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Wolverhampton Wonders P14

Young Portuguese footballer Rúben Neves has been a revelation since joining Wolverhampton Wanderers as they gained promotion to the Premier League.



At what cost? > P4



Ryanair cabin crews are threatening to go on strike in the summer unless the low-cost airline accepts union demands.

Migrant Rescue > P8



A Portuguese Navy frigate has this week rescued 138 migrants off the coast of Italy, among them 15 women and eight babies.

Fair countdown > P18



The International Algarve Fair will be returning to the FATACIL showground in Lagoa on Saturday 2 June and Sunday 3 June.

WEATHER > P3

Calls grow for golden visa and expat tax exemption revision to combat corruption and speculation

EXPAT PENSION AND GOLD VISA SCRUTINY

Full story, see p. 2



Hard-hitting Socialist MEP Ana Gomes has this week challenged the fact that no in-depth background checks are done on golden visa investors. (Photo: Lusa/Mário Cruz)

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Expatriate pension and golden visa scrutiny

N
BRENDAN DE BEER

Separate calls from within the governing alliance this week is targeting measures and exemptions aimed at increasing investment in Portugal, most notably by foreigners in the real estate sector.

European Member of Parliament Ana Gomes, a stalwart of the ruling Socialist Party, has this week led a surprise attack against the popular golden visa investment scheme.

In comments to *i* newspaper, Ana Gomes, who is also the Vice President of the European Commission of Financial Crime, stated that the golden visa system is a "perverse scheme". She explained that golden visas which are aimed at encouraging investment, most notably in high-end real estate, is "a system that prostitutes European citizenship and is a threat to the safety of the Schengen zone. I believe it is a scheme importing corruption and organised crime to the European Union." Gomes further said that she was not against visas being handed out to select individuals at no cost who would benefit Portuguese society, though explained that she would up the ante against golden visas being "sold in a system that favours corruption."

She based these claims on the fact that she was unable to obtain a list of golden visa investors due to Portugal's restrictive privacy laws. Gomes wanted the list in order to conduct a background check, but says she was denied this opportunity. "I don't want their home addresses or bank account details, all I want is their names, which has been denied to me", explained the MEP, adding: "The only explanation I can find is that if I were to gain access to the list, I would find people on it with criminal records in their home countries and who had not been subjected to due diligence in Portugal by local authorities".

Back in February, the organisation Transparency and Integrity made a similar request with the SEF

immigration office, the Economy Ministry and the State Secretary for Fiscal Affairs. SEF is yet to issue a reply, while the Economy Ministry sent the request on to the Ministry for Home Affairs. The office of Fiscal Affairs meanwhile responded they did not have an organised filing system containing these details.

The organisation subsequently called for the immediate cessation of the issuing of golden visa, arguing such a move would avoid the risk of facilitating organised crime and money laundering.

The most popular means to obtain a golden visa is through an investment of 500,000 euros in real estate, with Chinese topping the list of visa recipients.

But Ana Gomes concludes, "China has a limit on transfers out the country of 50,000 euros a year, so it is obvious that the system can only be fraudulent or criminal."

Following this demand for greater scrutiny of golden visa investors, the Left Bloc, part of the ruling leftist alliance, called for an end to the non-habitual residence programme, a system mostly taken advantage of by expat pensioners. With the minority Socialists needing the Left Bloc's approval of the state budget set to be presented in October, the Bloc is looking to alter the tax benefits handed out to expats under the scheme, most of whom end up purchasing property or retirement homes in Portugal.

The Left Bloc is arguing that the tax exemption handed to foreign retirees has resulted in large scale real estate speculation. The party adds that it would also seek to have stricter rules imposed on the issue of golden visas, which it says has also led to considerable short-term and artificial hikes in property prices.

Marcelo speaks out against populism



Portuguese President used his 25 April commemorative address to speak out against populism sweeping many parts of the globe.

Marking the 44th year since Portugal was liberated from a dictatorship, Marcelo Rebelo de Sousa told Parliament that MPs should also look at ways of renewing politics.

The President's address was applauded by the ruling Socialists and those sitting to their right, but the Communists, the Left Bloc and the Greens opted not to bring their hands together.



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President Marcelo Rebelo de Sousa pictured here shortly after addressing MPs in Parliament during the 25 April Revolution commemorations. (Photo: Lusa/António Cottrim)

N News in Brief

Almost half Portuguese executives admit to corruption in business

Almost half of Portuguese executives have admitted that bribery and corruption practices are widespread in business. A total of 46 percent Portuguese business people said corruption remains prevalent in the country. This places as the 19th worst country out of a list of 53 compiled by EY Consultancy. The ranking is topped by Brazil, with 96 percent saying corruption was rife in business, followed by Columbia and Nigeria.

Portugal is world's 9th biggest wine producer

Portugal has been listed as the 9th biggest global producer of wine. According to the Organisation of Vine and Wine, Portugal has seen production numbers increase steadily, and has narrowed the gap with the United States, who are currently eighth on the list. The world's top producer of wine is Spain, followed by Italy and France. But in terms of commercial value of wine, French wines fetch the most, ahead of Italy.

Urgent work to take place on key Algarve roads

National road company Infraestruturas de Portugal (IP) has announced that it will be carrying out "a series of emergency interventions to repair and improve traffic flow and safety on some of the Algarve's main roads. Work will be carried out on the EN125, EN124 and EN396, before summer. The interventions will include resurfacing and raising sidewalks and will cost in the region of one million euros, starting at the end of May.

Nationwide New Look operation clamps down on beauty parlours

Hundreds of tax inspectors were out in force this week to inspect hair salons, beauty parlours and spas. The national mega-operation named New Look targeted thousands of establishments. It aims to clamp down on tax avoidance and focuses on IRC, IRS and IVA tax evasion.

Hayfever sufferers warned to be cautious over coming week

Hayfever sufferers are being warned to take care over the coming week as pollen levels are expected to be high. The latest bulletin from the Portuguese Society for Allergies and Clinical Immunology (SPAIC) states that high levels of pollen are expected across the whole of Portugal, more so in the Algarve, and to a lesser extent on the islands. The bulletin is issued weekly based on pollen counts in the air and predictions.

WEATHER

Cool and wet weather set to return

Temperatures are set to plummet this weekend with thermometers set to fall by as much as nine degrees Celsius in certain areas. There will also be a return of the rain, with scattered showers forecast for much of the country in the coming days.

Lisbon: The capital will see highs drop from around 25 degrees to around 16 degrees this weekend. Showers will be common throughout the coming week, with highs set to struggle to beat the 20 degree barrier.

The South: Southern Portugal will experience the odd scattered shower this weekend, with temperatures also set to hover just beneath 20 degrees Celsius.

The North: Porto will be rather cool this weekend, with lows set to plunge to winter-like levels, while rainfall will be a regular occurrence.

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Ryanair unions threaten summer strike action

Ryanair cabin crews are threatening to go on strike in the summer unless the low-cost airline accepts demands various European unions agreed on Tuesday in Lisbon. Unions have given the Irish airline until the end of June to satisfy workers' demands.



Ryanair CEO Michael O'Leary was this week handed an ultimatum by unions representing the airline's workers or face strike action in the summer. (Photo: EPA/Thomas Frey)

The decision to stage industrial action, including the possibility of a strike on an undisclosed date, was announced after the Portuguese cabin crew union SNPVAC held a meeting in Lisbon with representatives from various European counterpart organisations. Speaking at a press conference, SNPVAC leader, Luciana Passo, said that among the crews' demands was that Ryanair had to comply with domestic legislation and the same labour conditions for all workers including subcontractors. The meeting was attended by representatives from unions in Italy, Spain, Holland, Belgium and Germany.

TPN/Lusa

PM calls for "urgent political consensus" on new Lisbon airport

Prime Minister António Costa has called for "urgent political consensus" on the matter of a new international airport for Lisbon.

He also said there is still margin for national tourism to grow should efforts be made to reinforce the diversification currently on offer.

Speaking at a ceremony earlier this week held to mark the re-election of the president of the Portugal Tourism Confederation, Prime Minister Costa said it is important to focus on the future to recover lost time.

Strong winds divert flights from Funchal

Six flights had to divert from Funchal airport on Madeira Island on Sunday due to strong winds.

Flights from Birmingham, Nantes, Paris, Copenhagen, Bristol and London were due to land at Funchal on Sunday morning but were rerouted elsewhere until the blustery weather had calmed down.

An easyJet flight was also cancelled.

Portuguese spend €70 on monthly commute

The average Portuguese spends around €70 a month on transport, making the sector one that represents a large share of families' monthly expenditure, according to a study carried out by consumer rights association Deco in six cities around the country.

The study analysed data collected in November and December in Braga, Porto, Aveiro, Coimbra, Lisbon and Setúbal.

"Many Portuguese continue to need major financial gymnastics each month to pay their expenses arising from transport, whether public or private," Deco's Bruno Santos told *Lusa News Agency*. "It

remains one of the expenses that weighs heaviest for families."

Whereas nationally, the average monthly expenditure on transport was €70, in Lisbon the figure is much higher, with one third of those surveyed quoting a figure of more than €100.

The study showed that most people continue mostly to use a

private vehicle to get around, because public transport does not meet their needs. Still, they often face problems finding a parking spot.

"A considerable number of drivers who responded to us take more than 15 minutes at least once a week to find a place without having to put coins" into

the meter, states the Deco study, which also says that 20 percent of those questioned "feel that their monthly income constrains their choice of transport."

As for traffic jams, in Lisbon 64 percent and in Porto 63 percent of those questioned said they face these at least once a week.

At least once a week, 63

percent of people walk more than 500 metres on foot, the study found. By contrast, the use of bicycles was minimal, despite a major expansion in bike lanes in many cities in recent years.

The minimum salary in Portugal is €580, albeit paid 14 times a year rather than 12.

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Work to build beach bar on idyllic Algarve coastal spot moves ahead following decades of legal wrangling

Development of the picturesque Pintadinho Beach in Ferragudo, Lagoa, is moving forwards after more than three decades of legal wrangling.

