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14 Apr 2018 • Ed. 1470 • €1.50 inc IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.theportugalnews.com

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Anglo-Portuguese relations ever-strong as British investment here soars

'BREXIT IS AN OPPORTUNITY FOR PORTUGAL'

Full story, see p. 2



British Prime Minister Theresa May (L) greets Prime Minister of Portugal Antonio Costa (R) ahead of a meeting at 10 Downing Street in London, Britain, 10 April 2018. (Photo: EPA/Will Oliver)

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ANGLOPRESS Edições e Publicidade, Lda

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PRINT & DISTRIBUTION

Printers: Unipress, Oporto

Print-run:
18,842 copies this edition

Distributors: VASP

Member of apct
audited circulation



PRODUCTION

Publisher: Paul Luckman
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‘Brexit an opportunity for Portugal’



BRENDAN DE BEER

Prime Minister António Costa believes Brexit is an opportunity for Portugal and Britain to strengthen their centuries-old alliance. The Portuguese Premier was speaking at the Bloomberg headquarters in London in an event destined towards generating British investment. While concerns have been raised as to the potentially adverse effects of the 2016 Brexit referendum, numbers revealed this week show that British investment in Portugal increased by more than 400 percent in 2017.

Explaining how he envisaged already strong Anglo-Portuguese relations improving even further, António Costa this week said that Brexit should be “transformed into an opportunity for both countries to deepen their special relationships, both on a political and economic level.” Taking to Twitter shortly before returning to Portugal, the Portuguese Prime Minister also highlighted the importance of the UK to the safety and defence of Europe, while stressing the importance of safeguarding the rights of Portuguese residents in the UK and those of British expats living in Portugal during his meetings with his British counterpart Theresa May. He added: “What is important now is to minimise the negative consequences of Brexit and to develop a relationship which is as close as possible with the United Kingdom.” Addressing the audience in English, the Portuguese Prime Minister referred to the 1386 Treaty of Windsor, which makes

Portugal and the UK the world’s oldest allies, with António Costa pledging that the countries will always remain friends. “In Portugal, you can find a safe haven and fertile ground for your investment,” he was quoted as saying in London by the *Lusa News Agency*, adding: “When businesses open in Portugal, they can have a two-in-one: Brexit in the UK and stay in the EU by investing in Portugal.” The Portugal-UK forum, titled ‘An Expanding Alliance’, gathered some 200 participants, including representatives of the financial sector and entrepreneurs. Among the speakers was Bernardo Trindade, president of the Portugal IN special mission, a working group set up to attract UK investment in the context of Brexit, and Luís Castro Henriques, president of AICEP Portugal Global, the country’s foreign trade and investment agency. According to figures released at the event, foreign direct investment in Portugal by UK-based investors last year rose 427 percent to €758 million,



British Prime Minister Theresa May (R) during talks with Prime Minister of Portugal António Costa.

ranking the UK fourth worldwide among foreign investors in Portugal. On a European level, the UK was the second biggest investor here in 2017. Nonetheless, in the year immediately preceding the Brexit ballot, British investment topped a record €853 million. According to figures published by *Lusa*, the UK is the fourth largest

taker of Portuguese goods and services, with a total value of €8.074 billion last year, up 7.4 percent on the previous 12 months. Portugal enjoyed a surplus of €4.675 billion, given that it imported goods and services worth €3.399 billion from the UK. The UK is the largest provider of tourists to Portugal: last year

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Portuguese Prime Minister Antonio Costa (L) at 10 Downing Street in London, Britain, 10 April 2018. (Photo: EPA/Will Oliver)

revenue from them swelled 14 percent to €2.591 billion, as the number of overnight stays rose 1.1 percent to 9.280 million. In a statement, a Downing Street spokesperson revealed the British Prime Minister said that the UK deeply values the long-standing alliance with Portugal and wants to maintain and strengthen those ties in future

across a range of areas, including science, defence, and trade and investment. The spokesperson explained that the two leaders also discussed the recent attacks in Syria and Salisbury and “agreed that the international community needed to come together to uphold the worldwide prohibition on the use of chemical weapons.”

Downing Street further revealed that British Prime Minister “underlined the value she places on the contribution of the Portuguese community in the UK, whereas Prime Minister Costa also welcomed the contribution of UK nationals in Portugal and expressed his desire to maintain a close relationship with the UK after exit.”

N News in Brief

Twin sisters suspected of killing newborn jailed

A woman suspected of stabbing her newborn baby to death in Seixal just south of Lisbon is to remain in custody along with her twin sister. Both women have been sent to a woman’s prison facility in Sines pending trial. Police say the mother inflicted the fatal wound on the baby girl, though added they believed her twin sister was also criminally involved in the murder on Monday night.

Doctors announce three-day strike

Portugal’s doctors have announced a three-day strike for the start of next month. The country’s doctors will be staging action on 8, 9, and 10 May. The Independent Doctors Union (SIM) calling for the action slammed Portugal’s Finance Minister Mário Centeno for being “insensitive” and accused him of “playing with the feelings of the weak” by claiming it was normal for patients to wait up to two and a half years for a consultation.

Fatal student bus accident

An accident involving a bus carrying students back from a spring break in Spain has resulted in the death of a 18-year old student. Officials said a further 48 students were injured in the accident in Nisa, central Portugal, though none are serious. The accident happened during severe weather conditions on Sunday evening in an area notorious for accidents, with the driver losing control before the bus flipped onto its side.

WEATHER

No let up in the rain

The weekend will be mostly wet and dreary throughout the country and showers are forecast to stick around for most of the coming week, but the good news is that next week the temperatures will start to rise.

Lisbon: Saturday will be partly cloudy and Sunday will be rainy in the capital, but Monday and Tuesday should be dry with sunny spells. Light showers are forecast to return from the middle of the coming week, but temperatures - maximums and minimums - will rise by a couple of degrees.

South: Southern Portugal looks like it could be the exception to the general rule; Saturday is forecast to be sunny,

with some scattered cloud and highs of around 20 degrees Celsius, and the following week is forecast to be partly cloudy with highs in the low-20’s.

North: Northern Portugal might be a little brighter than it has been in recent weeks, with sunny spells forecast through the weekend and for most of the coming week, but there will be no let up in the rain as persistent showers are forecast at least until the coming weekend.

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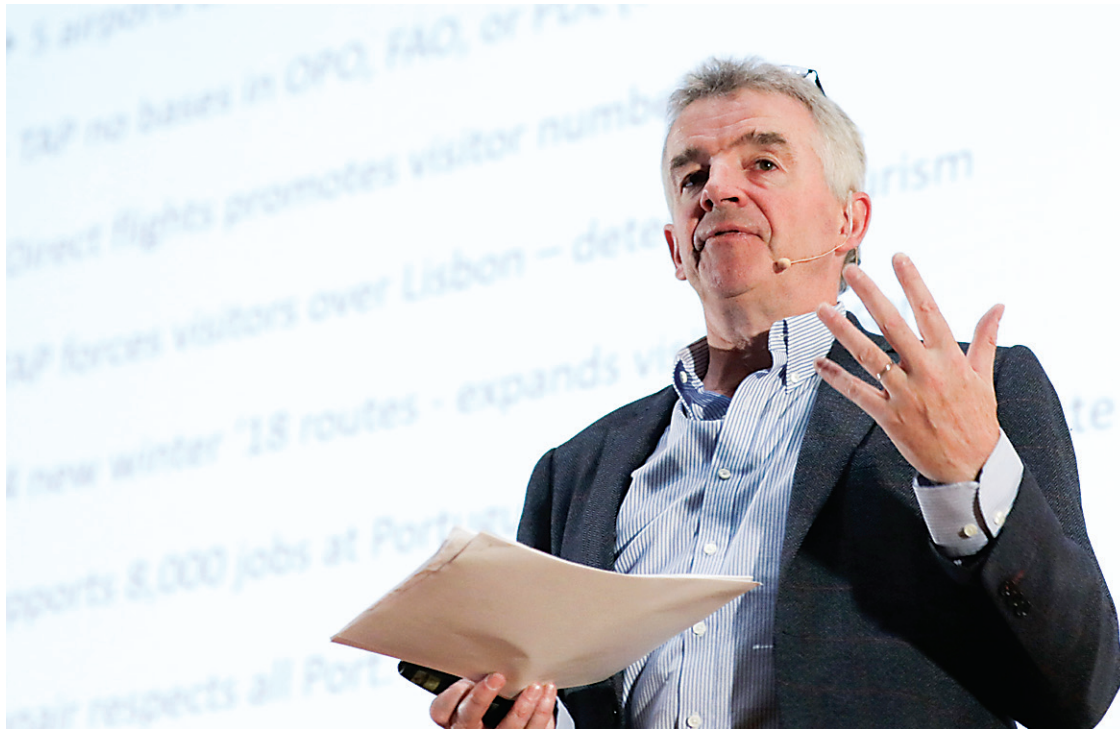
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Ryanair threatens union over ‘false allegations’



The Ryanair CEO, pictured here in Estoril on Wednesday, addressing a conference on golf and tourism. (Photo: Lusa/Tiago Petinga)

Ryanair said on Wednesday that it was considering suing the Portuguese cabin crew union if it continued with its “false allegations” that the airline breached Portuguese law during a recent strike by staff based in Portugal.

Michael O’Leary told reporters that he low-cost airline said it may have to go to court because it was a large employer and large investor in Portugal (...) and it was not willing to have its good name and reputation stained by false allegations made by a union with TAP representatives, Speaking to *Lusa News*

Agency, he said letters would be sent to the union (SNPVAC) and the Working Conditions Authority guaranteeing that Portuguese law was not breached. The union has accused Ryanair of breaching Portuguese law by flying in foreign crews to cover Portuguese strikers and threatening dismissal to those who refused. *TPN/Lusa*

TAP flights still being cancelled ‘without explanation’ as pilots are urged to ‘work to rule’

The Portuguese national aviation authority (ANAC) said on Tuesday this week that it had recorded 26 flights cancelled by flag-carrier TAP between 26 and 29 March, affecting almost 4,000 passengers.

ANAC told *Lusa News Agency* it had called the airline’s managers to explain what was going on and to keep passengers properly informed, and it is continuing to monitor the situation.

The authority also said it was in permanent contact with the affected passengers who had got in touch to ask for help with refunds and compensation.

The Portuguese pilots’ union (SPAC) said it has been appealing to pilots to ‘work to rule’; to ask for overdue days off and not to accept flights on their days off and holidays as a means of pressuring the airline.

There have been scores of cancellations in recent weeks, *Lusa News Agency* says, without TAP giving any details.

The airline has said it “regrets”

the cancellations and it would compensate the affected passengers.

At the end of March TAP said passengers whose flights were delayed or cancelled during the last week of that month would receive compensation.

Consumer watchdog DECO says it has received numerous complaints with regards to cancelled TAP flights.

Alert for airlines operating in the Eastern Mediterranean

European air traffic controllers have issued a “rapid alert” for airlines in the Eastern Mediterranean owing to the possibility of air strikes into Syria.

The European Aviation Security Agency’s (EASA) warning of possible launches of air-to-ground strikes or cruise missiles comes as the US, Britain, France and allies weigh up retaliatory measures to a suspected chemical weapon attack in Syria.

The European Organisation for the Safety of Air Navigation, Eurocontrol, told operators on Wednesday: “Please note that EASA has

issued Rapid Alert Notification for Eastern Mediterranean/Nicosia FIR (flight information region) area” stating that: “Due to the possible launch of air strikes into Syria with air-to-ground and/or cruise missiles within the next 72 hours, and the possibility of intermittent disruption of radio navigation equipment, due consideration needs to be taken when planning flight operations in the Eastern Mediterranean/ Nicosia FIR area.”

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Golf tourism responsible for nearly 17,000 Algarve jobs



Golf tourism has become increasingly important to the regional economy in the Algarve. (Photo: Lusa/Luis Forra)

Golf tourism in the Algarve generated about €500 million in 2017 and created or kept 16,800 jobs a study by the Algarve Tourist Authority (ATA) said earlier this week.

The tourist chairman said the results proved that golf was an extremely important sector in Portugal and particularly in the Algarve". The Algarve is currently responsible for about 70 percent of the rounds of golf in Portugal with more than 1.3 million rounds in 2017 alone. The authority also said

that 87 percent of the players who were asked said they had played in the Algarve before, proving how satisfied the tourists were. Almost three-quarters of the players (73 percent) were British, a figure that is directly related with the number of flights between the British market and the south of Portugal.

TPN/Lusa

Portugal sees EU's second biggest increase in housing prices

Portugal recorded the second highest annual increase in housing prices (10.5 percent) in the fourth quarter of 2017, which increased more than twice as much as in the eurozone and the EU, Eurostat announced on Wednesday.

Between October and December 2017, according to the EU's official statistics office, the housing price index rose 4.2 percent in the eurozone and 4.5 percent across all 28 Member States, compared to the same quarter last year.

The highest increases in house prices, as measured by the housing price index, were recorded in Ireland (11.8 percent), Portugal (10.5 percent) and Slovenia (10.0 percent).

Just one country saw a reduction and that was Italy (-0.3 percent).

Compared to the previous quarter housing prices increased by 0.9 percent in the eurozone and 0.7 percent across the EU.

With regards to quarter-on-quarter rates, the highest increases were recorded in Slovenia (3.7 percent), Croatia (3.2 percent) and Cyprus (2.7 percent) with four declines: in Sweden (-2.8 percent), Denmark (-1.7 percent), Belgium (-0.4 percent) and Finland (-0.3 percent).

In Portugal, the indicator grew 1.2 percent from the third quarter to the fourth quarter of 2017.

EC confirms increase in Portuguese road deaths

The number of deaths on Portuguese roads rose 14 percent in 2017 compared to the previous year, the second highest increase recorded in the European Union (EU), where the average fell by 2 percent, according to figures released this week by the European Commission.

According to preliminary figures for 2017 released in Brussels, the average number of deaths in road accidents in Portugal rose by 14 percent from 2016 to 2017 - the second highest increase among Member States after Cyprus (15 percent) - but decreased by 31 percent when compared to 2010 data.

In the European average there was a decrease of 2 percent

over the previous year and of 20 percent compared to 2010.

In 2017, an average of 62 people per million died in Portugal (in the EU this average was 49 per million), whereas in the previous year there were 54 deaths (EU 50) per million.

In 2010, the average number of deaths on Portuguese roads was 80 per million and in the EU

of 63 per million inhabitants.

Sweden (25 deaths per million inhabitants), the United Kingdom (27), the Netherlands (31) and Denmark (32) reported the best results in 2017.

In relation to 2016, Estonia and Slovenia reported the largest decrease in the number of fatalities, respectively -32 percent and -20 percent.

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Villages at risk from forest fires to get safety officials, shelters

Villages in parts of Portugal at the highest risk from forest fires are to have a “safety official” charged with warning residents of dangers, organising evacuations and running awareness campaigns about fires, under two new government programmes unveiled on Monday.



Minister Eduardo Cabrita (left) meets with a local resident of Vale Florida who has been appointed as an “official” charged with the protection of the village. (Photo: Lusa/Paulo Cunha)

The ‘Safe Village’ and ‘Safe People’ programmes - aimed at preventing and reducing the effects of fires - were developed together with local

councils. They were being presented and launched in Ansião, in Leiria district, one of the areas affected by the fires that devastated swathes of central Portugal in October.

The ceremony, overseen by the minister of internal administration, Eduardo Cabrita, was the stage for the signing of a protocol by the National Civil Protection Authority (ANPC), the

National Association of Portuguese Municipalities (ANMP) and the National Association of Parish Councils (ANAFRE) on the implementation of the two programmes.

These are to be implemented across the country, but their main target is the 189 municipalities with parishes at risk, with a view to “management of combustible [material], evacuation plan for villages and awareness campaigns,” the minister told *Lusa News Agency*.

The function of the new “village safety official”, he said, is to “transmit warnings to the population, organise the evacuation of the settlement if needed and to do awareness-raising actions among the population.”

The programmes are also to define places of refuge in the villages and ensure locals know what to do in case of fire, as well as how to avoid risk behaviours. They will also mark evacuation

routes from villages.

There is also to be a nationwide campaign, starting in May, on radio and television, in newspapers and on social media, focussing on general measures to protect against fire. The ministry expects the two programmes to be implemented from May, above all by local councils.

Under the protocol now to be signed, the ANPC is to distribute signage and 10,000 self-protection kits and other equipment, list criteria for the identification of suitable refuges, create mechanisms by which residents can be warned, carry out local and national campaigns, and oversee drills. For their part, the ANMP and ANAFRE are to cooperate in distributing documents produced by the ANPC, organise information sessions for residents, create fire prevention measures, identify refuges and put up signs indicating evacuation routes. *TPN/Lusa*



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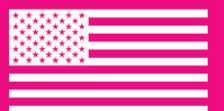
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Association launches petition for show tickets to be slashed

The Portuguese Association of Shows, Festivals and Events (APEFE) launched a public petition at the start of this week in a bid to have VAT on live performances slashed from 13 percent to 6 percent.



Colourful participants in a 'Plea for Culture' protest, held last week in Lisbon. (Photo: LUSA/José Coelho)

Around 400 people signed the petition addressed to Parliament in the first few hours of its launch.

