



# THE PORTUGAL NEWS

Portugal's National Newspaper in English



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President Marcelo Rebelo de Sousa was in the Algarve last week, visiting areas affected by the recent wildfires while also opening the annual Fatacil trade fair in Lagoa. P.16



Parachute scare > P6



A Tory MP got more adrenaline than he bargained for when his parachute failed to open while skydiving in Alvor.

Over-powering > P12



Portugal's electricity bills were the second most expensive in Europe in July.

Bullfight fight > P14



The possible 'duality' of GNR police has been raised after violence broke out between bullfighting supporters and animal rights activists.

WEATHER > P2

## Unemployment in Portugal has plummeted by 20 percent in the space of just one year.



**THE PORTUGAL**  
**News**  
Portugal's National Newspaper in English

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## Monchique Fires – Government creates contact to receive public views

Although no lives were lost during the Monchique fires, there were injuries, houses and other properties destroyed or damaged; considerable destruction to the environment; death and injury of animals; people who have lost their homes and were displaced, and livelihoods affected.

Not only physical damage was caused, but also psychological damage to those who lived through this terrifying ordeal.

With any incident of this magnitude, Government undertakes reviews to identify issues which went according to plan and importantly those where there are lessons to be learned. By doing this there is an opportunity to move forward and bring about changes where necessary.

A proposal made by Safe Communities Portugal to the Government last week, recommending that a direct channel be formed to enable individual members of the public who were affected, plus volunteer agencies who were on the ground, to share their first hand experiences and make suggestions for the future, has been agreed by the Ministry of Internal Administration.

Those wishing to submit their observations and suggestions in English or Portuguese, can do this by using the following government email:

**aldeiasegura@prociv.pt**  
Views submitted will help in this review process.

David Thomas - President,  
Safe Communities Portugal

## WEATHER

### More summery weather on the way – albeit slightly cooler

The coming week in Portugal will continue to be warm, although not quite as warm as this week, with temperatures peaking on Thursday and Friday before gradually dropping a few degrees by Monday.

**Lisbon:** The capital can look forward to a pleasant and sunny weekend, with slightly cooler temperatures than of late, at around the 30 degree mark, where they will stay for the rest of the coming week, with some scattered cloud moving in from Monday.

**South:** Temperatures tipped the scales at 36 degrees Celsius on Thursday in southern Portugal, but will drop to around 33 for the weekend. Next week

will bring scattered cloud and cooler, more comfortable temperatures, with the mercury expected to drop further, to around the 30 degrees mark.

**North:** Northern Portugal is forecast a pleasant weekend and week ahead, with temperatures expected to oscillate between highs of 24 degrees Celsius on Sunday, and lows of 20 degrees next Tuesday.

## Briton still missing aft into Santa Clara Dam

A British man is still missing days after being thrown from a recreational boat on the waters of the Santa Clara Dam in a “tragic accident” that happened late Monday afternoon, near Albricoque mount at the dam in Santana da Serra, Ourique, in the Alentejo.

At the time of going to press on Wednesday afternoon, emergency services, including specially-trained divers, were still searching for the man, who disappeared at the Santa Clara Dam reportedly after being flung from a banana boat that flipped while being pulled by a boat. Speaking to **The Portugal News** on Wednesday lunchtime, the fire chief coordinating the search, Commandant Mário Batista, said there had been a reinforcement of resources involved in the search, and Ourique and Odemira fire-fighters and GNR police had been joined by teams from Faro, Portalegre and Setúbal. A total of 61 men and women (double the 30 rescuers reportedly deployed on Tuesday) aided by 21 vehicles and six boats were scouring the dam on Wednesday. Commandant Batista said another reinforcement would be considered if deemed necessary, but the search was expected to continue in its current format “at least until the end of this week”. Day-long searches were staged on Tuesday and Wednesday, from around 7.30am till 7.30pm. The missing man has

meanwhile been identified as 29-year-old Richard Chapelow, a friend of the son of billionaire property tycoon Jon Hunt, founder of Foxtons estate agency. Mr. Chapelow is said to have been a guest of Mr. Hunt and was staying at his Portuguese villa. The marketing and advertising executive was reportedly part of a group of 10 Britons at the popular watersports and fishing spot, about an hour’s drive north of the Algarve region and two and a half hours south of Lisbon. Newspaper *Jornal de Notícias* (JN) elaborated that six people were in the boat at the time of the accident while four were riding the “banana-like inflatable”, which “for as yet unknown reasons”, flipped. According to JN, three of the four people flung from the inflatable swam back to the boat, while the fourth, now identified as Mr. Chapelow, failed to reappear. By Wednesday it seemed hopes of finding the missing Briton alive were dwindling, as authorities admitted they are “probably looking for a body”. Commandant Batista had said on Tuesday that visibility in the

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# er being thrown from inflatable

**N** CARRIE-MARIE BRATLEY



An archive photo of a missing person's search in the Arade dam. Divers were this week searching for a British man following a "tragic accident" on the Santa Clara dam. (Photo: Lusa/Luís Forra)

lake "is very poor" and the water has a depth of up to 33 metres in the deepest places. In comments published by *The Daily Mail*, Commander Batista added: "The search teams know they are probably looking for a body at this stage but it may be a while before there is any news. "In a worst case scenario

it could take days to find the missing man's body". A statement issued by Jon Hunt seemed to echo the sentiment of a worst-case scenario, saying: "My family and I are devastated by the loss of Richard, following a tragic accident at Santa Clara Dam. "Our thoughts and prayers are wholly with Richard's family, and we ask that both families are given

space to grieve such a painful loss. "We will be working closely with the Portuguese authorities to understand what has happened, and are grateful to the local police and fire services for their efforts. It is a time of great sorrow". Jon Hunt, 65, from Colchester, founded estate agent Foxtons in

1981 and is currently worth just over £1 billion. The Hunts are said to have close ties with a number of long-term expat families who have resided in Portugal for decades. A Foreign Office spokesman said: "We are assisting the family of a British man reported missing in Portugal and are in contact with the local authorities".

## **N** News in Brief

### Tourism revenue up

Portugal's tourism revenue rose by around 14 percent during the first three months of the year. According to new figures by the Bank of Portugal, money generated in the tourism industry increased to 6.9 billion euros between January and March of this year. Similarly, June also saw revenue climb, totalling 1.4 billion euros, which was up more than 13 percent on last year. Officials also revealed that tourism revenue in Portugal is growing five times more than the growth of the number of guests.

### High rents driving tenants to rooms

High property rents in towns and cities are forcing potential tenants to seek rooms or house-shares. A report by newspaper *Correio da Manhã* claims it is no longer just students who look to share properties, and the average age of sharers is 33. This comes as rental prices have rocketed in recent times and landlords are preferring short-term rentals, with the national Tenants' Association saying it is no longer viable to rent properties.

### PAN wants to regulate use of animal-drawn carts and carriages

PAN the Party for People Animals and Nature has said it wants to limit the use of animal-drawn carts and carriages. The party has submitted law proposals for the likes of horse-drawn carriages which include limiting the number of passengers as well as compulsory periods of rest for the animals. In 2016 the party attempted to ban animal-drawn carts from being used on roads, but dropped that proposal to focus on regulation rather than prohibition.

### Downed drone on airport runway halts operations at Lisbon

A photographer's drone that fell on Lisbon airport's runway on Monday interrupted operations at the airport for eight minutes. An aircraft in the vicinity had a short while earlier raised the alarm about the presence of a drone in the area. National airport managers ANA said the drone was recovered from the runway and handed over to authorities.

### Monchique wildfire property damages placed at €2m

The Environment Minister has estimated that property damages caused by wildfires in Monchique will total around two million euros. Thirty-two homes were damaged in the fire in Monchique, 12 of which were completely destroyed. An on the ground assessment of damage was completed on Tuesday, after which the recovery programme will be proceeding.

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# Dole queues shrink to new low



BRENDA DE BEER

The Portuguese economy has once again recorded impressive figures, and following on record-high consumer confidence is news that the number of people out of work has contracted to a 16-year low.

**T**he number of jobseekers registered at IEFP training and employment centres has plunged by over 20 percent in the space of just one year.

Latest data published this week revealed that active jobseekers have fallen to 330,587 between July 2017 and July 2018, representing a fall of 20.6 percent.

The current number of people looking for work in Portugal is now at its lowest in 16 years, having been reduced by more than 85,000 people in the past year. The downward trend has been particularly satisfying in terms of youth employment and first-time job seekers, with their number experiencing a drastic reduction

of 30 percent.

Similarly, the number of people who have been out of work for more than a year has also dropped substantially, and in July this year, was down 24.2 percent on 2017 figures.

The Portuguese Government quickly stepped up to accept the laurels for this remarkable improvement in the labour market. "The drop in the number of jobseekers is due to sustained evolution and is the result of a political strategy", Labour Secretary Miguel Cabrita said in a statement.

"Since the start of the current legislative mandate, more than 300,000 jobs have been created", explained Miguel Cabrita, adding however "that

while there are still people without jobs, we will continue to reinforce our priority to create employment, particularly among groups who are most exposed by the lack of job security."

Positive job figures have been released on a monthly basis for much of 2018. Back in June, Portugal's unemployment rate slipped to below eight percent for the first time in a decade, with projections that more people will find employment right through until the end of the year.

Job creation continues to show promise, with companies currently increasing their workforce by an average of three percent. Additional data from the National Statistics Institute (INE) also indicates that not only are workers

becoming increasingly in demand, but that wages are also at an all-time high.

The INE revealed that by the end of last year, the number of workers earning 3,000 euros after deductions had climbed to its highest figure on record, with 37,500 workers falling in this category.

But it is not only high-income earners who are benefitting from being handed greater monetary rewards from their bosses. The number of workers cashing pay cheques of below 600 euros a month is also at a new low, while the average take-home pay in Portugal has risen above inflation to 876 euros a month. There was also a substantial increase (18.4 percent) of

workers taking home between 1,800 and 2,500 euros a month. There have also been repeated calls from the leftist partners of the minority Socialist government to reduce the working week.

With discussions for the 2019 state budget around the corner, junior members of the government's leftist alliance remain insistent that the Socialists cut the working week in the private sector to seven hours a day or 35 hours a week. According to calculations by the Communist Party, reducing the working week to 35 hours would effectively wipe out unemployment, with 440,000 jobs expected to be created by such a move.

## State appeals against Aljezur oil drilling injunction

A government entity has confirmed it has appealed against a court ruling that gave rise to an injunction suspending the prospecting of oil off Aljezur in the Algarve.

Last week, Loulé's Administrative Court ruled in favour of the Algarve Fossil Fuel Free platform's (PALP) injunction and suspended the license (TUPEM permit) for the ENI / GALP consortium to drill for oil off Aljezur.

On Tuesday this week, the Directorate-General for Natural Resources, Security and Maritime Services (DGRM) issued a statement saying that it has appealed the decision.

Following the announcement of the court's acceptance of the injunction, the ENI / GALP consortium assured *Lusa News*

Agency that it "always complied scrupulously with the legislation and the authorities' determinations" with regard to the permit for oil prospecting off Aljezur and was "evaluating this decision and its options".

The TUPEM issued by the DGRM covers the exploration phase and is a requirement that results from compliance with the legal regime of maritime spatial planning.

The DGRM explained that "this permit does not involve any decision regarding the authorisation of production of the

resources that may be detected" and feels that PALP's injunction has "called into question the legality of the act and the procedure adopted by this General Directorate when the TUPEM was issued".

"The legal adviser appointed in the case, whose duty it is to defend the position adopted by the DGRM, considered that there is a technical-legal basis for bringing an appeal to the Central Administrative Court", the DGRM announced, without specifying the date on which the appeal was lodged.



## News in Brief

### 38 beaches closed to public so far this year

At least 38 beaches have been closed off to the public for periods, for one reason or another so far this year, mostly due to illegal discharges. That is almost double the 21 beaches temporarily restricted last year, and close to 6 percent of the country's 608 official inland and coastal beaches. Among the closures were eight Algarve beaches, in the municipalities of Lagoa and Albufeira.

### Seventy-four homes destroyed in Monchique fire

Seventy-four homes were destroyed in the municipality of Monchique by last week's massive wildfire. According to Monchique Mayor Rui André, 30 of those were primary residential properties. For now, only the primary residential properties will be given immediate financial support.

### More than €1bn spent on toll roads in Portugal

More than €1bn has been spent on toll roads in Portugal. This is according to newspaper *Correio da Manhã*, which reports a record growth of 6.2 percent in traffic on tolled motorways has been registered. Motorways in the north and south of the country registered the biggest growths in traffic, while companies have spent some €56.6 million on improving stretches of the roads.

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# Former Brexit Minister in close call in Alvor as parachute fails to open



Tory MP Steve Baker had a close call over the skies of Alvor when his main parachute failed to open.

Former Brexit minister Steve Baker got more adrenaline than he bargained for when his parachute failed to open while skydiving in Alvor.

**T**he Tory MP, who quit as a Brexit minister last month, went into a "fast spiral dive" and had to rely on his reserve parachute.

He had to perform an emergency landing and came down on the Penina golf course, right next to the clubhouse. Baker revealed the close shave with a beaming smile in an Instagram post on Sunday.

He said: "Pleased my reserve parachute, here in white, worked as advertised after a main malfunction last week.

"Emergency landing on nearby golf course perfect, next to clubhouse.

"Wished you were there etc."

Mr Baker added that the problem began after the left steering toggle jammed.

He said: "After two attempts to release the toggle, I took the reserve."

Despite the close shave, Mr Baker insisted the dive was "awesome".

TPN/PA

## Portuguese consulates overseas to accept documentation in other languages

Portuguese consulates in foreign countries are soon to start accepting documents in English, Spanish and French, meaning citizens will no longer need to embark on the costly process of getting their paperwork translated.

The move was announced last week by the State Secretary for Communities, José Luís Carneiro, during a visit to mark Emigrant's Day in the northern Portuguese municipality of Murça.

The measure is also

designed to make consular proceedings simpler and speedier.

During his visit to Murça last Friday, José Luís Carneiro highlighted another measure that also facilitates the relationship of Portuguese residents abroad with consular branches: the validity of the national Citizen's Card has been extended from five years to 10 years.

"This means holders will not have to go to consular branches as often", José Luís Carneiro said.

## Portuguese police save 69 migrants

GNR police working in the Greek islands of Samos and Lesbos rescued 69 migrants on Monday, including 36 children.

The GNR said the migrants, travelling towards the Greek coast, were from Afghanistan and Iraq.

In another patrol action

on the island of Lesbos, Portuguese officials helped disembark 58 Afghan citizens and referred them to the Greek authorities.

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# Praia da Rocha tops Portugal's most Instagram-ed beaches

Praia da Rocha beach was the most hashtagged Portuguese beach on Instagram in July and August this summer, based on an assessment by German holiday accommodation search engine Holidu and announced with much pride by Portimão council.



Praia da Rocha is the most popular beach in Portugal for Instagram posts. (Photo: The Portugal News)

**S**naps of the beach were shared more than 62,000 times on the social media platform, making Praia da Rocha the country's beach with the biggest number of references. With over a kilometre of golden sand backed by dramatic cliffs and plenty of space for everyone, Praia da Rocha topped the top-10 national ranking, followed by Ponta da Piedade in Lagos (with 23,500 hashtags) and Praia da Luz, also in Lagos, and Marinha beach in Lagoa, both of which had 20,300 hashtags. Other Algarve beaches comprising the top-10 ranking are Camilo beach (Lagos - in 7th), Falésia Beach (Albufeira, 9th) and Dona Ana (Lagos, 10th), while completing the list are Portinho da Arrábida (Setúbal), Fonte da Telha (Almada) and Guincho (Cascais).