N CARRIE-MARIE BRATLEY



Development of the picturesque Pintadinho Beach in Ferragudo, Lagoa, is moving forwards after more than three decades of legal wrangling, upsetting locals (Photo: Supplied).

Locals are concerned the “small quiet beach, used by local families for generations” will now be turned into “a private zone for paying clients”, and are calling

for an embargo. The council architect had originally given favourable assent to the project first submitted by the plot’s former owner in 1987. But Lagoa

Council subsequently rejected the application after the Regional Algarve Coordination and Development Commission (CCDR) deliberated that “given the sensitivity of the spot” only

“strictly-necessary” development, as foreseen in a study approved by the City Council in 1962, should be given the green light.

Lagoa council had successively denied permission to develop the pretty beachside locale ever since, despite it being private land.

Thirty years of injunctions, appeals and counter-appeals ensued, finally coming to a head in 2016 when the Constitutional Court rejected Lagoa Council’s final move.

Exhausted of any possible recourse, the Council was left with no choice but to abide by the high court’s order and grant permission.

In 2017, 30 years after the arm wrestle started, licensing was finally conceded for construction work to move ahead.

The new beach bar - to be named Edd’s Beach, after the developer Edwin Opstelten - will comprise a restaurant, bar and pool, having a total covered area of 90.6 m2 and a developed area of 259.3 m2.

Enraged locals say excavation for the project has turned the previously “green hillside” into “something resembling an open cast mine”, and are querying why

the project was allowed to move ahead.

They are calling for works to be halted, arguing “it is located in an Ecologic Green Zone, where building is not allowed”.

They fear the project will “severely restrict the use of this beach by the general public, as there will be little, or no, vehicle access to areas which will be designated ‘Private’”, and claim “prior notice of this project was not given”, to allow for public consultation.

The project is expected to be completed by February next year. In an email sent to **The Portugal News**, Lagoa Council stressed “the decision of the Court overrules the wishes of the Council.”

A spokesperson said council inspectors are “keeping an eye on the project” to make sure it does not exceed the granted dimensions, and explained that as permission for development was granted on a court order, public consultation of the project does not come into play.

Regarding access to the beach, the spokesperson said “no one can impede access” to it, but admitted reaching the sands “might not be as comfortable or as capacious” as it has been until now.

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Portuguese Navy Frigate rescues 138 migrants off Italy coast



Portuguese Naval officers pictured here off the coast of Italy rescuing 138 migrants, among them 15 women and 8 babies. (Photo: Lusa/Marinha Portuguesa)

A Portuguese Navy frigate, the Dom Francisco de Almeida, rescued 138 migrants off the island of Lampedusa, Italy, earlier this week, among them 15 women and eight babies.

A spokesperson for the Armed Forces said a stricken vessel carrying the migrants was intercepted by the Portuguese ship on Tuesday, at a time when "it was in danger of sinking". The migrant boat was trying to reach the island of Lampedusa, the source

added, elaborating that crew gave first aid to several of the migrants. With this rescue, the number of migrants identified and rescued by the Dom Francisco de Almeida navy vessel, which is taking part in the European Border Agency's Frontex mission, climbs to 266.

Portugal ranks high on freedom index

Portugal has been ranked 11th in the latest Freedom in the World rankings.

Portugal was handed a score of 97 out of 100, beating the likes of the United Kingdom and the United States by some margin.

The list, which is topped by Sweden, Finland and Norway, reveals that Portugal fares excellently in most areas, with its ranking only negatively affected by corruption issues still facing the country.

At the bottom of the list comes Syria, ahead of South Sudan and Eritrea.

In Europe, reverberations from the refugee crisis continued to fuel the rise of xenophobic, far-right parties, which gained ground in elections in France, Germany, the Netherlands, and Austria.

The latest report added

that democracy faced its most serious crisis in decades in 2017, as its basic tenets, including guarantees of free and fair elections, the rights of minorities, freedom of the press, and the rule of law, came under attack around the world.

Seventy-one countries suffered net declines in political rights and civil liberties, with only 35 registering gains. This marked the 12th consecutive year of decline in global freedom.

The United States retreated from its traditional role as both a champion and an exemplar of democracy amid an accelerating decline in American political rights and civil liberties.

PM calls for more immigrants

Prime Minister António Costa has this weekend called for more immigrants to settle in Portugal.

Called to address an audience on matters involving climate change, the digital society, inequalities and demographics, the prime minister said more foreigners are needed in Portugal.

He explained that at the

current rate, the country's population would fall from ten to seven million people in just over 40 years.

The Prime Minister also said policies to boost the birth rate and encourage more immigrants to consider moving to Portugal are also needed.

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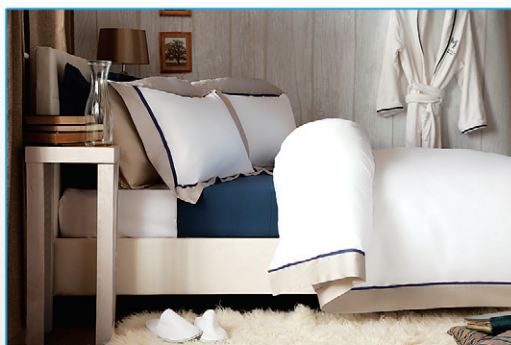
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Foreign resident association reaches defibrillator goal in just five months

The Operation Shock campaign reached its goal this week, when the final four portable defibrillators were presented to the Commandants of Vila do Bispo, Monchique, Loulé and Vila Real de Santo António Bombeiros Stations.



Children from the Vale Verde International School, who raised funds to supply the Vila do Bispo fire services with a portable defibrillator, were in Portimão this week helping foreign resident association *afpop* to complete its goal of supplying all *Bombeiros* stations across the Algarve with the life-saving equipment. (Photo: Supplied)

The CEO of the foreign resident association *afpop*, Michael Reeve, along with council president Chris Ireland, presented the equipment to the commanders at a short ceremony at the

Portimão Bombeiros station, bringing an end to the campaign which has now presented a portable defibrillator to each of the seventeen Bombeiros Commands in the region. Commander Richard Marques of the Portimão

station who coordinated all the presentations on behalf of the *Federação dos Bombeiros do Algarve* (FBA) said: "We are delighted that the Operation Shock campaign has reached its target in only five months

and has provided this life saving equipment across the Algarve. We are very grateful to *afpop* for this initiative and congratulate them on such a fine project and our thanks go to all of those who have contributed to this

excellent campaign". Many people and organisations have helped to make Operation Shock a success, including, for this final presentation, the Netherlands Club of the Algarve, the Combined Lodges of Portugal, Mungo's Golf Society, the friends of '300 Birthday' event and the children of Vale Verde International School, who held a sponsored 'Read-a-thon' and other fund raising activities to raise the donation to pay for a unit for Vila do Bispo Bombeiros. This fund-raising initiative by Foreign Residents' Association '*afpop*', in conjunction with the Federation of Bombeiros of the Algarve, was intended to show support and give thanks to an organisation that has responded to the needs of the people of the region, whether

Portuguese, foreign residents or holiday-makers. The campaign was created by *afpop* after 30 years of service to its members, to acknowledge the work done by those men and women, largely volunteers, who offer help to all in times of distress. The equipment supplied, as identified by the Bombeiros, is the Philips HeartStart FRx Defibrillator with 'Infant Key', which enables the machine to also be used on children without causing further damage to their hearts. The equipment is lightweight and can be used quickly by the Bombeiros nurses on scene. The portable defibrillators are provided in order to equip one red ambulance in each command, which do not come fitted with such equipment as standard.



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Eurovision issues bizarre list of banned items

Audience members at the Eurovision Song Contest have been advised they will not be allowed to bring golf balls, ladders, shopping trolleys, guns and bombs into the arena.

The competition, which this year will be held in the Altice Arena in Lisbon, Portugal, has issued a bizarre list of banned items, which also includes hammers and screwdrivers, adhesive tape, rope, crow bars, saw blades and drill bits and handcuffs and chains.

A post on the audience section of the Eurovision website says: "To keep waiting times at the entrance to a minimum, please make sure you do not bring any of the following prohibited items to the Altice Arena.

"If brought, these items will be confiscated and will not be returned."

Also on the extensive list are drugs, selfie sticks, luggage, chairs, helmets, lasers, knives, syringe,

scalpels, megaphones, sticks and poles and pliers and tool pouches.

Eurovision fans have shared their amusement at the list on Twitter, with one writing "It is weirdly specific, as if they added certain items after 'The Trolley Incident' or 'That Time With The Ladder'."

Another said: "I feel like each item on the banned items list for #Eurovision has a unique story to tell."

"Please can someone tell me of the time a trolley was brought by an audience member and what they did with it that got it banned?"

The Eurovision Song Contest will take place on 12 May and is being held in Lisbon as a result of the win last year by Portuguese contestant Salvador Sobral. *TPN/PA*

Praia do Carvoeiro voted Europe's Best Beach

Dedicated to tourism in Europe, in partnership with the European Commission for the promotion of sustainable tourism (EDEN Network) and more than 300 European tourism offices, European Best Destinations has been organising the Best Beaches in Europe competition for over a decade.

This year 12,840 travellers from 129 countries voted for their favourite European beaches in Europe, and Praia de Carvoeiro emerged in the top spot, as the Best Beach in Europe.

Nine other Portuguese beaches, four of which are in the Algarve, also featured on the list, though it was the small Algarve village that reigned supreme, beating off stiff competition from stunning beaches in countries such as Greece, Croatia, Spain, France and Italy.

The organisers of the poll said Carvoeiro "is probably one of the most beautiful places we have seen during our travels in Europe."

"The sea is beautiful, the water is neither too hot nor too cold, the waves can be strong or on the contrary gentle enough for paddling and discovering the coves around it", they effused.

Carvoeiro's village beach has been voted European Best Beach 2018 in an online poll conducted by leading European tourism site, European Best Destinations.