The APEFE states that "13 percent VAT is unconstitutional" because "it promotes an increase in the price of tickets, limiting the demand of

citizens and consequently the fundamental exercise of each person's right to culture." "Almost four years have passed since the

departure of the troika, the country is in full recovery, but the 6 percent VAT rebate remains a deferred measure, unlike what happened in other

countries in the same situation as Portugal, as is the case in Spain, to cite an example", the petition's mission statement reads. This is one of the main demands of the association, which was formally established in 2017 and unites some of the biggest promoters of shows in Portugal, such as Everything is New, Música no Coração, and Ritmos & Blues. After lending its support to artists last week in protest over better support for the arts, the association is now calling for "an urgent restructuring of cultural policy in all its aspects". "Everyone has the right of access to culture, not just those who have buying power, and those who are penalised by the current tax situation of live shows are the Portuguese, it is the public", reads the petition's text. According to the most recent data released by the National Statistical Institute, in 2016 Portuguese families spent an average of €845 on leisure and culture

activities, or 4.2 percent of total expenses incurred. As for live performances - which include rock concerts, fado shows, classical concerts, theatre, opera, dance, folklore or circuses - in 2016 there was an increase both in the number of spectators and in the income obtained. In total, 14.8 million spectators attended 32,182 live performances, but only 4.9 million paid for tickets. The average price per ticket was more expensive in 2016, having gone up from €15.4 to €17.4. Live shows generated a total of €85 million in revenue, which represented an increase of 42.6 percent on 2015, when the figure was 59.6 million euros. Theatre is a big contributor to cultural activity, with the greatest number of shows per year, but the field that registered most spectators (7.3 million) and ticket revenue (€63.2 million) was music. TPN/Lusa.

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Sea returns Austrian paragliders' bodies

The bodies of two Austrian paragliders missing since Monday at Mecó beach near Sesimbra were found at about 9:30am on Thursday morning, the National maritime Authority told Lusa News Agency.

The search operation had been suspended at the time because of the bad weather. But just as the search and rescue teams were disbanding the sea gave up the bodies of both Austrian nationals within a few metres from where the search party had congregated to regroup, commander Fernando Pereira da Fonseca said. The accident happened on Monday when three Austrians, who were practicing paragliding, were swept out to sea. One of the paragliders, a

woman had landed on the beach very close to the water's edge and was dragged out to sea along with her paraglider. Two other Austrians from the same party, who had landed shortly before, went to rescue the woman but they too were swept away. The body of the first victim, a 51-year-old man, was found on Monday. The Austrian ambassador in Lisbon, Robert Zischg, said that following the fatal accident, the remaining members of the group had decided to cut short their stay in Portugal. *TPN/Lusa*



An airforce helicopter pictured here helping in the search for two missing Austrian nationals swept away in rough seas off the coast of Sesimbra earlier this week. (Photo: Lusa/Rui Minderico)

Mystery enshrouds foreign girl found on Vila Real de Santo António beach

Portuguese police are trying to locate the family of a young woman believed to be a 20-year-old Hungarian, who was found on the Santo António beach, in the border town of Vila Real de Santo António (eastern Algarve), barefoot and dressed in summer clothing.

The young woman was, according to newspaper *Correio da Manhã* (CM), spotted on the beach by locals and grabbed attention as she was staring fixedly out to sea. According to the newspaper, the woman was hostile when approached by

locals and "spoke in a mixture of English, German and Spanish". Maritime Police were called and, as Commandant Fernandes da Palma, of the local Port Captainty told CM, she "had no ID on her, just a few papers". INEM emergency

medics were also called out, and the foreign woman was taken first to a local health centre, and then, reluctantly, to Faro Hospital's psychiatry ward. The report states that when queried about her origins, the woman initially said simply she was a

"citizen of the world", but later conceded her name is Sarcadi Tomas, and is a 20-year-old Hungarian national.

However, at the time of going to press authorities were still trying to confirm her identity and locate family or anyone who could

help in the identification process. Portugal's Public Prosecutor has been made aware of the case.



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Funchal Portugal's 'most hospitable' town; Algarve's Aljezur second

Madeira's capital Funchal has been voted as the most hospitable place in Portugal, according to an Airbnb ranking on local lodgings, followed by the Algarve town of Aljezur, in second.



Funchal, famous for its New Year's celebrations which attract hundreds of thousands of tourists, has been declared Portugal's most hospitable city.

The Algarve city of Lagos also ranks among the top 10, in seventh place. The top three spots are rounded off by Vila Nova de Gaia in third. The ranking was compiled based on

feedback from Airbnb guests on their Portuguese hosts' hospitality. Ericeira took fourth place, followed by Ponta Delgada in fifth, and Sintra sixth. Completing the top-ten are Braga in eighth, Cascais in ninth, and Aveiro last but not least, in tenth.

Urban renewal should include earthquake measures - specialists

A group of experts who took part in a debate on "Prevention and minimisation of seismic risk and reinforcement of seismic resilience in the city of Lisbon" said that urban renewal in the capital should include reinforcing buildings to withstand earthquakes.

The debate took place late last week at the premises of the Lisbon Municipal Assembly at the suggestion of opposition party CDS-PP.

The vice president of the Institute of Structural Engineering, Territory and Construction of Lisbon's *Instituto Superior Técnico*, Mário Lopes, began by saying that "it is important to incorporate seismic resistance in urban rehabilitation," or face the risk of buildings "that are deadly traps."

In the engineer's opinion, "the level of demand required in urban rehabilitation remains at zero," and "this continues to be done with the complicity of the Government, the Lisbon municipal council and the entities with responsibility in the matter."

One example is the "destruction of the Pombaline cage," an anti-earthquake building technique, that uses a

wooden structure - or cage - to reinforce brickwork walls - introduced after the 1755 earthquake that is common in buildings in the downtown area of Lisbon, the destruction of which Lopes called "a cultural crime".

"Lisbon is the first city in the world built to withstand earthquakes, and we are destroying it ourselves," he added.

The director of the Faculty of Architecture of the University of Lisbon, João Pardal Monteiro, gave the example of homes that are fragile because they have knocked smaller rooms together.

"We have to make people aware that we cannot make changes to this type of building without qualified technicians to do it," said the architect, explaining that these interventions will "remove the characteristics that withstand earthquakes."

Pardal Monteiro stressed that "interventions in the city have to be carried

out with specialised technicians, so that this does not become a deck of cards ready to fall to the first earthquake."

The debate also recalled that the first "regulation that requires the seismic calculation for buildings dates back to 1958."

Closing the debate, the councillor for Housing of the City of Lisbon, Paula Marques, said that the municipality "has been developing several instruments in this area," such as "updating the land chart, seismic index, and a manual of good practices in rehabilitation."

Professor José Luís Zêzere, of the Institute of Geography and Spatial Planning, stressed that "seismicity in Portugal is moderate," as "earthquakes of great magnitude occur at long intervals," but nevertheless considered that the "problem is big enough to be taken into consideration."

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GNR closes down illegal Olhão casino

GNR police officers closed down a casino set-up operating illegally in an Olhão warehouse last Sunday.



Some of the material seized by the GNR at an illegal casino in Olhão. (Photo: GNR)

Twelve people, aged 33 to 58, were identified and made formal suspects in the operation, three for illegal gambling and tax fraud, and the remainder for illegal gambling.

Offices staged six searches, one at the site where the casino was being illegally run, and others on two properties and three vehicles.

As a result more than €53,000 were seized,

“1,080 chips of varying values, 12 packs of cards, 15 dice, six mobile phones, three IT items, and two poker tables”, the GNR listed in a statement.

The operation was spurred by an investigation into illicit exploitation of gambling and tax evasion, launched a year ago, and was carried out by the GNR Faro Territorial Command and the Faro district PSP police.

Slump in ‘Gold Visa’ investment

Investments made in Portugal in return for ‘gold visas’ fell 46 percent in March, compared to the same month of 2017, to €103.3 million, according to statistics from the country’s Foreigners and Borders Service (SEF).



Chinese citizens seen here protesting at the delay in receiving their Gold Visas. (Photo: Lusa/ André Koster)

In March, the investment resulting from the Residence Permit for Investment Activity (ARI), also known as gold visas, reached €103,343,928.34, down 46 percent from the same month last year (€192,493,840.26).

Compared to February, investment increased by 13 percent.

Of the total amount raised in March, most is related to real estate purchases (€92,719,248.13), with capital transfer raising €10,624,680.21.

Last month, 174 residence visas were awarded under the scheme, of which 163 were granted following property purchases.

Capital transfer accounted for 10 gold visas, with the requirement of creating at least 10 jobs.

In the first quarter of the year,

investments related to the gold visa scheme amounted to €293,894,642.10, or a 32 percent decrease compared to the €433,257,163.00 recorded in the same period of 2017.

In cumulative terms - since gold visas began to be granted on 8 October, 2012, until March of this year - the total investment raised was €3,705,160,484.49, of which €347,687,174.20 were related to capital transfer and €3,357,473,310.29 for the purchase of real estate.

Since the creation of the scheme with a view to attracting investments 6,050 residence visas have been granted: two in 2012, 494 in 2013, 1,526 in 2014, 766 in 2015, 1,414 in 2016, 1,351 in 2017 and 497 in 2018.

In cumulative terms, from its launch

until 5 March, 5,716 visas have been granted for property purchases, 324 for capital transfers, and 10 for the creation of at least 10 jobs.

China leads the list of residency permits offered under ARI (3,771 until March), followed by Brazil (522), South Africa (242), Russia (211) and Turkey (188).

The new rules for obtaining ‘gold visas,’ which extended the investment criteria for citizens outside the European Union (EU) to areas such as urban rehabilitation and science, among others, came into force on 3 September 2015.

Since 2013, 10,181 residence permits have been allocated to regrouped family members: 576 in 2013, 2,395 in 2014, 1,322 in 2015, 2,344 in 2016, 2,678 in 2017 and 866 in 2018.

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Researchers from the Algarve University's Centre for Marine Sciences are collecting bits of coral from along the Algarve coast that were broken off the seabed during storms, to transplant them back to their natural habitat and study the damage that storms have on marine organisms. (Photo: Supplied)

Algarve scientists saving storm-damaged corals and appealing for public's help

Researchers from the Algarve University's Centre for Marine Sciences (CCMAR) have been collecting decades-old coral from along the Algarve shoreline that washed up after being damaged during the ferocious storms, in a bid to transplant them back in their natural habitat.

The researchers are collecting a type of coral commonly referred to as gorgonians, "that were stranded on the shore following recent storms, in order to transplant them back to their natural habitat", the team explained in a statement. Researchers said that the storms of late have ripped a large amount of gorgonian corals from the rocky seabed, and these have been washing up on shore, particularly in the area of Santa Eulália beach in Albufeira. The species, mainly *Leptogorgia sarmentosa* and *Leptogorgia lusitânica*, were still alive when collected and are being kept and fed under controlled conditions at the marine biology station in Ramalhete, which is part of the Algarve University. In addition to these species, the researchers have also recovered a few specimens of *Eunicella verrucosa*, a gorgonian commonly known as "pink sea fan" among fishermen. The corals found had a wide array of sizes with the scientists estimating that some may be several decades old.

"These corals are extremely important to other species as their vertical and branching structure are analogous to trees in a forest, in which their three-dimensional shape modifies the physical environment (e.g., ocean currents), thereby creating favourable conditions for other species", the researchers explained. "In addition to providing habitat, gorgonians also function as nesting sites for various organisms, including economically valuable species such as cuttlefish", they elaborated. The scientists are also collecting information on the locations from where the gorgonians broke off to document the highly destructive effects of storms on coral populations, as

well as for subsequent monitoring studies. There is an international online platform (www.marineforests.com), on which citizens are invited to give their contribution to the monitoring of marine forests of seaweeds and seagrasses (i.e. marine plants) by flagging the locations where these are observed. Researchers have now decided to expand that data collection to animal 'forests', including gorgonians, and are encouraging members of the public to get involved by uploading photos of corals and other marine organisms to this website, "whether they are found in the water, at low tide, or stranded on the beach outside the water".

Algarve road users hand in petition

Users of the Algarve's EN125 road have handed in a petition to Parliament this week which calls for urgent repair work to be done on the stretch between Olhão and the Spanish border.

Local officials from affected towns and cities in the Eastern Algarve are demanding to know the state of contracts to

improve the stretch of the road, which has been described as being "worthy of a Third World country."

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

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EDP denies talks with France's Engie on possible merger, acquisition

Energias de Portugal (EDP) on Monday issued a statement denying a media report that it was in talks with Engie on a possible merger, or its acquisition by the French giant.

"Regarding the article published by the BFM Business site - 'Engie eyes Energias de Portugal', EDP clarifies to the market that it has not established any contacts or negotiations with the objective of any consolidation transaction," EDP said in a statement sent to Portugal's securities markets

commission, the CMVM. French broadcaster BFM Business had cited sources close to Engie as saying that it was interested in acquiring EDP, and that the two companies had been in contact.

EDP shares were at 10.26am on Monday up 3.66% on Friday's close of the Euronext Lisbon market, at €3.20. *TPN/Lusa*

Hourly Portugal labour costs rise to €14.10, still 6th lowest in eurozone

Hourly labour costs in Portugal last year rose 3% to €14.10, but remained significantly below the European Union average as the sixth lowest in the eurozone, according to figures released this week by Eurostat, the EU's statistics office.

The data shows that in 2017 labour costs, excluding agriculture and public administration, averaged €26.80 an hour in the EU as a whole and €30.30 in the eurozone. The range of costs between different member states was very large, however, from €4.90 in Bulgaria to €42.50 in Denmark.

Portugal, despite its hourly labour costs rising 3% last year from €13.70 in 2016 - a rate of increase faster than both the EU average of 2.3% and the eurozone average of 1.9% - remains in the lower half

of the table.

Of the 11 EU member states with lower hourly costs - Malta (€13.80), Estonia (€11.70), Czech Republic (€11.30), Slovakia (€11.10), Croatia (€10.60), Poland (€9.40), Hungary (€9.10), Latvia (€8.10), Lithuania (€8), Romania (€6.30) and Bulgaria - just five are eurozone members.

The countries with the highest labour costs, after Denmark, are Belgium (€39.60), Luxembourg (€37.60), Sweden (€36.60) and France (€36). *TPN/Lusa*

EDP's renewables arm to build solar plant in US

The renewable energy arm of Portuguese power company EDP, EDP Renováveis (EDPR) and Hoosier Energy Rural Cooperative, Inc. have signed a Power Purchase Agreement (PPA) for the construction of Riverstart Solar Park in Randolph County, Indiana, USA.

According to EDPR, the 200 MW solar park is expected to be operational by 2022 and will be the largest array of solar panels in the state, capable of producing enough clean energy to supply approximately 37,000 homes.

This commitment by Hoosier Energy, a Bloomington-based energy generation and transmission cooperative, will benefit 18 electric cooperatives that serve consumers in central and southern Indiana and southeast Illinois, regions that serve more than 300,000 homes, agricultural land and companies.

Under the PPA, Hoosier Energy will receive all the electricity from the solar park for 20 years. EDP Renováveis' executive director João Manso Neto said EDPR is pleased to move ahead with this partnership and "diversify its portfolio of renewable energy in Indiana with the addition of

Riverstart Solar Park." Through this agreement, EDPR will further increase its energy footprint in Indiana. EDPR currently has more than 800 MW of wind power and will have another 200 MW wind farm in operation by the end of 2018 in Benton County, Indiana. EDP Renováveis is the world's leading renewable energy company and the world's fourth largest producer of wind power. It is currently present in 12 markets: Belgium, Brazil, Canada, France, Italy, Mexico, Poland, Portugal, Romania, Spain, United Kingdom and the United States. *TPN/Lusa*



Portugal's EDP is set to invest in a solar park in Indiana, U.S.A. (Photo: Lusa/Estela Silva)

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Three Presidents Face Jail

N GWYNNE DYER

Presidents and prime ministers who start wars still don't go to jail, but in democratic countries it is getting common to see presidents facing jail for corruption. In fact, we have had three since last Friday.



Supporters of former Brazilian president Luiz Inácio Lula da Silva hold a rally near the headquarters of the Federal Police in Curitiba, Brazil, 08 April 2018. (Photo: EPA/Hedeson Alves)

In South Korea, former President Park Geun-hye was sentenced to 24 years in prison and fined \$17 million on Friday for bribery, extortion, abuse of power and other offences. She is guilty as charged, but she is also a victim. On Saturday, former South African President Jacob Zuma appeared in a Durban court to face corruption charges over a \$2.5 billion arms deal, soon after his own party forced him to resign a year before his term ended. Since Zuma's former financial adviser has already served jail time on identical charges, his chances of a happy retirement seem rather slim. And on Sunday former Brazilian President Luiz Inácio Lula da Silva, universally known as 'Lula', began serving a 12-year jail term

for corruption. However, he's probably not guilty of anything that would justify his imprisonment. That's three gone or going in one weekend, and there are others in the queue - like former French President Nicolas Sarkozy, who faces charges that the late Libyan dictator Muammar Gaddafi illegally funded his 2007 presidential campaign. Running a country is clearly a high-risk job, and the people who get the job tend to be risk-takers. Not all of them are rich, and they are exposed to many temptations. Nevertheless, not all cases of corruption are about simple self-enrichment. Ex-president Park's was not, although she collected at least \$35 million in bribes from major Korean companies including Samsung and the giant retailer

Lotte. But Park Geun-hye was doing it all at the behest of her confidante, Choi Soon-sil, the daughter of a preacher and cult leader who won the trust of Park's father more than forty years ago. The ex-president's father, Park Chung-hee, ruled South Korea as a military dictator in the 1970s. When Park Geun-hye's parents were both assassinated, the orphaned girl was befriended by the preacher's daughter, Choi Soon-sil, who established comparative control over her. In 2013 Park Geun-hye was elected to the presidency, but Choi Soon-sil's influence never weakened. The bribes that Park received while in office almost all went to foundations controlled by Choi. Both women have gone to jail, and both deserved to, but Park was as much a victim as a villain.