# Oeiras beach becomes first in country to boast a life-saving drone

Santo Amaro beach in Oeiras became, from Monday, the first beach in the country to be equipped with a life-saving drone.

The state-of-the-art apparatus is fitted with a buoy and can help save up to four people at a time.

It will be in permanent service on the beach, in an initiative spearheaded by the Paço de Arcos Voluntary Fire Brigade and backed by Oeiras Council.

During an official presentation of the drone to the press on Monday, Oeiras Mayor Isaltino Morais explained that the drone helps in the "speed of response" in providing help to victims.

"From what we have been shown, I believe it is possible to place a buoy next to the victim in just 40 seconds. It is a

worthwhile investment," said the mayor.

According to the commander of the Paço de Arcos fire department, "the drone can reach speeds of around 55 kilometres per hour and can withstand winds of up to 30 kilometres per hour, capable of transporting objects up to seven kilograms. The inflatable buoy, which will help in rescues, fills automatically when it touches the water".

The device will be used simultaneously with lifeguards and all other entities involved in rescue operations on beaches.

# Teen rescued from Praia da Rocha cliffs

A teenager has been rescued from the cliffs in the holiday resort of Praia da Rocha, in Portimão.

According to local media reports, the teen tumbled down the cliffs and was left suspended from a height of three metres.

The incident happened just

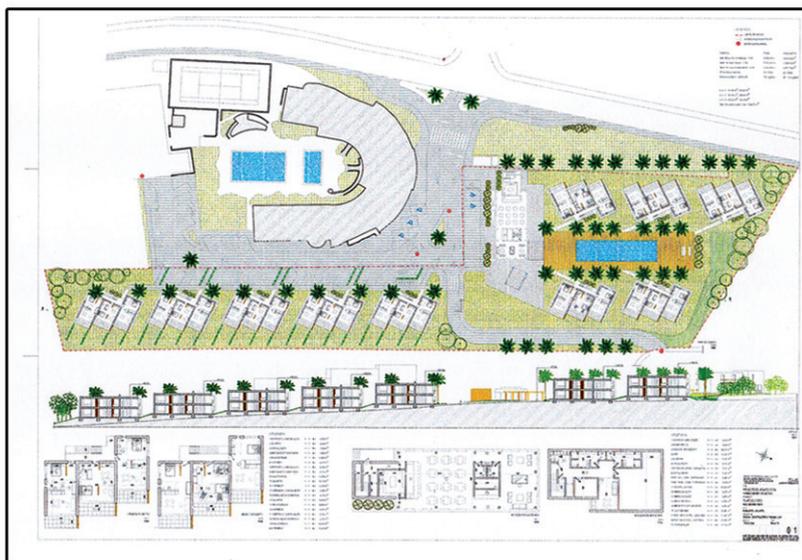
after 4am Sunday morning.

The alarm was raised by friends and the teen was hoisted back to safety by firefighters before being taken to hospital.

## Opportunity of a Lifetime

This fabulous 4-Star hotel + a fully approved project to build 60 suites, all with magnificent sea views is now for sale.

This meticulously maintained 45 room hotel is located near the city of Lagos in Algarve and is equipped with 2 swimming pools (one heated), tennis court, games room, gym, sauna, Turkish bath, massage room, restaurant and 3 bars, renovated in 2016, is being sold together with a fully approved project to build a further 60 suites of 50m<sup>2</sup> each. Unique opportunity - Owner retiring.



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## UPTOWN - A new lifestyle in Vilamoura

Available in 2, 3 and 4 bedroom designs, Uptown Vilamoura has homes between 84 m<sup>2</sup> and 150 m<sup>2</sup>. Uptown houses will be ready to inhabit from the beginning of 2020. Prices start at €294,400.

Each home is uniquely positioned to maximise its privacy and sunlight. Views of communal gardens promote the feeling of space and connection with nature. Uptown's architect Jacques Ferrier has focused on mixing private and public space, through the provision of large public spaces, a clubhouse and a swimming pool, convenient to individual dwellings.

Uptown offers a genuine rural and local taste where its colours and design come from the earth. The architecture has been inspired by traditional Portuguese heritage and is seamlessly integrated into the landscape using materials and solutions that adapt to climate and function.

Surrounded by nature and focussed on better living for permanent residents, Uptown is near to the west entrance of Vilamoura and in walking distance to the Vilamoura International School, Vilamoura Equestrian Centre and the Victoria Golf Course.



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V  
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# Number of animals being abandoned in Portugal on the up, say vets

The National Veterinarians Register has warned that there has been an increase in the number of abandoned animals being taken in by registered Portuguese shelters, and admits it is worried about the coming into force of the new law prohibiting stray animals from being put down in municipal kennels, which is due to take effect from October.



One of the many animals taken in by the Parque da Terra Nova shelter in Riba de Ave, Famalicao. (Photo:Lusa/Estela Silva)

According to the head of the Register, Jorge Cid, there was a 22 percent increase in the number of abandoned animals taken in by official shelters in 2017, compared to the year before, and so far this year,

14,000 animals have already been taken in. "The number of abandonments in Portugal continues to be very expressive, a reality that leaves the Veterinary Medical Association apprehensive about the capacity of the Official

Shelters to take in and treat these animals", the veterinarians said in a statement released on the eve of International Abandoned Animal Day, which was marked last Saturday, 18 August. And although various entities are working and

ploughing every effort into responding to these figures, it is still insufficient, the Register concedes. In the veterinarians' view, the problem will be even worse when the law prohibiting stray animals from being put down as a form of population control

comes into force in about a month.

This year, and according to data associated with the anti-rabies vaccination campaign provided by the Food and Veterinary Department, some 14,000 animals have already been taken in at Official Collection Centres (municipal kennels). Jorge Cid believes that figure is "to a great extent" due to "disinformation with regard to the new law" which has led to "a precipitous abandonment of animals". The official explained that the Register has issued a 'veterinary-cheque' "to help solve this problem and ensure compliance with the law, with the necessary support of the veterinary medical class". The vet-cheque serves to aid municipalities in caring for abandoned animals without them being put down, as well as shelters and even in needy families. Also to this end, a network for the provision of primary health care, namely vaccines, deworming and sterilisation has been set up, which has already treated 2,000 animals in 201 health centres in 12 municipalities. "The positive way in which the veterinary-cheque is being received and

implemented reveals an important awareness among decision-makers regarding this real problem; that is animals at risk in our country", said Jorge Cid.

In Portugal, more than half of households have at least one pet and measures have been created to promote the rights and well-being of both animals and owners.

In May of last year, animals gained a new legal status, which recognises them as living sentient beings endowed with autonomy from people and things. Until last May, animals were classified on a par with 'things' or 'belongings'.

The law, however, is not consensual, since, for example, the abandonment of a dog or a cat on the doorstep of an association or a municipal kennel, during a night in the cold and rain, is punishable only if it leads the animal to serious harm that causes death or suffering for the rest of their lives. For now, abandonment without intent is a reprehensible act, but not punishable.

These measures "help combat abandonment, but unfortunately, they are still not enough", concludes Jorge Cid.



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# ZERO sends complaint to European Commission about airport in Montijo

Portuguese environmental association ZERO has this week lodged a complaint with the European Commission against the Portuguese State because of the construction of the new airport in Montijo, Setúbal, and warned of the need for a Strategic Environmental Assessment.

In a statement issued on Tuesday, the non-governmental association said, "ZERO has today sent a complaint to the European Commission regarding non-compliance with the Strategic Environmental Assessment (SEA) legislation in the decision-making process for the construction of an airport at Montijo Air Base No. 6". According to the note, the association has, "since the beginning of last year", been warning the competent authorities about the need to carry out a Strategic Environmental Assessment instead of an Environmental Impact Assessment, which it considers "much more limited". In ZERO's opinion, the location of the new airport should be evaluated bearing in mind "other alternatives", to justify the "continuation or otherwise of other viable possibilities", as well as being pegged against all other "prospective scenarios". The association argues, therefore, that the Environmental

Impact Assessment does not address these aspects. "Only a Strategic Environmental Assessment can carry out the exhaustive and rigorous evaluation that a project with an impact over the next 40 years imposes", it explained. ZERO also said that "no answer has been given" by the government, and criticised the fact that the Minister of Planning and Infrastructures, Pedro Marques, has said he expects work to begin on the new airport next year. "This fact appears to be a fait accompli, where the decision is already made, even without the studies being completed, which makes this very non-transparent process a clear and blatant subversion of the underlying principle that the Environmental Assessment procedures are a tool to support a decision", ZERO slammed. The association further indicated that the typology of this project has characteristics that require a Strategic Environmental Assessment, in accordance with

national and European legislation. One of them is the size of the airport, which makes the project classified as a "large public enterprise with a territorial impact" and, according to Portuguese law, "is covered by an SEA", explained ZERO. Another reason is the location of the airport in the Special Protection Zone of the Tagus Estuary. "Given the unavoidable effects on birds of an infrastructure such as an airport adjacent to a special protection zone, national and European legislation makes clear the need for an SEA", the statement noted. In addition, according to ZERO, all plans and programs that are classified as "likely to have significant effects on the environment" are also subject to this type of assessment. With the formal complaint lodged at the start of this week, the association expects the Government to "reconsider, suspend the Environmental Impact Assessment and initiate a



The runway at Montijo Air Base No.6. (Photo: Lusa/ António Cotrim)

Strategic Environmental Assessment procedure that will truly serve to underpin a decision". ZERO further stressed that it "does not rule out the possibility of appealing to the national courts" and that it is already "studying a prosecution". Plans for Montijo's air base to

undergo a €33 million conversion into a civilian airport and absorb overflow from Lisbon's Humberto Delgado international airport have gained consistency in recent years. Earlier this year, it was announced the airbase could be converted, and up and running for commercial use as early as 2022.

## Easyjet flight diverts to Porto due to 'disruptive drunk' passenger

An easyJet flight from Manchester to Gibraltar was forced to make an unscheduled landing in Porto last weekend following a disruptive outburst by a 'drunk and rowdy' passenger.

The plane was reportedly met on the tarmac by Portuguese police after the flight was forced to divert to northern Portugal on Sunday morning, delaying its arrival in Gibraltar by an hour and half.

Due to the domino effect, the outgoing Gibraltar to Manchester flight was also delayed by two hours because of the incident.

The man was reportedly escorted off the plane by police, but is not believed to have been arrested, although a statement from the airline addressing the incident suggested he could still face prosecution. Two friends flying with the man are also said to have voluntarily disembarked the aircraft in Porto.

Passengers on board the flight told the local Gibraltar broadcasting corporation GBC that the man had been "drunk" and "rowdy" and "verbally abused" flight staff. An easyJet spokesperson

has confirmed the diversion and stressed the airline "will not tolerate abusive or threatening behaviour".

"EasyJet can confirm that flight EZY1963 from Manchester to Gibraltar diverted to Porto on 19 August due to a passenger onboard behaving disruptively. The safety and welfare of our passengers and crew is easyJet's highest priority", the spokesperson stated, adding: "easyJet's crew are trained to assess and

evaluate all incidents.

Taking a hard-line approach to drunkenness and aggressive behaviour on flights, the airline emphasised: "Whilst such incidents are rare, we take them very seriously and do not tolerate abusive or threatening behaviour onboard and always push for prosecution".

The airline also apologised for any inconvenience to passengers, and for the delay.

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# Portugal has second most expensive electricity in Europe



The liberalisation of the Portuguese energy market has failed to result in any notable changes in electricity bills of consumers. (Photo: Lusa/Miguel A. Lopes)

Portugal's electricity bills were the second most expensive in Europe in July, according to the purchasing power parities (PPP) of each country, or in other words, the average price of electricity in Portugal is one of the most expensive in Europe.

cost of electricity is made up of taxes, a fact that warrants the debate for an eventual reduction of the tax charged on electricity in the State Budget for 2019. And while there was no formal announcement, this past Sunday Portuguese politician, lawyer and commentator Luis Marques Mendes told national broadcaster SIC that the next Budget will bring a drop in the VAT charged on electricity. "It is not known whether it will fall to 13 or six percent", Marques Mendes said. Pressure has been also applied for a reduction of the tax by the Left Bloc and PCP coalition partners. Two weeks ago Eurostat put Portugal in third place in terms of EU countries with the most expensive electricity and gas in 2017. It was the first time that the European statistics service published electricity prices that were totally comparable across

countries, calculating the weighted average price. However, the comparison lacked data from Germany, Spain, Italy and Cyprus.

## Diesel goes up

Despite oil prices dropping on global markets during the course of last week, the cost of diesel once again rose at the beginning of the week.

But the increases did not exceed half a cent a litre at most fuel pumps across the country.

Hopes that fuel prices would drop as the week began, were countered by the euro weakening against the dollar resulting in a litre of diesel now costing just over 1 euro and 36 cents a litre.

Unleaded fuel remained unchanged at just under 1 euro and 60 cents a litre.

Only in the Czech Republic is the cost per kw/hour higher in terms of PPP than in Portugal. Although the Czechs have an average monthly net income of 745 euros, the monthly

effort rate to pay electricity bills is lower (at eight percent) than in Portugal (nine percent), where the average monthly income is 1057 euros. The figures were tallied up by Energy-Control Austria, the

Hungarian energy regulator and the VaasaETT Global Energy institute. Looking at a breakdown in pricing, the weight of taxes on electricity becomes evident. In Portugal, more than half the

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# PAN questions Government over ‘duality’ of GNR in Albufeira bullfight fracas



An archive photo of an anti-bullfight protest staged in Portugal.

The party for People, Animals and Nature (PAN) has questioned the Ministry of Home Affairs over a possible ‘duality’ of the GNR’s intervention when violence broke out between bullfighting supporters and animal rights activists at a bullring in the Algarve city of Albufeira last week.

scores of critical comments. The activists were verbally and physically attacked after disrupting the bullfight in Albufeira, with the footage showing one of them being cursed and kicked by civilians as they were led out of the arena in handcuffs by police. “In light of the extreme violence of some bullfight spectators upon demonstrators already immobilised by the GNR, the authorities showed signs of passivity and duality of criteria by not restraining the aggressors on the spot”, Francisco Guerreiro, a PAN spokesman, said in a statement. “The party also questions how many people were injured in this event, how many similar incidents have occurred over the last 10 years in fixed and mobile squares, inside and outside the premises, what authorities were present at the scenes, how many operatives

were called as reinforcement, and what formal identifications have been made”, the PAN statement fired off. According to various media reports, the GNR has launched “a process of investigation” and the Department of Investigation and Criminal Action (DIAP) of Faro will also investigate the incident. On 11 August, members of the Vegan Strike Group, which presents itself as an international organisation against animal abuse, also staged action at the Zoomarine sealife conservation theme park, jumping into the pools to draw attention to the captive lives of dolphins and other species found therein. Another protest was held outside the bullring in Albufeira last Friday night, but this time the anti-bullfight campaigners withheld from invading the venue.

## Portugal backs Davis Cup reform

The Portuguese tennis Federation has backed controversial proposals to revamp the Davis Cup and turn it into a season-ending 18-team event.

A two-thirds majority among the 140 nations was needed at the International Tennis Federation’s annual general meeting.