Praia do Carvoeiro has been elected as one of Europe's best beaches. (Photo: CM Lagoa)



Last year's Eurovision winner Salvador Sobral. (Photo: EPA/Tatyana Zenkovich)

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Net cast for funding for Faro Monument to Fishermen



CARRIE-MARIE BRATLEY

A long-time expat is towing the fascinating research of a Portuguese journalist and driving a campaign to raise funds for a monument to be created in honour of the heroism of Portuguese fishermen and the pivotal role they played in saving lives from the sea during World War II.



Funding is being sought for a memorial, pictured in mock-up, to honour the bravery of Portuguese fishermen, who rescued stricken sailors and airmen during WWII. (Photo: Supplied).

around 10 kilometres south of Faro, killing five of the 11-man crew onboard. Having researched the incident in depth, Faro journalist Carlos Guerreiro persistently endeavoured for a tribute to be made to the three valiant fishermen, who cared for the six survivors throughout the night before getting them safely to land. A plaque was presented at the Gambelas University in July 1999, but sadly only after the passing of José and Manuel Mascarenhas. Guerreiro's work grabbed the attention of Mr. Pease, who has keen interest in World War history, and who suggested they expand on the Faro event and analyse the role of Portuguese fishermen in saving lives from the sea during World War II as a whole. Born in the UK in 1930, Michael Pease has lived in Portugal for over three decades, after spending much of his life in Africa. His research found that during the Second World War (1939-1945), Portuguese fishermen from the mainland and the islands, particularly around the Azores and off the West Coast, rescued hundreds of stricken fighters and non-fighters from both sides, from the Eastern Atlantic.

"I feel that the role of Portugal in World War II is somewhat forgotten because it was neutral, but Portugal played a huge role", namely due to its maritime trade routes, Mr. Pease explained to **The Portugal News**, adding: "It is very, very important not to forget history; it must be remembered for the future." Seven years of research culminated in the lobbying for a memorial - a bronze or steel statue, depending on funding - to be created, to pay tribute to the three Faro fishermen in particular, as well as acknowledge the valiant spirit of all Portuguese fishermen who made sea rescues during World War II. It is hoped around €70,000 in funding will be raised through donations, for its creation. A sculptor and a design are ready in waiting, and permission has already been granted in writing by various authorities, including the local and regional council and tourism and cultural chiefs, for the monument to be located on Faro's riverfront. Encapsulating the spirit of the homage, it is planned to sit in a key location, in the Manuel Bivar Gardens. For more information or to make a donation, see: www.portuguese-fishermens-memorial.org.

Sagres-based painkiller awarded €50,000 European prize

A strong painkiller developed using components found in the sea off Sagres has been awarded with a €50,000 European prize.

The drug alleviates chronic and constant pain and aims to be an alternative to opioids and morphine. Developed by the company

Sea4Us, the Sea4Pain project is based on an ingredient, a sea sponge, that is native to the Sagres coastline.

It was the work of journalist Carlos Guerreiro on a specific event in Faro that caught the eye of expat Michael Pease several years ago. On 30 November 1943, three Portuguese fishermen - Jaime Nunes, José Mascarenhas, and Mascarenhas' 13-year-old son Manuel - who were fishing off the coast of Faro, rescued six airmen whose US Liberator bomber plane had crashed nearby,

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Portuguese players shine in the Midlands

The world's greatest player Cristiano Ronaldo is one of only three Portuguese players to have featured in the English Professional Footballers' Association 'Teams of the Year', an award he collected on four occasions whilst with Manchester United.



CHRIS WRIGHT



Wolves Portuguese contingent with Rúben Neves third from the left. (Supplied)

Nani was the second when he featured in the PFA Premier League Team of the Year: 2010-11. Now comes the third to join the illustrious duo and the first Portuguese to be included in the English Championship second tier 'Team of the Year'. This season, 21-year-old Rúben Neves has been a revelation since joining Wolverhampton Wanderers as they gained promotion to the Premier League. Rúben Neves scored one of the 'goals of the season' in Wolves' Championship clash with Derby recently.

A corner was cleared to the Portuguese midfielder some twenty-five metres from goal. The former FC Porto youngster took a touch to tee himself up for a volley before launching a seemingly impossible dipping shot into the top corner, his sixth goal this season fired in from outside the penalty area. Wolves, under former FC Porto manager Nuno Espírito Santo, boast six Portuguese players in their ranks: Rúben Neves who is being linked with a move to Liverpool; top-scorer Diogo Jota, Ivan Cavaleiro, Roderick Miranda, Rúben Vinagre and Hélder Costa.

Wolves will now be among the thirty wealthiest clubs in the world with the riches from Premier League money and TV income estimated to be around €220m. Let us not forget Cristiano Ronaldo's spectacular goal against Juventus. With his back to goal at the top of the box, Ronaldo launched himself into a spectacular feat of coordination, gymnastics and timing, striking the ball at a height of 2.38 metres (51 cm more than his own height!) and sending it hurtling into the bottom corner of the net past a motionless and stunned Gianluigi Buffon.

Touch rugby teams show off their skills in the Algarve

The Regional South Trophy for Touch Rugby was recently staged at the Bela Vista Stadium in Lagoa, Algarve, welcoming teams from across the country.



The local CRUAL touch rugby team which made its competitive debut at a tournament in Lagoa, featuring top teams from Lisbon. (Supplied)

The sport has seen its numbers grow rapidly in recent times, with local Algarve club CRUAL fielding its first competitive team against five teams from Lisbon; Belenenses, Benfica, CDUL, São Miguel and Técnico.

Técnico were the eventual champions after they defeated Belenenses in a hard-fought final.

The final round of matches takes place in Lisbon on 9 June, and will determine the final standings of the competition.

The sport has only recently started in the Algarve, with support coming from several entities across the region and country, included Touch Rugby Portugal, Lagoa Town Hall, Faro Parish Council, GD Lagoa sports group and CRUAL.

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If The Model Is Broken, Fix It

If the model is broken, should you try to fix it, or should you scrap it and get a new one?



An archive photo of an unidentified homeless man sitting on a grate outside the Federal Trade Commission, in Washington, DC. (Photo: AFP PHOTO/ Joyce Naltchayan)

In questions of technology, increasingly the answer is: scrap it. What applies to consumer technology, however, does not necessarily apply to politics. The political model of Western-style democracy, which grew up alongside and then within a capitalist economic model, is now broken. Exhibit Number One is Donald Trump, but there's lots of other evidence too. One-third of French voters backed Marine Le Pen, a cleaned-up, user-friendly neo-fascist, in last year's presidential election. In last September's German election, one-eighth of the electorate voted for Alternative for Germany, a party whose more extreme wing is neo-Nazi - but it now leads the opposition in the Bundestag, the German parliament. Last month in Italy, the two biggest parties to emerge from the election were both led by populist rabble-rousers, one from the left and one from the right. Not to mention Brexit in Britain. And in every case the themes that dominated the populists' rhetoric were racism, nationalism, hostility to immigrants - and jobs. Trump rarely talked about anything else during the presidential election campaign: immigrants are stealing the jobs, free-trading American business-men are exporting the jobs, the foreigners are eating America's lunch. Down with free trade! America First! Etc.!(Hint: Donald Trump is not a Republican. He is a populist.) Trump may not know a lot, but he knows One Big Thing. We are living in a new era of mass unemployment, and nobody has noticed. As

N GWYNNE DYER

Trump said the night after he won the New Hampshire primary in February 2016: "Don't believe those phony numbers when you hear 4.9 and 5 percent unemployment. The number's probably 28, 29, as high as 35. In fact, I even heard recently 42." It's not really 42 percent, but it's not 4.1 percent (the current official US rate) either. According to Nicholas Eberstadt's 'Men Without Work', the real unemployment rate among American men of prime working age (24-55) - including those who don't get counted because they have given up looking for work - is 17 percent. Why didn't we notice? Because the unemployed weren't protesting in the streets like they did in the Great Depression of the 1930s, although the rate is getting up to Depression era levels. After the Second World War, all the Western democracies built welfare states, mainly so a new generation of radical populist leaders would not come to power the next time there is mass unemployment. It has worked, in the sense that there is not blood in the streets this time around, but the jobless millions are very angry even if the welfare state means that they are not starving. They do vote, and unless something is done to ease their anger, next time they may vote for somebody who makes Trump look good by comparison. One-third of American manufacturing jobs have vanished in the past 20 years, and the vast majority of them (85 percent) were destroyed by automation. The algorithms and the

robot arms have already killed the Rust Belt, and there is a plausible prediction that almost half of existing American jobs may be automated out of existence in the next 20 years. What would our politics look like then? Not very democratic, unless we do something to ease the anger of the unemployed. This doesn't just mean giving them more money - a massive expansion of the welfare state - but also finding ways of taking the shame out of unemployment, because it is the humiliation of being seen as a loser that breeds the anger. The leading proposal on the table right now is called universal basic income (UBI). Every citizen would get enough to live a decent life whether they are working or not, although most people would probably keep working as well in order to have more money. And making it 'universal' takes the shame and anger out of it: UBI would be a birthright, not charity handed down to those who have lost their jobs. Some may argue that this is saving capitalism, not smashing it, and they would be right. But evolution is better than revolution, and fixing the model that is currently broken, essentially by a major expansion of the welfare state, is a better bet than abandoning it.



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

ASK Kurt

All your computer questions answered

Why are local Backups so important?



If you already store most of your data in cloud-based storage services, why is it so important to do a local backup of your devices? Often when I write something about backing up your computer, I notice comments from people that say they keep everything in iCloud, Dropbox or some other cloud-based storage system, so they don't feel the need to back up their computer or iOS device any other way. It's true that cloud-based storage services are great for keeping your most important documents safe, but that's not all there is to backing up your data. One of the biggest problems with starting new on a device is not that you've lost your data (if you are storing it in a cloud service), it's that you've lost all of your programs and apps. Sure, you can re-download all of those .doc files from Dropbox, but you won't be able to open them until you've reinstalled a word processing program. Your pictures may be safe in OneDrive or Dropbox, but if you want to edit them, you'll have to track down that photo editing app you love and download it again. Even though you store all of your app purchases, music and photos in iCloud and all of your spreadsheets, reports and documents in Dropbox, starting from scratch on your device, whether it's a computer or a mobile device, is time-consuming and frustrating. Would you rather spend hours downloading files, reinstalling apps, and readjusting your settings or just tap "yes" when asked if you want to restore from a local backup and wait a few moments for everything to be restored exactly as it was before on your device.

