlds.
	20.00 Painting the Holy Land.
	21.00 Battlefield Britain.
	22.00 Bomber Boys.
	23.30 The Lancaster: Britain's Flying Past.
	00.30 Top of the Pops: 1983.
	01.00 Top of the Pops: 1983.
	01.35 Battlefield Britain.
	02.35 The Ruth Ellis Files: A Very British Crime Story.
	03.35 Close.

## TUESDAY

BBC One	06.00
06.00 Breakfast.	Breakfast.
09.15 Oxford Street Revealed.	09.15 Oxford Street Revealed.
10.00 Homes Under the Hammer.	10.00 Homes Under the Hammer.
11.00 The Sheriffs Are Coming.	11.00 The Sheriffs Are Coming.
11.45 Claimed and Shamed.	11.45 Claimed and Shamed.
12.15 Bargain Hunt.	12.15 Bargain Hunt.
13.00 BBC News at One; Weather.	13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.	13.30 BBC Regional News and Weather.
13.45 Moving On.	13.45 Moving On.
14.30 Escape to the Continent.	14.30 Escape to the Continent.
15.30 Money for Nothing.	15.30 Money for Nothing.
16.15 Flog It!	16.15 Flog It!
17.15 Pointless.	17.15 Pointless.
18.00 BBC News at Six; Weather.	18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.	18.30 BBC Regional News and Weather.
19.00 The One Show.	19.00 The One Show.
19.30 EastEnders; BBC News; Regional News.	19.30 EastEnders; BBC News; Regional News.
20.00 Hollyoaks.	20.00 Hollyoaks.
21.00 Come Home.	21.00 Come Home.
22.00 BBC News at Ten.	22.00 BBC News at Ten.
22.30 BBC Regional News and Weather; National Lottery Update.	22.30 BBC Regional News and Weather; National Lottery Update.
22.45 This Country.	22.45 This Country.
23.15 R Kelly: Sex, Girls & Videotapes.	23.15 R Kelly: Sex, Girls & Videotapes.
00.10 Weather for the Week Ahead.	00.10 Weather for the Week Ahead.
00.15 BBC News.	00.15 BBC News.
	<b>BBC Two England</b>
06.00 Flog It! Trade Secrets.	06.00 Flog It! Trade Secrets.
06.30 Money for Nothing.	06.30 Money for Nothing.
07.15 Bargain Hunt.	07.15 Bargain Hunt.
08.00 Sign Zone: Hugh's Wild West.	08.00 Sign Zone: Hugh's Wild West.
09.00 Victoria Derbyshire.	09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.	11.00 BBC Newsroom Live.
11.30 Westminster in Review.	11.30 Westminster in Review.
12.00 Golf: Masters 2017 Review.	12.00 Golf: Masters 2017 Review.
13.00 The Super League Show.	13.00 The Super League Show.
13.45 Plan It, Build It.	13.45 Plan It, Build It.
14.15 Trust Me, I'm a Vet.	14.15 Trust Me, I'm a Vet.
15.15 Indian Ocean with Simon Reeve.	15.15 Indian Ocean with Simon Reeve.
16.15 Patagonia: Earth's Secret Paradise.	16.15 Patagonia: Earth's Secret Paradise.
17.15 Put Your Money Where Your Mouth Is.	17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.	18.00 Eggheads.
18.30 The Repair Shop.	18.30 The Repair Shop.
19.00 Attenborough's Wonder of Eggs.	19.00 Attenborough's Wonder of Eggs.
20.00 Great Indian Railway Journeys.	20.00 Great Indian Railway Journeys.
21.00 Hospital.	21.00 Hospital.
22.00 Cunk on Britain.	22.00 Cunk on Britain.
22.30 Newsnight.	22.30 Newsnight.
23.10 Weather.	23.10 Weather.
23.15 Pilgrimage: The Road to Santiago.	23.15 Pilgrimage: The Road to Santiago.
00.15 Sign Zone: Great British Railway Journeys.	00.15 Sign Zone: Great British Railway Journeys.
00.45 Sign Zone: MasterChef.	00.45 Sign Zone: MasterChef.
01.45 Sign Zone: Murder, Mystery and My Family.	01.45 Sign Zone: Murder, Mystery and My Family.
02.30 Sign Zone: Celebrity Antiques Road Trip.	02.30 Sign Zone: Celebrity Antiques Road Trip.
03.30 This Is BBC Two.	03.30 This Is BBC Two.
	<b>ITV London</b>
06.00 Good Morning Britain.	06.00 Good Morning Britain.
08.30 Lorraine.	08.30 Lorraine.
09.25 The Jeremy Kyle Show.	09.25 The Jeremy Kyle Show.
10.30 This Morning.	10.30 This Morning.
12.30 Loose Women.	12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.	13.30 ITV Lunchtime News; Weather.
13.55 ITV News London; Weather.	13.55 ITV News London; Weather.
14.00 Judge Rinder.	14.00 Judge Rinder.
15.00 Dickinson's Real Deal.	15.00 Dickinson's Real Deal.
15.59 ITV London Weather.	15.59 ITV London Weather.
16.00 Tipping Point.	16.00 Tipping Point.
17.00 The Chase.	17.00 The Chase.
18.00 ITV News London; Weather.	18.00 ITV News London; Weather.
18.30 ITV Evening News;	18.30 ITV Evening News;

## Ready or Not (BBC1, Saturday 6pm)

Some TV quiz contestants spend weeks swotting up before their appearance, only to find their minds go completely blank under the glare of the studio lights. So how much better - or worse - would they perform if they were just out doing a bit of shopping or getting into a lift and suddenly found themselves in the middle of a gameshow? That's the big idea behind BBC1's new teatime entertainment show, Ready or Not, which is narrated by Paddy McGuinness and finds quiz masters including comedians London Hughes, Matthew Crosby and Tom Allen, presenters Sam Nixon and Mark Rhodes, and even Crumpet the talking dog surprising members of the public. If they can get over their shock and collect their wits, there's £1,000 up for grabs.