The Portuguese Federation said it backed the plans as it

believes these changes will benefit tennis globally, and see smaller federations increase their revenue streams.

The Davis Cup, which was founded in 1900, has been played in the current format since 1981.

**T**hree protesters were attacked by supporters after they invaded the bullring in Albufeira on 9 August. Clearly illustrative footage that did the rounds on social media showed the campaigners being beaten by spectators while already being restrained by GNR officers. The video, posted by Peter Janssen of the Vegan Strike Group, has been viewed over 41,000 times, attracting



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# President opens Fatacil as Prime Minister relaxes in Lagoa

Both the President and the Prime Minister have spent lengthy stretches in the Algarve in recent weeks, the former on official duty last week and the latter having headed south for his annual summer holiday – albeit with interruptions to attend to business.



Lagoa Mayor Francisco Martins (left) samples wine with President Marcelo Rebelo de Sousa at the Fatacil fair. (Photo: Lusa/Luís Forra)

term partner Rita Amaral Cabral in Quinta do Lago. President de Sousa bought a beret at Fatacil, the Fair for Handicraft, Tourism, Agriculture, Commerce and Industry, which cost him €10 euros, paid in cash from his own pocket, during his whirlwind walk around of the event. Pleased as punch with his purchase, de Sousa told the stand salesman: "I've been looking for a beret like this for a long time". The stand-holder wanted to give the hat to the president as a gift, a gesture that was met with the president protesting: "I cannot accept it, I cannot!"

In-keeping with his trademark affability, the President of the Republic also took countless selfies while at Fatacil, and at one point even taught a lady, who wanted to take a picture with him, how to use the mobile phone to do so. Known for his approachability and compassion, Marcelo Rebelo de Sousa toured the Fatacil grounds with Lagoa Mayor Francisco Martins, plus a huge entourage of security guards, journalists, other mayors and several regional dignitaries, trailed by scores of curious bystanders. During the visit, he made time to greet many people, giving out dozens of kisses, making small talk with stand-holders and sampling *ginjinha* cherry liqueur and Monchique ham. To conclude the hour-and-a-half stroll around Fatacil, the President explored the restaurant

area, where he sampled a Lagoa gastronomic speciality, stuffed squid, as well as regional wine, which he poured himself, from the bottle, also serving a glass for the Lagoa Mayor and the regional director of Agriculture. The President and the Prime Minister met last Thursday afternoon in Sagres for their usual weekly meeting. Enjoying a change of scenery, the meeting is understood to have centred on the week-long Monchique wildfire, as well as next year's State Budget.

The weekly meeting during the summer holidays is a practice instituted in 2016, and was held outside of Belém last week for the third consecutive year. Meanwhile, on Sunday, in Carvoeiro, a parish of Lagoa, Prime Minister António Costa was seen enjoying his Algarve holiday, which he was forced to interrupt last week because of official duties pertaining to the catastrophic Monchique fire.

Reflecting the President's laid-back attitude to curious fans and admirers, Prime Minister Costa was also spotted having brief conversations with anyone who approached him for a chat. He spent a few hours on Carvoeiro beach, surrounded by family and friends, taking strolls by the water's edge and enjoying refreshing dips in the sea, before he returned to official government duty on Thursday this week.



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Last Friday, Portugal's president Marcelo Rebelo de Sousa presided over the official opening of the Fatacil summer fair - the biggest event of its kind south of the Tagus - in the Algarve city of Lagoa, where he bought a flat cap. His visit to Fatacil followed an earlier stint in the Algarve that same week, where he visited the fire-ravaged municipalities of Monchique and Silves in the wake of the massive blaze, while also making appearances at some of the Algarve's most famous summer events, including the Silves Medieval Fair, before taking a couple of days off to rest alongside his long-

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# Portuguese families spend an average of €487 on school supplies



The cost of school books and material continues to weigh heavily on the pockets of Portuguese families. (Photo: Lusa/Mário Cruz)

This year, families in Portugal expect to spend an average of €487 on school supplies, €88 more than last year, according to a survey published on Monday by a personal credit company.

The purchase of books, backpacks and notebooks for next school year will cost, on average, 22 percent more than last year and 7 percent more than two years ago. In 2017, a survey identical to the one made by the same entity (*Observador Cetelem*) said that families in Portugal should spend on average, €393 in back to school expenses, and in 2016 an average of €455. The report, according to the survey made with 600 people, states that a third of Portuguese admit spending up to €500 and that 7 percent of school expenses

can go over €750. In 2018, 35 percent of those surveyed said they had children over the age of five and in 2017 that percentage reached 40 percent. This number is higher than was registered between 2012 and 2015, which was below 30 percent. In the school year that just ended, school books were free for students of primary public schools and this year (2018-2019) are going to be free until sixth grade. In 2019-2020, this programme is to be extended to higher levels of public schools.

TPN/Lusa

## Toys “R” Us to remain open in both Iberian markets

The Toys “R” Us toy retail chain is going to continue in operation in Portugal and Spain after being bought by Portuguese investors and chaired by Paulo Sousa Marques, the company said this week.

“The operations of Toys “R” Us Iberia will continue to operate and develop in Spain after being bought by Portuguese investors, Green Swan, represented by Paulo Andrez”, who joins the original management team as new proprietor, the company said.

Green Swan, bought 60

percent of the capital of Toys “R” Us Iberia, while the other 40 percent was bought by the management team to ensure the continuity and viability of the brand in the two Iberian markets. The company is going to open a new Madrid store in September.

TPN/Lusa

## Portugal’s tourists among those who spend least on holiday

Portuguese are among the European citizens who spend the least on their holidays, dishing out an average of €136 per trip, less than half the European Union average of €336, according to figures published earlier this week by Eurostat.

Figures from the EU’s official statistics office on, “who spends more on holiday,” with figures for 2016, show that Luxembourgers spend the most, averaging €768 on each trip (one or more overnight stays), followed by Maltese tourists (€646) and Austrians (€607), while Latvians (€107), Romanians (€124),

Czechs (€129) and Portuguese (€136) tourists were at the opposite end of the scale.

In absolute terms, Germans spent the most on holiday, accounting for 28 percent of EU tourist spending, which amounted to €120 billion (an average of €443 per trip), which reached €428 billion in 2016.

Of the total amount spent by EU citizens on tourist travel in 2016, 45 percent was spent in their country of residence (domestic tourism) and 55 percent in other countries, with 66 percent of Portuguese spending focused on domestic tourism, the fifth highest percentage in the EU.

TPN/Lusa

## Mercedes recall numbers not known as yet

Car manufacturer Daimler has said it is going to recall 700,000 Mercedes-Benz cars with diesel engines to check the emission system following suspicions it may have

been tampered with, but the number of vehicles affected in Portugal is not yet known.

The brand in Portugal said no numbers were known for most European countries so far.

The manufacturer has set up a portal to see what models are covered by the recall.

Daimler said in a communiqué the problem affected the Vito 1.6-litre

diesel (OM 622), C-Class 1.6 litre diesel (OM 626), ML/GLE/GL/GLS 3.0 litre diesel (OM 642), V-Class 2.2 litre diesel (OM 651) and GLC 2.2-litre diesel (OM 651).

TPN/Lusa

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## Top A Level Grades Double at Nobel International School Algarve

A superb year at Nobel International School, with national success in sporting activities and some outstanding academic and musical accolades, has been followed by excellent achievements in the summer examinations, with A\* to A grades doubling from last year and nearly a 20 per cent improvement in A\* to C grades on 2017 results.

Out of a total entry of 83 A Level examinations from 26 students at the school, the pass rate increased by 10% from 2017. Students achieving A\* to A was 21 per cent and from a 99% overall pass rate, 73 per cent achieved A\* to C grades.

Head of School Mike Farrer said: "These fantastic results show a significant upward trend in our academic performance as a school and sixth form. We are going from strength to strength and for the third year running, achievement has improved.

"National reporting in the UK by the Times



Education Supplement indicates that the proportion of A-Level entries receiving an A\* has fallen to its lowest level in five years and yet we have seen our own A\* - A achievement levels double."

Top performing student Javier Guerra (A\*, A\*, A\*) has accepted his place to study Aeronautical Engineering at Imperial College London and Head Girl Mariana Martins (A\*, A\*, A) exceeded her aim to get three A's and hopes to study Medicine at the University of Porto, while Kiran Martin-Bright (A, A, A) will accept his place to study MEng

Environmental Engineering at University College London.

Head Boy, Kiran Martin-Bright (A, A, A) achieved the grades he needed to study a Master's Degree in Environmental Engineering at University College London.

Other university destinations for this group of A level students include Faro University, University of Amsterdam, University of Westminster, BI Norwegian Business School and Queen Mary University of London, and the school continues to receive news of more confirmed offers.

## Tavira Irish Bar Welcomes Dublin

Former Manchester United, Coventry City, Aston Villa and Leicester favourite Dion Dublin is enjoying a break in the Algarve along with comedian and actor Jason Manford.

A little known fact is that Dublin became the first player to score in a Wembley play-off final when Cambridge United were promoted from the Fourth Division in 1990. More latterly the former England international has been co-presenter of the hit BBC TV show 'Homes Under the Hammer'.

Jason Manford is an

accomplished all round entertainer who has appeared in Coronation Street, Emmerdale and hosted numerous TV comedy and quiz shows including 'A Question of Sport; Super Saturday'.

Whilst enjoying the hospitality of Tavira's riverside Black Anchor Bar, the two sports fans were only too pleased to join members of East Algarve Walking Football with Jason Manford, a keen Manchester City fan, threatening to join in a walking football session the following day!

www.walkingfootballalgarve.com



Jason Manford (5th from Left) and Dion Dublin in Blue.

## C.A.S.A. goes to Sea

Before our brief summer break, on the 9 July, 34 C.A.S.A. members and guests enjoyed a 3 hour morning boat trip on the *Alegria*. Boarding at the Naval Club in Portimão and heading along the estuary to the open sea we then turned to the east and hugging the coast had wonderful views of the Algarve coastline along to Benagil.

We swung out to sea where we were lucky enough to encounter dolphins, a wonderful sight with many

gasps of delight from our members.

We will kick-off our autumn season of events with an afternoon of crazy golf and a tea in Alvor on Friday 7 September followed on Saturday 29 by a dinner in Carvoeiro. Full details of these and all our planned events, which are also open to non-members, can be obtained from the club website: [www.casasocial.club](http://www.casasocial.club) or from Margaret Brito on 282495475 or by email to [info@casasocial.club](mailto:info@casasocial.club)





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## Obituary: Keith Graham Hodgson

27.01.1936 - 04.08.2018

Keith passed away peacefully in the early hours of Saturday 4 August at Faro hospital. Born in Luton, England he moved to Albufeira with his wife Louise in January 1969, where we had the Residencial da Galé until 1984, then moving to the Restaurant Quinta da Saudade until 2005 where he was "mine host", always a friendly greeting for all guests arriving at the door. He will be sadly missed by Louise, his sons and



daughters, grandchildren and great grandchildren.

## Back to School appeal off to a great start

The organisers of the 2018 Back to School Appeal are delighted with the initial response and would like to thank all those who have already contributed.

It is not too late to participate. The charities ACCA and Castelo do Sonhos are hoping to help more than 800 needy children this year.

Special thanks to Gary and Sylvia King of The Golf Shack who are not only a drop-off point but have once again added their support to the appeal on a non-profit basis and are kindly offering to supply good quality backpacks and gym bags at a price of only 5 Euro each set of backpack and gym bag. You can purchase these yourself or order by emailing: [backtoschoolalgarve@gmail.com](mailto:backtoschoolalgarve@gmail.com)

Thank you also to all of the drop-off points. With the help of their customers, the wonderful team at Iceland in Guia have already made a start on their collection, along with Lesley in Bookworms, Albufeira. Others who are helping by offering their

premises as drop-off points include the barbers at Barbearia Just at the Chicken roundabout on the N125, Ricky at the Bombeiros Charity Barn in Messines, and the Café at Porches Pottery. There are many more - and they can all be found on Facebook: Back to School 2018 - Help Needed - <https://www.facebook.com/groups/155661611948487/>, along with a list of the school equipment children will need at the start of the school year.

Every small item will help and can be left at one of the drop off points before 5 September. If you prefer to make a monetary donation we can shop for you. ACCA IBAN PT50 007900004342641910 122 and there are also collection boxes at the various drop off points.

ACCA are aiming to better last year's total of 850 backpacks given out to needy children but, we really need your help to make this happen.

For more information please contact Lynda on 936 43177 or Su Davis - [su.davis@sapo.pt](mailto:su.davis@sapo.pt)

## Volunteers needed

The countdown has started to the 12<sup>th</sup> Edition of The Portugal Masters, which will take place from 20 to 23 September 2018 at The Dom Pedro Victoria Course in Vilamoura, and Golf for Greys are now recruiting volunteers to make the event its usual success.

Golf for Greys began recruiting volunteers for European Tour events in 2005, when Eddie Pilkington and the late John Hawker, founders of Golf for Greys, contacted their members to help. This event was the WGC World Cup which took place at the newly opened Vilamoura Victoria course with Wales winning a rain affected event.

The Portugal Masters was inaugurated in 2007, when Golf for Greys again provided the volunteer force and has done so

ever since. Our number is now augmented by volunteers from all over Europe, many of whom fly in to help.

Over 300 people have already signed up for The Portugal Masters 2018, but vacancies still exist for marshals and board carriers.

The benefits for helping at the event are a uniform designed by Under Armour, which comprises two golf shirts, golf top and hat, daily refreshment/merchandising vouchers and free tickets for friends and family. The package is completed with a complimentary round of golf at your choice of Dom Pedro Vilamoura courses.

Would you like to join us?

If you think this appeals to you please email Sandra Slater at [portmast2010@yahoo.co.uk](mailto:portmast2010@yahoo.co.uk)

## Algarve Activity Bike Rides

Here are the details of this week's rides:

**Saturday 25 August - Bike ride starting in Loulé:** We meet at Reis do Pão café 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 26 August - Bike Ride starting in Vilamoura:** We meet close by the Lake resort on the western side of the marina (park in the fields opposite) at 9.15am ready for a 9.30am start. This will be a mostly easy Sunday ride of around 35-40kms with a café

stop somewhere along the way.

*If you would like to come along to one of these rides, please confirm either by text, email or on Facebook via the Activity Algarve Bike Rides page. If a ride has to be cancelled for any reason, such as bad weather, notification will be via text. We reserve the right to cancel any ride if less than 5 people are signed up. Price for participation is €5 per rider per ride. For more information please contact Paul Beesley on tel: 913226954, email: [paul@algarvebikeholidays.com](mailto:paul@algarvebikeholidays.com), see our website: [www.algarvebikeholidays.com](http://www.algarvebikeholidays.com), or Facebook: [AlgarveBikeHolidays](https://www.facebook.com/AlgarveBikeHolidays).*

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# Toxic chocolate

Did you know that a small bar of dark chocolate could be deadly for your pet?



Most of the cases of chocolate poisoning the PDSA see each year involve dogs. Dogs are naturally curious and are opportunists when it comes to food, meaning they'll eat anything they find.

The Animal Wellbeing Report from the PDSA surveys vets and pet owners across the UK each year. In 2017 they found that some pets were still being given chocolate as a treat every month - even though it could be deadly.

**Why is chocolate so bad for pets?** Chocolate contains something called theobromine which is very harmful to our pets. Chocolate with a higher cocoa solid content has more theobromine in it. You can find out how much

cocoa solid is in a chocolate bar by checking the ingredients. High quality, dark chocolate is usually the most toxic to your pet but keep all chocolate away from pets to be safe.