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Trade unions demand minimum wage above €600 in 2019

The secretary general of Portugal's largest trade union federation, the CGTP, on Friday called for the minimum wage to be raised to over the €600 forecast by the government and that it has "a few days" to say if it will unfreeze pay rises in the civil service.

The head of the union was reacting to statements by Prime Minister António Costa, who late last week restated that the minimum wage, currently €585 per month, will be updated again in 2019. The Prime Minister's statement "is nothing new" and for the CGTP the question is that "the increase of the minimum wage should not be kept to €600, it should be higher," said Arménio Carlos. "I think it is clear to everyone that, if it were to happen, €600 in January

2019, that would be an increase of 67 cents per day," added the secretary general of the CGTP. According to him, the current economic situation meets all the conditions to go "further" in the minimum wage. "What the prime minister said did not add anything, because he spoke about the national minimum wage so as not to mention what is fundamental, which is the general increase in wages, both for public sector workers and private workers," Carlos said. The union leader added that, given the replacement

of the 5 percent salary cut in ministerial offices in 2019, as daily newspaper *Público* reported last Thursday, "this is the time" to unfreeze civil service salaries. "We cannot wait too long, it has to be a few days, no more, to know if the government will unfreeze the salaries of the civil service for this year and next, because that is the bottom line," Carlos said. Regarding the National Reform Programme (PNR), the topic of Friday's Social Dialogue meeting, the CGTP leader criticised the document, saying that it

does not prioritise, "quality employment, with rights and fair pay."

According to Carlos, the PNR "remains affected by the constraints of the Stability Programme," with a view that deficit and debt,

"remain the benchmark of economic policies in Portugal."

"You have to put people first in relation to numbers," concluded the CGTP leader. The social partners and the government met last week

at Lisbon's Social Dialogue meeting to discuss the National Reform Programme which was attended by the Minister of Planning and Infrastructure, Pedro Marques. *TPN/Lusa*

EU to fine Altice €125m for jumping the gun with PT takeover

The European Commission on Tuesday announced that it had decided to fine Altice of France €124.5 million for having gone ahead with its acquisition of Portuguese telecommunications operator PT Portugal before having received formal notification or authorisation from the European Union authorities, so violating EU rules.

Altice in June 2015 released a statement saying that it had completed the acquisition, paying Brazil's Oi a total of €5.789 billion for its controlling stake in PT Portugal. The stated final price was composed of €4.9 billion in cash, with €869 million of PT Portugal's outstanding debt taken over.

The announcement came after a meeting the previous month of holders of PT Portugal commercial paper, at which it was agreed that liability for €400 million of notes could be moved to PT Internacional

Finance. This was the last obstacle to the sale of PT Portugal to Altice, company officials said at the time.

The European Commission had granted authorisation for the takeover in April 2015, on the condition that Altice spin off its then Portuguese holdings in ONI and Cabovisão, based on fears that the takeover would reduce competitive pressure in the market for landline telephones and potentially lead to unwarranted price rises.

TPN/Lusa



CGTP union leader Arménio Carlos pictured here alongside protestors earlier this month. (Photo: Lusa/ José Coelho)

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The International Algarve Fair – Something to shout about!

The International Algarve Fair will be returning to the FATACIL showground in Lagoa on Saturday 2 June and Sunday 3 June and there is once again plenty to celebrate during the event.



The International Algarve Fair. (Photo: TPN)

The theme at this year's International Algarve Fair is 'Something to shout about' and is based on the fact that Portugal

has had so much to shout about over the past year. This success has flowed into the commercial world and is being celebrated at the 2018

International Algarve Fair. Organisers of the event are looking to build on last year's event, which was one of the best-ever, with the new layout widely

considered as beneficial to visitors and exhibitors alike. The FATACIL showground now boasts more space and outdoor areas, visitors to the fair will be able to browse the stalls and exhibitions with ease, finding old favourites and discovering new ones throughout the weekend. The weekend itself, which usually heralds the beginning of summer, will once again be packed full of exciting events, entertainment, exhibitors and much more. Organisers of the International Algarve Fair have once again pledged that there will be countless treats in store for all visitors over the weekend, with further details of all the offers and promotions being revealed as we move closer to the date. The International Algarve Fair is now in its 13th year and has become the largest annual event in Portugal for the expatriate community and is attended each year by thousands of people. The aim of the fair is to showcase all the very best that the Algarve has to offer and combines a mixture of entertainment and

exhibitors to please every member of the family. From children's entertainment, live musical performances and sporting events, to a wide range of stalls with many exclusive offers and promotions, the International Algarve Fair has become a firm favourite on the Algarve events calendar. Keep up to date with all the news from the fair through **The Portugal News** and make a date to join the party with us on Saturday 2 June and Sunday 3 June. Due to the increased space, there are also a few extra stands available for exhibitors who are encouraged to act now to secure the best possible location to showcase their businesses to the thousands of visitors who will be streaming through the gates at FATACIL during the first weekend of June. For more information Tel: 282380317, email: sales@algarvefair.com or visit: www.algarvefair.com. Also, watch the video on our website to see all the Fair has to offer, on www.algarvefair.com

FLORAL BONANZA

13th successful YEAR

INTERNATIONAL ALGARVE FAIR

11am - 7pm
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The FLORAL BONANZA will once again be right in the middle of the Fair, between the Dog Show and the Food & Entertainment area. This garden and leisure space, newly designed last year, is perfect for relaxation while the promise of bargains and the sheer beauty of this lush and bountiful area will ensure plenty of opportunities to browse, enjoy, buy and ask advice.

I BOUGHT THINGS TO SHOUT ABOUT!

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With more than 20 years of experience and having owned 20 furniture stores across the UK, Christine and Graham Pippett opened Furniture World near Lagos to provide good quality English style furniture in the Algarve.

By using their previous suppliers and many contacts in the UK, they have kept their prices at competitive levels. Their policy is to only buy direct from reputable factories and manufacturers and all their merchandise is delivered direct to them in regular, large container shipments. This enables them to take advantage of economies of scale.

The store offers a wide range of styles and choices, including contemporary oak, traditional oak, ash and painted furniture. They have also incorporated a range of Indian furniture and rugs.

Christine and Graham also sell a broad range of oil paintings at reasonable prices.

They have enormous experience in their chosen market and therefore believe the future for Furniture World looks bright. They have been fortunate to acquire the services of Sandrine Reis as the shop manageress. Sandrine is fluent in Portuguese, English, French and Spanish.

They believe that a good reputation means repeat business and their enviable reputation has already been established in a relatively short period for supplying top quality furniture, customer service and attention to detail. Christine said: "We have supplied furniture to all parts of the Algarve and our customers return time after time".

Their 700m2 store carries large stocks and aims to supply all customers' requirements within forty-eight hours and delivery is free locally. As a further incentive, they have introduced gift vouchers, which make an ideal present at any time of the year.

Furniture World has its own dedicated website (furnitureworld.pt) where clients can view a comprehensive selection of the furniture styles they have to offer.

The company also has a flexible approach to furniture packages to give maximum choice of style and cost rather than the pre-designated packs, something that is lacking from the current market.

Please take a little time to view their online catalogue or visit the store just 2 kilometres east of Lagos on the EN125 towards Portimão.

Sunny times for Podiatry

The future of podiatry is bright. Countries all over the world are now recognising podiatric care as being essential in the overall practice of medicine. Podiatrists/chiropractors are specialists providing treatment to people of all ages, to keep them mobile and pain free, promoting independence and quality of life.



Podiatry, recognised as a speciality in Portugal since 1994, includes the study, prevention, diagnosis and treatment of pathologies. There is still an urgent need to raise public awareness of the benefits of good foot health and the role podiatrists play in maintaining healthy feet and lower limbs.

Acknowledging and supporting the need for accessible podiatric care in the Algarve, Luzdoc has been providing the best possible medical care to their patients since 1981 and have now added a specialist podiatrist to their team. This Algarvian podiatrist has studied podiatry and worked for NHS London, UK, for the last 7 years, recently returning to the Algarve to promote education and recognition of podiatry in Portugal.

Many foot conditions can be appropriately and safely managed by individuals themselves without ever becoming 'patients' if they have the confidence to do this safely and are equipped with the necessary skills and knowledge provided by a podiatrist. However for various clinical, medical and physical reasons some individuals are either unable, or it would be too risky, for them to undertake this themselves.

Podiatric appointments act as an early detection system ensuring prompt treatment and prevention of more serious foot health problems from developing or deteriorating. The podiatry service uses a range of treatments including sharp debridement, pharmacology and therapies

in conjunction with footwear advice and the provision of orthoses (specialist devices to alter foot position and walking).

Podiatrists frequently treat patients with long-term conditions such as diabetes, rheumatoid arthritis, Peripheral Arterial Disease (PAD) and neurological conditions due to the impact these conditions can have on the feet in the long term. In these situations podiatry is paramount for the management and prevention of escalating foot problems.

Appropriate footwear can prevent falls, make treatment plans more effective and help prevent the development of new pathologies. A podiatrist can help patients to recognise and empower them to make good footwear choices.

Biomechanical problems that affect the way we walk can be identified by a podiatrist who can provide foot orthoses to accommodate or correct the biomechanical problem to alleviate symptoms and/or provide functional realignment and change of gait.