## Must See TV



**03/04/18**

Weather.  
19.00 Emmerdale.  
19.30 100 Year Old Driving School.  
20.00 Paul O'Grady: For the Love of Dogs - Best in Show.  
21.00 Last Laugh in Vegas.  
22.00 ITV News at Ten; Weather.  
22.30 ITV News London; Weather.  
22.45 The Real Full Monty: Ladies' Night.  
00.05 Heathrow: Britain's Busiest Airport.  
00.55 Jackpot247.  
03.00 Loose Women.  
03.50 ITV Nightscreen.  
05.05 The Jeremy Kyle Show.

**Channel 4**

06.00 Countdown.  
06.45 3rd Rock from the Sun.  
07.10 3rd Rock from the Sun.  
07.35 Everybody Loves Raymond.  
08.00 Everybody Loves Raymond.  
08.30 Frasier.  
09.00 Frasier.  
09.35 Frasier.  
10.05 Ramsay's Kitchen Nightmares USA.  
11.00 The Simpsons.  
11.30 The Simpsons.  
12.00 Channel 4 News Summary.  
12.05 Come Dine with Me.  
13.05 Posh Pawnbrokers.  
14.10 Countdown.  
15.00 A Place in the Sun: Summer Sun.  
16.00 A New Life in the Sun.  
17.00 Four in a Bed.  
17.30 Star Boot Sale.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 The Great Celebrity Bake Off for Stand Up to Cancer.  
21.15 Seven Year Switch.  
22.20 Gogglebox.  
23.20 Indian Summer School.  
00.20 Ramsay's Kitchen Nightmares USA.  
01.10 Britain's Favourite Food.  
02.05 The Million Pound Holiday Club.  
03.00 George Clarke's Amazing Spaces.  
03.55 Building the Dream.  
04.50 The Question Jury.

**BBC Four**

19.00 Beyond 100 Days; Weather.  
19.30 Nature's Microworlds.  
20.00 BBC Young Musician - Forty Years Young.  
21.00 The Story of the Jews.  
22.00 Why the Industrial Revolution Happened Here.  
23.00 Bullseyes and Beer - When Darts Hit Britain: Timeshift.  
00.00 Francesco's Italy Top to Toe.  
01.00 Top of the Pops: 1983.  
01.40 Top of the Pops: 1983.  
02.10 What Do Artists Do All Day?  
02.40 The Ruth Ellis Files: A Very British Crime Story.  
03.40 Close.

**WEDNESDAY 04/04/18**

**BBC One**

06.00 Breakfast.  
09.15 Oxford Street Revealed.  
10.00 Homes Under the Hammer.  
10.30 Commonwealth Games: Opening Ceremony 2018.  
13.30 BBC News at One; Weather.  
14.00 BBC Regional News and Weather.  
14.15 Moving On.  
15.00 Escape to the Country.  
15.30 Money for Nothing.  
16.15 Flog It!  
17.15 Pointless.  
18.00 BBC News at Six; Weather.  
18.30 BBC Regional News and Weather.  
19.00 The One Show; BBC News; Regional News.  
20.00 MasterChef.  
21.00 My Dad, the Peace Deal and Me.  
22.00 BBC News at Ten.  
22.30 BBC Regional News and Weather; National Lottery Update.  
22.45 A Question of Sport.  
23.15 Lenny Henry: The Commonwealth Kid.  
00.15 Commonwealth Games 2018.  
02.30 Commonwealth Games 2018.

**BBC Two England**

06.00 Flog It! Trade Secrets.  
06.30 Money for Nothing.  
07.15 Bargain Hunt.  
08.00 Sign Zone: See Hear.  
08.30 Sign Zone: Classic Mary Berry.  
09.00 Victoria Derbyshire.  
11.00 Street Auction.  
11.45 Claimed and Shamed.  
12.15 Bargain Hunt.  
13.15 The Hairy Bikers' Comfort Food.  
14.00 Trust Me, I'm a Vet.  
15.00 Indian Ocean with Simon Reeve.  
16.00 Patagonia: Earth's Secret Paradise.  
17.00 Put Your Money Where Your Mouth Is.  
18.00 Eggheads.  
18.30 The Repair Shop.  
19.00 Commonwealth Games 2018: The Games Today.  
20.00 The Secret Helpers.  
21.00 The Assassination of Gianni Versace: American Crime Story.  
21.50 Live at the Apollo.  
22.30 Newsnight.  
23.10 Weather.  
23.15 Golf: The Masters Preview 2018.  
23.45 Hospital.  
00.45 Sign Zone: See Hear: The Silent Child.  
01.15 Sign Zone: MasterChef.  
02.15 Sign Zone: The Funeral Murders.

**ITV London**

06.00 Good Morning Britain.  
08.30 Lorraine.  
09.25 The Jeremy Kyle Show.  
10.30 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News; Weather.

13.55 ITV News London; Weather.  
14.00 Judge Rinder.  
15.00 Dickinson's Real Deal.  
15.59 ITV London Weather.  
16.00 Tipping Point.  
17.00 The Chase.  
18.00 ITV News London; Weather.  
18.30 ITV Evening News; Weather.  
19.00 Emmerdale.  
19.30 Coronation Street.  
20.00 Britain's Brightest Family.  
20.30 Coronation Street.  
21.00 Benidorm.  
22.00 ITV News at Ten; Weather.  
22.30 ITV News London; Weather.  
22.45 UEFA Champions League Highlights.  
23.45 Play to the Whistle.  
00.35 Sunday Night at the Palladium.

**Channel 4**

06.00 Countdown.  
06.45 3rd Rock from the Sun.  
07.10 3rd Rock from the Sun.  
07.35 Everybody Loves Raymond.  
08.00 Everybody Loves Raymond.  
08.30 Frasier.  
09.00 Frasier.  
09.35 Frasier.  
10.05 Ramsay's Hotel Hell.  
11.00 The Simpsons.  
11.30 The Simpsons.  
12.00 Channel 4 News Summary.  
12.05 Come Dine with Me.  
13.05 Posh Pawnbrokers.  
14.10 Countdown.  
15.00 A Place in the Sun: Winter Sun.  
16.00 A New Life in the Sun.  
17.00 Four in a Bed.  
17.30 Star Boot Sale.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 The Supervet.  
21.00 One Born Every Minute.  
22.00 First Dates.  
23.05 Gogglebox.  
00.05 Live from Abbey Road Classics.  
00.35 Seven Year Switch.  
01.30 FILM: Multiplicity (1996).  
03.30 The Question Jury.  
04.25 George Clarke's Amazing Spaces.