**Which pets are at risk?** A lot of people already know that chocolate is toxic to dogs but it can be deadly for other pets, too, including cats and rabbits. Most of the cases of chocolate poisoning the PDSA see each year involve dogs. Dogs are naturally curious and are opportunists when it comes to food, meaning

they'll eat anything they find. This is why they're more at risk from any chocolate left in easy reach. Vets see pets who're suffering from chocolate poisoning all year round. But with more chocolate in our homes at Easter and Christmas, more cases are seen at these times of year.

**The signs and symptoms of chocolate poisoning** You'll usually notice the effects of chocolate poisoning within 4 hours of your pet eating it. These symptoms can last for up to 24 hours.

If you think your pet has eaten chocolate, you should contact your vet for advice immediately. The sooner any treatment begins, the less severe the effects will be for your pet. Keep the chocolate packaging to hand so your vet will have an idea of how serious your pet's poisoning might be. At first, you might notice your pet is:

- thirsty and drinking more than usual;
- being sick;
- has runny stools;
- has a sore, tender tummy and doesn't want to be touched there;
- is very restless and won't settle.

As the poisoning gets worse you might notice you pet is:

- shaking and trembling;
- has an unusual and irregular heartbeat;

- feels like they have a temperature;
- is panting or breathing quickly.

In really severe cases your pet can start to have a fit and might suffer from kidney failure. If the worst comes to the worst, your pet could die from eating chocolate.

**Keeping chocolate away from pets** Most cases of chocolate poisoning happen when your pet accidentally gets hold of chocolate while you're not looking. Try to store chocolate in the same way as you would medicine or cleaning products - safely, securely and well away from your pets. If you're giving chocolate as a gift to a pet owner, let them know they'll need to keep it out of reach of curious paws. Easter egg hunts are really popular during Easter. If you're thinking of having one, keep pets out of the way during the hunt and while you set it up. Make a note of where all the eggs were hidden so you can check they've all been found before you let your pets back into the area.

**Alternatives to chocolate** Vets understand that you want to include your pet in festivities and family events but it's never worth risking your pet's life. If you want to include them at Christmas or Easter, here are some safe alternatives to feeding them chocolate:

**A healthy, pet-safe treat.**

There are lots of healthy treats made for pets. This is a much better option that giving them human food. Be careful though - feeding your pet too many treats alongside their normal food can make them put on weight.

**A new toy.** Your pet will really appreciate a new toy. It will last much longer than a piece of food and will keep them happily occupied.

**Your love and attention.** This is what your pet wants more than anything. They don't need any food treats (especially not toxic chocolate) so long as they're loved and looked after.

# Dedicated to the

An enormous wave crashing against imaginary shores, a whale's breath is one of the most soothing sounds in the ocean - and it's cause for excitement in the Passamaquoddy Bay. "There she blows!" cries our skipper Mackie Greene, pointing to a humpback cruising through waters packed with leisure vessels on a sunny weekend in Canadian maritime province New Brunswick. Whales are a regular sighting along these Atlantic coastlines, but this year, more humpbacks, finbacks and minke are visiting - all attracted by the movement of herring - and word has quickly spread. "I've never seen so many boats," admits Mackie, a rakish, shy man with a tuft of moustache resting on his upper lip. During winter months, he earns money as a lobster fisherman, but in summer his vessel is used for daily whale watching tours. Having not had a day off since the start of the season, he survives on cookies, candies and a passion for wildlife. In the Bay of Fundy, a body of wild water dotted with emerald-green islands, communities have learned to live with the sea, bowing to its strength and benefitting from its bounty - but never underestimating the power it holds. Mindsets and landscapes have largely been shaped by the phenomenal tides - the highest in the world - with more than 160 billion tonnes of seawater flowing in and out of the bay twice a day. But like so many places on

our planet, friction between nature and people is growing as greater pressure is placed on natural resources - particularly when it comes to fishing.

**A battle to save the whales** Based on ancient methods for catching herring, circular wooden weirs loop around the shores of Campobello Island, occasionally trapping bigger mammals with their one-way system. More dangerous are fishing nets, entangling many whales for up to weeks at a time. Eager to help, Mackie set up the Campobello Whale Rescue Team with his best friend Joe Howlett. "I love the whales," he implores, showing me some of the tools he's designed to help cut whales free. "We can't do everything, but we can do our bit. When we free them, they usually swim away quickly, but sometimes the humpbacks breach. They're so happy and thankful to be free." Although rewarding, the job is fraught with danger; last year Joe was killed while attempting to rescue a North Atlantic right whale. Operations were suspended for some time, but last month, Mackie's team made their first successful release - a humpback mother and her calf. "That felt good," grins Mackie, who still quietly mourns the loss of his friend. On Campobello, an island kissing the US border and chosen as a holiday retreat by former President Franklin D. Roosevelt, I



Mermaid tears of sea glass found on beaches in New Brunswick. (Photo: PA Photo/Sarah Marshall)

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# sea

Generating the world's highest tides, Canada's Bay of Fundy is a marine wonder. Sarah Marshall is swept away.

meet Moira Brown, a leading researcher on the North Atlantic right whale - the world's most endangered whale with a population of just 525. With no calves spotted yet this year, their future hangs in the balance.

The Bay of Fundy is a critical habitat for the mammals, although this year, they have shifted slightly further north to the Gulf of St Lawrence. Moira has been instrumental in canvassing the Canadian government to impose restrictions on shipping lanes, to avoid ship strikes. She admits very little is still known about the right whale and encourages tourists to look out for their distinctive V-shaped blow and callus-covered rostrums; any sightings can be registered on free app Whale Alert ([whalealert.org](http://whalealert.org)).

### Don't let lighthouses fade away

The Bay of Fundy is one of

the few places in the world where whales can swim past your doorstep, a regular occurrence in the largest island Grand Manan, a 90-minute ferry journey from St Andrew's on the mainland and operating in its own little world.

Houses are covered in cedar shingles, stained blue-grey by the sea air, and lobster buoys in a rainbow of colours are strung up like bunting along picket fences licked by magenta fireweed. An octagonal lighthouse built in 1860, Swallowtail, in North Head, is a great place to spot tail flukes and acrobatic seals.

About six years ago, when Ken Ingersoll and his wife Laurie Murison discovered the iconic building might be torn down, they intervened and purchased a 25-year lease on behalf of the community. But only after protesting to authorities. "It was like Frankenstein stuff; we were

all carrying pitchforks," recalls Ken, as we approach the lighthouse along a wooden boardwalk, built with a government grant.

"We had 14,000 visitors last year, coming day and night to sit and relax," he says, proudly pointing to benches fashioned from disused lobster cages, angled towards the sea. "I was here at 3am the other morning and I bumped into a group of people. I put a pot of coffee on and we sat up talking until 7am."

Ken has been working on Swallowtail with his friend Chris Mills, a former keeper who once manned a nearby lighthouse perched on a rocky, wind-lashed outcrop known as Gannet Rock.

"I miss the sound of that crashing surf," reminisces Chris, who's wearing a T-shirt decorated with an illustration of his former home. A similar image is inked on his forearm; with Gannet Rock due to be torn



An aerial view of the Fundy Isles. (Photo: PA Photo/Tourism New Brunswick)



Fog drifting across the lighthouse on Campobello Island. (Photo: PA Photo/Sarah Marshall)

down, the faded tattoo - and his cherished memories - could be the only associations Chris has left.

Ken hopes to claim the lighthouse's lamp for Swallowtail. The tower still serves as a beacon of safety for sailors caught in tidal rips, and a functional fog horn proves to be an essential instrument in these parts.

As if on cue, fog curls across the Bay of Fundy - as expected and almost as regular as the tides. Wisps swirl and tumble, settling overnight into a thick, blank fuzz. It could be a cause for irritation, but Maritimers have learned to appreciate these white-outs and have even named a summer music festival in its honour - Fog Fest.

### Mopping up mermaid tears

Fortunately, by the time I reach Deer Island for my kayak tour with Seascope Kayak Tours, visibility has returned. A small car ferry trundles back and forth from L'Etete, where another community-rescued lighthouse gleams white against the lapis-blue sky.

The absence of any wind makes my paddle gentle, allowing me time to watch sea eagles swoop for fish and listen to a pod of synchronised porpoises puff like pistons on an aquatic steam train. Caught in a heat haze, the distant Wolf Islands quiver and levitate above the horizon, melting into a milky soup.

We pull ashore for a picnic of wild raspberries and foraged beach peas, followed by games of stone skimming and a hunt for mermaid tears. Softened and shaped by rough waves, the small pieces of washed-up glass twinkle like jewels in a pirate's chest - coveted ruby and sapphire drops being the hardest to find. Folklore suggests the tears are shed through sadness, but I prefer to think they come from joy. Because although Maritimers and marine mammals are beset by challenges, the sea forms a bond stronger than any glue, and inhabitants share one thing in common - an ability to weather storms, no matter how big.

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# Mediterranean style gardening

With long, sunny days and hot, balmy nights its the perfect time to enjoy evenings in the garden. So, how can you get that Mediterranean feel in your garden?



Use drought-tolerant plants. (Photo: PA Photo)

**Use terracotta planters**  
Think bright pink or red trailing geraniums tumbling over old terracotta or stone pots, or if you've limited space,

attach some smaller terracotta planters to a south-facing wall and fill them with trailing drought-lovers which won't need endless watering.

Alternatively, make a feature out of huge Grecian urns strategically placed in borders or as stand-alone features at the end of walkways or in the centre of

small courtyards. Permanent planters in the Mediterranean garden can also save you time, whether it be agapanthus or hardy evergreen herbs. If you situate them on gravel, plunge the base of each container a few centimetres into the gravel, which will encourage plants to root through into the soil underneath as well as keeping your pot stable. If you have space consider growing a pot of citrus such as lemons, to add a Mediterranean feel and scent and think about bringing in a dazzling bougainvillea in containers.

**Consider gravel or cool tiles**

Gravel gardens are commonplace in the Mediterranean and the gravel surface acts as a permanent mulch which will help prevent seed seedlings and conserves moisture. Choose a sunny, sheltered spot and prepare the soil, raking it level and then spreading 5cm (2in) gravel over the surface. Plant sparingly - don't smother the gravel surface with plants. They can be placed here and there and perhaps embellished with stone or terracotta planters or an old wooden or stone bench. Avoid bedding plants which are too thirsty. Instead, grow exotic-looking shrubs such as phormium and olearia or grasses with silvery leaves, as well as ground cover such as sedum and thyme.

**Incorporate water**

Water creates cool relief in hot countries and can be used not only to provide movement, but also reflective value. Stone fountains are a big feature of many Mediterranean gardens but at home, consider your surroundings. If you have plenty of room, you might go for an ornate tiered structure, providing a cool cascade of water which you can run your hands through. With less space you might go for still water in a terracotta storage jar or a lined stone trough.

**Create shade**

Any Mediterranean garden worth its salt should offer shade during the heat of the day. Consider how you are going to achieve that naturally. Perhaps grow climbers that love heat, such as grapevine and trumpet vine, over a pergola with traditional seating underneath.

**Use drought-tolerant plants**

Peter Jones, garden manager for Hardy Ornamental (which include the Mediterranean terraces at RHS Garden Wisley) suggests cistus (rock rose), a lovely family of shrubs ideal for a hot sunny position, which will form mounds of green foliage and a profusion of simple flowers, from whites to deep pink. Other great plants which will thrive in long hot summers include lavender, while for

architectural value consider Cupressus sempervirens (Pencil Cypress) one of the archetypal Mediterranean trees, which grows to produce a tall slender green pillar of evergreen interest, perfect for that Med look. Lagerstroemia indica (Crepe myrtle) is a multi stemmed shrub/small tree with beautiful bark and glossy green foliage producing a profusion of crepe paper like flowers in colours from light pink to deep burgundy. Another alternative is the pomegranate tree (Punica granatum), which originated in the region extending from modern day Iran through Afghanistan and Pakistan to northern India, and has been cultivated since ancient times throughout the Mediterranean region. This architectural small tree can make a fun alternative to an olive, with larger specimens having very characterful form. Palms such as Trachycarpus fortunei also add that touch of Riviera glamour. **Don't forget succulents** Cacti and succulents are regular features in the Mediterranean garden, growing out of old stone walls and rockwork. If you have a gravel gap between your house and your paving, a strip of sempervivums or other succulents will soften the line beautifully. PA/TPN

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# A life in pattern

**T**he Irish-born mother-of-two, who began by designing hats and handbags in the early Nineties, has seen her retro motifs - most famously stems and pears - adorn everything from housewares to wallpaper and clothes. Her latest book, *A Life In Pattern: And How It Can Make You Happy Without You Even Noticing*, coincides with a major exhibition, *Orla Kiely: A Life In Pattern*, at The Fashion and Textile Museum, London, until September 23, 2018. The designer reveals how it all began, her inspirations, and her tips on decorating the Orla Kiely way...

## What first inspired your designs?

"Growing up just outside Dublin, I was aware of nature and I loved art at school. I'd always wanted to do fashion at art college - my sewing machine was my most treasured possession - until I discovered the option of printed textiles.

"As a student, I was very drawn to architecture, which influenced my earliest print designs, the strong geometric lines dictating how the pattern would work was something I loved. These early influences are still there, often informing the structure of repeats throughout."

## How did your business begin?

"If I am ever asked when we first started our label, I think back to working at my kitchen table, designing handbags with Robert, our baby son, on my lap. I had a full-time position as a print designer in the fashion industry on a freelance contract, so those

moments were usually after work on the weekend.

"We lived in a purpose-built, first floor Victorian flat, which doubled up as a design studio, office and distribution centre, where boxes of stock were delivered and turned around while I was at work.

"Every day, my husband, Dermott, who had the business skills and entrepreneurial tendencies, would do all the jobs a strong team would normally do, in an office shared with Robert and his toys.

"We financed it ourselves from day one and our lives were invested. Our second son, Hamish, was born - and nothing could have been more motivating than our two little boys depending on us for their all."

## Where do you get your ideas from today?

"Nature's a great source of pattern ideas. My personal take on nature has always been more abstract and graphic. I absorb inspiration in my travels, reading books, films, going to exhibitions, it never stops. Everyday objects inspire too, they can be interestingly random, which I love. I'll spot something and store it away for the right moment."

How would you describe your work?  
 "It's clean, controlled and orderly. It has a strong, bold graphic style, where colour plays along. As a design company, we're always drawn to modernist/mid-century design and print. This has informed all aspects of our product, from the ready-to-wear collections, fragrance, beauty, handbags, watches, jewellery, homeware, wallpapers and more.

"Our style will always remain

Orla Kiely's renowned globally as the Queen of Prints - and it's a well-deserved title.



**Orla Kiely Multi Stem Tomato Vintage Roman Blinds (Photo: English Blinds/PA Photo)**

quite Sixties and Seventies, but our colours and prints continue to evolve - and we're always open to off-piste influences for a quirky twist."

## What's your favourite design?

"I can't help but say Stem, the simple organic leaf motif. The idea arrived as an inspiration while developing new print designs back in 2000. It was, as all good things often are, a very quick sketch. It has, for some reason, touched many people throughout the world, and became the seed from which our brand flourished.

"I always think it's serendipitous, as it so resembles a rowan branch, and Rowan is the family name of my husband and children. It's proved to be very versatile and has morphed into an array of different variations - I always get excited by the newest iterations."