Jacob Zuma's is a simpler story. He was a major figure in the African National Congress during the decades of struggle against apartheid, first in prison on Robben Island and then in exile as the ANC's head of military intelligence. (His former chief of staff in that job once described him to me as a "military genius".) But Zuma had no money, and when he got political power in post-apartheid South Africa he set about to remedy that problem. There has never been any real doubt that he benefited enormously from the arms purchase deal, and he was forced to resign the deputy presidency in 2005 - but after he was elected as leader of the ANC in 2007 he managed to get the charges dropped.

By 2009 he was the president of South Africa, and for the next nine years the charges remained in abeyance. When he was forced out of office two months ago for further brazen acts of corruption and for general economic mismanagement of the country, the charges were resurrected almost instantly, and now he faces a world of woe. About time, too, many would say. And Lula? There probably was no crime in the first place. Brazil is going through an enormous corruption scandal and more than half the members of Congress face charges, but so long as they control Congress and the presidency they can probably stave them off. An election is due in October, however, and Lula would probably win it - if he were not in prison. The crime he is charged with is

petty by Brazilian standards: accepting free renovation work when his wife moved to a bigger holiday apartment in the seaside town of Guaraju. His judgement may have been clouded at the time, because he was fighting cancer, but in any case he was no longer in office and unable to do any political favours in return. He denies the whole thing, but at worst it was foolish to accept the help, not corrupt. Lula still lives in the industrial city of Sao Bernardo do Campo, 20 km from Sao Paulo, in a modest house within walking distance of the steelworkers union headquarters where I first interviewed him almost forty years ago. He is an honest man of simple tastes, but at the moment he is sitting in jail. He still has an appeal working its way up through the courts, but it's unlikely to set him free. The real reason he is in jail is to keep him from contesting the election, so there he will stay. The rule of law is an excellent thing, but no system devised by human beings is invulnerable to manipulation by other human beings.



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

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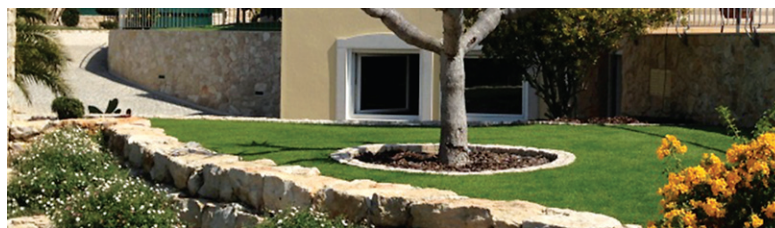
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Originally from Leiria, Vanessa Vieira came to the Algarve a decade ago and began to work initially in real estate mediation, where she was able to oversee the entire bureaucratic process, from purchase proposal all the way through to sale and beyond.

While Vanessa Vieira still specialises in representing clients who are buying or

selling property in the Algarve, she is also able to help clients with all their legal needs and can work to prepare wills, in divorce proceedings and thanks to her fluency in Portuguese, English and French, she also works extensively with translations.

Vanessa Vieira is also able to work with clients who are looking to be able to monetize a property they own in the Algarve by helping to obtain Local Accommodation Licenses for holiday rentals or to offer help in setting up a business in Portugal or alternatively becoming a resident here.

"My strongest asset is the way in which I approach a challenge. I am lucky to work in an industry that I love and clients are able to benefit from my passion for the profession," said Vanessa Vieira.

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Good Life Spas

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Valverde Lawn Bowls



Valverde Lawn Bowls club, Almancil ended its winter season with its open Spring Pairs competition. Bowlers from Parc De Floresta, Tavira and Balaia bowls clubs took part.

The event was sponsored by Private Fund Management, and Alex Phillpot was there to present the prizes. The first prize went to Brian and Mandy Fitzgibbon of Valverde. They won by just one point from John Denn and Alan Hyatt, also of Valverde. In third place were Lynn Phillips and Denis Mole. It was a double celebration for Mandy and Brian as they were also presented with the trophy for winning group A of the clubs Australian Pairs League. Gavin

and Mary Bryson were the winners of group B.

It has been a very successful year for Valverde in the Bowls Algarve Winter League. Valverde Vipers won Division 2 and will now move up to Division 1. Valverde Vulcans finished 3rd in Division 1 where they were the highest placed club who play on grass. Valverde also won the Cameron Cup for the second year running.

The club is currently welcoming UK tour teams who despite the disappointing spring weather seem to enjoy bowling in the Algarve.

Valverde welcomes visitors to our club, all information can be found on our website.

Alan Preece

RBCGS Has a New Sponsor

The Royal British Club Golfing Society played their monthly competition on 4 April, competing for a new trophy donated by the James Rawes company. A slightly smaller group played due to the Easter holidays and several unfortunate injuries and illnesses. The course was in better condition and was less muddy than recently due to the consistent rain.

Winner this month, scoring 34 points, was Ewan Rankin followed by Erik Herter who has been in the prizes for the past three months – this month he came second with 33 points. The first Lady prizewinner was Monique Bryers coming third with 32. Fourth prize winner was also a Lady – Carol Mason with 31. Fifth place went to Chris Goulding with 31 and the sixth place to Eddie Leitão with 30.

The monthly prizes were: Nearest the Pin for the Men on hole no 17 in 2 was David Thomas – Nearest the Pin for the Ladies was Monique Bryers on the long 6th hole in two. The Guest prize went to Sunil Bowry, the Newstead prize – won by members with a handicap of 23 or more and not in the top six places – went to Lars Ryberg and the Cow Bell to Gabi Hüttl.

Lunch was held at the Estoril Club House during which the sponsors informed us about the services offered by them – these included cruises and trips, such as safaris – and presented the trophy and prizes. Captain Bruce Dawson asked for members to sign up early for the next competition – the Blevins Franks trophy held on 2 May – as he will be away during the normal sign up period. Brenda Leitão

Bowls Algarve

This week not much to report as most clubs have been kept busy playing against and entertaining visiting teams from the UK. A busy time but always an enjoyable time of year for all bowlers, as the games are always played with a great sense of fun. So we return to some hints and tips for bowlers.

Movement of Bowls

When a bowl has been properly delivered by a player and, having run its course, comes to rest, it is said to be either Live or Dead. If it touches the jack during its course on the green it becomes a Toucher. A bowl which does not touch the jack is a non-Toucher.

To be a Live bowl and remain in play it must travel at least fourteen metres and be within the boundary of the rink. If a

bowl becomes a Toucher it should be chalk marked and remains Live even if it lands in the ditch, provided it is still within the boundary of the rink. Bowls that pass outside the boundary of the rink, should be moved immediately, as should non-Toucher bowls that land in the ditch. Bowls which land entirely outside of the rink are dead, any part of the bowl remaining on the line are Live.

Players must take great care not to disturb live bowls until the end has been completed and points agreed and awarded.

Remember The Four 'Ups' in Bowling

- Skips must be **Up**
- Thirds must measure **Up**
- Seconds must chalk **Up**
- Leads must shut **Up**

Miriam Hare

Spring outing to Quinta do Peru

A group of ten TOFFS members and guest Erik Herter met on Monday 2 April at Quinta do Peru for this year's second outing.

Since the weather forecasts for the morning were not at all promising, the eleven players were keen to get started as soon as possible. They found the course in good condition and suited for a speedy game.

However, about an hour later, after the first few holes, a soft drizzle started to fall but the "tough TOFFS" still continued their

game. The first to give up then was the Captain – not because of the rain but rather due to a former injury of the right knee that stopped him after five holes.

Gradually, as the rain became steadily heavier, and after just nine holes, another five players decided that a warm shower in the locker-room and a hot cup of coffee were infinitely preferable to the cold soaking rain outside! Thus, only five players completed the course on this second outing.

A really good lunch was then served at

the *Cervejaria* "O Bucaneiro" close to the golf course, where the winners were congratulated.

David Wright again took first place with 29 points after a countback on the last nine holes with second-placed David Thomas, and third place went to Lars Ryberg on 26 points. Since there were no forgotten TOFFS badges this time, it was decided that the cost of the whisky "digestiva" should be shared amongst all the participants.

Adi Hüttl, captain 2018

Letters to the Editor

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



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

Blue passports for the UK

SIR, The UK government is considering giving the £490M contract for producing the new blue passports to Gemalto, a French company, rather than De La Rue, a British company, whose quote was £120M more over a 10 year period. De La Rue is currently challenging this through the Courts and a petition of nearly 300,000 signatures has been raised in the UK in support.

Under EU law all contracts above a certain value have to be open to tender from all states unless there is an issue with National security. Quoting these issues, France, Germany, Spain, Italy, Netherlands and Ireland all produce their own passports without tendering being open to others.

Notwithstanding the potential security issues of a foreign country producing our new blue passports there seems to me to be a financial argument which skews the argument in favour of De La Rue. It is

reported that 200 jobs are at risk if the contract is lost to the UK; assuming that each of these workers is just on an average UK wage of slightly more than £26,000 p.a. then they will pay about £2,850 in income tax and £2,150 in NI contributions p.a. straight back to the government. Of course the whole of the rest of their wages remains in the UK and every time this money is spent the government creams off its tax take. Assuming that De La Rue makes a profit on this contract then they will also have to pay corporation tax so where is the financial advantage of giving the contract to a French company? (As I write there are widespread strikes in France against the modernising policies of President Macron, wither our passports?).

Ian C. (Luz)

Housing

SIR, "Private Equity Funds have bought entire streets with disastrous consequences to

Portuguese families who have lived there for generations". Thus spoke the President of the J.F. of one of several district councils in the historic centre of Lisbon where two thousand residents have been uprooted without compensation and forced to seek shelter in its environs or nearby smaller cities. Emulating the corrupting methods of Rachman and using the loopholes created in rental legislation by the previous government, the predators are relentlessly pursuing the highly profitable "gentrification" to provide accommodation for the foreign celebrities who are seeking refuge for their wealth in our beautiful capital. Regrettably there is no sign from our socialist government that it is willing to honour its pledges to protect its vulnerable citizens from

the excesses of rampant capitalism. But there is ray of hope in the movement within the EU towards the introduction of a Basic Universal Income for all and an inheritance gift equal to €10,000 to all young millennials now in their twenties. Such innovation may go some way to alleviating the increment of inequality and its consequent financial disaster for the many.

ROBERT KNIGHT, Tomar

Re: Solar Scoop

SIR, Very good news. Now all that is needed is to renationalise the utilities sector under professional and modern not for profit management systems to reduce costs to the consumer but I doubt the Portuguese political system and civil service are ready for that yet.

PHIL AUSTIN, Alentejo



Write to:
letters@theportugalnews.com

The Algarveans grow from strength to strength

THE
ALGARVEANS
EXPERIMENTAL THEATRE



The Algarveans held their 2018 AGM on 25 March with record attendance, including seven new members and quite a few potential ones.

The group steams ahead into its 27th year, with a newly elected committee, sporting:

- A new logo
- A new web site with an online booking facility - www.thealgarveans.com

• Updated Facebook page open to all, called "The Algarveans"

• Newly designed newsletter, open to all who wish to subscribe with the link found at the bottom of the homepage of the site

• An exciting list of plays and directors for the 2018/2019 season

The society boasts a diverse range of productions, performed in English, and a truly multi-cultural, multi-lingual membership, some of whom have performed across the globe, others with no experience but a willingness to get involved. New members are always welcome, not just on stage but for all the many varied but essential production roles including front of house teams. Maxine Costa, voted into the committee this year, mentioned that she wishes to "encourage and invite younger members into the group".

The group's next production, the comedy *The Vicar of Dibley*,

is a stage play by Ian Gower and Paul Carpenter, adapted from the original TV series. Rehearsals are well underway and director Mel Winstanley said, "It's great fun producing this play, working alongside such a terrific multi-cultural cast and crew. We have Portuguese, American, Scottish, English, Dutch and Canadians involved."

She continued, "The script is hilarious and it's great that the charity Comic Relief benefits from the royalties from the show".

Each year The Algarveans support various charities. In 2017 they donated and installed a new oven for the Portimão soup kitchen and Castelo dos Sonhos in Silves benefitted from baby articles and food. This year The Algarveans will be contributing, together with the Masonic Lodge of Peace and Harmony, towards the renovation of the training room at Lagoa Bombeiros thus enabling the Bombeiros to provide the necessary training for firefighters and first aiders.

The Vicar of Dibley will be performed at the Lagoa Auditorium on 28, 29 and 30 June, starting at 7.45pm.

Tickets are already available from the Box Office via the website. With the play already proving to be a hit The Algarveans are expecting the show to be a sell out, so book now so as not to be disappointed!

The Strings & Things Show Band Country 'Hoe Down'

A grand event is booked for the 16-piece 'Strings & Things Show Band' on Saturday 21 April at 7pm, to benefit The São Brás Bombeiros Fire Department and The Salvation Army.

It is to be held in the massive Bombeiros Fire Station gymnasium in São Brás, (near the Museum) which seats 200 people.

A fun night of authentic American Country & Western music by the Show Band musicians and singers, in full Country & Western costumes, with line dancing, or you can do your own thing and 'Dance the Night Away' to music by the Eagles, Creedence Clearwater Revival, and many others throughout the decades.

Prizes will be given out to the best costumes, so put on your

best 'dudes'.

Also introducing special guests from Sweden; the 12 piece 'Ukulele Ladies'.

A supper is included in the price of 20 euros, of big Cheese Burgers, slathered with fried onions, salad, French fries and baked beans, and a choice of desserts, also 2 drinks included, wine, beer or soft/water. Bar also available.

All in all, a fantastic evening to remember.

Tickets go on sale from 9 April, so reserve your tickets now.

Contact: Howard 919 968 768 or email: stringsandthings@hotmail.com

Tickets are also available from 'Strings & Things' Music Shop, São Brás de Alportel or from 'Jem's Showrooms', São Brás, (near the wood yard), call for directions.



Angels Theatre Group

Great Songs From Great Musicals is the title of the next production from The Angels Theatre Group. The show, which is a live performance in full costume, features such musicals as Les Miserables, Guys and Dolls, Kiss me Kate and Oliver. As always, this is a fund-raising event. The beneficiaries will be São Brás Bombeiros and Mão Amigos (which benefits local families identified by Social Services).

Angels' shows are always sold out in advance, so you are encouraged to purchase tickets in good time in order to guarantee a seat.

The production will be on 17, 18 and 19 May. The bar opens at 7pm with Curtain Up at 8pm.

Tickets are on sale at São Brás Museum at a cost of 12 euros.

Email: theangelstheatrego@live.com or Tel: 915237487.

Let's Walk in the Algarve

Tuesday 17 April - Let's Walk through Orange Groves:

A beautiful and interesting moderately easy 2.5 hour walk through the orange growing area close to Silves. 10.30am start. Meet at the Café Casinhas. Drive to Silves, cross over the bridge and turn right. At the roundabout take the first exit and drive for about 300m when you will see a road to the right with a blue sign for 'turismo rural'. Turn here and drive for about 4km when after crossing a bridge you will soon see the cafe on your right.

Friday 20 April - Let's Walk along the River:

Possibly the best walk there is to see the many splendours of the spring flowers in the Algre river valley. Fairly easy with one short climb - the circular walk will take approximately 2.5 hours.

10.30am start. Meet at Moinho Novo crossroads. Drive to Paderne and then through the village in the direction of Boliqueime, after leaving Paderne you immediately come to Cerco Velho. Just after the cafe on the left turn LEFT direction Moinho Novo, follow the road along and downhill for 2km. Continue until the road bends very sharply right direction Boliqueime, at this bend there is a small road straight ahead - we will meet at this junction (no café).

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.

Algarve Activity Bike Rides

Here are the details of this week's rides:

Saturday 14 April - Bike Ride starting in SB Messines:

We meet close by the Intermarché supermarket car park at 9.15am ready for a 9.30am start. This will be a fairly challenging ride of around 40kms with a café stop somewhere along the way.

Sunday 15 April - Bike Ride starting in Moncarapacho:

We meet by the cemetery at 9.15am ready for a 9.30am start. This will be a mostly easy ride of around 35kms with a café break somewhere along the way.