**BBC Four**

19.00 Beyond 100 Days; Weather.  
19.30 Nature's Microworlds.  
20.00 Metalworks! - The Blacksmith's Tale.  
21.00 Make! Craft Britain.  
22.00 Martin Luther King: The Assassination Tapes.  
22.45 Martin Luther King and the March on Washington.  
23.45 Carved with Love: The Genius of British Woodwork.  
00.45 Top of the Pops: 1983.  
01.25 Top of the Pops: 1983.  
01.55 Metalworks! - The Blacksmith's Tale.  
02.55 The Ruth Ellis Files: A Very British Crime Story.  
03.55 Close.

**THURSDAY 05/04/18**

**BBC One**

06.00 Breakfast.  
09.15 Commonwealth Games 2018.  
13.00 BBC News at One; Weather.  
13.30 BBC Regional News and Weather.  
13.45 Moving On.  
14.30 Escape to the Continent.  
15.30 Money for Nothing.  
16.15 Flog It!  
17.15 Pointless.  
18.00 BBC News at Six; Weather.  
18.30 BBC Regional News and Weather.  
19.00 The One Show.  
19.30 EastEnders; BBC News; Regional News.  
20.00 MasterChef.  
21.00 Not Going Out.  
21.30 Still Game.  
22.00 BBC News at Ten.  
22.30 BBC Regional News and Weather.  
22.45 Unsolved: The Man with No Alibi.  
23.45 Close Calls: On Camera.  
00.15 Commonwealth Games 2018.  
03.30 Commonwealth Games 2018.

**BBC Two England**

06.00 Commonwealth Games 2018.  
09.15 Oxford Street Revealed.  
10.00 Homes Under the Hammer.  
11.00 Street Auction.  
11.45 Claimed and Shamed.  
12.15 Bargain Hunt.  
13.00 Commonwealth Games 2018.  
17.15 Put Your Money Where Your Mouth Is.  
18.00 Eggheads.  
18.30 Commonwealth Games 2018: The Games Today.  
20.00 Big Cats About the House.  
21.00 Civilisations.  
22.00 MOTD: The Premier League Show.  
22.30 Newsnight.  
23.10 Weather.  
23.15 Top Gear.  
00.20 Sign Zone: MasterChef.  
00.50 Sign Zone: Amazing Hotels: Life Beyond the Lobby.  
01.50 Sign Zone: Back in Time for Tea.  
02.50 Weather for the Week Ahead.  
02.55 BBC News.

**ITV London**

06.00 Good Morning Britain.  
08.30 Lorraine.  
09.25 The Jeremy Kyle Show.  
10.30 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News; Weather.  
13.55 ITV News London; Weather.  
14.00 Judge Rinder.  
15.00 Dickinson's Real Deal.  
15.59 ITV London Weather.  
16.00 Tipping Point.  
17.00 The Chase.  
18.00 ITV News London; Weather.

18.30 ITV Evening News; Weather.  
19.00 Emmerdale.  
19.30 Pets: The True Cost - Tonight.  
20.00 Emmerdale.  
20.30 The Cruise: Sailing the Caribbean.  
21.00 The Investigator: A British Crime Story.  
22.00 ITV News at Ten; Weather.  
22.30 ITV News London; Weather.  
22.45 UEFA Europa League Highlights.  
23.45 Play to the Whistle.  
00.35 Pets: The True Cost - Tonight.  
01.00 Jackpot247.  
03.00 ITV Nightscreen.  
05.05 The Jeremy Kyle Show.

**Channel 4**

06.00 Countdown.  
06.45 3rd Rock from the Sun.  
07.10 3rd Rock from the Sun.  
07.35 Everybody Loves Raymond.  
08.00 Everybody Loves Raymond.  
08.30 Frasier.  
09.00 Frasier.  
09.35 Frasier.  
10.05 Ramsay's Hotel Hell.  
11.00 The Simpsons.  
11.30 The Simpsons.  
12.00 Channel 4 News Summary.  
12.05 Come Dine with Me.  
13.05 Posh Pawnbrokers.  
14.10 Countdown.  
15.00 A Place in the Sun: Winter Sun.  
16.00 A New Life in the Sun.  
17.00 Four in a Bed.  
17.30 Star Boot Sale.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 Location, Location, Location.  
21.00 Indian Summer School.  
22.00 24 Hours in Police Custody.  
23.05 First Dates.  
00.05 999: On the Frontline.  
01.00 The Island with Bear Grylls.  
01.55 The Supervet.  
02.50 George Clarke's Old House, New Home.  
03.45 Building the Dream.  
04.40 The Question Jury.  
05.35 Streetmate.

**BBC Four**

19.00 Beyond 100 Days; Weather.  
19.30 Top of the Pops: 1985.  
20.00 Commonwealth Games Extra.  
21.00 Putin, Russia & the West.  
22.00 Inside Porton Down: Britain's Secret Weapons Research Facility.  
23.00 Russia - A Century of Suspicion: A Timewatch Guide.  
00.00 Al Murray's Great British Spy Movies.  
01.00 Top of the Pops: 1985.  
01.30 Putin, Russia & the West.  
02.30 The Story of the Jews.  
03.30 Close.