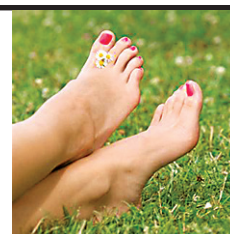
For many of us our feet are the furthest things from our minds, both physically and mentally. We expect them to be uncomfortable at times, and we put up with it when they hurt. But healthy feet are fundamental to the quality of our lives. They are wonderfully engineered and often the indicators of our overall health, so we need to look after them!

This Week's profiles:



Furniture World

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

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

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Algarve Senior Bikers Ride to Marmeleite



The group at the Meeting Point

On 17 April, the ride started in São Marcos de Serra and was organised and led by John Redding and Alain Balouzet.

The Meeting Point was Restaurante Cruzamento on the the old Lisbon Road. From the start John led the first half of the ride to the break for coffee near São Teotónio.

After coffee, with Alain now at the helm, it was on towards the west coast then continuing around the western side of the Monchique hills for lunch at Restaurant Sol e Serra in Marmeleite.

It was a well attended ride on some twisty rural roads with great views. 33 riders enjoyed the day out in the warm sunshine.

David Shirley
www.algarveseniorkbikers.com

Gats in Freedom



'Gats in Freedom' is what the handwritten message on the wall reads, referring to the 10 street cats living in harmony with their human friends in urban surroundings along Avenida 25 de Abril, leading onto Fisherman's beach in Albufeira.

It is very important that street cats living in public spaces not only get proper veterinary treatment when needed but that they are not put at risk because of a perceived lack of concern for their health and well-being, leading to complaints (no matter how well meaning) to the authorities.

If you are visiting Albufeira in the summer, do look out for the Gats (a delightful joining of two words – "Gatos" in Portuguese and "Cats" in

English) at this spot.

Raoni, a pure white cat, is easy to spot but she has a wonderful variety of cat friends who can be found dotted around Avenida 25 de Abril, including a Siamese, a long-haired grey cat and a large ginger tom.

Supported by donations from members of the Fan Club and Friends of Mr No Ears, the cats are fed daily by avenue stallholder Cristina assisted by Luis, who created the 'Gats in Freedom' wall art.

Volunteers make regular checks on Raoni and will be keeping an eye on all the Avenida 25 de Abril cats to ensure they remain happy and healthy. For more information, Facebook SaudadesMrNoEars.

Carol Lee.

Fad'Nu at Templo do Tempo, Silves

Since 2009, the Templo do Tempo (Temple of Time) in Silves has been showcasing the works and teaching of Sculptor and Painter António Villares Pires. In addition to the exhibitions that the artist has already held, in particular at Silves Misericórdia church, O Templo do Tempo, in partnership with CMS and the design company Busilis da Comunicação (Porto), held, in

2015, the first International Sculpture Symposium in Stone, in Silves Castle and, in 2017, promoted and held the Meeting of Sculptors Brazil-Portugal, in the yard of the Temple itself. This cultural site now intends to associate itself with other forms of Art (such as Music, Photography or Literature), promoting events that enhance and culturally develop the city of Silves.



Letters to the Editor

Re: Motorway Tolls

SIR, Following the letter from Martin Webster, has the system changed? I have hired cars from Faro before and paid any toll charges at the depot when returning the car.
STEPHEN CRAGGS,
By email

Paying the Tolls

SIR, All Mr. Webster needs to do is go to his nearest main CTT office and buy a Dispositivo Anónimo, then top it up periodically. It can be used with any car. No more EN125 for him then!
STEPHEN SMITH,
By email

Re: Catholic doctors ask President to veto gender change law

SIR, I would refer the physicians in this group to the January, 2017 issue of "National Geographic" magazine, which had an excellent article on the very specific results of scientific research on gender identification. If they are indeed people of science and integrity, they will find evidence, contradicting all of the claims they have made, difficult to ignore.
DEBRA K GARNER, Via
www.theportugalnews.com

Re: More doctors to be hired for Algarve

SIR, I hope that the government realises how important it is to have English-speaking doctors on the Algarve. The expat community, if all the news hype is to be believed, is growing almost alarmingly and people are at their most vulnerable in an ill-

health situation. It's critical, obviously, to be able to communicate effectively. As an expat, I'm learning Portuguese but it's an extremely difficult language to learn and takes a long time.
JENNY KEATING, Via
www.theportugalnews.com

Re: Smart roads to end fatalities

SIR, It appears that once again the EU - via various governments is using a 'one glove fits all' and a 'sledgehammer to crack a nut'. I do not believe this government came up with this idea by themselves. It is obvious to anyone with an ounce of sense that if traffic increases so do accidents. However, the government here is determined to keep these tolls on the A road systems and, since the introduction and the removal of the, 'ten free journeys a month' system, the non-toll roads have become very busy and, at times, clogged. Isn't the right thing to first turn off the overhead gantries(which incidentally costs more to operate than it gets in

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Send your letters, which must include your name and full postal address and should preferably be under 300 words, to:
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revenue). This will alleviate the traffic congestion and reduce accidents and, at the same time increase the 'happy feeling' of tourists who have deserted Portugal because of the unpopular, costly and difficult, to operate road toll system.

Will the Portuguese government wake up and smell the coffee? I doubt it.
KEN, Via
Theportugalnews.com

Re: Smart roads to end fatalities

SIR, If the tax on new cars was reduced, then the average number of cars on Portuguese roads would fall, with better safety built

in for newer cars. Smart systems like this do nothing to reduce head on crashes on back roads, collisions that can be survived in modern cars.
NICK BOWLES, Via
www.theportugalnews.com

Re: Smart roads to end fatalities

SIR, If they chose to spend the 8.3 million euros on repairs to road surfaces roads would be much safer. The roads they are investing in are not the ones causing the most deaths. This technology seems a waste of time and money.
DAVE LAMB, Via
www.theportugalnews.com



Write to:
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CASA Sunday Brunch



On 15 April, CASA ran another Sunday Brunch at 'The Wolf' in Carvoeiro.

Although quite a few members were still away following Easter, we managed a good showing and an excellent morning ensued. A generous cold buffet combined with a similarly generous helping of Prosecco covered the physical requirements for a brunch while an excellent guitarist/singer quietly provided a background more artistic element as we all

chatted away. A most successful morning, for which we owe thanks to Anthony and all the other staff at 'The Wolf'.

Our next event is to be a combined Car Treasure Hunt and lunch on Friday 18 May. Full details of this and all our planned events, which are also open to non-members, can be obtained from the club website: www.casasocial.club or from Margaret Brito on 282 495 475 or by email: info@casasocial.club

Saxophone Concert

On Sunday 6 May at 5pm Saxophonist Vitaly Vatulya and pianist Maria Nemtsova will be performing at Quintinha da Música. Tickets are €25.

Vitaly Vatulya is Russia's most outstanding young saxophonist. Born in Moscow in 1987, Vitaly gives concerts in Russia and abroad as soloist and an ensemble player, and he is also a member of the Ebonit



Vitaly Vatulya

Saxophone Quartet and performs with the leading Russian and European orchestras. Since 2007 the saxophonist has released three CDs, on which he performs works by Hindemith, Debussy, Franck, Mendelssohn and Borne among others. Vitaly continues to win prizes as a soloist and in 2015 he formed the prizewinning VitaDuo duet with pianist Maria Nemtsova.

Maria Nemtsova was born in Moscow and began playing the violin at the age of five, and shortly afterwards took up the piano. By the age of six Maria won her first piano competition and she was accepted into the competitive Moscow State Tchaikovsky Conservatory where she graduated in 2007 with honours.

Maria has been a prizewinner of numerous international piano competitions in Russia, Italy, Austria and USA. Maria has performed at major venues around the world as soloist and also as accompanist

Both Vitaly and Maria are founders and initiators of the Festival of topical music 'Re:Formers' (www.reformersfest.com) and of 'Music for Peace' international charitable project (www.music-peace.com),



Maria Nemtsova

which includes concerts and master-classes for young musicians who live in today's conflict zones.

Vitaly and Maria will be playing music by Claude Debussy, Jean Denis Michat and Nicolay Medtner.

For more information, please email: lynn.algarvehistory@gmail.com.

Bowls Algarve

Spring was a little kinder to our visitors this week. It fooled us all into thinking it had arrived, and most clubs enjoyed some great games with their visiting teams early in the week. But by Friday the rain returned forcing some clubs to cancel or re-arrange their games. Many of this year's teams are visiting the Algarve for the first time and all promise to return as they have enjoyed themselves so much, despite the cloudy or rainy conditions. All clubs have worked hard with the organisers to ensure the visitors enjoy their time here, contributing to the economic benefit of tourism to the Algarve.

The visiting teams, generally from the UK, are extremely

welcome at all clubs, giving all Algarve bowlers a chance to play against others, who may or may not be better than themselves, but certainly providing a wider experience of play and keeping up the practice before the Summer League begins at the beginning of May.

Some of Bowls Algarve bowlers are also looking forward to and preparing for their visit to Spain at the end of May. This visit takes place each year and is a challenging time for some, as all the games are played on carpet. The Spanish teams usually win, but the Algarve bowlers always look forward to the challenge and have a great time. *Miriam Hare*

Algarve Activity Bike Rides

Here are the details of this week's rides:

Saturday 28 April - Bike Ride starting in Santa Caterina da fonte do Bispo:

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

Sunday 29 April - Bike Ride starting in Boliqueime: We meet by Boli Tasca on the EN270 just south of the town centre 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.



Let's Walk in the Algarve

Tuesday 1 May - Let's Walk from Pincho: A moderately easy walk through the countryside awash with cistus bushes in full bloom - about 2.5 hours. 10.30pm start. Meet at the café /restaurant in Pincho. Take the A22 westwards until it ends at Bensafrim and then continue on the road to Aljezur. After about 8km you have a turning to the right to Pincho. Turn and follow the road for approx 5km when you come to Pincho and the café is on the left.