## How would you describe your own home decor?

"My home is Victorian with a very mid-century aesthetic, original features, cornices, high ceilings and fireplaces. I've combined vintage furniture found in fairs and second-hand furniture stores with products we've made. "Growing up in Ireland has had a big influence on my taste for colour. My love for green, from moss to seaweed, the greys and browns of those rainy Irish skies, the mustard and orange of the wildflowers found on the roadside, have become my palette. I mix these with some other bright pops of colour, like pink and yellow.

"Our patterns are present in every room, whether it's a printed cushion, wallpaper or ceramic, an element of my work will be there. In the kitchen, our tableware adds something special at dinner times, and our towels in the bathrooms add that

extra colour and pattern to everyday life."

## How do people create a successful interior?

"Consider the space and light of the room. Think of those colours that you love the most. Research design eras you love, visit flea markets, vintage fairs and off-beat stores. Find a piece you love - this could be a couch, a table, a light - be open minded. These objects can inspire and set the tone of where the other rooms can follow. I like to commit to an idea and don't water it down. Colour and print are very important, it can lift your spirits like nothing else. Most of all, don't be afraid.

"People have embraced more and more the expression of individualism throughout home interiors. Customers now, will wallpaper entire rooms in our prints and are much more fearless with how they mix their colours." PA/TPN

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# The Little Thai Kitchen

Thuy Diem Pham (pronounced "Twee"), 36, moved to the UK aged seven, and three years ago quit a career in advertising to open a restaurant - and now has a cookbook to match too.



Caramelised Salmon and Green Peppercorns.  
(Photos: PA Photo/David Loftus)

The move into food began with being so inspired by restaurant meals that she'd go home and recreate them, while "pretending I was a chef on TV", followed by a series of supper clubs (she and her husband and business partner, Dave, would drag their sofa up to their bedroom to make space for guests) and a blog. Things went so well that they eventually launched The Little Viet Kitchen (LVK) in north London. The plan was to share "dishes from my village, dishes my grandma made that didn't really exist anywhere else", and to do it in a way that meant when you walked into the restaurant, you felt you were "being hugged". Here are two recipes from *The Little Viet Kitchen* for you to try at home:

## Caramelised Salmon and Green Peppercorns

(Serves 4)

500g salmon fillets  
1tbsp vegetable oil  
100g green peppercorns  
250ml coconut water  
For the marinade:  
2tsp finely diced garlic  
2 spring onions, white part only, finely diced  
2tbsp soft brown sugar  
3tbsp fish sauce  
3tsp sesame oil  
1tsp Caramel Sauce (dissolve 500g of granulated sugar in 125ml of water, add another 125ml water and cook until a rich dark reddish-brown colour)

### To serve:

1 spring onion, sliced on the diagonal  
1 or 2 red chillies, sliced on the diagonal  
Crispy Fried Shallots (finely sliced shallots, deep-fried

in vegetable oil until crisp)

1. Place the salmon fillets in a bowl, add the ingredients for the marinade, and mix together well. Leave to marinate in the fridge for three hours. Take out of the fridge 30 minutes before cooking to allow the salmon to come to room temperature.

2. Lightly scrape the marinade from the salmon. You are aiming to remove all the bits in the marinade without removing too much of the marinade sauce. Leave the salmon to one side and reserve the marinade for later use.

3. Heat the oil in a saucepan over a medium heat until it reaches 160C. An easy way to tell when the oil is ready is to place a wooden chopstick into it - when bubbles form on the surface of the oil it is ready.

4. Add the green peppercorns and stir-fry for one minute. Place the salmon, skin-side down, into the pan and cook for three minutes until the skin is crisp. Flip the salmon over and pour in the marinade and coconut water (avoid pouring onto the salmon skin, otherwise it will lose its crispiness). Keep the pan on the heat for a further four minutes until the salmon becomes sticky and golden in colour. Keep the ingredients moving during this process, as you don't want them to burn, but avoid moving the fish as this could cause the fillet to break apart.

5. Now you are ready to serve. Carefully transfer the salmon to bowls with a little of the cooking liquid. Sprinkle with the spring onion, chillies and shallots. This dish is best served with rice and/or a side of vegetables.

## Lemongrass and Chilli Pork Ribs and Chicken Wings

(Serves 4)

1kg chicken wings, any extra fatty skin removed  
1kg pork ribs, washed and cut into single ribs  
For the marinade:  
8 lemongrass stalks, crushed and finely diced  
12 Asian shallots  
4 bird's eye chillies, finely diced  
3tbsp fish sauce  
1tbsp soy sauce  
3tbsp granulated sugar  
1tbsp honey  
1tbsp crushed black peppercorns  
90ml sesame oil

### To serve:

2 or 3 red chillies, sliced lengthways  
100g spring onions, finely sliced on the diagonal  
Pineapple Fish Sauce (see below)

### For the Pineapple Fish Sauce:

(Makes approx 2l)  
500ml lemon juice  
750ml fish sauce  
600g rock sugar, crushed  
8 garlic cloves, diced  
600g finely chopped pineapple  
8 red chillies, finely chopped

1. Make the Pineapple Fish Sauce: Put the lemon juice, fish sauce and sugar into a



Lemongrass and Chilli Pork Ribs and Chicken Wings

small saucepan set over a medium heat. Stir until the sugar has dissolved, then immediately set aside to cool. Stir in the garlic, pineapple and chillies and mix well. Will keep up to three months in the fridge.

2. In a bowl, combine all the ingredients for the marinade and mix well. Pour half the mixture into a separate bowl and add the chicken wings. Thoroughly massage the marinade into the chicken wings and leave to marinate in the fridge for at least three hours, or ideally overnight. Repeat the process with the remaining marinade and the pork ribs. Take the meat out of the fridge at least 30 minutes before cooking to allow it to come to room temperature.

3. Here are a few options for how to cook the chicken wings and pork ribs.

### Sunny day option:

barbecue  
Grill for 20-25 minutes, turning halfway through the cooking time. Grill the pork ribs for 25-30 minutes, turning often until nicely browned.

### Rainy day option: oven roasted

For the chicken, preheat the oven to 180C/160C Fan/Gas Mark 4. Arrange the chicken wings on a baking tray lined with foil, leaving the marinade behind and setting it aside for later. Roast for 40 minutes,

turning halfway through the cooking time. Brush over the reserved marinade and continue to roast for a further 10 minutes.

For the pork ribs, preheat the oven to 200C/180C Fan/Gas Mark 6. Arrange the ribs on a baking tray and brush on some of the marinade, leaving a little for later. Roast for 50 minutes, turning the ribs after 25 minutes. Brush over the reserved marinade and continue to cook for a further 10 minutes.

4. Scatter with the chillies and spring onions and serve alongside the pineapple fish dipping sauce. You could serve this with rice or vermicelli noodles and a side salad. Alternatively, a good crusty baguette is always a crowd-pleaser.



*The Little Viet Kitchen* by Thuy Diem Pham, photography by David Loftus, is available now.

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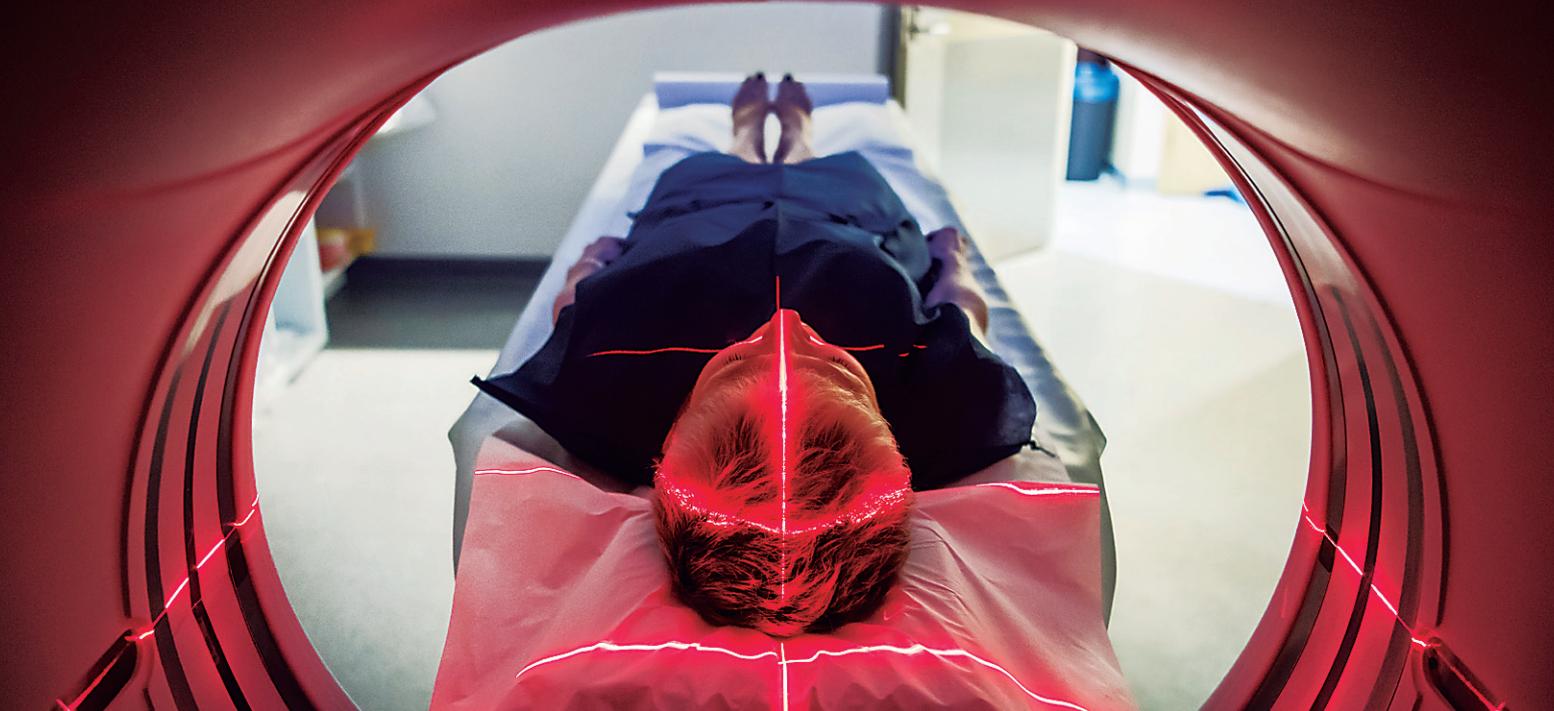
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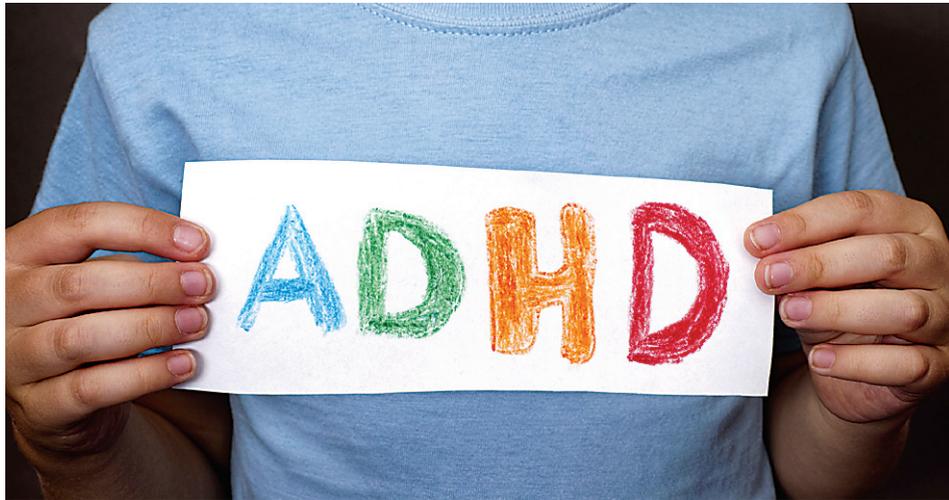


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# How to spot ADHD

It's normal for children to get distracted, forget their homework, get fidgety, or tune out from time to time. But how do you know when inattention and hyperactivity is a sign that something more is going on?



ADHD is a behavioural disorder characterised by a group of symptoms: inattentiveness, hyperactivity and impulsiveness. (Photo: PA Photo)

health problems, issues with work or education, and unnecessary distress and loneliness. ADHD is something lots of parents worry about, but plenty of successful people with the disorder have gone on to achieve great things - but early diagnosis, say experts, is key to managing it.

### What is ADHD?

ADHD is a behavioural disorder characterised by a group of symptoms: inattentiveness, hyperactivity and impulsiveness. Signs of the disorder tend to be noticed at an early age - usually between six-12 years - and may become more noticeable when a child's circumstances change, such as starting a new school.

It's believed ADHD always begins in childhood, so it's likely that if a person is diagnosed later in life, they will have had their symptoms for a long time.

### What causes ADHD?

"The exact cause of ADHD isn't known," says Dr Hayley van Zwanenberg, a child and adolescent psychiatrist from the Priory Group (priorygroup.com), "but it has a large hereditary component." She explains that a big clue lies in your genes - ADHD often runs in families, and a child who is displaying the symptoms may well have a parent or sibling with ADHD too. It's primarily a neurodevelopmental disorder, which means certain aspects of brain development are slightly altered in those with ADHD.

"There is evidence that some areas of the brain involved in attention and concentration may be less active, or even slightly smaller in children with ADHD than those without," explains Zwanenberg. Further factors scientists believe may increase the risk of ADHD are being born before the 37th week of pregnancy or being a very low birth weight, having epilepsy, or having a brain injury before or following birth.

### Am I to blame?

One of the biggest myths about ADHD is that it's a

**A**ttention Deficit Hyperactive Disorder (ADHD) is the most common behavioural disorder in children, yet plenty of us are still in the dark about what it really is. About 5% of children worldwide are diagnosed with ADHD, and if left untreated, the disorder can cause significant mental

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result of 'bad parenting'. "This is simply not the case," says Dr Maite Ferrin, a consultant child psychiatrist from Re:Cognition Health (recognitionhealth.com). "Scientific evidence shows that ADHD is a highly heritable condition, mostly a combination of certain susceptibility genes and environmental risk factors during pregnancy and early childhood."

**What are the symptoms to look out for?**

The core symptoms are general difficulty in regulating attention, controlling impulses and hyperactivity - but these issues can present themselves in childhood in a number of different ways.

You may find that your child finds it difficult to focus at school and will frequently get bored, move on to new tasks before completing existing ones, or appear like they're not listening.

Sitting still can often be a challenge for children with ADHD, and they may talk excessively, interrupt frequently, or have trouble waiting patiently for their turn. You may also find they struggle to organise themselves, often lose things or forget what they're supposed to be doing. Experiencing these symptoms can, understandably, be frustrating for a child, leading to feelings of upset, anger or irritability.

**How is a diagnosis made?**

Many children go through stages of restlessness, but if you're concerned, it's worth speaking to your child's teacher to find out whether behavioural issues are also presenting themselves at school. To be diagnosed with ADHD, your child must have been displaying symptoms since before age 12, and continuously for at least six months.

They must also be displaying six or more specific symptoms of inattention or hyperactivity on a regular basis and in at least two settings - such as at home and at school. It should also be obvious that symptoms can't be chalked up to a developmental disorder or difficult phase. Usually, a diagnosis is made by a child and adolescent psychiatrist or a specially trained paediatrician. The first step should be visiting a GP who can refer you to one of these specialists, either via the NHS or privately.