**FRIDAY 06/04/18**

**BBC One**

06.00 Breakfast.  
09.15 Commonwealth Games 2018.  
13.00 BBC News at One; Weather.  
13.30 BBC Regional News and Weather.  
13.45 Moving On.  
14.30 Escape to the Continent.  
15.30 Money for Nothing.  
16.15 Flog It!  
17.15 Pointless.  
18.00 BBC News at Six; Weather.  
18.30 BBC Regional News and Weather.  
19.00 The One Show.  
19.30 Sounds Like Friday Night; BBC News; Regional News.  
20.00 EastEnders.  
20.30 Room 101.  
21.00 MasterChef.  
21.30 Have I Got News for You.  
22.00 BBC News at Ten.  
22.25 BBC Regional News and Weather; National Lottery Update.  
22.35 The Graham Norton Show.  
23.25 Commonwealth Games 2018: The Games Today.  
23.55 Commonwealth Games 2018.  
04.00 Commonwealth Games 2018.

**BBC Two England**

06.00 Commonwealth Games 2018.  
09.15 Oxford Street Revealed.  
10.00 Homes Under the Hammer.  
11.00 Street Auction.  
11.45 Claimed and Shamed.  
12.15 Bargain Hunt.  
13.00 Commonwealth Games 2018.  
17.15 Put Your Money Where Your Mouth Is.  
17.45 Golf: The Masters Highlights.  
18.45 Football: Women's World Cup Qualification.  
21.00 The City & the City.  
22.00 Episodes.  
22.30 Newsnight.  
23.00 Weather.  
23.05 Front Row Late.  
23.35 The Assassination of Gianni Versace: American Crime Story.  
00.25 Sign Zone: Rehab: Addicted Lives.  
01.45 Sign Zone: Civilisations.  
02.45 Sign Zone: The Assassination of Gianni Versace: American Crime Story.  
03.30 Weather for the Week Ahead.  
03.35 BBC News.

**ITV London**

06.00 Good Morning Britain.  
08.30 Lorraine.  
09.25 The Jeremy Kyle Show.  
10.30 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News; Weather.  
13.55 ITV News London; Weather.

14.00 Judge Rinder.  
15.00 Dickinson's Real Deal.  
15.59 ITV News London.  
16.00 Tipping Point.  
17.00 The Chase.  
18.00 ITV News London; Weather.  
18.30 ITV Evening News; Weather.  
19.00 Emmerdale.  
19.30 Coronation Street.  
20.00 Love Your Garden.  
20.30 Coronation Street.  
21.00 Lethal Weapon.  
22.00 ITV News at Ten; Weather.  
22.30 ITV News London; Weather.  
22.45 FILM: Hellboy II: The Golden Army (2008).  
00.50 Jackpot247.  
03.00 Take on the Twisters.  
03.50 ITV Nightscreen.

**Channel 4**

06.00 Countdown.  
06.45 3rd Rock from the Sun.  
07.10 3rd Rock from the Sun.  
07.35 Everybody Loves Raymond.  
08.00 Everybody Loves Raymond.  
08.30 Frasier.  
09.00 Frasier.  
09.30 Frasier.  
10.00 Ramsay's Hotel Hell.  
10.50 The Simpsons.  
11.20 The Simpsons.  
11.50 Channel 4 News Summary.  
11.55 Formula 1 Bahrain Grand Prix Practice 1 Live.  
14.10 Countdown.  
15.00 A Place in the Sun: Winter Sun.  
16.00 A New Life in the Sun.  
17.00 Four in a Bed.  
17.30 Star Boot Sale.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 I Don't Like Mondays.  
21.00 Gogglebox.  
22.00 Lee and Dean.  
22.35 8 Out of 10 Cats.  
23.20 Rob Beckett's Playing for Time.  
23.50 Rude Tube.  
00.45 FILM: Lawless (2012).  
02.45 Kiss Me First.  
03.40 Electric Dreams: Kill All Others.  
04.35 The Question Jury.  
05.30 Streetmate.  
05.55 Kirstie's Fill Your House for Free.

**BBC Four**

19.00 World News Today; Weather.  
19.30 BBC Young Musician 2018.  
21.00 Forever Young - How Rock 'n' Roll Grew Up.  
22.00 Billy Fury: The Sound of Fury.  
23.30 It's Only Rock 'n' Roll: Rock 'n' Roll at the BBC.  
00.30 Guitar Heroes on Later with Jools Holland.  
01.30 Forever Young - How Rock 'n' Roll Grew Up.  
02.30 Billy Fury: The Sound of Fury.  
03.55 Close.



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## Cinema

## NEW THIS WEEK

**Braven**

Stars: Jason Momoa, Garret Dillahunt, Stephen Lang.  
Genre: Action, Drama.  
Director: Lin Oeding. Rating: M/16. Plot: Joe Braven is a logging company owner who lives with his family in Canada. Joe's father, Linden, suffering from dementia, mistakes a woman in a bar for his wife, prompting a barroom brawl that lands Linden in the hospital. The family decides to take a break at their secluded log cabin, where they run into trouble from a drug dealer who wants to use Joe's business as a front for his cocaine operation.

**Ready Player One** Stars: Tye Sheridan, Olivia Cooke, Ben



Mendelsohn.  
Genre: Action, Adventure, Sci-Fi. Director: Steven Spielberg. Rating: M/12.

Plot: In 2045, the world is on the edge of chaos. The only time when Wade Watts really feels alive is when he escapes to OASIS, a massive virtual online world where the majority of humanity spend their days. When James Halliday, the creator of OASIS dies, he leaves his immense fortune and entire company to the first person to complete the challenge that he created to find a deserving heir. When Wade wins the first phase of this virtual treasure hunt, he and his friends are dragged into a fantastic universe of adventure and danger to save the OASIS and his world.