Tuesday 8 May - Lets walk from Vale Fuzeiros: A fascinating moderate walk of 2.5 hours in this little known area where you can pass menhirs dating from 3,000BC and ancient tombs from the Visigoth

era. There are some short steep climbs - well worth the effort. 10.30am start. Meet at the café/ restaurant Casa da Vinha in Vale Fuzeiros. From Silves take the road towards Messines and after 9km turn left to Amorosa. Drive through Amorosa on the main road and you will then see a left turn to Vale Fuzeiros. When you come into the village Casa da Vinha is at the far end (about 1km) on the left side.

There is no need to book please just come along wearing shoes suitable for country walking and please bring a sense of humour! There is a nominal charge of €5 per person which includes a donation to charity. If the weather looks doubtful please call beforehand - Julie 965 753 033.

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



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Caring for blind pets



It's best to keep your dog on a lead during walkies. Only let them off the lead if you're in a secure, enclosed space.

A lot of pet owners worry about how their pet will cope with blindness but luckily, most pets adapt really well and continue to live happy lives.

If you've been told your pet is losing their sight, or if you're thinking about adopting a blind pet, there are some simple things you can do to help them adjust. Here the PDSA offers some helpful advice.

Keep their home the same

Don't make any sudden changes to the layout of your home. Your pet will gradually learn to find their way around furniture and through doorways, so try to keep things the same so you don't throw them off. They often do this so well it's as if they have their sight back! If you do need to make a change in your home, guide them around the new layout several times to help them learn new routes through the room. You can also leave a radio playing softly near where they sleep. The sound coming from the same place will help them to orientate themselves and 'map' the house.

Keep their food and water bowls in the same place

Moving their food and water bowls somewhere

new could throw your pet off. The same goes for litter trays. Help your pet avoid any accidents and stop them going hungry by keeping things consistent. If you need to move their things, then guide them to their new location a few times to help them adjust.

Pet-proof your home.

Take another look at your home and work out if there are any hazards for a blind pet. Think about removing any furniture with sharp edges and make sure electrical wires are tucked out of the way of your pet's path. Make sure your pet can't accidentally bump into anything hot or dangerous, like a wood burning stove or fireplace. You can also add padding to the corners of sharp objects such as tables

Be their lookout on walks and in the garden

Outside of the house, keep a lookout for anything that might be a danger for your pet like low hanging branches, thorns or uneven surfaces. Keep your garden clear of any dangers too if your pet

spends time out there. If your pet likes to explore outside, you can try putting up a wind chime near the door which will help to guide them back to where they need to be when they want to come in. It also

helps them to 'map' out the area.

Ring a bell

When you take your dog for a walk, try wearing a small bell or a rattle. This 'jingle' will help your dog to know where you are at all times. You could try this around your home, too, if your pet likes to know where you are.

Keep the lead on

It's best to keep your dog on a lead during walkies. Only let them off the lead if you're in a secure, enclosed space. You might want to give the area a quick check over for potential dangers beforehand to make sure your dog will be safe. If they are out socialising, let other people know that your dog can't see so they don't reach out and make

them jump unexpectedly. Harnesses are much kinder to your pet's neck and eyes, and also allow better control if you're helping to steer them away from hazards.

Try new toys

If your pet has lost interest in their old toys or is struggling to play the games they used to, make the most of their keen sense of hearing and smell. There are lots of scent-based games you can play with dogs, although these might take a bit of training and practise. You can buy toys for cats and dogs which you can stuff with tasty treats that your blind pet can sniff out. Rubber balls with a bell inside are great for ball-orientated dogs, and the sound helps them to track their play-thing.

PETS FOR ADOPTION



LUKE is a big, friendly boy full of energy and joy, born in July 2010. He has been in our shelter for 7 of those years. He is looking for a new home with plenty of space to run and play. He does not like cats but is good with other dogs. Please contact Kerry on 916731831, via email: kerry@aeza.org or see more details on our website www.aeza.org/en




HERRERA found in Lagos, approx. 3-months-old. We would like to find a foreverhome ASAP. Will be vaccinated, microchipped and later sterilised. If you would like to meet him, please email: cadelaralota.comp@gmail.com



TWO puppies, Woody (M) and Jessie (F), left in our Silves charity shop, about 8-weeks-old and will be fairly large dogs Tel:- Jenny (APAA) 919041903 or Caroline (Pet Park) 926 660 465




A baby pigmy hippo has been born at Lagos Zoo. The sweet recent addition arrived on Monday, 16 April. In a statement, the Zoo said it was proud to announce the birth of its newest resident.



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Step into your island paradise

Steve White recommends the top spots where there's barely a soul in sight on the Greek island of Alonnisos.

They may say, 'Beware of Greeks bearing gifts', but there was nothing but genuine hospitality when the elderly couple living near my Greek island villa sat me down with a generous glass of raki and a smile when I appeared at their door asking for help after locking myself out without my phone.

The island in question - Alonnisos, in the Sporades chain just off Greece's east coast - is remarkable, in fact, for its relaxed, unpretentious friendliness. Quiet and uncommercialised (no nightclubs, no loud music), it has the innocence and unassuming charm of a bygone era.

My villa, in contrast, is very of-the-moment - added to GIC The Villa Collection's portfolio just two years ago. I love the monogrammed towels and pillowcases and night-lit spiral staircase, not to mention the gadgetry.

Outside, huge grounds include a private pool, shaded area and even resident tortoises. A large sun terrace offers stunning views down to the island's main town, Patitiri, and the sea beyond. It's perfect for magnificent sunrises and great for watching the rare, elegant Eleonora's falcon found in this region.

In the other direction is a tantalising view of the picturesque Old Village, reached by a pleasant 15-minute walk along a donkey track. Partly abandoned after an earthquake in 1965, today it's a flourishing artists' haven; its narrow streets are a charming mix of restored, flower-clad

houses, gift shops and tavernas. From here you can see just how green this tiny, 15 by three-mile island is - the hilly terrain softened by rich pine and oak woodland, criss-crossed by well-marked trails.

Apparently, if you stayed for two months, you could visit a different beach every day and still not see them all. But even more remarkable is the crystal clear sea - the island lies in Greece's first national marine park, established in 1992 and is now offering some of the cleanest water in the Med. If you only have a few days to play with, these are the beaches you should try.

Megali Ammos

Reached via 2.3 miles of rough, single-track, unmade road, the drive to this beach is not for the faint-hearted - and be prepared for a steep, 10-minute walk through woodland once you arrive. But the small, sheltered, white-pebbled beach, with vivid green pine trees clinging to the hillside, is pretty and pristine. Megali Ammos means 'big sand' in Greek, but all the sand lies underwater, so bring beach shoes to negotiate those pebbles, especially the gentle slope into the sea. The water, however, is great for snorkelling. There are no facilities - it's just you and the odd bit of driftwood.

Kokkinokastro

This breathtaking bay is named after the island's iconic red cliff (the so-called 'red castle') at one end of a long sand-and-pebble



The track to Agios Petros beach. (Photo: PA Photo/Steve White)

beach. Unusually for Alonnisos, there's a car park, basic toilets, steps to the shore, and even a cute changing hut, not to mention sunbeds and a pop-up taverna in high season. The water is shallow and clean, so it's ideal for children. Just to the south is the island's most popular beach, Chrisi Milia, which, with fine, golden sand sloping gently into a turquoise sea, gets packed in high season.

Cape Marpunta

Hunt out this beach just before the end of the unmade Cape Marpunta road on the island's southerly tip; you'll spot the word 'beach' painted on a telegraph pole just before a makeshift parking area for a handful of cars. The path down is challenging; first, a steep, stony track, then - wait for it - a six-metre drop to the

beach, negotiated with the help of a thick black knotted rope tied to a tree. Not a flip-flop day, then, nor for small children, but the small, sheltered, ultra-exclusive, south-facing pebbly beach is worth the effort.

Agios Petros

There are spectacular sea vistas on the pine-scented drive down to this beach, signed off the main road, north of Kokkinokastro. The final walk to the sea, marked at a small pull-in, is down a pretty, flower-strewn path (steep in places). There are no facilities, but the beach - a mix of sand and pebbles - has easy access into clear water. It's overlooked by the odd villa though, so you may have company. A 10-minute walk leads to the tiny, adjacent fishing port of Steni Vala - an idyllic quayside, with tavernas, a shop

and a rescue and rehabilitation centre for wounded and orphaned baby seals.

Gerakas

A 30-minute drive north from Patitiri along Alonnisos' occasionally hair-raising 'main' road, ends at this tranquil fishing bay. The pebbly beach has sunbeds, but those in the know come to eat at the tiny kantina run from a Ford Transit van by the wonderful Kostas. After a fisherman's life travelling the world, Kostas 'retired' here in 2008, and calls it his 'small paradise'. Enjoy his morning's catch, simply fried, with salad and chips, or Greek staples such as souvlaki (kebabs), washed down with beer or his own-recipe Tsipouro (the local grape spirit), for around €10.

TPN/PA



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All you need to know about worms!



A healthy soil full of worms is a magnet for other wildlife. (Photo: Bethany Clarke/RHS/PA)

Did you know that cutting an earthworm in half doesn't give you two worms? It just gives you one happy worm or one dead one.

Or that worms breathe through their skin? Or that they are hermaphrodites so each worm has both male and female parts? Described by Charles Darwin as 'nature's ploughs', they turn the soil by tunnelling through it and mixing the earth, enabling air and water to flow easily, providing plant roots with the oxygen and good drainage that healthy plants need. Worms can also 'eat' their own weight in decaying organic matter every day, breaking it down to

release nutrients for plants to feed on. A healthy soil full of worms is a magnet for other wildlife. They are an important part of the food chain and diets of many animals, from blackbirds and robins to frogs, toads and mammals including hedgehogs and badgers. Here are some tips for welcoming worms into your garden:

Make your own compost
You can use a compost bin with a lid to make your own simple compost. Make holes in the base of the bin if it doesn't have any, then

place it on or close to the bare soil to let worms wriggle in. Start adding compostable ingredients such as veg peelings and grass cuttings, as well as brown materials like straw and cardboard. Then turn with a fork around once a month and in six months or so you'll have rich, dark compost to nourish the soil.