**How can it be treated?**

"The first thing to know is that ADHD cannot be cured," says Dr Zwanenberg. "Often, symptoms change or reduce as time goes on and both medical and psychological treatments can help your child to control their symptoms. "The NHS estimates that around one third of children seem to grow out of their disorder during



The core symptoms are general difficulty in regulating attention, controlling impulses and hyperactivity. (Photo: PA Photo)

adolescence, but others find their ADHD persists into adult life," she continues. "At times, just giving some strategies to schools and parents to help the young person is enough to make a difference."

ADHD can be treated using medication or therapy, but the NHS recommends that a combination of both is often best. Talking therapies like CBT, psychoeducation and social skills training are particularly useful for helping young people to understand how to alter some of the behaviours related to ADHD.

If you decide to go down the medication route, there are five types licensed for the treatment of ADHD: methylphenidate, dexamfetamine, lisdexamfetamine, atomoxetine and guanfacine. Some need to be taken every day, while some can be taken just on school days. Much like anti-depressants for mental health issues,

medication for ADHD is not a 'cure'. Instead, some young people find taking medication can help to put them back on a level playing field with their peers and allow them to reach their potential in school.

Providing a healthy, balanced diet for your child is important, and some people may notice a link between things like sugar, food colouring, additives and caffeine and worsening ADHD symptoms. Eating sugary sweets or drinking fizzy drinks, for instance, is often blamed for aggravating hyperactivity. Dr Zwanenberg notes that it's always worth speaking to your GP about the options available, so you can discuss the best course of treatment for your child. "If you're concerned about ADHD, it is sensible to have an assessment and receive a diagnosis if it is present," she says, "as understanding and treating it can reduce the likelihood of other difficulties arising as time goes on." TPN/PA



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# Gardening for everyone

Garden designer Mark Lane's life changed course 15 years ago, when a car crash left him needing to use a wheelchair.



"From the first moment of thinking about what to do in the garden, whether it be passive (sitting and enjoying) or active (physically gardening), we are improving our brain health. I have noticed how my own cognitive recall has improved since gardening and doing garden design," says Lane.

Neurons in the brain are sparked, whatever you're doing garden-wise, whether choosing seeds, border planning or actively planting. Relax your mind by creating a seating area, preferably in the shade, listening to birdsong.

### You can grow your own healing herb garden

Lane has his own herb garden area, aware of their natural healing powers. "Peppermint is great for helping with bloating and indigestion, dandelion is packed with vitamins and minerals and helps cleanse the liver, and rosemary or sage contain flavonoids that help prevent cancer and reduce the risk of heart attacks and strokes," he says.

### Even contact with soil could be a health-booster

"There's a harmless bacteria, *Mycobacterium vaccae*, normally found in dirt, which stimulates the immune system and has also been found to boost the production of serotonin, the feel-good brain chemical," says Lane. "Low levels of serotonin are associated with depression, so physical contact with soil may [help] elevate our mood."

Top tips for gardeners with disabilities

### Use the right tools and kit for the job

Using the right tools for the job will make gardening more manageable and comfortable, Lane stresses. Grabbers can be used to hold plants. Long-handled tools called 'reacher grabbers', with a claw at one end, are perfect for picking things up, and reaching for plants that need deadheading or pruning.

Try out long-handled tools in the shop before you buy, he suggests. They're ideal for people who can't bend down easily, or for those in wheelchairs. You may want to splash out on tools with interchangeable heads to save time and space.

Also, go for lightweight tools if you can - there are

some good aluminium ones on the market, but be aware that some less heavy tools may not last as long as others. And consider the handles: Some are more ergonomic than others, with moulded handles which are more comfortable to use.

Portable tables of differing heights are perfect for helping wheelchair-users and others with physical disabilities to plant and sow. Look out for adjustable camping tables with non-slip surfaces, which you can fold and put away afterwards. Invest in a scoop for getting compost and gravel out of bags and buy smaller bags of compost for ease of handling.

If you haven't any raised beds which are the right

accessible



Used with kind permission of the artist José de Guimarães

# Portugal

height for you to plant, consider planting in pots, using tables around you to rest the pot on while you are doing it. And keep hedges at a height where you can easily trim them.

### Keep a wide path

"For wheelchair-users, the best width for a domestic path is 120cm. This allows space either side to control the chair. For more

ambulant people, a width of 120cm to 140cm is ideal," Lane adds.

"It also means that for people with, for example, chronic arthritis, who may need the support of someone's arm; this can be achieved because the path is wide enough for two people to walk side-by-side. And avoid gravel, which feels unstable underfoot." PA

He had to come to terms with his disability, tackle severe depression and overcome chronic pain and fatigue. Lane had previously had high-flying roles in publishing, but decided to change careers - and his passion for plants and the outdoors led him to study garden and landscape design, based at home.

Today, he runs his own garden design and landscape practice, has a thriving career as a TV gardening presenter, is an ambassador for various disability charities with a slant on gardening, and is now supporting Gardens & Health Week.

"As a garden designer, and as someone who uses a wheelchair all the time, I know first-hand how gardening has improved my physical health and my mental wellbeing," says Lane. "I am a strong advocate for the importance that gardening plays on our busy everyday lives and wellbeing."

So how can more of us tune into the benefits of horticulture? Lane reveals some of the wellbeing benefits of gardening, along with some top tips for getting started for those living with disabilities or illness...

### Benefits for the mind and body

It's great for mindfulness

"When in a garden or gardening, we are encouraged to live in the moment, be more mindful of ourselves and our surroundings. Our breathing slows down (unless we are digging), our shoulders drop, and in no time at all the activity of gardening has been used as a stress reliever and stress releaser," says Lane.

### Gardening helps you keep fit

"Gardening is a great way to keep fit, using muscles in our hands, arms, back, stomach and legs, without even knowing that we are doing it - better than going to the gym, in my opinion," Lane adds.

### And keeps your brain healthy too



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The terrace overlooks the grounds and gardens and a generously sized swimming pool, which is exposed all day long to the Algarvian sunshine. There is plenty of space for sunbeds and loungers all around the poolside.

The current owners are running the villa as a bed and breakfast and have a rental licence in place to do so, however, it would be very easy to convert the property back into a non-commercial family villa.

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Near Sao Bras / Loule

**4 bedroom villa**  
EXCLUSIVE LISTING, rustic villa with large pool and very large terrace, totally private and stunning country views.  
EC class: F  
Ref: VDJ Price: €550.000

Vila Sol

2 bedroom apartment, spacious and bright, no stairs, west facing, large terrace overlooking manicured lawns, 3 swimming pools.  
EC class: C  
Ref: P-MRI Price: €275.000

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Beautifully renovated, Traditional 2 Bedroom Townhouse with an ample living room & woodburner, 2 bathrooms, an amazing roof terrace overlooking the superb countryside views located in a picturesque hamlet only 10 min. from Silves.  
Bedrooms: 2 Area: 81 m<sup>2</sup>  
Ref.: V1378

€140,000

Exclusive Opportunity

Excellent 2-bedroom Sea View Apartment within a 5 minute walk to the nearest beach, inserted in a Luxury Award Winning Family Resort that has a variety of top facilities located only 5 min. from the amazing fishing village of Carvoeiro.  
Bedrooms: 1 Area: 87 m<sup>2</sup>  
Ref.: AS626

€325,000

Spacious 4 bedroom villa with swimming pool, ample living room, fully equipped kitchen, roof terrace with great mountain views, located in a quiet urbanisation, just a short walk from the centre of Silves.  
Bedrooms: 4 Area: 259 m<sup>2</sup> | 683 m<sup>2</sup>  
Ref.: V1370

€395,000

Great Potential! Traditional 3 storey villa with 4 + 1 bedrooms, fully fenced, garden with various fruit trees, covered terrace with outdoor kitchen equipped with bread oven, wood oven and bbq, located only 1 km from the Historical City of Silves & 5 min. from Lagoa.  
Bedrooms: 4 + 1 Area: 312 m<sup>2</sup> | 565 m<sup>2</sup>  
Ref.: V1373

€320,000

Unique Opportunity

Cosy 2-bedroom house with a living room, 2 bathrooms, extra room, garden area & carport located within only 5 min. from Algoz & 10 min. from Silves. Great Investment Opportunity!

Bedrooms: 2 + 1 Area: 85 m<sup>2</sup> | 960 m<sup>2</sup>  
Ref.: V1371

€195,000

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

BOLIQUEIME – STUNNING SEA VIEW

Villa with stunning sea views, near amenities, consisting of 3 bedrooms, 2 bathrooms, living room, dining room with fireplace, kitchen, laundry, BBQ, garage for 2 cars, heated swimming pool, jacuzzi and garden with fruit trees. Furnished and equipped. Plot area-2.000 sq.m. Const. area - 195 sq.m. ENERGY CLASS – B.  
REF.V12881 PRICE: €650.000

VILAMOURA – PRIVATE CONDOMINIUM

Apartment located in a closed condominium composed of 1 bedroom, 1 bathroom, lounge with fireplace and dining area, kitchen and terrace. Communal swimming pool and garden area. Furnished and equipped. Const. area – 56 sq.m. ENERGY CLASS – E.  
REF.A01631 Price: €135.000

VILAMOURA – CENTRALLY LOCATED

Refurbished apartment situated 2 minutes from the Marina and 5 mn from the beach, consisting of 2 bedrooms, 1 bathroom, lounge/dining room, kitchen and 2 terraces. Communal garden area. Exterior parking area. Const. area - 74 sq.m. Furnished and equipped. ENERGY CLASS - C  
REF.A01662 PRICE: €210.000

VILAMOURA – 2 MN AWAY FROM MARINA

Three bedroom attached villa, consisting of 3 bathrooms, living room with fireplace, equipped kitchen, terraces and roof terrace with BBQ. Garden area. Const. area -104,44 sq.m. Exterior parking area. Located 2 mn away from the Marina and all the facilities. ENERGY CLASS - C  
REF.V12891 Price: €380.000

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OUR PROPERTY OF THE WEEK:

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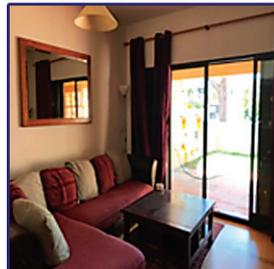
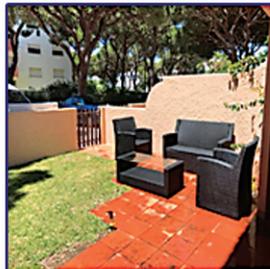
## STAR PROPERTY - Vilamoura

2 bedroom apartment with 2 terraces in popular resort of Vilamoura. Very central position and excellent value. Good as a holiday home or investment.

Ref: FS150

Price: 169,000€

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This 2 bedroom apartment is situated within walking distance of Vilamoura Marina. It has been well maintained with good size bedrooms and an open plan lounge and dining area. Front and back terraces and two good size bedrooms. Kitchen and family shower room with an outside storage.

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This Week's profiles:



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## AlgarExperience

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## Bedrooms Extra

For further information, Tel. Almancil: (+351) 289050919, Lagos: (+351) 282762383, or visit: www.bedroomsextraalgrave.com



## Archiultimate

For more information Tel: (+351) 289397557, email: noel@archiultimate.com or visit: www.archiultimate.com

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## M2M Blinds: Service and Quality Matter

M2M blinds can boast a successful 11 years in business giving their clients a further piece of mind and security that they are dealing with a long established company here in Portugal.

M2M are a small enterprise, but with a big reputation for the best quality, service and prices. As the saying goes: "In life you get what you pay for", but what M2M have managed to achieve is to give you the better products without paying top prices. This philosophy has paid off for them with countless returning clients over the years and many more recommendations that continue to come every week.

With the best product ranges of Internal window blinds, mosquito screens, awnings and external blinds, Upvc windows and doors, glass curtains, electric radiators and towel rails, M2M can help you improve your lifestyle and home in a multitude of ways.

All the above comes with the M2M "I CARE" personalised service that will make clients choices as stressless as possible, with help and guidance from Denny from start to finish. There are no middlemen or installation teams to talk to or deal with. You will have a guarantee of a clean and pleasant installation and a product that you will be able to enjoy for years to come.

Is bigger better? M2M think not. They



believe that the personal service they provide is the key to the success over the years, with many customers now being friends. You do not get this from larger companies.

Jane & Denny Bird, owners of M2M explain: "We always give our clients a finished job that we would have in our own home and that makes a big difference going the extra mile to finish a job off correctly. We would also like to thank all our clients over the years for helping to make the business what it is and also a thank you to **The Portugal News** with whom we have been from the very first week."

If you are considering home improvements for one or more of the products M2M supply, then feel free to contact them for a free, no obligation quotation and let them help you improve your property and lifestyle. M2M will once again be attending their 12<sup>th</sup> year at the BLIP exhibition in Portimão in October; please feel free to visit their stand.

## Unique Boat Experiences at Albufeira Marina, Algarve



Have you experienced a cruise along the coastline between Albufeira and the world famous Benagil cave or a boat tour with a beach BBQ at sunset with live music on the beach?

These are only two of several boat tours and activities that AlgarExperience has to offer you. Dolphin watching and caves, day beach BBQs, Parasailing, Reef Fishing, Boat parties, Watersports and Private charter are some more.

The company is also specialized in corporate or group events, having all the fleet available for private hire. Team building events, brand activations, weddings and birthday parties are just some of the private events that the

company can host.

Equipped with a modern fleet of 3 catamarans, a Sunseeker 46 for private boat charters up to 12 passengers, 2 Parasailing boats and a fishing boat, AlgarExperience offers a wide range of sea activities.

Based at Albufeira Marina, AlgarExperience is the leading maritime tourism company in the Algarve, established in 2006 and built from a passion for the sea and water activities. The company is proud to be recognized for its professionalism, personalised services and the quality provided to the clients; this is their solid trademark.

Experiences Powered by Emotion.

## A new Bedrooms Extra UK bed showroom



Building on their success following decades of trading within the Algarve, Bedrooms Extra have moved their Almancil showroom to the outskirts of the town, just past the beautiful São Lourenço church on the EN125.

The new showroom has plenty of space, its own customer parking directly in front, and showcases its large range of UK beds and mattresses with complementary bedding in comfortable surroundings. "We are delighted to be in the new store, and we are very much looking forward to welcoming new and loyal clients", says owner Patrick.

Bedrooms Extra also have a large successful store and warehouse in Lagos and the staff at both stores pride themselves on working as a team. They are friendly, welcoming and knowledgeable and are eager to make sure you get the bed that is right for you. "Choosing a mattress is a very personal decision - it's certainly not a case of one size fits all. It's very important that you lie

on the bed and see if it gives you the support and comfort that suits your needs", says Patrick.

All of the beds are imported from the UK and comply with British Standards and there's no confusion on their size as they are all standard UK sizes.

Delivery covering the whole of the Algarve is all part of the service and as beds are held in stock there is no delay.

The bed ranges specific to Bedrooms Extra are well known brands such as Relyon, Sleepzee, Dura Beds and the new MLily range (global partner of Manchester United). The MLily range have removable covers, are backed by a 5 year guarantee and are also infused with a cooling gel, perfect for a good night's sleep.

Bedrooms Extra offer everything from the traditional pocket sprung tufted mattress to the multi-layered and varied graded foam or even a hybrid! They also stock a range of pillows, mattress protectors, duvets, and UK sized bedding.