## Cinema Listings

**NOS Forum Algarve - Faro**

Sherlock Gnomes (PV); Mary Magdalene; Peter Rabbit (PV & OV); Braven; Wonderstruck; Tomb Raider; Ready Player One

**NOS Mar Shopping - Loulé**

Sherlock Gnomes (PV); Gringo; Hostiles; Ready Player One (2D & 3D); Tomb Raider; Early Man (PV); Peter Rabbit (PV & OV); 7 Days in Entebbe

**Gran-Plaza NOS - Tavira**

Ready Player One; Mary Magdalene; Sherlock Gnomes (PV); The Hurricane Heist; Peter Rabbit (PV & OV); Red Sparrow; Tomb Raider; Mary Magdalene

**Algarcine - Portimão**

Ready Player One; Sherlock Gnomes (PV); Tomb Raider; May Magdalene

**Algarcine - Lagos**

Ready Player One; Sherlock Gnomes (PV); Mary Magdalene; Tomb Raider

**Algarcine Ria Shopping - Olhão**

Ready Player One; Sherlock Gnomes; Mary Magdalene; Tomb Raider; Gringo; Early Man (PV)

**Cineplace AlgarveShopping - Guia**

7 Days in Entebbe; Snow: Uma Viagem Heróica (PV); Ready Player One, 2D & 3D; Sherlock Gnomes (PV); Mary Magdalene; Black Panther; Red Sparrow; Early Man (PV); The Hurricane Heist; Lady Bird; Gringo; Hostiles; Tomb Raider; Peter Rabbit (PV & OV); The Shape of Water; Braven; Ferdinand (PV)

**Cineplace - Portimão**

Ready Player One, 2D & 3D; Sherlock Gnomes (PV); Tomb Raider; 7 Days in Entebbe; Early Man (PV); Snow: Uma Viagem Heróica (PV); Mary Magdalene; Gringo; Braven; Black Panther; Peter Rabbit (PV & OV); The Shape of Water

**Cineplace Loures Shopping**

Sherlock Gnomes (PV); Gringo; Braven; Snow: Uma Viagem

Heróica (PV); 7 Days in Entebbe; Early Man (PV); Tomb Raider; Ready Player One, 2D & 3D; Peter Rabbit (PV & OV); Red Sparrow; Black Panther; Hostiles; Mary Magdalene

**Cineplace LeiriaShopping**

Ready Player One, 2D & 3D; Peter Rabbit (PV & OV); Red Sparrow; Black Panther; Tomb Raider; Sherlock Gnomes (PV); Mary Magdalene; Lady Bird; Ferdinand (PV); Gringo; Hostiles; 7 Days in Entebbe; Red Sparrow; Braven; Early Man (PV)

**Cineplace Riosul - Seixal**

Ready Player One, 2D & 3D; Sherlock Gnomes (PV); Tomb Raider; Braven; Ferdinand (PV); Peter Rabbit (PV); Red Sparrow; 7 Days in Entebbe; Early Man (PV); Sherlock Gnomes (PV); Black Panther; Snow: Uma Viagem Heróica (PV); Gringo; Wonderstruck

**Estação Viana Shopping - Viana do Castelo**

Sherlock Gnomes (PV); Gringo; Hostiles; Early Man (PV); Tomb Raider; Peter Rabbit (PV); Red Sparrow; Ready Player One, 2D & 3D

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

**Algarcine**

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

**Cineplace**

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



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

## North &amp; Centre South

## EXHIBITIONS

**Santo António Challenge**

- For a decade and a half, "A Arte da Terra" has been the stage for some of the biggest exhibitions of Santo António, with a total of about 7000 pieces displayed from hundreds of Portuguese artists as well as national Museums. All artists can participate in the exhibition, whatever style or media, born or living in Portugal. Send your application by email or post by the 15 Apr to arte@net.sapo.pt or "A Arte da Terra", Rua Augusto Rosa, nº40 1100-059 Lisbon with the following details: Name, Address, telephone number, email, photo(s) of the artwork for the competition, indication as to the used materials and sizes. Each author can enter 3 pieces. The selected artwork (whose creators will be informed by 21 Apr) will be part of this year's exhibition on Santo António during June and should be delivered by 15 May. Of all the selected artwork, 3 will be elected as the best creations about Santo António.

## MARKETS

**LxMarket - Every Sunday**

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

**CCB Market - First Sun**

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

## MUSIC

**Concertos Íntimos 2018**

- Concerts by Filipe Catto, Ana Bacalhau and HMB. Ana Bacalhau brings her solo

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

**Sam Smith** - The Thrill of it All tour - **18 May**, 9pm, in the Altice Arena, Parque das Nações, Lisbon. Tickets: €41-€171. www.everythingisnew.pt/sam-smith/

**Roger Waters US + THEM**

tour - Roger Waters of Pink Floyd presenting Pink Floyd classics and new songs from his solo work. **21 May**, 9pm, in the Altice Arena, Parque das Nações, Lisbon. Tickets: From €45. arena.altice.pt

## SHOW

**Live Music in Casino Lisboa during March**

- Johnny Deep, 30 Mar; Luis Leite, 31 Mar. By law, access to the spaces of Casino Lisboa are reserved for persons over 18 years of age. Casino Lisboa, Parque das Nações, Lisbon. Tel: 218 920 000 www.casino-lisboa.pt

**The Portuguese - a Musical Comedy**

- The first musical in English directed to the thousands of tourists that visit us daily enabling them to enjoy quality culture while learning a bit more about the history and stories of the land of Camões. Tickets: €39. Tue, Thu & Sat, 6:30pm in the Auditório dos Oceanos in Casino Lisboa, Parque das Nações, Lisbon. Tel: 218 920 000 www.casino-lisboa.pt

## AUCTIONS

**Auction House Algarve.**

Our next live auction is **7 Apr**. Approx 500 lots including antiques, collectables, art, jewellery, tools, furniture, sports equipment, designer handbags. All of the items can be viewed at the auction house and through our online catalogue at www.ahalgarve.com. Tel: 289 832 380 or email us at info@ahalgarve.com

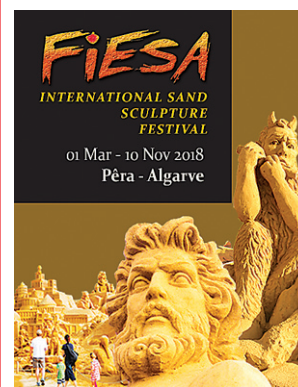
## EXHIBITIONS

**"Histórias de Outras Idades" Contemporary sculpture exhibition**

- Dramatic pieces from the renowned artist Rui Matos on exhibition from **until 7 Jun**. Open to the public Mon-Fri from 9am to 6pm. Entrance is free. Vale do Lobo Art Gallery. Tel: 289 353 327 www.valedolobo.com