Let the earth breathe
Artificial turf and hard surfaces such as concrete or paving are pushing worms and wildlife out of gardens. Try and reduce the amount of hard surfacing in your garden to provide a habitat for worms and other beneficial creatures. Small changes can make a big difference - consider lifting up a few paving slabs to make mini flower beds.

Mulch your plot
Keep moisture in the soil

and smother annual weeds by mulching borders with peat-free garden compost or composted bark once a year. Spring is an ideal time to apply mulch and will bring masses of worms to the surface to improve the soil structure.

Add compost when planting
When planting a new plant outside in the ground, work in a little peat-free compost into the soil before infilling. This will not only provide food for worms, but will also help your plant establish.

Go natural
Consider replacing chemical fertilisers with manures, compost and natural fertilisers such as seaweed. These will feed the many microbes and mini-beasts that make soil fertile. *TPN/PA*

Natural Joki Flow – Mobilisation Therapy for Scoliosis and Golfer's Elbow

Mobilisation Therapist, Pasi Jokinen-Carter of Natural Joki Flow, is achieving some very good results with this Finnish specialised treatment, here in the Algarve. Mobilisation Therapy (Kalevalainen jaskenkorjaus) is a scientifically researched, holistic approach to healing. It involves manipulating the entire musculoskeletal system, from the soles of the feet to the base of the skull over a series of 60-90 minute treatments. Patients who have had a life time of pain often feel immediate relief but follow up sessions are recommended to ensure the correct positions of

muscles and joints are maintained. One major positive result of receiving this treatment is that surgery for painful conditions such as Scoliosis can sometimes be avoided. For example, Mobilisation can help to release trapped nerves and reduce the pressure on the body's tissues in areas such as the spine. Once the nerves have been released and the pressure eliminated the pain is gone. Pasi has been very busy of late with start of the Spring Golf tournaments. For example, he has had many urgent requests to treat the painful condition, Golfer's elbow. Often after one-



three treatments the arm can become pain-free and more mobile. Mobilisation therapy can also help other conditions such as frozen shoulder, sciatica, poor blood circulation and even infertility

caused by postural defects. Pasi is based in Portimao but does conduct home visits if mobility is an issue. For a free consultation please phone on 910 636 518, pasi@naturaljokiflow.com, www.naturaljokiflow.com.

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Are you saving water?

It's surprisingly easy to forget how lucky we are to have free-flowing water at the turn of a tap, considering - as WaterAid highlights - one in nine people on this planet still don't have access to clean water close to their home.

In the grand scheme of things, the carbon footprint associated with each litre of tap water is relatively tiny (exact figures are unclear but estimates range from 0.298g-0.79g CO₂/litre) compared with things like running a car, for instance (the average new car emits 120.1g CO₂/km, according to the SMMT New Car Report 2017), and is vastly smaller than that of its bottled water equivalent - so nobody's suggesting a mass tap turn-off. But, with climate change and sustainability becoming an increasing priority, running water isn't something we should take for granted - and the least we can do is try not to be wasteful. Here are seven simple ways to waste less water at home...

Fix dripping taps
Not only is a dripping tap really annoying, but, according to the Energy Saving Trust, they account for around 5,500 litres of water waste a year. So don't leave leaky taps to drip on for ages - tighten them up yourself if you can or get a plumber in to fix them.

Don't leave the tap running when brushing your teeth
Tend to leave the tap running while brushing your teeth? That's around six litres of water per

Running water isn't something we should take for granted - and the least we can do is try not to be wasteful. (Photo: PA Photo)



minute just washing wantonly down the plughole. This is one of the simplest bad habits to break - just wet your brush, turn off the tap, then turn it back on quickly at the end to rinse. You'll quickly get used to it.

Use a washing-up bowl
The same principle applies to doing the washing-up. Filling a bowl tends to use considerably less water than washing each item under a running tap.

Don't leave hot water running for ages to 'heat it up'
You like a nice hot shower - who can blame you! But we really don't need to turn the water on a good five or 10 minutes before getting in (if it really does take this long for your water to heat up, isn't it time to get the boiler checked?). Nobody's saying you need to stop

having baths, or you should be taking cold showers; just make sure the water you're running is being used, not mindlessly wasted.

Switch to a low-flow toilet flush
Older toilets can use around 13.6 litres of water per flush, while more efficient modern ones, or ones with low-flow fixtures installed in the plumbing, can reduce this to an average six litres per flush - so it's worth ensuring your loo is operating on low-flow mode.

Gather rainwater for gardening
As many gardeners will know, hosepipe bans do happen, but a good solution for trimming water waste in the garden is by investing in a suitable means of collecting rain water. There are a number of solutions out there for this - tap up Google or ask

at your local garden centre for advice.

Be mindful of dishwasher/washing machine use
If you really must run a small load through the dishwasher/washing machine, use those eco and half-load settings (your energy bills will thank you too). Better still, try to get into the habit of being a bit more mindful of how frequently you're putting on a wash. For instance, you really don't need a fresh towel with every bath/shower (keep the room well ventilated and hang them up to air), and if you're in the habit of tossing things into the laundry basket on auto-pilot, consider whether each item could last another wear or two (common sense of course - this doesn't extend to underwear and sweaty vests!). **TPN/PA**

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Top spring beauty trends

Ready to hit refresh on your beauty look now that spring has sprung? Then you've come to the right place.



Now the delicate cat-eye flick takes a backseat in favour of super-bold styles (Photo: PA Photo/MAC Cosmetics).

The SS18 catwalks gave us a glut of gorgeous hair and make-up ideas, and there's something to suit every taste. Bored of matte lips? Get ready for gloss, 2018-style. Eyeliner addict? You'll

adore the graphic black liner looks. Love a bit of sparkle? Rhinestones are back with a vengeance. Suffice it to say, there's a lot to get excited about - and we've got the inside scoop on how to recreate these runway looks at home.

Punky glitter
Eyes, lips, lashes, nails - there was barely a body part that wasn't dusted with sparkling particle at the spring shows, from stick-on rhinestones at Jeremy Scott, to glitter-encrusted eyelashes at Ryan Lo. But these looks all shared a rebellious edge - it's about punk not precision - so load up on black kohl liner and top with a fingertip full of loose glitter to get the requisite too-cool-to-care vibe.

Exaggerated eyeliner
Winged liner has been popular on the catwalks for a few seasons (and with good reason), but now the delicate cat-eye flick takes a backseat in favour of super-bold styles. The most conceptual example was at Lanvin, where a drinking straw was used to stamp dashes of liner out from the corner of the eye - which, honestly, seems like a lot of effort - but the mega-wings at Versus Versace and Marc Jacobs just require a steady hand and a bit of practice.

Lip gloss
Fashion is nothing if not fickle, so it was only a matter of time before matte lips were usurped on the catwalks. And, sure enough, wet-look lips ruled at trendsetting SS18 shows like Chanel and Tom Ford. Blood red and fuchsia were particularly popular, but this is a trend that's easily adaptable - a slick of clear gloss over your favourite lipplie, and you've got it.

Aqua eyes
From inky blue at Givenchy Couture to bright azure at House of Holland, and chalky turquoise at Missoni, aqua eyeshadows popped up at plenty of shows. There wasn't a lot of subtlety to many of these catwalk designs, but if you choose a shade of blue or green that complements your eye colour, and smoke it out at the edges, this can be a really flattering look.

Tea-stained eyes
If it's subtlety you're after, then take your cue from the shows where the make-up was as delicate as the clothes, namely Preen and Alexis Mabille. Here, a wash of creamy tea-brown across the eyelids complemented perfect skin and nude lips. It's important to note that this is a cool brown rather than a warm terracotta - a foundation stick that's a few shades darker than your skin will give the ideal texture and tone.

Hair accessories
Hair adornments have been creeping onto the catwalks in recent seasons, but for SS18 they've gone global, with the likes of Gucci, Miu Miu, and Versace getting involved, while at Dries van Noten, crystals were used to line models' partings. Designer hair clips will set you back upwards of £100 a pop, but there are lots of inexpensive dupes on the high street, so you can experiment with the hair jewellery trend risk-free.

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When should you take a shower?

Do you shower as soon as you wake up, or just before nodding off to sleep?

Whatever your preference, chances are you have strong opinions as to which one is the superior choice. While everyone has their rituals and traditions, what actually are the benefits of AM versus PM? We spoke to the experts to find out how the time of day you wash can affect everything from your hair and skin to your sleep.

Why you should shower in the morning...

From a purely mental point of view, many of us far prefer showering in the morning. It definitely has the power to jolt you awake and press the reset button for the day ahead. Senior stylist at KH Hair Helen Stilwell thinks there are many benefits for washing your hair bright and early. She says: "If you wash your hair before bed, you still have the danger of it going oily through the night. This could be due to sweating, or your scalp producing too much oil through the night. "If you wash your hair in the morning, you can wash away any oils produced from the night's sleep and it will feel nice, clean and be easy to style. It might take more time than washing your hair before bed, but it has a feel-good factor when you do it in the morning." Studies show that showering in the morning does actually set you up for

the day. If you turn the water cold for the last few minutes of your wash, your metabolic rate will increase and your body will effectively be shocked into action. It might not sound like the most pleasant start to the day, but it could make you more alert and reduce fatigue.

Why you should shower in the evening...

Many of the skin experts we spoke to agreed that showering in the evening was the best course of action. Dr Anton Alexandroff, consultant dermatologist at BMI The Manor Hospital in Bedford, says: "During the daytime people sweat, and sweat irritates the skin so it is helpful to wash it off and moisturise your skin after showering." Dr Ekaterina Burova, consultant dermatologist at BMI The Saxon Clinic in Milton Keynes and BMI The Manor Hospital in Bedford, agrees and says: "From the skin health point of view, it is better to shower at night, not only because skin will be cleansed from the sweat and dirt acquired during the day, but also because, according to research, intense exercise reduces skin immunity and therefore raises the risk of skin infection." Celebrity hairdresser, Mark Woolley from Electric Hair says: "Although both are perfectly fine to do and it's

very much down to your own time and needs; it's perhaps preferable to wash your hair in the night so that you can allow it to air dry and not always go for the heat of a hairdryer. "You're also washing out all the dirt and grime from the day and it means your bed and pillows are kept clean. There's always the worry of extreme bedhead the next day, but, as long as you ensure your hair is fully dry before you go to bed, your hair will be fine!"