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

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

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

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Animal World

The canine diet

(and how 'not' to make a dog's dinner of it)



SAMANTHA DIAMOND



What to feed our dogs; it's a huge subject and one on which just about everybody has a pretty strong opinion. It's no surprise, then, that the Canine Nutrition talk this month, hosted by Diane Lowe (Happy Feet - Dogs), and presented by Dra Ana Sanches (Clinica Veterinaria Vilamoura), turned into a very lively discussion. As far as I was concerned, this session was long overdue. I've spent the last 12 months dabbling with alternatives to the processed dog foods that are abundantly available - and so easy to fall back on. Like lots of devoted dog owners, I want to give my pooches the best chance of a long and healthy life and a huge part of that is what we feed them. But straying from the unconventional

path without guidance can be pretty scary. I am sure I am not the only person that thinks if I don't give them a perfectly balanced and 'prepared by experts' dog food, that I am not giving them the right nutrients. But, as Dra Ana reassured us, we don't think like that when we are preparing a meal for ourselves, do we? We don't measure out everything to the nth degree? We attempt to provide ourselves with a balanced diet over a period of time (with a few treats along the way). So why not take the same approach with our dogs? Dra Ana began the talk by stressing that this is not a "war against kibble". There is a place for kibble. It contains many of the nutrients that our furry friends need. However, it also contains (like many processed foods intended

for humans) an alarming amount of sugar. So, if we can learn to look at the labels of what we are buying, just as we do with our own food, then we can, at the very least, attempt to redress the balance. There's a method of working out what the sugar content is. And the good news is you don't need a calculator! (See Happy Feet - Dogs Facebook page for the answer). But the bottom line is that, by replacing even some of the kibble with raw protein and calcium in the way of meat and bones; omega rich fish; eggs; oil and vitamin packed vegetables, to their weekly diet, we would make a huge difference to their health and well being. Sounds time consuming. And, naturally, it will take longer than opening a can or taking a pair of scissors to a pack of kibble. My own reaction was, do I really want to spend as long preparing my dog's food as I do my own? But, like most things in life, preparation is the key. Dra Ana had all sorts of tips for us, one of which was collecting the peelings and leftovers from our own vegetables and freezing them to add to our

doggie dinners. Plus, since the talk I have become a dab hand at "decanting" raw meat, offal and bones into freezer bags, which means that dinnertime is a no fuss event. I just thaw out what I need for the day and pile it on a plate. It doesn't stay there long. Is it more expensive? It needn't be. Butchers (and most supermarkets as I've recently discovered) cater for dogs with "mixed bags", but they are not for the faint hearted. That aside, we can buy certain meat extremely cheaply, and it's worth building up a relationship with the local butcher (especially if they don't have a fit dog of their own!). But it's not just about making our pets live longer. Diane Lowe, Happy Feet-Dogs knows a great deal about dog behaviour. According to her: "Too much sugar can lead to depression, anxiety, hyper- or even aggressive behaviour as well as long-term health problems. Small changes that won't break the bank can make a huge difference". Clearly this is one aspect of how we can hope to give our pets a long and happy life. But to me it's a no brainer. Since the Canine Nutrition Talk, my elderly dog (who has symptoms of Old Dog Syndrome) has started to enjoy his mealtimes, had more energy and has generally seemed happier with life. I can't prove anything scientifically. But I genuinely think I have made a difference. We talk about "making a dog's dinner of something" and that signifies messing it up, somehow. I don't subscribe to that any more. I think if I can make a good "dog's dinner" I've had a successful day!

For information on future courses, contact Diane Lowe on diane.happyfeetdogs@gmail.com or visit www.facebook.com/happyfeetdogs

PETS FOR ADOPTION



MARCELO, with his funny little face, is about 12Kg, good with cats, friendly with everyone and desperate for love. He is already castrated and vaccinated. If you can offer him a good home please contact Kerry on 916731831 or via email: kerry@aeza.org




SALLY is around 8-years-old. She has been at the Shelter for 1 year now. She was very shy around people but is now a confident and very sweet dog. Medium-sized. Sterilised, micro-chipped and vaccinated. If you would like to meet her email: cadelacarlota.comp@gmail.com



DINO was in an accident and has been nursed back to health and is now looking for a forever home. He is a big dog (Labrador Mix?). He is approx. 8-years-old and has been given all medical checks. Tel. 965856525 if you can offer him a home.


Sustaina

Watching newborn turtles scurry towards the sea is magical. But choose your hatchery wisely, says Vicki Brown from Responsible Travel. Sea turtles have existed since the time of the dinosaurs, and have had millions of years to adapt to their environment. However, they have had just a few decades to come to terms with mass coastal development, plastic waste, light pollution, beach tourism and deep sea fishing, and unsurprisingly, their numbers have plummeted. Combine this with the poaching of adult turtles and their eggs for food, with their shells used to make highly valuable tortoiseshell, and it is no wonder that six of the seven species of sea turtle are now classified as vulnerable, endangered or critically endangered. Conservation organisations work around the globe to protect sea turtles, focusing on the beaches where they lay and hatch their eggs. Where nests are considered to be particularly at risk, the eggs may be transferred to a new part of the beach, known as a hatchery. Volunteering at or visiting a hatchery while on holiday certainly sounds like a worthy cause. However, online travel company Responsible Travel has investigated the ethics of hatcheries - and it turns out that not all are as beneficial to turtles as they may seem. Here are five



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ble turtle tourism

questions to ask to ensure the hatchery you're visiting is genuinely helping, not harming, the turtles.

Do they use tanks?
Some hatcheries place the hatchlings in tanks for a couple of days in order to 'headstart' them, before releasing them once they are a little stronger. However, swimming can exhaust the hatchlings before they've reached the sea and food sources, and the tanks are breeding grounds for diseases and bacteria, which can then be transmitted to wild turtles. Worse still, some turtles are kept in tanks for weeks or even months, with tourists paying to hold them and take photos. Perhaps conservation is not the tanks' main purpose...



Volunteering at or visiting a hatchery while on holiday certainly sounds like a worthy cause. (Photo: PA Photo)

Do they buy eggs from poachers?
In many countries, sea turtle eggs are on the menu. To prevent this, some hatcheries buy the eggs from poachers at higher rates than those offered by local restaurants. Unsurprisingly, this leads

to more eggs being dug up, as their value increases.

Is there an expert on site?
Running a hatchery is far more complex than just burying eggs and releasing hatchlings. The incubation temperature affects the sex of the hatchlings; diseases can be transmitted if gloves are not worn; dry sand dehydrates eggs; compacted sand starves them of oxygen; moving the eggs too long after laying can rupture the membranes inside... in short, this is no business for amateurs. A qualified expert must oversee the hatchery.

Can they prove they are successful?
Unless detailed records are kept about the number of nesting turtles, eggs and hatchlings, there is no real way to know if a hatchery is having a genuinely beneficial impact on sea turtle populations. Good intentions alone do not

guarantee good results.

How else are they conserving turtles?
Hatcheries should never be the end goal of sea turtle conservation. The theft of eggs is one of the biggest threats to their survival, so working with local communities and schools to raise awareness is essential. Coastal development must be deterred, light pollution reduced, tourists should be warned to avoid nests, and shorelines cleared of harmful plastic waste. And there are plenty of ways for people to contribute while on a volunteering holiday - such as carrying out beach patrols, monitoring nesting turtles and deterring predators from attacking hatchlings. If all these efforts paid off, of course, the hatchery wouldn't even be needed in the first place. And this is the real marker of a hatchery's success.

TPN/PA



The incubation temperature affects the sex of the hatchlings. (Photo: PA Photo)

What do Bedrooms Extra and Manchester United Football Club have in common? Answer: MLily



Algarve residents can now sleep easy just like the elite athletes of Manchester United Football Club. Bedrooms Extra are proud to be sole representatives for MLily in Portugal and are excited to be bringing this fantastic product to our customers. MLily's mission is simple. To create a bed that truly benefits your health and lifestyle. Their Sleep Scientists have worked tirelessly to ensure that their mattresses surpass the highest standards of performance, is reflected in their partnership with M.U.F.C. For a team like Manchester United, playing in the greatest, most competitive league in the world, they look for every added advantage for their players. One of these is ensuring that their players get the benefit of healthy regenerative sleep, with the specially designed Dream+ Mattress and pillows being placed in the homes of players

and coaching staff. Along with The Dream+, we also offer The Aria, crafted to be in tune with your body's contours. Then there is The Gel Ortho 1000 and The Harmony Ortho 3000 both ideally suited for anyone with back issues. MLily's cooling layers are ideal for the hot Algarvian summers. The careful combination of the best Cooling Gel, Comfort Memory Foam and an Advanced Pocket Spring System provides a layer system that is cool, breathable and adaptable to all body shapes and sizes. The advanced technology is highly recommended for anyone with severe back pain. To find out more about MLily or our next day delivery service, please visit our website www.bedroomsextraalgarve.com or contact one of our bed experts in our Lagos or Almancil showrooms



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VINCI

Perk up your spring garden

With longer days and better weather on the horizon, now's the time to take a look at how your garden has fared over winter.



There are paints suitable for both wood and metal furniture. (Photo: PA Photo)

Garden designer and lecturer Hilary Thomas, who teaches garden and planting design online through Learning With Experts, explains: "Gardens are great places to be creative, as even small additions such as painting

the garden furniture, or the addition of colourful cushions, will have an instant and exciting effect." She offers five suggestions for giving your outdoor space a spring makeover.

Boost your boundaries
During the cooler months,

we spend a lot of time looking at our gardens from the windows of the house, so take a long hard look at your garden and decide whether you like the view.

Walls and fences are the same height in a tiny garden as a large one, so

their importance increases as the size of the garden decreases. If all you can see are bare fences, spring is the time to do something about it.

Plant some structural evergreens at the back of the border so that as they mature, they will hide the boundary fence. Use plants like *Elaeagnus x ebbingei*, *Osmanthus x burkwoodii*, *Phillyrea latifolia*, *Pittosporum tenuifolium* and *Viburnum tinus*. Plant some clematis between these shrubs, and they will mix and mingle, creating a soft boundary around the garden with summer colour and all-year interest.

If you look out at an unsightly concrete or brick wall, consider having it rendered and painted with an exciting new shade of masonry paint. Think carefully about the colour and select a few climbing plants with flowers and foliage that will complement the new wall.

Screen with green

If your sitting area is overlooked by the next-door neighbour, consider planting a row of trees along the boundary to block out their view..

Think about how you use the garden

Consider the main use of the garden, and if it is primarily a space to sit, relax and entertain friends, consider digging up the lawn and enlarging the sitting area. Keep the paving simple and mix slabs with gravel or stone chippings to keep costs down.

Revamp your garden furniture

If the garden furniture is looking a little tired and you don't want to buy new, put it in the garage or shed to dry off before rubbing it down and applying a coat of paint.

Try to select a colour that will fit in with the colour of the planting around the sitting

area. There are paints suitable for both wood and metal furniture. Add some colourful cushions and tableware too.

Perk up your patio with pots

Spice up your back and front garden with colourful, welcoming pots. Your front garden should offer a welcome to visitors, so try to have a selection of colourful pots near your front door.

Containers come in a variety of materials, but a group of terracotta or glazed pots will suit most situations. Make sure the pots you buy will be the right size once you get them home, because most people buy containers that are too small and out of scale with the house and patio.

You can grow almost anything in a container; small trees, shrubs, herbaceous plants, bulbs and seasonal bedding.

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Small spaces – Big ideas

Feeling squeezed at home? Topology designers Athina Bluff and Amy Brandhorst share their top space-enhancing hacks with Gabrielle Fagan.

Interior designers and award-winning bloggers, Athena Bluff and Amy Brandhorst from Topology, have joined forces with Habitat, in a mission to help the nation maximise the space in their homes. While there's nothing anyone can do about the bricks and mortar and actual dimensions of your property you live in, their seven home hacks could help you make the best of the space available, meaning rooms feel larger. Read on for their space-enhancing secrets...

Shine a light

"Ensure you have multiple light sources within a room to maximise light at night," says Bluff. "You should aim to have around six light sources around the room, which will 'replace' natural daylight and allow light to flow through the space. Enhance the effect with mirrored surfaces, which will bounce light around. Those and metallics, which reflect warm light, will create a sense of more space."

Be free with flooring

"An easy trick for floors is to continue the hallway flooring into your small room. Creating a visually unbroken flow of space will make it appear as though it's one big area, and creates an illusion that the floor is expanding," points out Bluff.

Create colour harmony

"Try painting walls, skirting boards and door frames all the same colour. Painting them different colours can actually break up a space and emphasise the shape and (small) size of the room," says Brandhorst. "If they're all the same colour, they'll blend into one and make the room appear bigger."

Make a great reflection

"Hang a mirror opposite a window. It's simple but extremely effective - both in terms of cost and visual impact," suggests Brandhorst. "The mirror will reflect natural light and instantly brighten up your space, as well as making it appear larger. If you're feeling creative, play around with different shapes or multiple mirrors to reflect as much light as possible. More light equals more sense of space."

Choose multi-functional furniture

"Opt for dual usage furniture that can be folded or expanded to suit your needs," says Bluff. "If there's only two of you most evenings, opt for a folding table which, with an extension, turns into a four-person dining table for entertaining. Check out sofa bed options, which can easily turn a sitting room into a bedroom for guests. Always consider storage in items like



An easy trick for floors is to continue the hallway flooring into your small room. (Photo: Quiet Studios/PA Photo)

ottomans, pouffes, trunks, coffee tables. If there's a design that also hides clutter (the enemy of small spaces), choose it!"

Embrace the dark side

"This is one for the brave! Don't be afraid of going dark in small spaces," advises Bluff. "It may sound counter-intuitive, but dark shades - navy and grey - can actually disguise the perimeters of a room and blur boundaries which extend the space, so don't feel you can only use 'Brilliant White' to achieve a sense of more space. Walk on the dark side -

trust us, it works!"

Work the walls

"As you don't have a lot of floor space to play with, think upwards and make use of walls instead," advises Brandhorst. "Floating shelves, clothes hooks, wall-mounted magazine racks and bike hooks will allow you to store things like folding chairs, or display belongings without cluttering the floor. Make use of dead space, such as corners, and have wall-mounted shelves."

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Springtime cocktails

Mixologists are always finding new ways to shake things up - and these delicious infusions contain a fresh harvest of fragrant liqueurs, cordials, bitters and tinctures to make the perfect base for cocktails ideal for spring.



(Photo: PA Photo/Patron Tequila)

Lavender Negroni

A pretty twist on a negroni, Belvedere Pink Grapefruit Vodka adds a subtle blush of colour and this lighter, refreshing style is simple to create. Very 'now', the floral, zesty sweetness of the vodka is balanced by the Italian bitters and lavender-spiked kombucha.

Ingredients: 40ml Belvedere Pink Grapefruit, 20ml Cocchi Americano, 10ml Italian bitter liqueur, 40ml lavender kombucha. Pink grapefruit wedge for garnish.

Method: Combine all the ingredients in a mixing glass filled with ice. Stir until cold and strain into a rocks glass over a large cube of ice. Garnish with a grapefruit wedge.

Tanqueray Citrus Punch

A fuss-free, punchy concoction with Tanqueray No Ten Gin.

Ingredients: 45ml Tanqueray No Ten, 15ml Belsazar White Vermouth, 15ml elderflower cordial, 15ml lemon juice, 15ml cucumber water, soda water. Dill for garnish.

Method: Half fill a shaker with ice. Add the cocktail ingredients and shake vigorously. Strain into a tall-stemmed glass and top with soda water. Garnish with a sprig of dill.

Silent Pool Spring Spritz

Easy-peasy, this marries Silent Pool Gin, a beautifully balanced gin

boasting 24 botanicals including rose petals, lavender and pears, with the fizz family.

Ingredients: 20ml Silent Pool, 120ml sparkling wine, 3ml chamomile tea, a dash of elderflower cordial, a sugar cube doused with Angostura bitters, lemon peel.

Method: Add the gin, chamomile tea, cordial and sugar cube into a chilled champagne flute. Top with sparkling wine and squeeze lemon peel over the top.

Provence Sunset

A delicate, fragrant drink with subtle notes of red fruits from Luc Belaire Rosé, France, this delectable infusion created by Hush is inspired by the glittering Mediterranean Sea bordering Belaire's home of Provence.

Ingredients: 30ml vodka, 15ml elderflower cordial, Luc Belaire Rosé layered on top.

Method: Half fill a cocktail shaker with ice. Add the vodka and elderflower, shake and double strain onto a chilled martini glass. Layer with Belaire Rosé and garnish with an edible flower.

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Want to whip some of these stylish sips up at home?

You'll need the following bar essentials: a blender, Boston shaker, mixing glass, bar spoon, jigger and bags of ice. Then, just choose your ingredients. With an emphasis on freshness, flora and fauna, here's how to season your stemware for spring, and create an even grander taste sensation with a special bottle of spirit or sparkling wine...

Verde Margarita

If you're thirsty for a fun and quirky margarita recipe then try Verde Margarita. Blending the flavours of lime and celery with herbal notes of elderflower, spruced up with Patron

Silver Tequila and Patron Citronge Liqueur, here's how to make this fresh and vibrant frozen margarita.

Ingredients: 45ml Patron Silver, 15ml Patron Citronge Orange, 100ml elderflower liqueur, 5ml fino sherry, 5ml agave syrup, 1 lime wedge, 1 celery stick, 1 pinch salt. Celery spear and edible flower for garnish. Sugar, Maldon Salt and celery salt for rim.

Method: Rim a highball glass with a mix of sugar, Maldon Salt and celery salt. Combine the cocktail ingredients in a blender with crushed ice and blend until a slushy consistency is achieved. Pour contents from blender into glass. Garnish with a celery spear and edible flower and enjoy before a well-deserved siesta.

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Update your denim



Nineties music videos, the way you wear it certainly can. That's why it's vitally important that anyone worth their fashion salt stays bang up to date with the denim trends of today.

For spring, that means much more than just jeans - and actually there is (whisper it) more than a hint of Nineties styling around. Here are the denim cuts, colours, washes - and even shoes - you need to know about this season...

The jeans

Move over, mom jeans. The skinny is back (as if it ever really went away), with super-high-waisted styles big news for spring. Think you've got to be straight up and down to pour yourself into these tight trousers? Think again. The form-fitting cut accentuates your waist (and your curves) and some of the most flattering jeans on the high street this season are actually from plus-size brands.

The skirt

This is where the Noughties come in - spring's coolest denim skirts are darkest indigo denim with contrast stitching. A high-waisted A-line mini makes a great weekend staple, or you could tap into the pencil skirt trend with a knee-length denim number.

The jacket

Last summer was all about distressed, borrowed-from-your-boyfriend acid wash denim jackets, and while fashion still favours a vintage vibe, now it's about cropped styles - all the better for teaming with your high-waisted jeans for a double denim delight. For something slightly more dressy, a neat collarless denim jacket with pocket detailing is the casual equivalent of a boucle blazer and is the ideal cover-up for a floaty boho maxi.