**Paintings by Liz Allen - Ongoing.**

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

**Exhibition of the 17th Corrida Fotográfica de Portimão**

- The usual winning photographs and the best of the eight presented themes, a lot of subaquatic photos taken during the archeological prospecting in the Arade river will be on display. Exhibition until **15 Apr** in the Portimão Museum. Open Tue 2:30pm-6pm and Wed-Sun 10am-6pm. www.vivaportimao.pt

## FAIRS &amp; FESTIVALS

**NCA Filmfestival 'Casa dos filmes'**

- In Galeria de Arte at Adegas Cooperativa, on the EN125 in Lagoa. **24 Mar**, 5pm "Love is strange", 8pm "Eile". **25 Mar**, 5pm "I Daniel Blake", 8pm "La Grande Bellezza". Tickets: €4 including a drink. All movies run original language with Dutch subtitles. Book your tickets: info@ncaportugal.com More info: www.ncaportugal.com

## MARKETS

**Car Boot Sale, 1 Apr:** The Car Boot on the first Sunday of each month resumes at the Old School House, Vales, Aljezur, following its winter break. Unwanted household items only--no goods grown, made or bought for profit please. Stallholders charged

€2 for each table space, x multiples of €2, or €4 for vans (i.e. Transit size) and are permitted to enter and set up their tables from 7:30-9am with the sale then being open to the public from 9am.

## MUSIC

**'Musical Revolutions'** in the Mediterranean. Gonçalo Pescada plays different types of accordion on a journey through Mediterranean countries over several centuries - Italian Tarantella, Spanish Flamenco and many others. **24 Mar**, 3pm. Quinta das Alagoas, near Almadena. Entrance, by reservation only, €19,50 including refreshment buffet of wine, cheese and homemade products. Info and reservations Tel 924 204 343. Email geral@quintadasalagoas.com.

**Recital das três culturas** - Eduardo Ramos (Voice, Arab Lute and Bamboo Flute) will present his recital in the António Villares Pires' sculpture and paintings studio, O Templo do Tempo in the Silves Train Station warehouse (Armazém da Estação de Silves). **7 Apr**, 6pm A different event, in a different place.

**Vasco Ramalho - Essências de Marimba, Fados & Choros** - Guest fadista: Filipa Pais. **14 Apr**, 9:30pm, at the Municipal Auditorium in Lagoa. www.cm-lagoa.pt

**Fado /Live Music - O Navegante** restaurant is proud to announce live music/Fado **every Friday** from 8:00pm. Menu from €16,00. You are welcome to join us. Try our delicious and varied cataplanas, Stone Steak and fresh fish. Booking recommended: 282 315 399 / 968 305 515

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

**Every Sunday** - The New Orleans Jazzband play a dinner/concert at O'Navegador Restaurant, Alvor - reservations 282 412 375 or 962 541 124 www.neworleansjazzalgarve.com/index.html

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

## SOCIAL

**afpop East Algarve Coffee and Chat Morning** - Member-2-Member. Coffee & Chat mornings. The monthly Coffee & Chat morning. They are always the **last Wednesday** in the month. The coffee mornings are organised by a group of afpop members. It is very informal, a

**ALL Saints ANGLICAN CHURCH**

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**www.allsaintsalgarve.org**

**Google maps: search for All Saints Anglican Church Almancil or Lagoa**

This page is primarily for cultural, sports, charity and free events or those staged by a club or society. Please send your events to events@theportugalnews.com by midday on Monday before publication. To guarantee inclusion of other events there is a charge of 50 cents per word. To place a paid listing, email linda@theportugalnews.com and you will be sent payment instructions.



chance to meet up, make friends and have a chat. If you are interested in the Coffee & Chat mornings contact: Sherry on 916 913 612 or email: slosantaclara@gmail.com . Usually in the East Algarve Pedras da Rainha Club House. GUEST SPEAKER: Karin Holmström Forster Karin will be talking about her project to train guide dogs for the visually impaired young people living in the Algarve.

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

**Duplicate bridge** - Come and join our friendly international club. **Thursday afternoons**, 3pm start at Restaurante Solar da Poeta in Almancil. Or **Friday afternoons**, 2pm start at Museu do Trajo in São Bras de Alportel. For pre-registration and information call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

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

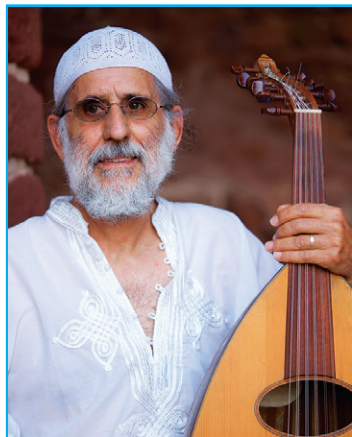
**Coro dos Amigos do Museu.** We are an international four-voice choir based in São Brás de Alportel. We sing sacred and secular music from medieval to 21<sup>st</sup> century, with concerts several times per year. We rehearse on **Thursdays** from 6.30pm. Ability to read music is an advantage, but not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

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

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

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

**afpop Badminton in Silves** Come and try Badminton. This is a regular **Thursday evening** slot booked for Badminton players at the pavillion of the Escola EB 2,3



**Eduardo Ramos will present his recital with the Arab Lute and Bamboo Flute on 7 April, 6pm, in the sculpture and painting studio, O Templo do Tempo, in Silves.**

Dr. Garcia Domingues in Silves between 8pm and 10pm. Badminton players will need to bring their own racquets and pay a small fee to cover costs. More information contact Sue on susharman9@gmail.com or call 910 108 730

**Bridge lessons - 13 Mar** start of a course of 10 lessons for beginners. Every Tuesday afternoon at 2.30 PM. At Four Seasons Fairways Hotel in Quinta de Lago/Almancil. For information call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