## Complete architectural and interior design solutions

With a showroom and office located on the Vale do Lobo road in Almancil and now opening a new showroom in Vilamoura Marina, with 20 years of experience, Archiultimate offers complete architectural and interior design solutions, from the initial project to the decoration of private homes, stores, restaurants and hotels.

Another of the company's strengths is the remodelling of existing spaces, combining style and exclusivity in each of these solutions.

"Porada, Cattelan Italia, Vondom, Missoni Home, Kettal, Kartell, Fiam, Arketipo, Flos, Karman and Slamp, are some of the prominent international brands that can be found in our showroom," says Susana Guerreiro, the company's interior design consultant.

With extensive experience in an area she considers to be "more than just a profession, but also a passion", the consultant creates complete, efficient solutions in her interior architecture projects, whether it's a villa or an apartment for personal use or rental purposes, or even commercial or contract projects.

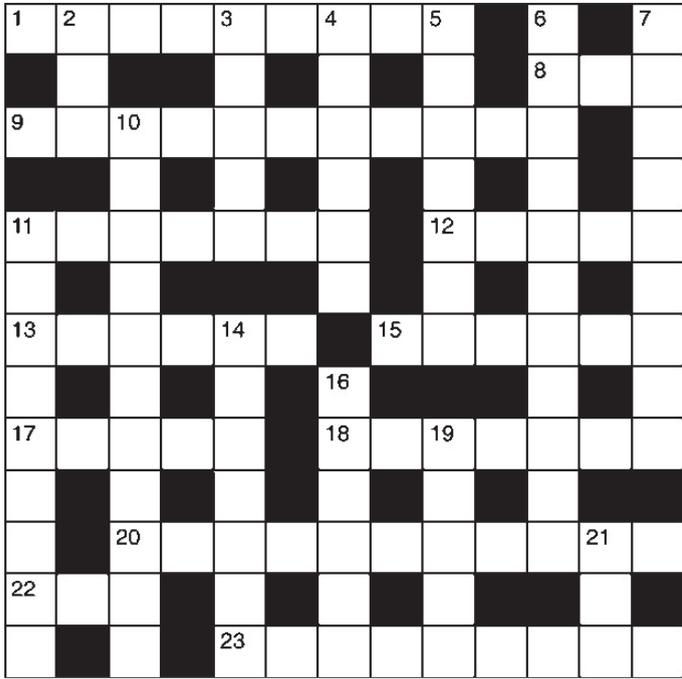
Completing the other half of the team is Noel Marques who, together with a team



of experienced professionals, focuses on the design and quality of architectural projects in the residential, commercial and contract fields.

Our team of accomplished professionals has built up an enviable reputation producing interiors that are both aesthetic and flexible in their designs. For those seeking classic or contemporary interior design, we meticulously source the finest pieces and fabrics from around the world. Using our renowned touch and attention to detail, we offer a different style and innovative approach in our design concepts and solutions.

Each stage of the project demands complete dedication, from the conception and selection of the final materials, through to the final execution, with the team always ensuring it combines the best aesthetics and total functionality.



**Last week's cryptic crossword solutions**  
**Across:** 7 Really; 8 Mallow; 10 Gravity; 11 Apace; 12 Drop; 13 Shied; 17 Saint; 18 Bride; 22 Peter; 23 Topical; 24 Ransom; 25 Wrist.  
**Down:** 1 Brigade; 2 Parasol; 3 Plain; 4 Cabaret; 5 Clean; 6 Sweep; 9 Hyphenate; 14 Patriot; 15 Discuss; 16 Realist; 19 Apart; 20 Stand; 21 Spars

## CRYPTIC CROSSWORD

### ACROSS

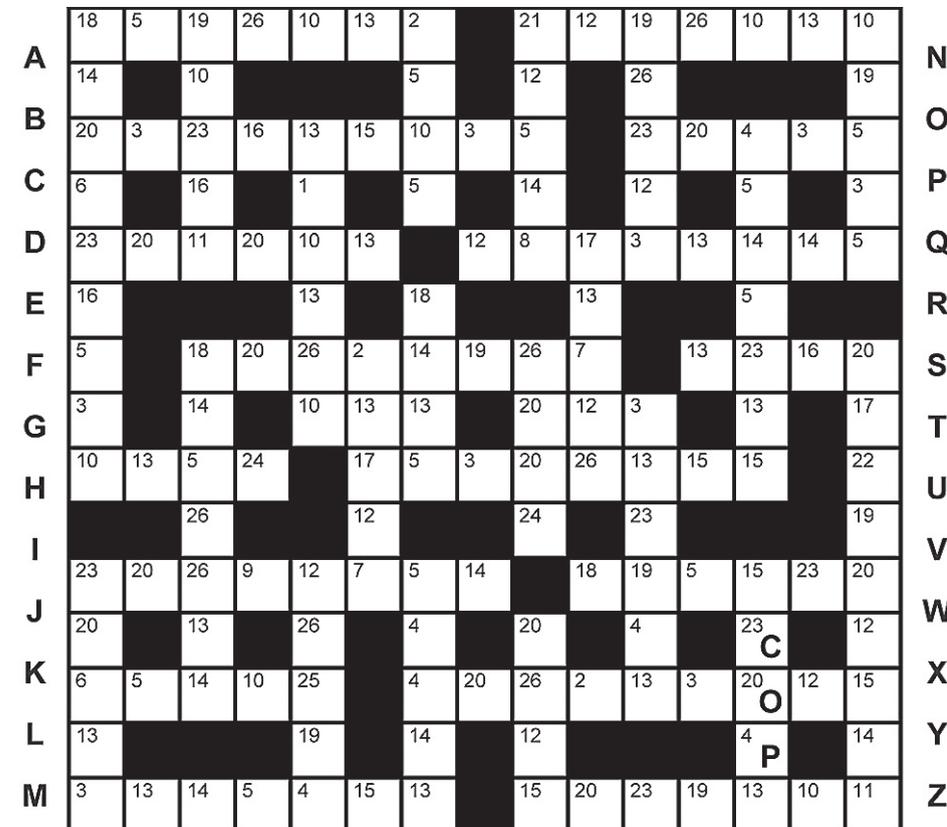
- What Victor did after the race (4,5)
- Local publication, or a section of it (3)
- Painting the sea blue, for instance (11)
- Get back in to centre of procession (7)
- Carries some animals (5)
- Notoriety the outcome if many go astray (6)
- Humble churchman takes me in (6)
- A young lady, perhaps, may find it incorrect (5)
- Officer has gone, possibly to a German city (7)
- She may charm everything other than screens (11)
- Is no longer part of American wasteland (3)
- Spectacles on: letter G is improved! (9)

### DOWN

- She has a daughter in the A.A. (3)
- Warning about tune at first being loud (5)
- Trio performing before the queen, one of them causing a disturbance (6)
- Head teacher with Russian money problem (7)
- Leader pages read with arms and legs outstretched (6-5)
- One basic change to note of respect (9)
- Saving the state (11)
- Part of the city where crockery can be purchased? (9)
- False claim about American film, perhaps (7)
- The French involved in turnover of rice cake (6)
- Admit taking part in vile tinpot production (3,2)
- Sort out the side when one drinks too much (3)

## CODEWORD

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



## QUICK CROSSWORD

### ACROSS

- Leader (9)
- Pinch (3)
- Disjointed (11)
- Wandering (7)
- Broom (5)
- Sullen (6)
- Approached (6)
- Rope fibre (5)
- Caustic (7)
- Incapable (11)
- Pigeon call (3)
- Strangled (9)

### DOWN

- Female bird (3)
- Barrier (5)
- Unwilling (6)
- Eminent (7)
- Objectionable (11)
- Fitful (9)
- Condensation (11)
- Truce (9)
- Importune (7)
- Gavel (6)
- Upright (5)
- Born (3)

**Last week's quick crossword solution**  
**Across:** 1 Nearly; 8 Battle; 10 Arraign; 11 Taint; 12 Cage; 13 Bloom; 17 Vague; 18 Lure; 22 Loose; 23 Habit; 24 Status; 25 Loving.  
**Down:** 1 Infancy; 2 Farrago; 3 Fluid; 4 Caution; 5 Stain; 6 Petty; 9 Onslaught; 14 Hateful; 15 Curtail; 16 Vertigo; 19 Clasp; 20 Loyal; 21 Abhor.

## SUDOKU

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

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

Medium

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

Hard

### Last week's solutions

#### Last Week's Codeword Solution

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

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

Medium

Hard




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**SATURDAY 25/08/18**

<b>BBC One</b>	11.20 James Martin's American Adventure.
06.00 Breakfast.	11.50 #10k Holiday Home.
10.00 Saturday Kitchen Live.	12.20 Love Your Garden.
11.30 Nadiya's Family Favourites.	13.20 ITV News and Weather; Weather.
12.00 Football Focus.	13.30 ITV Racing Live: York Ebor Festival.
13.00 BBC News; Weather.	16.00 The Chase.
13.15 Bargain Hunt.	17.00 WOS Wrestling.
14.00 Live Challenge Cup Rugby League.	18.00 ITV News and Weather.
17.30 FILM: Shrek Forever After (2010).	18.15 ITV News London; Weather.
18.55 BBC News.	18.30 Japandemonium.
19.05 BBC Regional News; Weather.	19.00 Big Star's Little Star.
19.15 Impossible Celebrities.	20.00 FILM: The Lord of the Rings: The Return of the King (2003).
20.05 Pointless Celebrities.	23.45 ITV News and Weather; Weather.
20.50 Casualty.	00.05 WOS Wrestling.
21.40 Mrs Brown's Boys.	01.00 Jackpot247.
22.10 BBC News; Weather; National Lottery Update.	03.00 Eternal Glory.
22.30 Match of the Day.	03.50 ITV Nightscreen.
23.50 FILM: Reasonable Doubt (2014).	
01.10 Weather for the Week Ahead.	
01.15 BBC News.	
<b>BBC Two England</b>	
06.40 Top Class.	07.10 Mobil 1: The Grid.
07.10 Marrying Mum and Dad.	07.35 Frasier.
07.40 Officially Amazing Goes Bunkers.	08.00 Frasier.
08.10 The Dengineers.	08.30 Frasier.
08.35 Deadly Dinosaurs with Steve Backshall.	09.00 The Big Bang Theory.
09.05 David Attenborough's Natural Curiosities.	09.30 The Big Bang Theory.
09.30 Nature's Miracle Babies.	09.55 The Simpsons.
10.30 Killer Whales: Beneath the Surface - Natural World.	10.25 The Simpsons.
11.15 Rugby League's Legendary Watersplash Final.	10.55 Formula 1 Belgian Grand Prix Practice 3 Live.
12.00 Nigel Slater: Eating Together.	12.25 F1 Meets Nigel Mansell.
12.30 Great British Menu.	12.55 Formula 1 Belgian Grand Prix Qualifying Live.
13.00 Great British Menu.	15.45 CarSOS.
13.30 Garden Rescue.	16.45 A Place in the Sun: Winter Sun.
14.15 Escape to the Country.	17.15 The People's Vet.
15.00 Scrappers.	18.10 Escape to the Chateau: DIY.
15.30 Saving Lives at Sea.	19.05 Channel 4 News.
16.30 Final Score.	19.35 FILM: Captain America: The First Avenger (2011).
17.15 Flog It!	22.00 FILM: Pain & Gain (2013).
17.50 A Passage to Britain.	00.30 FILM: Regression (2015).
18.50 Proms Extra.	02.20 Hollyoaks.
19.30 Dad's Army.	04.30 Village of the Year with Penelope Keith.
20.00 Blitz: The Bombs That Changed Britain.	05.25 The Posh Frock Shop.
21.00 QIXL.	05.50 Kirstie's Fill Your House for Free.
21.50 Anita & Me - and Me.	
21.55 FILM: Anita & Me (2002).	
23.25 FILM: Zindagi Na Milegi Dobara (2011).	
01.50 This Is BBC Two.	
<b>ITV London</b>	
06.00 CITV.	19.00 Elsa the Lioness.
08.25 ITV News.	19.30 BBC Proms 2018.
08.30 Zoe Ball on Saturday.	21.50 West Side Stories - The Making of a Classic.
09.25 James Martin's Saturday Morning.	22.50 Leonard Bernstein at the BBC.
	23.50 Top of the Pops: 1986.
	00.20 Heavy Metal Britannia.
	01.50 Goth at the BBC.
	02.50 West Side Stories - The Making of a Classic.
	03.50 Close.

**SUNDAY 26/08/18**

<b>BBC One</b>	13.00 ITV News and Weather; Weather.
06.00 Breakfast.	13.15 Big Star's Little Star.
09.00 Match of the Day.	14.15 Catchphrase.
10.25 Sunday Morning Live.	15.00 Tenable.
11.25 Homes Under the Hammer.	16.00 Tipping Point: Lucky Stars.
12.00 Bargain Hunt.	17.00 The Chase.
13.00 BBC News; Weather.	18.00 ITV News and Weather.
13.15 Still Open All Hours.	18.15 ITV News London; Weather.
13.45 Hold the Sunset.	18.30 Paul O'Grady's Little Heroes.
14.15 Money for Nothing.	19.00 The Chase: The Bloopers.
15.00 Escape to the Country.	20.00 FILM: Jurassic World (2015).
15.30 Songs of Praise.	22.20 ITV News and Weather; Weather.
16.05 Fake or Fortune?	22.35 Larry Grayson: Shut That Door!
17.05 Eat Well for Less?	00.20 Jackpot247.
18.05 The Deer Stalker: Our Lives.	03.00 Motorsport UK.
18.35 BBC News.	03.50 British Superbike Championship Highlights.
18.50 BBC Regional News; Weather.	
19.00 Countryfile.	
20.00 Fake or Fortune?	
21.00 Bodyguard.	
22.00 BBC News.	
22.20 BBC Regional News; Weather.	
22.30 Match of the Day 2.	
23.30 Supermarket Shopping Secrets.	
00.30 Weather for the Week Ahead.	
<b>BBC Two England</b>	
06.30 Around the World in 80 Gardens.	06.05 Kirstie's Fill Your House for Free.
07.30 Gardeners' World.	06.10 Motorsport: Volkswagen Racing Cup32.
08.30 Countryfile Live.	06.35 Motorsport: British Rally Championship.
09.30 The Beechgrove Garden.	07.05 Everybody Loves Raymond.
10.00 Saturday Kitchen Best Bites.	07.30 Everybody Loves Raymond.
11.30 Great British Menu.	08.00 Everybody Loves Raymond.
12.00 Great British Menu.	08.30 Para Swimming: European Championships.
12.30 Great British Menu.	09.30 Sunday Brunch.
13.00 Hairy Bikers' Best of British.	12.30 Peng Life.
13.45 Triathlon World Series: Montreal Women's Race.	13.00 Formula 1 Belgian Grand Prix Live Build Up.
15.15 Wastemen.	13.40 Formula 1 Belgian Grand Prix Live.
16.10 Saving Lives at Sea.	16.30 Formula 1 Belgian Grand Prix Live Reaction.
17.10 Tribes, Predators & Me.	17.35 CarSOS.
18.10 FILM: Raiders of the Lost Ark (1981).	18.30 Channel 4 News.
20.00 Dragons' Den.	19.00 Flying Across Britain with Arthur Williams.
21.00 Eight Go Rallying: The Road to Saigon.	20.00 Hidden Britain by Drone.
22.00 Ramesh Ranganathan: Irrational Live.	21.00 FILM: World War Z (2013).
23.00 Man Like Mobeen.	23.15 FILM: 47 Ronin (2013).
23.20 Man Like Mobeen.	01.30 The Crystal Maze.
23.45 Pump Up the Bhangra: The Sound of Asian Britain.	02.25 Mobil 1: The Grid.
00.45 Sign Zone: Countryfile Live.	02.50 Phil Spencer: Secret Agent.
01.40 Sign Zone: Holby City.	03.45 French Collection.
	04.40 Village of the Year with Penelope Keith.
<b>ITV London</b>	
06.00 CITV.	19.00 Simon Rattle: The Making of a Maestro.
08.25 ITV News.	20.00 BBC Proms 2018.
08.30 Zoe Ball on Sunday.	22.00 Arena.
09.25 Japandemonium.	23.00 Chuck Berry in Concert.
09.55 Cannonball.	00.00 Sing Stevie Wonder.
10.55 Ninja Warrior UK.	01.00 Sex, Chips and Poetry: 50 Years of The Mersey Sound.
12.00 WOS Wrestling.	02.00 The Secret Life of Landfill: A Rubbish History.