The dress

Like the perfect pair of jeans, a great denim dress works for day or night, depending on how you accessorise it. For day, a simple shirt dress is a handy transitional piece (wear it with Western boots now and suede sandals later), while you can zhuzh up a statement denim dress with pointed-toe ankle boots for a fab Eighties feel.

The shoes

What's the only thing better than double denim? That's right, TRIPLE denim. Throw the rule book out the window and add a pair of jeanletos (yes, we did just make that word up) to your denim duo for the ultimate head-to-toe homage. TPN/PA

Like the perfect pair of jeans, a great denim dress works for day or night. (Photo: PA Photo)

Denim never really goes out of style, but if Irish girl band B*Witched taught us anything with their late-




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Time to get spinning

Forget boxing or weights, anyone who's ever sweated their way through a spin class will know they're one of the most exhilarating and endorphin-pumping experiences you can have at the gym.

This challenging workout format, which originated in New York and first became popular in the Nineties, uses a stationary bike with various resistance levels to challenge the rider's speed and endurance - often accompanied by pumping music, flashing lights and an enthusiastic instructor setting the pace! As well as building muscle and increasing cardio capacity, spin is a great way to shed fat; you can burn anywhere from 400-600 plus calories depending on the intensity and length of a class.

But if you're new to the spin world, it can seem a little intimidating at first. But you really don't have to be a pro-cyclist to give it a go and reap the benefits. Here, Dan Little, head of fitness at boutique spinning studio Digme, shares his top tips for surviving - and nailing - your first spin class...

Get your bike set up correctly

Turning up to the spin class can feel like the first day of secondary school; you'll probably spot a couple of regulars who know exactly what they're doing, while you're scratching your head at the back. It's worth arriving 10 minutes early

so you can get your bike set up correctly, to make sure you're comfortable in the saddle and that you're not going to be pedalling towards injuries. If you're not sure, just ask the instructor to help. Little says: "Modern spin bikes are very easy to adjust, and the most important bit to get right is the height of the saddle. Stand next to the bike and feel on one side of your body for the top of your hip bone - the saddle should be about level with it. When you sit on the saddle, it should feel comfortable and your legs should have a slight bend in the knee at the bottom of the pedal stroke. If you have to lock out your knees, the seat is probably a bit too high." Once the seat's in place, adjust the handlebars, ensuring they're not too close that your knees are rotating into them, and not so far away that you're over-reaching.

Get to grips with cycling shoes

A lot of spin studios provide clip-in cleats; shoes with protrusions on the sole that attach to the pedals (but check beforehand whether this is the case - and it's usually totally fine to wear regular trainers). These may seem scary if you haven't used them before, but they are very simple to use. The trick is to slot in the front part of the cleat, then push down hard until you hear a pronounced click. To un-clip, simply push your heels out firmly to the side. As you are on a

static bike, there's also no danger of you getting stuck and falling off, as you might do on a road bike.

Little says: "Being clipped in means you have a more efficient pedal stroke as you can pull up as well as push down. Your hamstrings and glutes therefore work harder than if you were cycling in trainers - trust me, this is a good thing!"

Hydrate properly

Little advises making sure you take a bottle of water to the class with you. Even with air-con and fans, a spin class gets very sweaty, so you'll definitely want to have a drink handy.

Give yourself a break

Use the instructor's guidance on gear range and speed as a rough idea of how you should be performing. If you can't keep up, don't get disheartened. "Everyone is a beginner at some point, and there's no shame in not being able to match people in the room who are experienced riders," says Little. "Instructors are generally trained to give a wide range to cater for different levels of fitness, but even if that's too much, you can ease off a bit. If you need a break, take one. The beauty of spinning is that you're in complete control of how hard you work."

Don't death-grip the handlebars

It's natural to feel like you need to hold on tightly when you're going hell for leather, but this could lead



Photo: PA Photo

to painful injuries. Keep your shoulders relaxed and focus on transferring power from your legs to the pedals to maximise your ride, says Little, and keep your grip loose so you can take the pressure off your wrists and elbows.

Invest in some padded shorts

Specialist cycling shorts are not essential, but a little bit of light padding on the bum area won't go amiss, especially if you're not used to sitting on a saddle. You don't need to spend a fortune, but if you would prefer to wait until you have completed a session or two, you will be completely fine to take a class in a normal pair of leggings or shorts.

Don't blow out in the first 10 minutes

As with any cardiovascular exercise, it's important to learn to pace yourself so you can endure a 45-minute class. Little says: "It's really important to ease into the session with a warm-up of about five minutes, which

prepares you for the session ahead. Don't be tempted to go off like a rocket - you will probably regret it and it will make the experience a lot less enjoyable if you are hanging on for the last 20 minutes."

Enjoy it!

Spin classes are designed to be fun and exhilarating, so smile, enjoy the music, and get ready for the endorphin rush when you reach the finish line.

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What no one tells you..

Claire Farrington shares some of the amazing things she's learned since the birth of her son Theo.



Raising a child with Down's Syndrome can be unpredictable but, above all, hugely rewarding and life-affirming, says Claire Farrington, 41. Two years ago, she and her partner Andrew Papadimitriou welcomed their son Theo into the world 11 weeks premature, and three weeks later, they discovered he had the genetic condition.

Here, the mother-of-one from London, who writes the blog Mum On a Different Path (mumonadifferentpath.wordpress.com), shares some of the things she's learned over the last two years.

1. It's important to take it day by day

When I envisioned my family years before we three were a

reality, I didn't give one thought to the number of chromosomes we'd have. Down's Syndrome was a world far away from me - obscured and shrouded by out-of-date assumptions.

But when the future becomes totally unknown, just as it did when Theo was diagnosed, you fear it. What really threw me at the beginning was not knowing what life could be like for my son. Suddenly I had so many questions about what I had blithely taken for granted. Would he walk, talk, be independent, get married, travel, have a job?

But why did I have to try to see the future for someone who was only weeks old? Do we know all the answers with a

typical child? Of course not. Life never comes with guarantees.

I can honestly say the last 24 months of being Theo's mum have been the best and the most enriching of times. Just as the future can be daunting due to the unfamiliarity, the future can be incredible, too, for exactly the same reason.

2. Not everything is linked to Down's Syndrome

At the beginning, Down's Syndrome was the first thing I thought about as soon as I woke up. I churned it over in my mind constantly. I hadn't yet learned that his condition was only a small part of my son.

At first, I would attribute all of Theo's behaviour, health, habits and actions to the condi-

accessible



Used with kind permission of the artist José de Guimarães

Portugal

tion. If he got a little sick, it was Down's Syndrome. If he refused new food: Down's Syndrome. Equally, his easy-going nature and distinct lack of screaming: Down's Syndrome.

He was the most sociable child in the nursery, but was that the Down's Syndrome? No, actually. It was Theo.

It's really important to remember that the personality you see developing in front of your eyes is unique and made up from a sum of many different parts. Yes, Theo wouldn't be Theo without his extra chromosome, but he wouldn't be Theo without everything else in his life either.

3. The ordinary can be amazing

I can now leave Theo with a pot of yogurt and a spoon and it all goes in, mostly. And I'm amazed - it's a real achievement for a little boy, not only born at 29 weeks, but born with low muscle tone. Most physical activities will take much longer for Theo, so I love a win in gross-motor skills.

I was also ridiculously happy seeing my son learn his first bit of sign language. Being a mum of a child with Down's Syndrome grounds you like nothing else. You're given a gratefulness for

the straightforward, everyday stuff that you would normally just expect to happen. When it finally it does, it's pure gold dust.

Like Theo's breathing (once heavily assisted by a machine), his eating and drinking (he was tube-fed for months and we were told to expect issues but we've had none), his overall health and strength (as a premature baby this was never a given). Every single time I hold him, I'm just so thankful he's here.

4. You inherit an armour

After the tsunami of grief, tears and fear, you emerge stronger, with a stoic appreciation for any family who've had to deal with uncertainty over their child's health. And you're ready to fight your corner so the world sees your son or daughter as just as worthy as the next.

Some days it doesn't feel like a fight, but on the days it does, you find a strength you didn't think you had. Never before did I feel so galvanised and so ready to speak up. All parents of a child with Down's Syndrome are advocates - which is quite a journey from the initial slew of feelings the diagnosis brings.

You realise you'll have to work a bit harder for school places than parents of typical children. But it's doable, not insurmountable. You'll soon be a veteran at fielding the surprisingly kaleidoscopic range of responses to the news that your child has Down's Syndrome (I've heard some unintentional shockers).

5. You gain a new community

I have found blogs-a-plenty, Instagram accounts in their thousands, videos, shared advice, a camaraderie and a virtual community in which we felt at home and supported.

At the beginning, you'll probably be the only one in the hospital that day, or even month, who hears the news, 'I'm sorry to tell you your baby has a chromosomal abnormality known as trisomy-21'. It's isolating and frightening, but you'll take enormous comfort from all the future references you'll see of families simply getting on with life. In the stark light of day, it really is OK.

I consumed everything!

found online - parents expressing their pride, their love and, yes, their frustrations with their children. Soon I was sharing tips and the long-awaited achievements with an incredible congregation of parents.

6. Your child will shift perceptions all by themselves

I remember browsing shops in the early days and passers-by would linger a little longer. I was always hyper-aware of the looks we'd get. Now, I don't mind at all. In fact, I've come to believe it's rather a privilege. If we're in a restaurant, Theo will make everyone around him smile. We've made so many lovely dinner companions and bus buddies, and all the time, I know Theo is ever so slightly altering perceptions. We, as his parents, just sit back and watch him make the world around us an even better place to live. Our children have an innate ability to draw out the good stuff deep within people, and it's an honour to witness it.

7. You'll be a different person

Post Theo, I have naturally re-evaluated everything and it's completely reshaped me. Yes, it sounds corny, but I know I'm a better person because of my son and his Down's Syndrome. The important stuff comes into focus and everything that's insignificant drifts away. I suppose it's a painful enlightenment at first, but what remains, after the backwaters of grief have subsided, is a startling clarity.

And it's not just your immediate family's life that feels this positive force, it extends far and wide. And your child is at the epicentre. Which is pretty amazing, really. PA

What is your experience?

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

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

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

Contact us by emailing access@theportugalnews.com

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A Delightful Townhouse in Quinta dos Álamos, Guia

Cerro Novo are proud to present this lovely three-bedroom townhouse in the well-renowned countryside neighbourhood of Quinta dos Álamos.

Within ten minutes walk of Guia town centre with its famous Piri-Piri restaurants, superb market, plentiful amenities and a friendly local community, this property is also just a short drive to beaches, golf, Algarve Shopping Mall and the Marina & Old Town of Albufeira.

Occupying a well-proportioned plot within this pristine development, this townhouse has its own garden with grassed area, easily maintained borders and plenty of outdoor terrace space for alfresco dining and relaxing. If you fancy a swim, there's also a communal swimming pool with sun deck.

Inside, each room is impeccably presented and as the property has a southerly aspect, the principal rooms are noticeably bright and airy. The kitchen has been recently refitted and all appliances have been recently replaced.

The living room has a wood-burner for cooler winter evenings, and patio doors which open onto the dining terrace.

Upstairs, the bedrooms are nicely appointed, with the master bedroom boasting its own balcony and well fitted ensuite.

Outside, there is a private car port area accessed via calçada stone, communal driveways and the garden is surrounded by a wall and fencing. All windows are fitted with electric shutters.

Overall, this property is a comfortable, well-presented and appointed residence, which would make a lovely permanent home or potentially lucrative holiday investment and is available via Cerro Novo at €340,000.

Our reference is CNV5086 and more information is available at CerroNovo.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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AMI: 10429

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REF: AA-430SJ-LAGOS

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ASKING PRICE: €299.000



REF: AV-243SA-ODIÁXERE

NICE 3 BEDROOM VILLA WITH AN EXTRA 2 BEDROOM GUEST COTTAGE, IDEALLY LOCATED IN THE COUNTRYSIDE, NEAR PALMARES GOLF RESORT & MEIA PRAIA BEACH, SHORT DRIVE TO LAGOS.

ASKING PRICE: €575.000



REF: AA-335SJ-ALVOR

2 LUXURY VILLAS SHARING A POOL, NEAR THE CENTER OF ALVOR, BEACHES & GOLF. IDEAL PROPERTY FOR 2 FAMILIES, OR AS A RENTAL INVESTMENT!!

ASKING PRICE: €840,000

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Vilamoura €420,000

*****Price Reduced*****

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



Vilamoura €260,000

*****New Property*****

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



Vilamoura €159,000

*****New Property*****

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



Vila Sol €1,700,000

*****New Property*****

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



Vilamoura €260,000

*****Investment Property*****

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

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Tlf: (+351) 289 355 503

Website: www.era.pt/almancil



Apartment | Loulé, Al Mancil Center

Ref. 014170246 Price: 135.000€

2 WC 2 1 M2 148 M2 -



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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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

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1 BED APARTMENT IN WALKING DISTANCE TO THE BEACH

460.000 €

Build area: 287 m2
Plot size: 7.528 m2
Ref: A14-163



2 BED APARTMENT IN RESIDENTIAL AREA

465.000 €

Build area: 322 m2
Plot size: 2.100 m2
Ref: M-060



3 BEDROOM VILLA WITH SWIMMING POOL IN CARVOEIRO

315.000 €

Build area: 136 m2
Plot size: 400 m2
Ref: C1-016



3 BEDROOM VILLA CLOSE TO THE TOWN OF SÃO BRÁS

370.000 €

Build area: 197 m2
Plot size: 624 m2
Ref: M-059



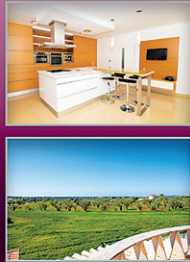
3 BED VILLA WITH 1 BED ANNEX IN SÃO BRÁS

449.000 €

Build area: 227 m2
Plot size: 1.790 m2
Ref: M-058

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OUR PROPERTY OF THE WEEK:

REF: AT-457SMN - ESPICHE
LOVELY 2 BED TOWNHOUSE WITH ROOF TOP TERRACE IN ESPICHE VERY CLOSE TO PRAIA DA LUZ, LAGOS, BEACHES & GOLF COURSE. WALKING DISTANCE FROM RESTAURANTS AND MARKETS!!

ASKING PRICE: €205.000



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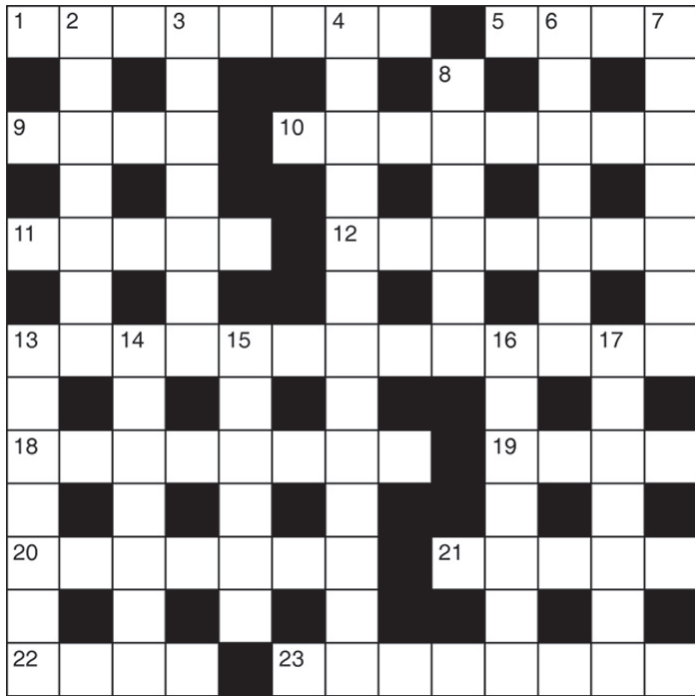
	<p>AMI 10185</p>	
<p>Old Village – 2 bedroom apartment</p> <p>New on the market, a delightful apartment with 2 bedroom, open lounge and kitchen, enclosed terrace in the sort after Old Village Resort. Good as holiday home or investment. Must see.</p> <p>Ref:FS140 Price:€235,000</p>	<p>For more details,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