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

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

**Walking Football for the 50+ - Every Thur.** 9.30am - 11am, at José Arcanjo Stadium, Olhão (behind McDonalds EN125) Fitness, fun & friendship. Only €3 / session. Contact: 916504903 christopher.wright@hotmail.co.uk

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

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

**Duplicate Bridge** - Come and join us in a friendly informal atmosphere. All levels and nationalities welcome. **Wed & Fri** afternoons at Vale d'El Rei Hotel. Please contact 911 561 224 or 282 358 885

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

**Painting for Pleasure Classes, water colours, oils or acrylics** - Beginners onwards, individual tuition on **Tues** mornings at Four Seasons Fairways (Quinta do Lago, Almancil) 10am to 12noon. **Wed** at Mesquite near São Brás from 10.30am to 12.30pm, 2.30pm to 4.30pm. Tel. Terry Reed, tel: 289 845 561

**Duplicate Bridge** - Come and join us. Friendly Club, all

nationalities and levels welcome. Every **Mon & Thurs** at the Cristal Hotel, Carvoeiro. 1.45pm for 2pm. Tel: 282 357 953 or 282 357 657.

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

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

**SPORT**

**Walking Football** begins again at Boavista Spa on the N125 between Lagos and Luz. **Every Wednesday** 9:30am -11:30am. Everyone over 50 welcome. contact:brian.efoster@yahoo.co.uk

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

**Balaia Bowls Club,** Olhos de Agua, Albufeira - roll-ups on Tuesdays and Fridays at 09:45am. Tuition available if required. Please telephone Jill on 935701155

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

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

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

**WORKSHOPS & COURSES**

**Dreams: Doorway to Spiritual Freedom** - Join us in Sagres for free meeting 3 - 4pm, **31 Mar** at Meridiano Restaurant, N268 (main road, near Intermarche). Info:

eckmarg.luz@gmail.com, FaceBook/Eckankar Portugal, www.eckankar.org. 968-641-314. Engl, Prtg, Spn, Grmn, Fr.

**Tellington TTouch Training** - Introduction to Tellington TTouch Two-Day Workshop with certified Tellington TTouch Practitioner, Alex Wilson, covering TTouch Observations, TTouch Body Work, and TTouch Groundwork. **27-28 Apr** in Portimão. Places are limited for this workshop so please book early to avoid disappointment. Please bring a crate or vehicle so that your dog can rest as there are times when we will not be working with dogs - for those without dogs, there will be opportunities to work in groups with people who have dogs. For more information or to book please visit www.algarvedogtrainer.com or call +351 915 623 472

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

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

**Music Improvisation and Ensemble Skills - Sat** 3pm-

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

**Scottish Country Dancing** will be held on **Monday** evenings from 7:30 to 9:30pm at the NOBEL

International School Algarve. Please contact Mardie Cunningham on 282 356 029 or email mardie@sapo.pt.

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

**International Christian Fellowship Portimão**



**Easter Services 2018**

**Good Friday, March 30th at 11am**

**also Easter Sunday, April 1st at 11am**

**"The Bridge", Cedipraia Shopping 23**

**Rua N S Amparo, Av 25 de Abril, Portimão.**

**Tel: 917 358 098**

A picture tells a thousand words

Not this picture perhaps, but take a stand at this year's International Algarve Fair, arm yourself with loads of photos and plenty of expectations and you will find there is no item too big for our visitors to buy at the International Algarve Fair. Last year at least one couple found their dream home at the Fair. Indeed Real Estate Agents can not only expect to gather lots of leads from the thousands of visitors, but they can even clinch some good deals.

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



**Announcements**

**PATIO HEATING.** Save 50% with Infrared Heating: see more on shs-pt.com



**CASAE** Jardim Furniture Spring Clearance. It's time for our Spring refresh at the furniture shop 'Casa e Jardim' near Quarteira. Tables, sofas, armchairs and some beautiful individual furniture items need to make way for new showroom pieces. Grab yourself a unique piece of furniture at a bargain price. Details: <https://www.casaejardim.pt/more/clearance/>

**MR. DAVID** Paul Haddon. 1945-2018. Miss Margaret Haddon and family would like to thank all her friends for their kindness at this sad time.

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

**Algarve Homecare**  
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[www.algarve-homecare.com](http://www.algarve-homecare.com)

**Auctions**

**AUCTION HOUSE ALGARVE**  
NEXT LIVE AUCTION Saturday, 7 April 2018 10.00am onwards  
Approx. 500 lots.  
• Antiques and Collectibles  
• Designer Handbags  
• Furniture and Art  
• Tools  
• Jewellery – Antique, Vintage and Modern  
• Sports Equipment  
Check out our page on Facebook to view items coming up at Auction and view the catalogue and bid on line at [www.ahalgarve.com](http://www.ahalgarve.com) where further details are available. Tel: 289 832 380 or email us at [info@ahalgarve.com](mailto:info@ahalgarve.com)

**Caravans & Motor Homes**

**UK CARAVAN** wanted Looking to buy a UK caravan, cash waiting. call 966706140 or [lmjp@sapo.pt](mailto:lmjp@sapo.pt)

**Charities**

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

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

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

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

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

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

**MADRUGADA ASSOCIAÇÃO** provides home-based, end of life, palliative care to patients and their loved one free of charge. Your donations of household items or clothes would be very welcome. Volunteers are required for our retail shops, delivery service, Centre support and very importantly fund raising. If you can help with any of the above please call us 282 761 375 or visit our shops on Rua Direita No 100, Praia da Luz.

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

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

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

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**Oporto**

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

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

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**Verse of the Week**

So then, whenever we have the opportunity, let's practice doing good to everyone, especially to the family of faith.

Galatians 6: 10; New International Version (NIV)



# Length Matters

**N** NEIL CONNOLLY

I am sure like most golfers you have been looking at a 'spring clean' of your game, looking to make some changes to keep "Father Time" at bay, maybe even looking to improve your game.