Actually, you should shower twice a day...

It makes sense that many dermatologists recommend showering in the evening - after all, you need to wipe away all the grime that builds up over the day. However, facialist Jasmina Vico has an alternate suggestion, and it's pretty compelling. Vico firmly believes in taking two showers a day. She's pro the evening slot for many of the same reasons the other experts give. "After a long working day, we should enter our beds with a clean face and body," she says. "It's especially important for those living in cities, as our skin absorbs pollution, which means sleeping in dirt and grime if we don't wash." But she adds to this: "I firmly believe we should still shower in the morning, as bacteria and sebum production increase overnight and the skin needs to be cleansed." This is practical

information for your skin, but she also thinks it helps your mental state going into the day: "A morning shower will freshen and awaken the senses - it gives you time to cleanse your aura, mind and body before the day starts. In turn, this will help reduce stress levels during a busy work schedule." Consultant psychiatrist and sleep specialist at BMI The Albyn Hospital in Aberdeen Dr Olga Runciee thinks that there are benefits in both the morning and evening showers when it comes to your sleep. Runciee says: "In order to get to sleep better, our bodies usually drop temperature by almost one degree. So, if we have a hot shower in the evening, the body starts cooling. This reduction in temperature naturally creates sleepy feelings and might help us to fall asleep." Whilst a warm shower might help you fall asleep, the logic also works the other way around. Runciee adds: "A cool shower in the morning might have a stimulating effect, and can help us to wake up." If you really wanted to be a naysayer, you could argue that you shouldn't in fact shower even once a day. There is an argument that the hot water strips the skin of its moisture and can damage or destroy microbes that are key for good health. At the end of the day, most of the experts agreed that there's not a huge difference in when you

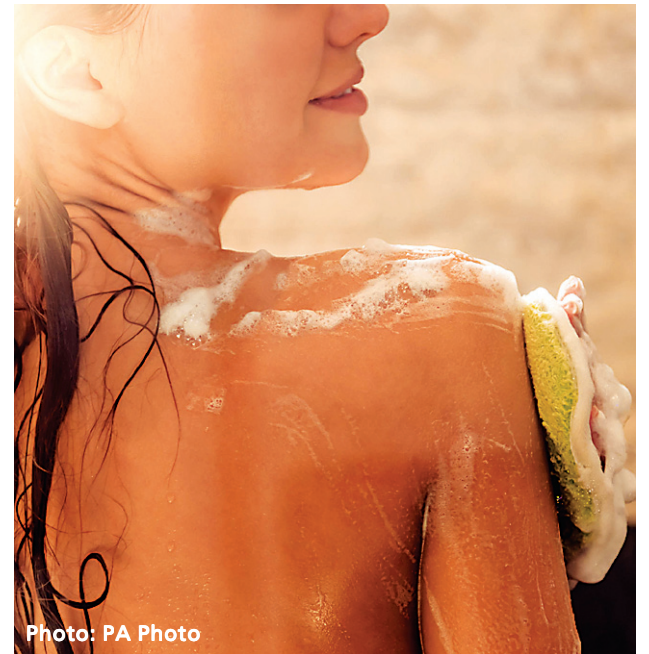


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decide to shower. It's about knowing the pros and cons, finding what's right for you - and not forgetting to put on deodorant afterwards.

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Daly and Rocca ready to renew great rivalry

John Daly and Costantino Rocca, who conjured up an epic finish to The Open 23 years ago, will aim to turn back the clock this summer when they renew their great rivalry on the Old Course at St Andrews in The Senior Open presented by Rolex.

The 2018 edition of the event will represent the first time that The Senior Open has been contested at the Home of Golf since its inception in 1987, and the return of so many golfing legends to St Andrews from 26-29 July will unquestionably revive magical memories of the past. One of the most nerve-jangling Open finishes played out over the Old Course occurred in The Open in 1995, when Rocca touched the hearts of millions of golfers worldwide by first fluffing a chip to the 72nd and final green then, amazingly, holing the resulting 65-foot putt to secure a play-off. The Italian lost out in the four-hole play-off to Daly, who captured his second Major title in the process. However, it was Rocca's outrageous stroke from the Valley of Sin just off the 18th green which captivated the crowds and earned the smiling Italian an unlikely fame which has lasted to this day. Both players, now competing in the ranks of senior golfers, have confirmed they will return to the Old Course in search of the Senior Claret Jug but Rocca stole a march on his American rival today (Monday) when he paid an early visit to the scene of his remarkable stroke of good fortune.

At 61, Rocca remains the effervescent, cheerful character who played in two Ryder Cups, beating no less than Tiger Woods in the 1997 singles at Valderrama, just 18 months after capturing the biggest title of his career, the PGA Championship at Wentworth Club. This time, for the benefit of watching media on the steps of The R&A Clubhouse, Rocca undertook to re-enact that 65-foot putt from 1995 - using the same putter which he wielded like a magic wand all those years ago. Rocca said: "It's great to be back at the Old Course again. It never loses its charm, and I can't wait to return here for The Senior Open. It is the place where I hit the shot which made me famous around the world and I am thrilled to have perhaps one last chance to play at such a great venue. "People still talk about that moment in 1995 many years afterwards, and I can still remember the occasion as if it was yesterday. When I made a mess of my chip and left myself in the Valley of Sin with that long putt to get into the play-off with John Daly, many people were downhearted. They didn't give me a chance of holing the putt. "However, I kept thinking positive and just concentrated on forcing a



Costantino Rocca of Italy attempting to recreate the long putt that he holed from the 'Valley of Sin' to get into a play-off with John Daly for the 1995 Open Championship. (Photo: Getty Images)

play-off. I saw the line and as soon as I hit the putt I honestly had a feeling it was going to go in...and it did! Everything just went crazy after that." Rocca, who famously collapsed on the ground, banging his clenched fists on the turf in exultation, added: "There is an old sporting expression that 'no one remembers who comes second' but just like Jean van de Velde at Carnoustie, there are exceptions to that rule!" Daly, who has a rare opportunity to add a Senior Major at the Old Course to add to his 1995 Open triumph, recalled: "I'll never forget watching Costantino's putt on the 18th go in.

"When I saw him fluff his chip, I thought that was it and that I would be The Open Champion; but what came next I think surprised all of us. "I felt really good about my game going into the play-off, and was so pleased when the final putt dropped. To win The Open at the Home of Golf is something

truly special, not many golfers have had that opportunity over the years. "I can't wait to go back to St Andrews for this year's Senior Open, it will be a truly memorable week and a fantastic chance for spectators to come and watch some of golf's greatest senior players on one of the world's most

recognisable golf courses." A large array of Major Champions, Ryder Cup captains and global tournament winners will tee up in The Senior Open presented by Rolex on 26 July, including defending champion Bernhard Langer of Germany and three-time winner Tom Watson of the United States.

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FC Porto on fire as Benfica leave it late



FC Porto's Alex Teles (R) celebrates with his teammates after scoring a goal against Vitória de Setúbal. (Photo: EPA/Jose Coelho)

The Primeira Liga leaders hit five against Vitória de Setúbal, Benfica snatched victory in stoppage time at lowly Estoril while Sporting had to rely on a Bas Dost spot-kick to secure all three points against Boavista.

price for their wasted opportunities when Rafik Halliche volleyed home the equaliser just after the hour mark. Lucas Evangelista nearly completed the turnaround for Estoril four minutes later, when his shot deflected off Ruben Dias, leaving Bruno Varela beaten before clipping the outside of the post and bouncing wide of the mark. Two minutes into stoppage time and a glancing header by Salvio, from Alejandro Grimaldo's cross, secured victory for Benfica and severely dented Estoril's hope of survival. Sporting, who will meet D.Aves in the

Portugal Cup Final, still have hopes of catching Benfica and acquiring automatic qualification for the Champions League next season. The Lions took the lead against Boavista when Robson handled in the box and Bas Dost calmly slotted home the spot-kick after twenty-six minutes. Vagner, in the visitor's goal, was in stunning form as he denied Bas Dost a second goal and then two minutes before the break saved Gelson Martins goal bound shot. The single goal victory keeps Sporting three points behind Benfica with the teams going head-to-head at the Alvalade on 5 May.

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FC Porto, having lost their midweek Taça de Portugal semi-final against Sporting were in no mood to take it easy against Vitória de Setúbal. The Dragons roared into a three goal lead after just sixteen minutes through Moussa Marega, Ivan Marcano and Yacine Brahimi. The visitors pulled a goal back through João Amaral on twenty-four minutes but FC Porto's three-goal lead was soon restored by Jesús Corona's deflected effort ten minutes before the break. FC Porto took their foot off the gas in the second-half and it was left to Alex Telles to add number five with a pin-point accurate free-kick after seventy-two

minutes. Sérgio Conceição's men now face a difficult trip to Madeira on Sunday where they have failed to win against Marítimo on their last five visits. Bottom club Estoril entertained Benfica knowing they needed points if they were to avoid the dreaded drop. Likewise Benfica, two points behind FC Porto, were desperate for victory. The Eagles scored after nine minutes when Rafa Silva latched onto Andrija Zivkovic's through ball before firing home. Rafa and Raúl Jiménez maintained the pressure on Estoril as they searched for a second goal but the visitors only had the one goal to show for their efforts come the half-time break. Rui Vitória's men paid the

Facelift for Portimão's Clube Naval

Portimão's nautical Naval Club is to be renovated.

Around €150,000 is to be invested in renovating the existing facility. The club is currently the second biggest club in the Algarve city of Portimão, with

around 1,000 members. The project will include new changing rooms and storage facilities, as well as accommodation for visiting athletes.

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