<p>VENDICI PROPERTIES.COM</p> <p>• BUYING • SELLING • MEDIATING</p> <p>+351 919 592 097 rebecca@vendiciproperties.com www.vendiciproperties.com</p> <p>AMI2913</p>	<table border="1"> <tr><td>Bedrooms</td><td>4</td></tr> <tr><td>Bathrooms</td><td>4</td></tr> <tr><td>Built area</td><td>320m²</td></tr> <tr><td>Plot area</td><td>740m²</td></tr> </table> <p>Renovated 4 Bedroom Villa With extra LARGE swimming pool and loads of space! <i>Quinta das Salinas</i></p> <p>€1,575,000 Ref no: VNS409 Energy rating: D</p>	Bedrooms	4	Bathrooms	4	Built area	320m ²	Plot area	740m ²	<table border="1"> <tr><td>Bedrooms</td><td>4</td></tr> <tr><td>Bathrooms</td><td>4</td></tr> <tr><td>Built area</td><td>233m²</td></tr> <tr><td>Plot area</td><td>598m²</td></tr> </table> <p>Super 4 Bedroom Villa With swimming pool and golf views <i>Martinhal / Monte da Quinta</i></p> <p>€1,495,000 Ref no: VRN514 Energy rating: D</p>	Bedrooms	4	Bathrooms	4	Built area	233m ²	Plot area	598m ²	<table border="1"> <tr><td>Bedrooms</td><td>4</td></tr> <tr><td>Bathrooms</td><td>4</td></tr> <tr><td>Built area</td><td>249m²</td></tr> <tr><td>Plot area</td><td>808m²</td></tr> </table> <p>Superb 4 Bedroom Villa With heated swimming pool and terraces. <i>Dunas Douradas & Beach Club</i></p> <p>€1,450,000 Ref no: VRN526 Energy rating: C</p>	Bedrooms	4	Bathrooms	4	Built area	249m ²	Plot area	808m ²
Bedrooms	4																										
Bathrooms	4																										
Built area	320m ²																										
Plot area	740m ²																										
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<p>LAND & HOUSES ALGARVE YELLOW HOMES</p> <p>Sociedade de Mediação Imobiliária Lda. AMI 6232</p> <p>For detailed information, please visit our website: www.landandhousesalgarve.com www.landandhousesalgarve.de</p> <p>Tavira: 281 320 281 Vilamoura: 289 301 294</p>	<p>Tavira</p> <p>Center! Immaculate 2 bedroom / 1 bathroom apartment (87 m²) enjoying a sun terrace, private garden and access to a communal swimming pool.</p> <p>EC: B- Ref. LHA-1314 Price: € 220.000</p>	<p>Tavira</p> <p>South facing fully restored quinta (135 m²) with large workshop on beautiful plot of land (4881 m²) just 5 minute drive from Tavira. Unique ambience.</p> <p>EC: B- Ref. LHV-1412 Price: € 189.500</p>	<p>Cabanas</p> <p>Fully furnished & well presented townhouse (67 m²) full of Portuguese charm. Roof terrace with stunning sea & lagoon view. A/C. Superb location.</p> <p>EC: B Ref. LHT-1032 Price: € 169.000</p>	<p>Tavira</p> <p>Fully furnished 2 bedroom / 1 bathroom apartment (85 m²) with private underground parking space located in green residential area. A/C. Elevator.</p> <p>EC: C Ref. LHA-1302 Price: € 154.000</p>	<p>Tavira</p> <p>Fully furnished & equipped 1 bedroom / 1 bathroom apartment (79 m²) with study & south facing balcony located in green residential area. Elevator.</p> <p>EC: C Ref. LHA-1315 Price: € 125.000</p>
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<p>John Hill Estate Agents Sociedade de Mediação Imobiliária, Lda = Established 1988 = T (+351) 289 395 610 F (+351) 289 397 212 M (+351) 917 238 517 Email: info@johnhillproperties.com www.johnhillproperties.com AMI 2214</p>	<p>DO YOU DREAM?</p> <p>If you would like to build your Dream House in your dream location this could be for you.</p> <p>Situated in a quiet residential area south of Loule, this beautiful plot has an area of 15,800 square feet.</p> <p>You can build a house as big as 4,844 sq.ft. and, if that isn't enough you can have a basement as well and, of course a swimming pool.</p> <p>€145,000 - Ref. Q633</p>		
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	<p>2 Bedroom Apartment</p> <p>Location: Portimão (near the Bemposta school) 1 Km from the beach</p> <p>Property with an independent space with terrace. Perfect for monetizing. Living room with fireplace Kitchen with balcony 2 bedrooms with balcony 1 WC</p> <p>Direct sunlight in all rooms all day, no humidity problems. Parking.</p> <p>Energy Certificate: C Value: € 106,000</p> <p>Contact: 919 999 320 AMI 11717</p>
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Last week's cryptic crossword solutions
 Across: 7 General public; 8 Tommy gun; 9 Eire; 10 Cornus; 12 Ration; 14 Height; 16 Stingy; 18 Clan; 20 Love song; 22 On the increase.
 Down: 1 Be no more; 2 German; 3 Bang; 4 Up in arms; 5 Object; 6 Liar; 11 Settle in; 13 Organist; 15 Gandhi; 17 Instep; 19 Lent; 21 Vice.

CRYPTIC CROSSWORD

ACROSS

1. Girl I go out with to make it legal (8)
5. Tolerate an animal (4)
9. Leaving document (4)
10. Thinking anxiously of chicken production? (8)
11. Embarrass at a party (5)
12. One asking you to raise your glass to a kitchen appliance? (7)
13. Falling in love? (4,4,5)
18. Impertinent rejoinder from the defence? (8)
19. Front of a rebuilt cafe (4)
20. Petty court action involving six (7)
21. Said to have observed part of the play (5)
22. Military vehicle used for storage (4)
23. Helped to show what an idiot Edward is (8)

DOWN

2. Friendly and competent on a motorway (7)
3. Maltreated, though not well and accustomed to it (3-4)
4. Rearrange the furniture to reverse the situation (4,3,6)
6. Pet lies about letter (7)
7. Looks for compliments? (7)
8. Chemical from smoked marijuana? (6)
13. It's usually done at home (7)
14. Lots get knocked down here (7)
15. Flower the whale concealed (6)
16. The consequences of having estate (7)
17. Give authority to break the silence (7)

CODEWORD

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

		5	21	12	22	13	22	10	21	20		5	18	6	15	2
A		18		15		22		22		21		21		15		11
B		1	22	5	15	6		5	15	6	2	21	13	21		22
C		21		10		5		10		10		20		2		5
D		13	21	22	5	18	6	21	20		21	14	20	21	5	10
E				2		23				25		21				15
F		21	2	11	18		15	6	2	19	13	5	15	18	6	5
G		26		15		9		21	22		5		3		21	
H		12	13	18	12	22	17	22	6	20	22		5	21	6	20
I		21			23		10				24		13			
J		6	21	22	13	1	4		2	4	14	15	6	20	21	13
K		5		13		18		11		18		22		13		21
L		15		21	22	13	23	22	13	7		5	10	15	24	24
M		3		6		21		16		21		2		3		15
		21	14	22	10	21		4	21	14	14	18	8	21	5	10

QUICK CROSSWORD

ACROSS

1. Fruitful (8)
5. Short tail (4)
9. Cosy (4)
10. Timetable (8)
11. Raid (5)
12. Obnoxious (7)
13. In good heart (13)
18. Courageous (8)
19. Discover (4)
20. Indict (7)
21. Squander (5)
22. Whirlpool (4)
23. Lessen (8)

DOWN

2. Animosity (7)
3. Baggage (7)
4. Awkwardness (13)
6. Electrical unit (7)
7. In that way (7)
8. Succession (6)
13. Mimic (7)
14. Withdrew (7)
15. Summary (6)
16. Blow up (7)
17. Medicine (7)

Last week's quick crossword solution
 Across: 7 Deterioration; 8 Pavement; 9 Only; 10 Depend; 12 Untidy; 14 Status; 16 Employ; 18 Spur; 20 Luckless; 22 Undisciplined.
 Down: 1 Decadent; 2 Recede; 3 Hide; 4 Protrude; 5 Utmost; 6 Toil; 11 Displace; 13 Doorstep; 15 Torpid; 17 Pallid; 19 Pine; 21 Cope.

SUDOKU

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

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

Medium

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

Hard

Last week's solutions

Last Week's Codeword Solution

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

Last week's solutions

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

Medium

Hard



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SATURDAY 14/04/18

BBC One

- 06.00 Breakfast.
10.00 Saturday Kitchen.
11.30 Classic Mary Berry.
12.00 Football Focus.
13.00 BBC News; Weather.
13.15 Commonwealth Games 2018.
16.30 Final Score.
17.30 A Question of Sport.
18.00 Doodlebugs.
18.15 Ready or Not.
18.45 BBC News.
18.55 BBC Regional News; Weather.

- 19.30 Harry Hill's Alien Fun Capsule.
20.00 Britain's Got Talent.
21.25 The Keith & Paddy Picture Show.
21.55 ITV News and Weather; Weather.
22.15 FILM: Legally Blonde (2001).
00.05 Marcella.
00.55 Jackpot247.
03.00 Babushka.
03.50 ITV Nightscreen.

Channel 4

- 19.05 Pointless Celebrities.
19.55 Who Dares Wins.
20.35 Casualty.
21.30 Mrs Brown's Boys.
22.00 BBC News; Weather; National Lottery Update.
22.20 Match of the Day.
23.45 Commonwealth Games 2018.
03.30 Commonwealth Games 2018.

- 06.15 Motor Sport: Mini Challenge.
06.45 The King of Queens.
07.10 The King of Queens.
07.35 The King of Queens.
08.00 Everybody Loves Raymond.
08.30 Everybody Loves Raymond.
09.00 Frasier.
09.30 Frasier.
10.00 Frasier.
10.30 The Big Bang Theory.
11.00 The Big Bang Theory.
11.30 The Big Bang Theory.
12.00 The Simpsons.
12.30 The Simpsons.
13.00 Formula 1 Chinese Grand Prix Qualifying Highlights.
14.30 CarSOS.
15.30 The Restoration Man.
16.30 A Place in the Sun: Winter Sun.
17.35 The Secret Life of the Zoo.
18.30 Channel 4 News.
19.00 Coastal Railways with Julie Walters.
20.00 Britain's Most Historic Towns.
21.00 FILM: Thor (2011).
23.15 FILM: Big Game (2014).
00.55 Ramsay's Kitchen Nightmares USA.
01.45 Hollyoaks.
03.55 Building the Dream.
04.50 The Question Jury.
05.45 Steph and Dom's One Star to Five Star.

BBC Two England

- 06.00 Commonwealth Games 2018.
10.00 Commonwealth Games 2018.
12.00 Commonwealth Games 2018.
13.15 MasterChef: The Finals.
14.15 MasterChef: The Finals.
15.15 Escape to the Continent.
16.15 Money for Nothing.
16.45 Flog It!
17.30 Living with the Brainy Bunch.
18.30 Today at the Games.
20.00 The Forest.
20.30 Dad's Army.
21.00 Gettys: The World's Richest Art Dynasty.
22.15 Commonwealth Games 2018.
23.45 FILM: Swingers (1996).
01.15 Civilisations.
02.15 Weather for the Week Ahead.
02.20 BBC News.

- 10.30 The Big Bang Theory.
11.00 The Big Bang Theory.
11.30 The Big Bang Theory.
12.00 The Simpsons.
12.30 The Simpsons.
13.00 Formula 1 Chinese Grand Prix Qualifying Highlights.
14.30 CarSOS.
15.30 The Restoration Man.
16.30 A Place in the Sun: Winter Sun.
17.35 The Secret Life of the Zoo.
18.30 Channel 4 News.
19.00 Coastal Railways with Julie Walters.
20.00 Britain's Most Historic Towns.
21.00 FILM: Thor (2011).
23.15 FILM: Big Game (2014).
00.55 Ramsay's Kitchen Nightmares USA.
01.45 Hollyoaks.
03.55 Building the Dream.
04.50 The Question Jury.
05.45 Steph and Dom's One Star to Five Star.

ITV London

- 06.00 CITV.
08.25 ITV News.
08.30 Zoe Ball on Saturday.
09.25 James Martin's Saturday Morning.
11.25 Who's Doing the Dishes?
12.20 ITV News and Weather; Weather.
12.25 Change Your Tune.
13.30 Britain's Brightest Family.
14.00 ITV Racing: Grand National Festival.
16.35 ITV Racing Live: The Grand National.
18.15 ITV News and Weather.
18.25 ITV News London; Weather.
18.30 Ninja Warrior UK.

BBC Four

- 19.00 Atlantic: The Wildest Ocean on Earth.
20.00 Commonwealth Games Extra.
21.00 Salamander: Blood Diamonds.
21.45 Salamander: Blood Diamonds.
22.35 The Bermuda Triangle: Beneath the Waves.
23.35 From Andy Pandy to Zebedee: The Golden Age of Children's TV.
00.35 Insect Worlds.
01.05 Atlantic: The Wildest Ocean on Earth.
02.05 The Bermuda Triangle: Beneath the Waves.

SUNDAY 15/04/18

BBC One

- 06.00 Breakfast.
07.30 Match of the Day.
09.00 The Andrew Marr Show.
10.00 The Big Questions.
11.00 Homes Under the Hammer.
12.00 Bargain Hunt.
13.00 BBC News; Weather.
13.15 MasterChef: The Finals.
14.15 MasterChef: The Final.
15.15 Escape to the Country.
16.00 Lifeline.
16.10 Songs of Praise.
16.45 Pointless Celebrities.
17.35 BBC News.
17.50 BBC Regional News; Weather.
18.00 The Big Painting Challenge.
19.00 Countryfile.
20.00 Antiques Roadshow.
21.00 Ordeal by Innocence.
22.00 BBC News.
22.20 BBC Regional News; Weather.
22.30 Match of the Day 2.
23.30 FILM: The Peacemaker (1997).
01.25 Weather for the Week Ahead.
01.30 BBC News.

Channel 4

- 06.15 The King of Queens.
06.40 The King of Queens.
07.05 Everybody Loves Raymond.
07.30 Everybody Loves Raymond.
07.55 Everybody Loves Raymond.
08.25 Eat the Week.
09.30 Sunday Brunch.
12.30 The Simpsons.
13.00 The Simpsons.
13.30 The Simpsons.
14.00 Formula 1 Chinese Grand Prix Highlights.
16.30 Speed with Guy Martin: F1 Challenge.
17.30 Grand Designs.
18.30 Channel 4 News.
19.00 Escape to the Chateau.
20.00 The Crystal Maze.
21.00 Homeland.
22.05 Lifeline.
23.00 8 Out of 10 Cats Does Countdown.
00.05 FILM: Out of the Furnace (2013).
02.10 FILM: Hotel Salvation (2016).
03.50 KOTV Boxing Weekly.
04.20 Gillette World Sport.
04.45 The Question Jury.
05.40 Kirstie's Fill Your House for Free.

BBC Two England

- 06.00 Commonwealth Games 2018.
09.15 Commonwealth Games: Closing Ceremony 2018.
15.00 Live Women's FA Cup Football.
17.30 Flog It!
18.30 Today at the Games.
20.00 Britain's Biggest Warship.
21.00 My Year with the Tribe.
22.00 Famalam.
22.20 FILM: The Homesman (2014).
00.15 FILM: The Hunters (1996).
02.05 Sign Zone: Question Time.
03.05 Sign Zone: Holby City.
04.05 This Is BBC Two.

ITV London

- 06.00 CITV.
08.25 ITV News.
08.30 Zoe Ball on Sunday.
09.25 Love Your Garden.
10.00 Peston on Sunday.
11.00 Britain's Got Talent.
12.20 Britain's Got More Talent.
13.20 ITV News and Weather; Weather.
13.30 Ninja Warrior UK.
14.30 You've Been Framed!
15.00 Tipping Point.
16.00 Change Your Tune.
17.00 The Chase: Celebrity Special.
18.00 Harry Hill's Alien Fun Capsule.

Must See TV

Britain's Got Talent (ITV, Saturday 8pm)

New series. Ant McPartlin and Declan Donnelly host the opening auditions of the nationwide talent search. The usual wide variety of acts, from comedians to contortionists, magicians to martial artists and singers to spoon players, compete to impress returning judges Simon Cowell, Alesha Dixon, Amanda Holden and David Walliams. Whoever the quartet choose to send through to the live stages will then be in with a chance of winning a huge cash prize and a coveted slot at the Royal Variety Performance later this year.

MONDAY 16/04/18

BBC One

- 06.00 Breakfast.
09.15 Health: Truth or Scare.
10.00 Homes Under the Hammer.
11.00 Heir Hunters.
11.45 Dom on the Spot.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 800 Words.
15.00 Escape to the Country.
15.45 Flipping Profit.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
19.00 The One Show.
19.30 Nightmare Pets SOS; BBC News; Regional News.
20.00 EastEnders.
20.30 North Korea's Secret Slave Gangs - Panorama.
21.00 DIY SOS: The Big Build.
22.00 BBC News at Ten.
22.30 BBC Regional News and Weather.
22.45 Have I Got a Bit More News for You.
23.30 The Graham Norton Show.
00.15 Weather for the Week Ahead.
00.20 BBC News.

BBC Two England

- 06.00 Flog It! Trade Secrets.
06.30 Escape to the Country.
07.15 Flog It!
08.00 Sign Zone: Hugh's Wild West.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Daily Politics.
13.00 Perfection.
13.45 Home Away from Home.
14.30 Going Back, Giving Back.
15.15 Trust Me, I'm a Doctor.
16.15 Tigers About the House.
17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.
18.30 Britain in Bloom.
19.00 The Secret Helpers.
20.00 Only Connect.
20.30 University Challenge.
21.00 Secret Agent Selection: WW2.
22.00 QI.
22.30 Newsnight.
23.10 Weather.
23.15 Gettys: The World's Richest Art Dynasty.
00.30 Sign Zone: Countryfile.
01.25 Sign Zone: Attenborough's Wonder of Eggs.
02.25 Sign Zone: Murder, Mystery and My Family.

BBC Four

- 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 Give It a Year.
20.30 Coronation Street.
21.00 The Queen's Green Planet.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.50 The Investigator: A British Crime Story.
23.50 Last Laugh in Vegas.
00.40 Jackpot247.
03.00 The Jeremy Kyle Show.
03.55 ITV Nightscreen.
05.05 The Jeremy Kyle Show.
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 Undercover Boss USA: 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 Escape to the Chateau: DIY.
17.00 Four in a Bed.
17.30 Buy It Now.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The True Cost of Green Energy: Channel 4 Dispatches.
20.30 Travel Man: 48 Hours in Madeira.
21.00 The Island with Bear Grylls.
22.00 Kiss Me First.
23.00 Indian Summer School.
00.05 First Dates.
01.00 Lee and Dean.
01.30 My Online Nightmare.
02.25 I Don't Like Mondays.
03.20 Hidden Restaurants with Michel Roux Jr.
04.15 Building the Dream.
05.10 The Question Jury.