**H**itting that par four in two last year has become just too difficult, that par five is now a good three shots and let's not talk about that par three, when did that become a wood!? The more you try and hit it straight the further right it goes, the more you try the less you succeed. Sounds familiar to me, not just from the clients who come through my door but my own experience too. The muscles just don't stretch quite as far as they did and the ball doesn't go as far as I would like. Now, if you are looking to improve your scores, consistency or length there are only three areas which need to be working in harmony. These being the three big 'T's; Technique, Time and Talent. If you have great technique, lots of time to practice and bucket loads of talent you will inevitably be a very good player. The three 'T's are irresistible that way. If one of them is missing, then progress stumbles with frustration becoming

the state of normality. Think about it simply, lots of time and technique but no talent leads to thwarted development. Lots of time and talent but no technique, same result. Finally, lots of talent and technique but no time to hone the former will lead to inconsistency. The good news is, because the game is so methodical, hand eye coordination is at a minimum and is pedestrian, it suits more people than most other sports. But if we were to focus on the technique element of the game and split that into three categories you may take some heart and be able to look at the coming golf season as something which could be turned to your advantage. Something which is actually under your control and able to be influenced in your favour. So here are the big three game changers which sit under the category of 'technique' for improved distance and consistency. I'm going to go with the low hanging fruit here, first is

equipment; sometimes the clubs which I see a player playing with are so old, with worn slippery grips and the club head built with a sweet spot the size of a pin prick, it is no wonder that the player is struggling to get the ball in the air, let alone the desired distance. Sometimes you have to bite the bullet and invest in the equipment. The technology being built into the clubs these days is staggering, sweet spots are bigger and launch angles are higher, spin is up too; all helping the ball go straighter and further. You should seriously think about putting your clubs up against the latest out there, like a Pepsi Challenge, so to speak. If I can't show you that the ball can go higher, further and straighter then you have lost nothing. At least you will know that the focus has to be on the other two areas. The other two areas are improved technique and physical form. Obviously if you are doing something so poor technically it doesn't matter if you have

the latest equipment in your hands. Again, time to bite the bullet in the form of some formal coaching from a professional Coach. It will probably be something quite simple which needs a couple of hours work literally to straighten you out. Finally, the physical form. This really focusses on the strength and flexibility of the player. Is your body fit for purpose? Simply put again, can your body do what you are asking it to do during the golf swing? Our Academy is now working with a TPI (Titleist



Is your body fit for purpose? (Photo: Supplied)

Performance Institute) Certified Fitness instructor, who is able to give you a full body assessment and then point you in the direction of movements and exercises which will keep your body in the correct shape for your game over the coming days, months and years. So here is the deal, in one place we can sort out your clubs, where we have all of the best performing brands. We have all of the

technology and expertise to coach your swing into a more efficient movement and finally we can assess your body's range of movement to see where you are losing distance during your swing. All of this can be done easily in a morning or afternoon to set you straight and true for the coming season. Give us a call at Golf Integrated Academy, based at Vila Sol, on 912 263 555.

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# Ronaldo rescues Portugal

**N** CHRIS WRIGHT



Portugal's Cristiano Ronaldo in action during the soccer friendly game Portugal against Egypt in the Letzigrund stadium in Zurich, Switzerland, 23 March 2018. (Photo: EPA/Melanie Duchene)

took an early lead as El Said bore down on goal, but Beto was on hand to divert the danger. Otherwise the first-half was a case of neat, attractive football but little penetration in the final third. Wolverhampton Wanderers wonder kid Rúben Neves, who joined the Midlands team from FC Porto last summer, was in scintillating form including a marvellous 50-yard cross-field ball to Ronaldo, who controlled the ball instantly, bamboozled his marker before touching it to Guerreiro, whose cross was met by an acrobatic Bernardo Silva (Manchester City) volley that was blocked by a defender. The second-half was just ten minutes old when the Egyptians struck first through star man Mohamed Salah. He is already a folk hero with Liverpool's faithful and is one of the most feared forwards on the planet having scored thirty-six goals in all competitions, including twenty-eight in the Premier League to move him clear in the Golden Boot race. Such form has seen the Egypt international

linked with a move to Real Madrid. But just before the game was about to end with a famous victory for Egypt, the Cristiano Ronaldo show started. The Real Madrid man entered this match with twenty-one goals in his last eleven games including six goals in his last two outings. It was super-sub Ricardo Quaresma who proved to be the crucial link. The Besiktas winger received a raking pass from Ronaldo on the left flank in the 92nd minute and sent over a sumptuous cross to his fellow former Sporting graduate and great friend Ronaldo to head in the equaliser. But the Quaresma-Ronaldo double act was to create one more moment of magic in this intriguing game. Quaresma won a free kick in the dying seconds of the match, this time on the opposite flank, and again produced a perfect delivery for the captain to power a header into the net. The goal was initially ruled out for offside, but after consultation with the VAR it was validated and Portugal had won the match.

Two of the world's most exciting players - Egypt's Mohamed Salah and Portugal's talisman Cristiano Ronaldo - went head-to-head in an enthralling World Cup tune-up friendly in Zurich that did not disappoint.

Portugal started brightly with no fewer than five chances coming Ronaldo's way in the opening quarter-of-an-hour.

Raphael Guarneri (Borussia Dortmund) looked especially lively as he pushed up to lend support to the attack. But it was Egypt who so nearly

## British army in battle with Portuguese champions

The highlight of the 8th annual Algarve Rugby Festival at Browns Sports & Leisure Resort, Vilamoura was the game between the British Army and CDUL (Desportivo Universitário de Lisboa), national champions of Portugal last season.

The Army had originally been due to play Russia's top professional rugby side Krasny Yar Krasnoyarsk, but owing to recent developments between the two countries, CDUL stepped into the breach. In an

entertaining game full of passion and commitment it was the British Army who ran out victorious. The training camp at Browns was in preparation for the British Army versus the Royal Navy at Twickenham on the 5th May.

The annual event at the home of rugby is sold out with a crowd of 80,000 attracted by the unique atmosphere of inter-service rivalry for the Babcock Trophy.

Chris Wright

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