BBC Four

- 19.00 Beyond 100 Days; Weather.
19.30 Nature's Microworlds.
20.00 Turkey with Simon Reeve.
21.00 Beirut: An Art Lovers' Guide.
22.00 The Ottomans: Europe's Muslim Emperors.
23.00 Dan Cruickshank: At Home with the British.
00.00 The Toilet - An Unspoken History.
01.00 Top of the Pops: 1983.
01.35 Top of the Pops: 1983.
02.15 Beirut: An Art Lovers' Guide.

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 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.

TUESDAY

BBC One

- 06.00 Breakfast.
09.15 Health: Truth or Scare.
10.00 Homes Under the Hammer.
11.00 Heir Hunters.
11.45 Dom on the Spot.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 800 Words.
15.00 Escape to the Country.
15.45 Flipping Profit.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
18.55 Party Election Broadcast.
19.00 The One Show.
19.30 EastEnders; BBC News; Regional News.
20.00 Holby City.
21.00 Stephen: The Murder That Changed a Nation.
22.00 BBC News at Ten.
22.30 BBC Regional News and Weather; National Lottery Update.
22.45 My Turban and Me.
23.20 Double Mastectomy Twins.
23.50 Getting High for God?
00.20 Weather for the Week Ahead.
00.25 BBC News.

BBC Two England

- 06.00 Flog It! Trade Secrets.
06.30 Heir Hunters.
07.15 Health: Truth or Scare.
08.00 Sign Zone: Sea Cities - Sunderland.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Daily Politics.
13.00 The Super League Show.
13.45 Home Away from Home.
14.30 Going Back, Giving Back.
15.15 Trust Me, I'm a Doctor.
16.15 Tigers About the House.
17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.
18.30 Britain in Bloom.
19.00 Antiques Road Trip.
20.00 Top of the Shop with Tom Kerridge.
21.00 Hospital.
22.00 Cunk on Britain.
22.30 Newsnight.
23.10 Weather.
23.15 Living with the Brainy Bunch.
00.15 Sign Zone: MasterChef.
01.15 Sign Zone: Lenny Henry: The Commonwealth Kid.
02.15 This Is BBC Two.

ITV London

- 06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
13.55 ITV News London; Weather.
14.00 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.

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17/04/18

16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.25 Party Election Broadcast.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 100 Year Old Driving
School.
20.00 This Time Next Year.
21.00 Last Laugh in Vegas.
22.00 ITV News at Ten;
Weather.
22.30 ITV News London;
Weather.
22.45 The Cruise: Sailing the
Caribbean.
23.15 The Durrells.
00.10 Jackpot247.
03.00 Loose Women.
03.45 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 Undercover Boss USA.
12.00 Channel 4 News
Summary.
12.05 Come Dine with Me.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun: Winter
Sun.
16.00 Escape to the Chateau:
DIY.
17.00 Four in a Bed.
17.30 Buy It Now.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Class of Mum and Dad.
21.00 Paradise Hunters.
22.00 Gogglebox.
23.05 One Born Every Minute.
00.10 Ramsay's Kitchen
Nightmares USA.
01.00 999: On the Frontline.
01.55 The Supervet.
02.50 Hidden Restaurants with
Michel Roux Jr.
03.45 Building the Dream.
04.40 The Question Jury.
05.30 Steph and Dom's One
Star to Five Star.

BBC Four

19.00 Beyond 100 Days;
Weather.
19.30 Nature's Microworlds.
20.00 King Alfred and the
Anglo-Saxons.
21.00 The Story of the Jews.
22.00 Majesty and Mortar:
Britain's Great Palaces.
23.00 Chivalry and Betrayal:
The Hundred Years War.
00.00 Francesco's Italy Top to
Toe.
01.00 Top of the Pops: 1983.
01.30 Top of the Pops: 1983.
02.00 Apples, Pears and Paint:
How to Make a Still Life
Painting.

WEDNESDAY 18/04/18

BBC One

06.00 Breakfast.
09.15 Health: Truth or Scare.
10.00 Homes Under the
Hammer.
11.00 Heir Hunters.
11.45 Dom on the Spot.
12.15 Bargain Hunt.
13.00 BBC News at One;
Weather.
13.30 BBC Regional News and
Weather.
13.45 Doctors.
14.15 800 Words.
15.00 Escape to the Country.
15.45 Flipping Profit.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six;
Weather.
18.30 BBC Regional News and
Weather.
18.55 Party Election Broadcast.
19.00 The One Show; BBC
News; Regional News.
20.00 Watchdog Live.
21.00 Stephen: The Murder
That Changed a Nation.
22.00 BBC News at Ten.
22.30 BBC Regional News and
Weather; National Lottery
Update.
22.45 A Question of Sport.
23.15 Nightmare Pets SOS.
23.45 Getting High for God?
00.15 Weather for the Week
Ahead.
00.20 BBC News.

BBC Two England

06.00 Flog It! Trade Secrets.
06.30 Heir Hunters.
07.15 Health: Truth or Scare.
08.00 Sign Zone: Great British
Railway Journeys.
08.30 Sign Zone: Classic Mary
Berry.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
11.30 Daily Politics.
13.00 Lifeline.
13.10 Coast.
13.45 Home Away from Home.
14.30 Going Back, Giving Back.
15.15 Trust Me, I'm a Doctor.
16.15 Tigers About the House.
17.15 Put Your Money Where
Your Mouth Is.
18.00 Eggheads.
18.30 Britain in Bloom.
19.00 Antiques Road Trip.
20.00 Top of the Shop with Tom
Kerridge.
21.00 The Assassination of
Gianni Versace: American
Crime Story.
22.00 Live at the Apollo.
22.30 Newsnight.
23.10 Weather.
23.15 Hospital.
00.15 Sign Zone: MasterChef.
00.45 Sign Zone: Imagine -
Ingrid Bergman in Her
Own Words.

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 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.25 Party Election Broadcast.
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 Exposure - Great Ormond
Street: The Child First
and Always?
23.40 British Touring Car
Championship Highlights.

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 Undercover Boss USA.
12.00 Channel 4 News
Summary.
12.05 Come Dine with Me.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun: Winter
Sun.
16.00 Escape to the Chateau:
DIY.
17.00 Four in a Bed.
17.30 Buy It Now.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Secret Life of the
Zoo.
21.00 One Born Every Minute.
22.00 First Dates.
23.05 Paradise Hunters.
00.05 Live from Abbey Road
Classics.
00.35 My Online Nightmare.
01.35 FILM: Admission (2013).
03.20 Building the Dream.

BBC Four

19.00 Beyond 100 Days;
Weather.
19.30 Nature's Microworlds.
20.00 The Great Rift: Africa's
Wild Heart.
21.00 The Real Winnie
Mandela.
22.00 The Plantagenets.
23.00 Timeshift: The Last Days
of Steam.
00.00 The Mystery of Rome's X
Tomb.
01.00 Top of the Pops: 1983.
01.25 Top of the Pops: 1983.
01.50 The Great Rift: Africa's
Wild Heart.

THURSDAY 19/04/18

BBC One

06.00 Breakfast.
09.15 Health: Truth or Scare.
10.00 Homes Under the
Hammer.
11.00 Heir Hunters.
11.45 Dom on the Spot.
12.15 Bargain Hunt.
13.00 BBC News at One;
Weather.
13.30 BBC Regional News and
Weather.
13.45 Doctors.
14.15 800 Words.
15.00 Escape to the Country.
15.45 Flipping Profit.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six;
Weather.
18.30 BBC Regional News and
Weather.
18.55 Party Election Broadcast.
19.00 The One Show.
19.30 EastEnders; BBC News;
Regional News.
20.00 Would I Lie to You?
20.30 Not Going Out.
21.00 Stephen: The Murder
That Changed a Nation.
22.00 BBC News at Ten.
22.30 BBC Regional News and
Weather.
22.45 Question Time.
23.45 This Week.
00.30 Weather for the Week
Ahead.
00.35 BBC News.

BBC Two England

06.00 Flog It! Trade Secrets.
06.30 Heir Hunters.
07.15 Health: Truth or Scare.
08.00 Sign Zone: David
Attenborough's Natural
Curiosities.
08.30 Sign Zone: Kate Humble:
Off the Beaten Track.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Daily Politics.
13.00 Perfection.
13.45 Home Away from Home.
14.30 Going Back, Giving Back.
15.15 Trust Me, I'm a Doctor.
16.15 Tigers About the House -
What Happened Next.
17.15 Put Your Money Where
Your Mouth Is.
18.00 Eggheads.
18.30 Britain in Bloom.
19.00 Antiques Road Trip.
20.00 Nature's Biggest Beasts.
21.00 Civilisations.
22.00 MOTD: The Premier
League Show.
22.30 Newsnight.
23.10 Weather.
23.15 Secret Agent Selection:
WW2.
00.15 Sign Zone: MasterChef.
00.45 Sign Zone: Amazing
Hotels: Life Beyond the
Lobby.
01.45 Sign Zone: The Secret
Helpers.
02.45 This Is BBC Two.

ITV London

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

10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News;
Weather.
13.55 ITV News London;
Weather.
14.00 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.25 Party Election Broadcast.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 Processed Food: What
Are We Eating? 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 The Late Debate.
23.15 Lethal Weapon.

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 Undercover Boss USA.
12.00 Channel 4 News
Summary.
12.05 Come Dine with Me.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun: Winter
Sun.
16.00 Escape to the Chateau:
DIY.
17.00 Four in a Bed.
17.30 Buy It Now.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Location, Location,
Location.
21.00 999: What's Your
Emergency?
22.00 True Horror.
23.05 Gogglebox.
00.05 The Real Football Fan
Show.
00.35 The Island with Bear
Grylls.

BBC Four

19.00 Beyond 100 Days;
Weather.
19.30 Top of the Pops: 1985.
20.00 Dive WWII: Our Secret
History.
21.00 Putin, Russia & the West.
22.00 Law and Order.
23.20 Totally British: 70s Rock
'n' Roll.
00.20 Top of the Pops: 1985.
00.50 Danny Baker's Great
Album Showdown.
01.50 Putin, Russia & the West.

FRIDAY 20/04/18

BBC One

06.00 Breakfast.
09.15 Health: Truth or Scare.
10.00 Homes Under the
Hammer.
11.00 Heir Hunters.
11.45 Dom on the Spot.
12.15 Bargain Hunt.
13.00 BBC News at One;
Weather.
13.30 BBC Regional News and
Weather.
13.45 Doctors.
14.15 800 Words.
15.00 Escape to the Country.
15.45 Flipping Profit.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six;
Weather.
18.30 BBC Regional News and
Weather.
19.00 The One Show.
19.30 Sounds Like Friday Night;
BBC News; Regional
News.
20.00 EastEnders.
20.30 The Button.
21.00 Have I Got News for You.
21.30 Home from Home.
22.00 BBC News at Ten.
22.25 BBC Regional News and
Weather; National Lottery
Update.
22.35 The Graham Norton
Show.
23.25 Wannabe.
23.50 FILM: Sliding Doors
(1998).
01.25 Weather for the Week
Ahead.
01.30 BBC News.

BBC Two England

06.00 Flog It! Trade Secrets.
06.30 Heir Hunters.
07.15 Health: Truth or Scare.
08.00 Sign Zone: Great
Continental Railway
Journeys.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Daily Politics.
13.00 Perfection.
13.45 Home Away from Home.
14.30 Going Back, Giving Back.
15.15 Trust Me, I'm a Doctor.
16.15 Tigers About the House -
What Happened Next.
17.15 Put Your Money Where
Your Mouth Is.
18.00 Eggheads.
18.30 Britain in Bloom.
19.00 Antiques Road Trip.
20.00 Gardeners' World.
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.
00.35 Sign Zone: North Korea's
Secret Slave Gangs -
Panorama.
01.05 Sign Zone: Civilisations.
02.05 Sign Zone: The
Assassination of Gianni
Versace: American Crime
Story.
02.55 This Is BBC Two.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News;
Weather.
13.55 ITV News London;
Weather.
14.00 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Love Your Garden.
20.30 Coronation Street.
21.00 Lethal Weapon.
22.00 ITV News at Ten;
Weather.
22.30 ITV News London;
Weather.
22.45 The Keith & Paddy Picture
Show.
23.15 FILM: Shaun of the Dead
(2004).

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.
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Sun.
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DIY.
17.00 Four in a Bed.
17.30 Buy It Now.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.30 Unreported World.
20.00 I Don't Like Mondays.
21.00 Gogglebox.
22.00 Lee and Dean.
22.35 8 Out of 10 Cats.
23.25 Rob Beckett's Playing for
Time.
23.55 First Dates.
01.00 FILM: 127 Hours (2010).

BBC Four

19.00 World News Today;
Weather.
19.30 BBC Young Musician
2018.
21.00 FILM: Buena Vista Social
Club (1999).
22.40 Latin Music USA.
23.40 Arena.
00.45 Queens of Jazz: The Joy
and Pain of the Jazz
Divas.

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Cinema

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Rampage

Stars: Dwayne Johnson, Jeffrey Dean Morgan, Malin Akerman, **Genre:** Action, Adventure, Sci-Fi. **Director:** Brad Peyton. **Rating:** M/. **Plot:** Primatologist Davis Okoye shares an unshakable bond with an extraordinarily intelligent, silverback gorilla. But a rogue genetic experiment gone awry transforms this gentle ape into a raging monster. To make matters worse, it's soon discovered there are other similarly altered alpha predators. As these newly created monsters tear across North America, destroying everything in their path, Okoye tries to



secure an antidote, fighting his way through an ever-changing battlefield to save the fearsome creature that was once his friend.

Finding your

Feet Stars: Timothy Spall, Joanna Lumley, Imelda Staunton. **Genre:** Comedy, Drama, Romance. **Director:** Richard Loncraine. **Rating:** M/. **Plot:** On the eve of retirement a middle class, judgmental snob discovers her husband has been having an affair with her best friend and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate.

Cinema Listings

NOS Forum Algarve - Faro

Sherlock Gnomes VP; Finding your Feet; Soldado Milhões; Peter Rabbit (PV); Madame; Pacific Rim: Uprising; Rampage; Ernest & Celestine (PV)

NOS Mar Shopping - Loulé

Ready Player One; Rudolfo, O Gatinho Preto (PV); Rampage 2D & 3D; Pacific Rim: Uprising; The Little Prince (PV); Peter Rabbit (PV & OV); Tomb Raider; Winchester;

Gran-Plaza NOS - Tavira

Rampage; Assim Não Vais Longe; Peter Rabbit (PV); Ready Player One; Pacific Rim: Uprising; Finding your Feet

Algarcine - Portimão

Rampage; Pacific Rim: Uprising; Rudolfo, O Gatinho Preto (PV)

Algarcine - Lagos

Finding your feet; Rudolfo, O Gatinho Preto (PV); Pacific Rim: Uprising; Rampage

Algarcine Ria Shopping - Olhão

Rampage; Sherlock Gnomes; Pacific Rim: Uprising; Early Man (PV); Ready Player One; Rudolfo, O Gatinho Preto (PV)

Cineplace AlgarveShopping - Guia

Tomb Raider; Madame; Rampage; Soldado Milhões; Bullet Head; Rudolfo, O Gatinho Preto (PV); Acts of Violence; Finding your Feet; Snow: Uma Viagem Heróica (PV); Early Man (PV); Ready Player One; Sherlock Gnomes; Pacific Rim: Uprising; Peter Rabbit (PV & OV); Braven; Winchester; Black Panther

Cineplace - Portimão

Rampage 2D & 3D; Sherlock Gnomes; Ready Player One; Acts of Violence; Tomb Raider; Assim Não Vais Longe; 7 Days in Entebbe; Early Man (PV); Pacific Rim: Uprising; Peter Rabbit (PV); Braven

Cineplace Loures Shopping

Sherlock Gnomes (PV); Ready Player One; Early Man; Pacific

Rim: Uprising; Madame; Acts of Violence; Rudolfo, O Gatinho Preto (PV); Braven; Rampage 2D & 3D; Peter Rabbit; Tomb Raider (PV); Assim Não Vais Longe; Snow: Uma Viagem Heróica (PV)

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Rampage 2D & 3D; Peter Rabbit (PV); Madame; Early Man (PV); Tomb Raider 2D & 3D; Rudolfo, O Gatinho Preto (PV); Finding your Feet; Assim Não Vais Longe; Ferdinand; Pacific Rim: Uprising; Acts of Violence; Sherlock Gnomes; Ready Player One

Cineplace Riosul - Seixal

Rampage 2D & 3D; Sherlock Gnomes (PV); Ready Player One; Early Man; Pacific Rim: Uprising; Peter Rabbit (PV); Braven; Rudolfo, O Gatinho Preto (PV); Bullet Head; Gnome Alone (PV); Tomb Raider; Acts of Violence; Winchester; Black Panther

Estação Viana Shopping - Viana do Castelo

Early Man (PV); Acts of Violence; Ready Player One; Sherlock Gnomes (PV); Pacific Rim: Uprising; Peter Rabbit (PV); Tomb Raider; Rampage 2D & 3D

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



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

North & Centre

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

Labels for Less - Pop up sale of vintage and designer preloved clothes and accessories. Everyone welcome. **21 Apr** 10am to 3pm, **22 Apr** 11am to 2pm. Centro de convívio do Bairro do Rosário, Rua Paulo da Gama 114, Cascais 2750 183. To donate quality clothes and accessories email wrvslables4less@gmail.com or for further details check our Facebook page Wrvslisbon. All proceeds go to local charities.

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. 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

12th Anniversary of Casino Lisboa - Taking place in the Arena Lounge on **19 Apr**. Free Admission. Beginning at 8:30pm. Offering visitors an extensive musical programme with the main performance from Dengaz, supported by Voodoo Marmalade and DJ Dadda. 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

Live Music in Casino

Lisboa during April - Hearts and Bones, 14 Apr. Voodoo Marmalade, 18-21 Apr. Dee Dee & The Drum Killers, 25-28 Apr. By law, access to the spaces of Casino Lisboa are reserved for persons over 18 years of age. Casino Lisboa, Parque das Nações, Lisbon. Tel: 218 920 000 www.casino-lisboa.pt

New Circus shows at

Casino Lisboa - Raquel & Angélica - Aerial Duo, 14 Apr. Bruno Rosa - Tecido Vertical, 20 & 21 Apr. Jocka Carvalho - Tecido Vertical, 27 & 28 Apr. 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

April in Casino Estoril - Wednesday Fado Cycles, every Wednesday 10pm, free entry. Rui Faria & Sandra Gonçalves concert, 19 Apr. Innuendo concert, 20 Apr. DJ Set: Fonz, 21 Apr. Laura concert, 26 Apr. "Casual" concert, 27 Apr. Rogério Gil concert, 28 Apr. By law, access to the spaces of Casino Estoril are reserved for persons over 18 years of age. Casino Estoril, Av. Dr. Stanley Ho, Estoril. www.casino-estoril.pt

The Portuguese - a

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

South

AUCTIONS

Auction House Algarve. Our next live auction is **5 May**. 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

CHARITY

Dinner/Dance to 'NightShift' - Couverts Bacalhau à Brás and Veal in the oven; Vegetables of the day; Choice of desserts; Wine, beer and water. €25. Including incredible entertainment. **27 Apr**, 7:30pm for 8pm, at Restaurant Ponte Romana, Silves. All monies go to APAA. For directions, more information or to book your place email: info.apaaportugal@gmail.com or call 19 041 903 or 912 651 819

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

"No fundo o Silêncio..." - Painting exhibition by Clara Andrade. Until **27 Apr** in Galeria Manuela Vale, Escola

ALL Saints
ANGLICAN CHURCH

Services of Holy Communion:

SUNDAYS 10.30am ASCA Almancil (next to Comunidades Garden)

SUNDAYS: 11am Convento de S. José Lagoa (37.13703,-8.45355)

fb allsaintsalgarve
(351) 282 380 311 • email: info@allsaintsalgarve.org
www.allsaintsalgarve.org
Google maps: search for All Saints Anglican Church Almancil or Lagoa

WALDORF OPEN CLASS & WORKSHOPS
FOOD, GAMES & LIVE MUSIC

10-18H OPEN DAY
Spring Market
21 APR 2018
FIGUEIRA - VILA DO BISPO

ESCOLA WALDORF A OLIVEIRA
fb.com/escolalivredoalgarve info: escolalivredoalgarve@gmail.com

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.

de Artes Mestre Fernando Rodrigues, Lagoa. Free entry. www.cm-lagoa.pt



MARKETS

Car Boot Sale - 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

Vasco Ramalho, (Vibraphone), and Tuniko Goulart, (Electric Guitar) give a jazz-flavoured concert in the unique setting of the Quinta. **21 Apr**, 3.00 pm. 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.

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

Every Monday - free New Orleans jazz concert with The Dixie Kings at Tivoli Hotel, Lagos - Open to all, just drinks from the bar - info: www.neworleansjazzalgarve.com/index.html

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

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

SOCIAL

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 21st century, with concerts several times per year. We rehearse on **Thursdays** from 6.30pm. Ability to read music is an advantage, but not essential. If you think you would like to join us, please contact David on david51.littlewood@gmail.com, or on 289 489 374.

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

The East Algarve International Shanty choir is looking for an enthusiastic musical leader. Musicians, Male and Female singers welcome! Join the **East Algarve International Shanty Choir**. Rehearsals weekly on **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 Dr. Garcia Domingues in Silves between 8pm and 10pm. Badminton players will need to bring their own racquets and pay a small fee to cover costs. More information contact Sue on suesharman9@gmail.com or call 910 108 730

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

Vale de Milho Golf Club members meet at 9 am on

Tuesdays and Fridays for golf competitions. It is a friendly club and visitors are welcome. For more information contact Hazel Hopps 282 358 022

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

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

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

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

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

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

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

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

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

SPORT

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

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

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

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

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

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

WORKSHOPS & COURSES

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

dogs. For more information or to book please visit www.algarvedogtrainer.com or call +351 915 623 472

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

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

Music Improvisation and Ensemble Skills - Sat 3pm-

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

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

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



FLORAL BONANZA

13th successful YEAR

INTERNATIONAL ALGARVE FAIR

11am - 7pm
2 & 3 June
Fatacil Lagoa

The FLORAL BONANZA will once again be right in the middle of the Fair, between the Dog Show and the Food & Entertainment area. Last year this newly designed garden and leisure space was perfect for relaxation while the promise of bargains and the sheer beauty of this lush and bountiful space ensured huge success for participating companies. Any company selling plants is welcome to take part as are companies offering garden services and furniture. There will even be space for display gardens. Call today to let us know your requirements and to ensure the best position for your company.

Book your stand TODAY 282 380 317 - sgiles@algarvefair.com - www.algarvefair.com

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

Madrugada, the charitable association which provides care and support for people affected by life limiting illness, is on the move.

Luz-based Madrugada is pleased to announce it will move to a new Support Centre in the town later this year. The commercial space originally used by the Ocean Club Reception at Palm Bay Resort has been acquired and will be redeveloped.

The Madrugada Support Centre will be at ground floor level with ample parking and only a short walk from the Madrugada charity shops. The new location means that services can be expanded to help more people in the community. Counselling, therapeutic and creative activities, complementary therapies, advice and education will all be available at the Centre for those affected by life limiting illness. These complement Madrugada's free home based 'end of life' palliative nursing care service. www.madrugada-portugal.com

Renovation works need to be carried out to make the new Support Centre an efficient and welcoming space, so your help could make all the difference. If you have some experience in building, plumbing or painting and would be happy to give your time we would love to hear from you. Alternatively you could sponsor part of the work or equipment. Why not call the Madrugada team on 282 761 375, email us at admin@madrugada-portugal.com or drop in to the existing centre at Rua Direita No 100, Praia da Luz to chat about how you can help.



CASA E 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:

www.casaejardim.pt/more/clearance/

MR. DAVID Paul Haddon. 1945-2018. Mrs Margaret Haddon, Julie and Mandy would like to thank all their family and friends for their kindness at this sad time.

Algarve



Homecare

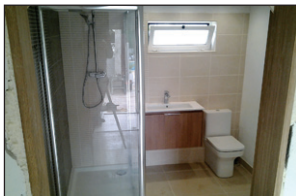
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References on request
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Charities

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

CC

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

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 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.

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

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

CC 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 No100, Praia da Luz.

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

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

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

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

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You will be surprised, amused and sometimes shocked but you will love it. Buy a signed copy directly from the author on: jennygrainer@sapo.pt. Kindle and paperback version available from Amazon.com or Amazon.co.uk
On sale also at **The Portugal News** office in Lagoa.

Entertainment & Leisure

ALGARVE WEEKEND WALKERS . Join us for professionally guided walks through the lovely Algarve countryside. April 15th Sao Brás. 10.30 start, €5 donation. Contact algarveweekendwalkers@gmail.com

STANDUP PADDLEBOARD/ windsurf.f2 rideschool. 304cmsx86cms. 215 litres. 5.5+6.8 sails. mast. boom. cover. retract keel. excellent condition. 400 euros. no offers. 916738329. Boliqueime. OLX item 552476056.



For Sale Private

TICKETS FOR A SONG!! Golden Opportunity - 2 tickets for Golden Circle standing in front of stage at the Eurovision Constat Finals in Lisbon on 12th May. These tickets are genuine - purchased from Blueticket. Partner FNAC (receipt available). Selling at face value. No profit- no discount. 200€ each (400€ for the two) Cash Only - ring 916434807

CHEST FREEZER. White with two baskets D600mm x W1040mm x H870mm. In good working order. €80 ono. For an appointment to view ring 936904043.



POOL TABLE 7ft includes delivery and accessories. 1200 Euros - Tel. 966006666

KITCHEN, 3x2 mtr in Alvor. Hardly used, various units top and bottom, plus equipment: fridge-freezer, washing machine, sink unit, extractor, gasgeyser, gas hob. Dismantled. Ready to collect
For photo's and price e-mail to arthur.vink@hotmail.com



SNOOKER TABLE 8ft includes delivery and accessories. 1350 Euros - Tel. 966006666



ENGLISH REG, 18 boat 2x50HP. Standing 3Years. Needs T.L.C. 2,000Euros ONO 969505114 Lagos Area

Friendship

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MATTRESSES: GERMAN and Dutch technology. Made in Portugal. Recommended by a Therapist. Lisbon area or elsewhere. Call: 912481963

Jobs Offered

WANTED PART-time domestic helper, 4-hrs/week, €100/mth. English speaker a plus. Location: near Salgados Golf. 969629277

WANTED PART-time handyman/gardener/electrician, 4-hrs/week, €100/mth. English speaker, Location: near Salgados Golf. 969629277

BAR STAFF needed for new Sports bar and Carvery in Albufeira centre. English speaking is essential. full/part time available Contact for more details. 00351917159904 stephaniefarah86@gmail.com

Place your advert online and receive 10% DISCOUNT

WANTED HOUSEKEEPER

Caretaker for large Quinta in the Western Algarve (near Lagos)

Cleaning/housekeeping, cooking, looking after guests. Husband/Partner - availability of some gardening and maintenance work.

Accommodation offered references essential Would suit Portuguese domestic.

CV/application to simondezoete@gmail.com/ ring Jinny Harman on 282 789801

CURIOSA INDOOR & Outdoor has one position available. Looking for a Carpenter. Contact Wanda 289391373 or info@curiosaportugal.com

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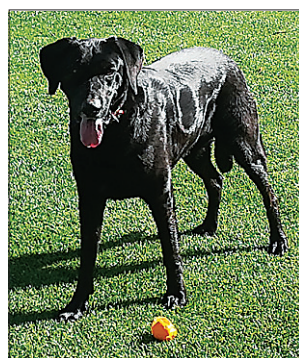
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Office, Media & Technology

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Pets



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LEADING UK based holiday villa rental agency requires properties with private pool for 2019 season. All areas considered. Guaranteed income and weekly rate contracts available. Tel: 961 075 502 www.vintagetravel.co.uk

Property for Rent

LONG-TERM Rental. 4 Bedroom villa with pool in Carvoeiro. €1,700 plus bills. Tel.965856525. AMI 7170

Property for Sale

3 RUINS of old watermills on 3200m² land, direct on the river in the mountains close to Vila Real in North Portugal for sale private. €49000 +351-917646283



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Due to lack of space, the Places of Worship listings have been removed for this week.

Verse of the Week
 Although I have a great deal to write to you, I would prefer not to use paper and ink. Instead, I hope to come to you and talk face to face, so that our joy may be complete.
 2 John 12; New International Version (NIV)

Master Class

This year's Masters had a little something for everybody, as well as treating the viewers to one of the most intriguing final rounds, for the last few years.

N
NEIL
CONNOLLY

At the Academy I get asked who am I liking for the tournament, who would I have a flutter on. My normal response when it comes to the Masters is looker for a past winner, they are the most likely to be able to cope with the unique atmosphere and pressure throughout the tournament, and especially on the back nine, final day. So when we were sat tight with the final few holes ahead, one glance at the leader board really only confirmed my thoughts that coaches should stick to what they are good at, that being coaching. Although what Spieth was putting together really was capturing the imagination, turning at five under and then adding four more to the tally, leaving him an opportunity to post a score which would set the hearts racing. Unfortunately a bogey on the last just left him a touch short of the mark. Rickie Fowler's clutch birdie on the last gave Reid a target, he needed to par the last two to win. Very manageable and yet very easy to mess up. So when he left the five footer up the

hill on the last, he showed why the media call him 'Captain America', he held his nerve and closed the deal. Reed being called Captain America is a far shout from the names he has been called over the past five years. He has often been described as brash and arrogant; some have alluded to his College career, where at best he has been described as a loner, at the worst a thief or even a cheat. The brashness comes from his belief. When asked what did he see in his future, he believed he was a top five world player; this before any Ryder Cup or Major success. The press appeared to want a villain in the piece and Reed certainly seemed to fit the bill. The unfairness is quite startling. If you were to ask any, and I do mean any quality young player, whether they believe that they can achieve, they will answer 'yes'. Do they mean it, is another matter. Otherwise why put in all of the hard work and sacrifice if you don't think that you can do it. The tide of public opinion started to move in his favour when he took on



Patrick Reed of the US is helped into his green jacket by Sergio Garcia of Spain after winning the 2018 Masters Tournament at the Augusta National Golf Club in Augusta, Georgia, USA, 8 April 2018. (Photo: EPA/Andrew Gombert)

Rory in the opening match of the Hazeltine Ryder cup singles. This was a match of the ages, finger wagging at each other, the "I can't hear you!" being shouted by Rory but Reed winning on the last gained the respect of the wider golfing public as well as his peers. The kid can play and play hard when it matters. He has Rory's number now too. That opening singles win promoted him to the position of "Captain America". Now holding the position of Number 11 in the World, perhaps the belief of being a World top five player is realistic. What should be remembered is when I was realising that the "bet on a past winner" was a mile away, it was

then, whilst looking at the leaderboard, the pedigree of the players chasing him was apparent. All seven of the top seven in the world were on his heels and closing in. It almost seemed that when Spieth fell short, Fowler picked up the baton and tried to catch him. Yet he prevailed. What now for Reed, well if winning a Ryder Cup singles match changes

public opinion for the better, he now has a Green jacket and the respect of the top, top players in the world. Certainly there is a Ryder Cup in his future later on this year, who knows even a rematch between Reed and Rory is on the cards. If he was confident then, he now knows he is a great player. This level of confidence will, you would

imagine, only carry him to greater heights. Maybe more Majors to follow this year? But as a footnote to the piece, spare a thought for Sergio. Tiger stole the pre-show story from Sergio and the only time 'El Nino' really got into the papers was by making a thirteen on fifteen. The Press are now calling him the 'Water boy'. Time waits for no man.

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Benfica and FC Porto battle for title as Sporting implode



Disgruntled Sporting supporters pictured here calling on Bruno de Carvalho to quit as the club's chairman. (Photo: Lusa/Miguel A. Lopes)

Sunday could be the defining moment as to who takes the Primeira Liga title with the top two going head-to-head at the Estádio da Luz; Benfica are just a point in front of their northern rivals.

volley into the far corner. Jiménez levelled matters in the twenty-eighth minute, reading the trajectory of Rafa Silva's cross to tap in at the far-post.

Edinho could have reclaimed the home side's lead fifteen minutes after the break, but struck Nuno Pinto's cutback high and wide. Just as it looked like Benfica would have to settle for a draw they were given the chance to secure all-three points.

Two minutes into stoppage time Luís Felipe grabbed Salvio's shirt and Jiménez made no mistake from the penalty spot to keep Benfica at the summit of the table. Only a win would suffice for Porto as they welcomed relegation candidates Desportivo Aves to the Estádio do Dragão.

A clear foul on Ricardo Pereira inside the area gave the home side the ideal start as Alex Telles converted from the penalty spot after seven minutes. That advantage was soon doubled in the tenth minute with a freak effort from Otávio as he blocked a clearance from the edge of the box. The ball rebounded into the bottom-left corner of the goal past a bemused Aves keeper



CHRIS WRIGHT

Adriano Fachini who, in the second-half stood between Porto and goal number three. The Brazilian keeper was in outstanding form as he performed heroics to keep the score at 2-0 come full-time.

Following Sporting's 2-0 defeat at Atletico Madrid in the first-leg of their Europa League quarter-final, president Bruno de Carvalho could not contain his annoyance at the result.

He posted a message on Facebook lambasting Coates and Mathieu for their mistakes, Gelson Martins for failing to take his chance when clean through, and Fábio Coentrão and Bas Dost for collecting yellow cards that rule them out of the second leg.

Back in Lisbon, the atmosphere among the squad was evidently tense, although the club denied rumours the first-team squad had refused to train. The players shared a text on Instagram expressing their disapproval of the public criticism and "the absence of support from me who should be our leader."

Among the group who posted the message were practically all of Sporting's most important players, such as Rui Patrício, William Carvalho, fellow Portugal internationals Fábio Coentrão, Bruno Fernandes and Gelson Martins together with experienced senior players Bryan Ruiz, Coates and Montero.

Despite the rumours of wholesale changes, Sporting manager Jorge Jesus called on a large portion of big names to take on P.Ferreira at the Alvalade.

William Carvalho and Fábio Coentrão were out injured, while Cristiano Piccini was suspended. Bas Dost opened the scoring after twenty minutes when he nodded home Bruno Fernandes' flick-on.

Sporting secured their 2-0 win through Bryan Ruiz converting Gelson Martins cross in the sixty-fifth minute. Sporting's win sees them pull three points clear of fourth-placed SC Braga, who succumbed to a late Feirense goal to draw 2-2.

How the public spat between the President and players will be resolved is anyone's guess; it appears just one more spectacular example of the club's ability to shoot itself in the foot.

Last weekend the top three in the Primeira Liga - Benfica, FC Porto and Sporting - all won whilst fourth-placed SC Braga could only draw at Feirense.

SC Portimonense picked up another valuable point at Tondela.

What should have been a comfortable away win for Benfica at Vitória de Setúbal proved to be anything but. The Eagles were dealt a blow before kick-off with the news that their goalscoring talisman Jonas had picked up an injury in the warm-up and would not be risked ahead of the title clash against Porto.

The problems mounted for Benfica as Setúbal took an early lead through Costinha with a back-post



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