**MONDAY 27/08/18**

<b>BBC One</b>	Weather.
06.00 Breakfast.	13.55 ITV News London; Weather.
09.00 Countryfile: Summer Diaries.	14.00 Judge Rinder.
09.45 Homes Under the Hammer.	15.00 Dickinson's Real Deal.
10.45 Wanted Down Under.	16.00 Tipping Point.
11.30 Thief Trackers.	17.00 The Chase: Celebrity Special.
12.00 Bargain Hunt.	18.00 ITV News London; Weather.
13.00 BBC News at One; Weather.	18.30 ITV Evening News; Weather.
13.20 BBC Regional News and Weather.	19.00 Emmerdale.
13.30 Murder, Mystery and My Family.	19.30 Coronation Street.
14.15 Escape to the Country.	20.30 FILM: Dad's Army (2016).
15.15 Royal Recipes.	22.20 ITV News and Weather; Weather.
16.00 Money for Nothing.	22.40 Inside the Court of Appeal.
17.00 Impossible.	23.40 Killer Women with Piers Morgan.
17.45 Flog It!	00.35 Long Lost Family.
18.15 BBC News.	01.25 Jackpot247.
18.45 BBC Regional News and Weather.	03.00 The Jeremy Kyle Show.
19.00 The Royal Edinburgh Military Tattoo 2018.	03.55 ITV Nightscreen.
20.00 Would I Lie to You?	05.05 The Jeremy Kyle Show.
20.30 EastEnders.	
21.00 Bodyguard.	
22.00 BBC News at Ten.	
22.25 BBC Regional News and Weather.	
22.35 Cuckoo.	
23.00 One Hot Summer.	
23.30 Segregated America: A School in the South.	
00.15 Celebrity Apprentice USA.	
01.00 Celebrity Apprentice USA.	
01.45 Weather for the Week Ahead.	
01.50 BBC News.	
<b>BBC Two England</b>	
06.10 The TV That Made Me.	06.20 The King of Queens.
06.40 Animal Park Summer Special.	06.45 The King of Queens.
07.25 Impossible.	07.10 The King of Queens.
08.10 Sign Zone: Fake or Fortune?	07.35 Everybody Loves Raymond.
09.10 Coast.	08.00 Everybody Loves Raymond.
10.10 FILM: Daddy Long Legs (1955).	08.35 Everybody Loves Raymond.
12.10 FILM: The Cruel Sea (1953).	09.05 Frasier.
14.15 Triathlon World Series: Montreal Men's Race.	09.35 Frasier.
15.15 Ocean Giants.	10.05 Ramsay's Kitchen Nightmares USA.
16.15 Lost Land of the Jaguar.	11.00 The Simpsons.
17.15 Antiques Road Trip.	11.35 The Simpsons.
18.00 Celebrity Eggheads.	12.05 Come Dine with Me.
18.45 The Repair Shop.	13.05 Bang on Budget.
19.30 Great British Menu.	14.10 Countdown.
20.00 Nadiya's Family Favourites.	15.00 A Place in the Sun: Winter Sun.
20.30 University Challenge.	16.00 Sun, Sea and Selling Houses.
21.00 Drinkers Like Me: Adrian Chiles.	17.00 Come Dine with Me.
22.00 Riz Ahmed: Road to Englistan.	17.30 The Simpsons.
22.30 FILM: The Reluctant Fundamentalist (2012).	18.00 The Simpsons.
00.30 Searching for Mum: India.	18.30 Hollyoaks.
01.30 Sign Zone: Lost Boys? What's Going Wrong for Asian Men.	19.00 Channel 4 News.
02.30 Sign Zone: Back to the Land with Kate Humble.	19.30 Food Unwrapped.
03.30 This Is BBC Two.	20.00 How to Get Rich Quick.
	20.30 Jamie Cooks Italy.
	21.00 Speed with Guy Martin: Classic F1 Special.
	22.30 Who Is America?
	23.05 8 Out of 10 Cats Does Countdown.
	00.05 Kinky Britain.
	01.00 Ramsay's Kitchen Nightmares USA.
	01.55 60 Days in Jail.
	02.45 The Supertvet.
	03.40 Phil Spencer: Secret Agent.
	04.35 Village of the Year with Penelope Keith.
	05.35 Countdown.
	<b>BBC Four</b>
	19.00 Beyond 100 Days; Weather.
	19.30 Francesco's Mediterranean Voyage.
	20.00 Art of Germany.
	21.00 Rome's Invisible City.
	22.00 The Story of Ireland.
	23.00 Pavlopetri - The City Beneath the Waves.
	00.00 To Boldly Go - Down.
	01.00 The Story of Scottish Art.
	02.00 Medieval Lives: Birth, Marriage, Death.

**TUESDAY 28/**

<b>BBC One</b>	06.00 Breakfast.
09.15 Countryfile: Summer Diaries.	09.15 Countryfile: Summer Diaries.
10.00 Homes Under the Hammer.	10.00 Homes Under the Hammer.
11.00 Wanted Down Under.	11.00 Wanted Down Under.
11.45 Thief Trackers.	11.45 Thief Trackers.
12.15 Bargain Hunt.	12.15 Bargain Hunt.
13.00 BBC News at One; Weather.	13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.	13.30 BBC Regional News and Weather.
13.45 Murder, Mystery and My Family.	13.45 Murder, Mystery and My Family.
14.30 Escape to the Country.	14.30 Escape to the Country.
15.30 Royal Recipes.	15.30 Royal Recipes.
16.15 Flog It!	16.15 Flog It!
17.15 Impossible.	17.15 Impossible.
18.00 BBC News at Six; Weather.	18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.	18.30 BBC Regional News and Weather.
19.00 The One Show.	19.00 The One Show.
19.30 EastEnders.	19.30 EastEnders.
20.00 Holby City.	20.00 Holby City.
21.00 Age Before Beauty.	21.00 Age Before Beauty.
22.00 BBC News at Ten.	22.00 BBC News at Ten.
22.30 BBC Regional News and Weather; National Lottery Update.	22.30 BBC Regional News and Weather; National Lottery Update.
22.45 The Truth About Looking Good.	22.45 The Truth About Looking Good.
23.45 KKK: The Fight for White Supremacy.	23.45 KKK: The Fight for White Supremacy.
00.45 Weather for the Week Ahead.	00.45 Weather for the Week Ahead.
00.50 BBC News.	00.50 BBC News.
<b>BBC Two England</b>	
06.00 The TV That Made Me.	06.00 The TV That Made Me.
06.30 Countryfile: Summer Diaries.	06.30 Countryfile: Summer Diaries.
07.15 Impossible.	07.15 Impossible.
08.00 Sign Zone: Nadiya's Family Favourites.	08.00 Sign Zone: Nadiya's Family Favourites.
08.30 Sign Zone: The Farmers' Country Showdown.	08.30 Sign Zone: The Farmers' Country Showdown.
09.00 Victoria Derbyshire.	09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.	11.00 BBC Newsroom Live.
13.00 Coast.	13.00 Coast.
13.20 FILM: Odette (1950).	13.20 FILM: Odette (1950).
15.15 Ocean Giants.	15.15 Ocean Giants.
16.15 Lost Land of the Jaguar.	16.15 Lost Land of the Jaguar.
17.15 Antiques Road Trip.	17.15 Antiques Road Trip.
18.00 Celebrity Eggheads.	18.00 Celebrity Eggheads.
18.45 The Repair Shop.	18.45 The Repair Shop.
19.30 Great British Menu.	19.30 Great British Menu.
20.00 Saving Lives at Sea.	20.00 Saving Lives at Sea.
21.00 A Passage to Britain.	21.00 A Passage to Britain.
22.00 The Wedding Guru.	22.00 The Wedding Guru.
22.30 Newsnight.	22.30 Newsnight.
23.10 Weather.	23.10 Weather.
23.15 Dragons' Den.	23.15 Dragons' Den.
00.15 Sign Zone: The Real Marigold Hotel.	00.15 Sign Zone: The Real Marigold Hotel.
01.15 Sign Zone: Heir Hunters with Michael Buerk.	01.15 Sign Zone: Heir Hunters with Michael Buerk.
02.00 This Is BBC Two.	02.00 This Is BBC Two.
<b>ITV London</b>	
06.00 Good Morning Britain.	06.00 Good Morning Britain.
08.30 Lorraine.	08.30 Lorraine.
09.25 The Jeremy Kyle Show.	09.25 The Jeremy Kyle Show.
10.30 This Morning.	10.30 This Morning.
12.30 Loose Women.	12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.	13.30 ITV Lunchtime News; Weather.
14.00 Judge Rinder.	14.00 Judge Rinder.
15.00 Dickinson's Real Deal.	15.00 Dickinson's Real Deal.
15.59 ITV London Weather.	15.59 ITV London Weather.
16.00 Tipping Point.	16.00 Tipping Point.
17.00 The Chase: Celebrity Special.	17.00 The Chase: Celebrity Special.

**The Great British Bake Off (Tuesday Channel 4, 8pm)**

After last year's series proved that Noel Fielding and Sandi Toksvig really could rise to the challenge of replacing Mel Giedroyc and Sue Perkins, The Great British Bake Off returns for a new run. And it seems everyone has settled into their roles to such an extent that they feel comfortable breaking with tradition, as for the first time the opening episode concentrates on biscuits rather than cakes. So, the 12 amateur bakers stepping into the famous tent will have to rustle up signature biscuits that will say something about both them and a place in the British Isles. The technical challenge finds them tackling one of Paul Hollywood's childhood favourites, while the showstopper involves a spectacular 3D biscuit portrait. But whoever fails to impress Paul and co-judge Prue Leith will be going home...

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**08/18**

18.00 ITV News London; Weather.  
18.30 ITV Evening News; Weather.  
19.00 Emmerdale.  
19.30 #10k Holiday Home.  
20.00 Love Your Garden.  
21.00 Long Lost Family.  
22.00 ITV News at Ten; Weather.  
22.30 ITV News London; Weather.  
22.45 The Frankenstein Chronicles.  
23.50 Lethal Weapon.  
00.35 Jackpot247.  
03.00 Loose Women.  
03.50 ITV Nightscreen.  
05.05 The Jeremy Kyle Show.

**Channel 4**

06.20 The King of Queens.  
06.45 The King of Queens.  
07.10 The King of Queens.  
07.35 Everybody Loves Raymond.  
08.00 Everybody Loves Raymond.  
08.30 Everybody Loves Raymond.  
09.00 Frasier.  
09.35 Frasier.  
10.05 Ramsay's Kitchen Nightmares USA.  
11.00 The Simpsons.  
11.30 The Simpsons.  
12.00 Channel 4 News Summary.  
12.05 Come Dine with Me.  
13.05 Bang on Budget.  
14.10 Countdown.  
15.00 A Place in the Sun: Winter Sun.  
16.00 Sun, Sea and Selling Houses.  
17.00 Come Dine with Me.  
17.30 The Simpsons.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 The Great British Bake Off.  
21.15 First Dates Hotel.  
22.20 Naked Attraction.  
23.20 24 Hours in A&E.  
00.20 One Born Every Minute.  
01.15 Grayson Perry: Rites of Passage.  
02.10 The Secret Life of the Zoo.  
03.05 Phil Spencer: Secret Agent.  
04.00 Village of the Year with Penelope Keith.  
04.55 The Posh Frock Shop.  
05.20 Kirstie's Fill Your House for Free.  
05.35 Countdown.

**BBC Four**

19.00 Beyond 100 Days; Weather.  
19.30 Francesco's Mediterranean Voyage.  
20.00 Andrew Marr's History of the World.  
21.00 The Joy of Winning.  
22.00 Horizon: Do You See What I See?  
23.00 The Secret Life of Rockpools.  
00.00 To Boldly Go - Up.  
01.00 Bollywood and Beyond: A Century of Indian Cinema.  
02.30 The Joy of Winning.  
03.30 Close.

**WEDNESDAY 29/08/18**

**BBC One**

06.00 Breakfast.  
09.15 Countryfile: Summer Diaries.  
10.00 Homes Under the Hammer.  
11.00 Wanted Down Under.  
11.45 Thief Trackers.  
12.15 Bargain Hunt.  
13.00 BBC News at One; Weather.  
13.30 BBC Regional News and Weather.  
13.45 Murder, Mystery and My Family.  
14.30 Escape to the Country.  
15.30 Royal Recipes.  
16.15 Flog It!  
17.15 Impossible.  
18.00 BBC News at Six; Weather.  
18.30 BBC Regional News and Weather.  
19.00 The One Show.  
19.30 Rip Off Britain.  
20.00 Shop Well for Less?  
21.00 Age Before Beauty.  
22.00 BBC News at Ten.  
22.30 BBC Regional News and Weather; National Lottery Update.  
22.45 A Question of Sport.  
23.15 The Lenny Henry Birthday Show.  
00.15 Weather for the Week Ahead.  
00.20 BBC News.

**BBC Two England**

06.00 The TV That Made Me.  
06.30 Countryfile: Summer Diaries.  
07.15 Impossible.  
08.00 Sign Zone: Snowdonia Shepherdess.  
08.30 Sign Zone: The Farmers' Country Showdown.  
09.00 Victoria Derbyshire.  
11.00 BBC Newsroom Live.  
13.00 Coast.  
13.20 FILM: A Town Like Alice (1956).  
15.15 Ocean Giants.  
16.15 Lost Land of the Jaguar.  
17.15 Antiques Road Trip.  
18.00 Celebrity Eggheads.  
18.45 The Repair Shop.  
19.30 Great British Menu.  
20.00 Great British Menu.  
20.30 Upstart Crow.  
21.00 Horizon: A Week Without Lying - The Honesty Experiment.  
22.00 Motherland.  
22.30 Newsnight.  
23.10 Weather.  
23.15 Eight Go Rallying: The Road to Saigon.  
00.15 Sign Zone: Travels in Trumpland with Ed Balls.  
01.15 Sign Zone: Heir Hunters with Michael Buerk.

**ITV London**

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

15.00 Dickinson's Real Deal.  
15.59 ITV London Weather.  
16.00 Tipping Point.  
17.00 The Chase Celebrity Special.  
18.00 ITV News London; Weather.  
18.30 ITV Evening News; Weather.  
19.00 Emmerdale.  
19.30 Coronation Street.  
20.00 Paul O'Grady's Little Heroes.  
20.30 Coronation Street.  
21.00 David Walliams Presents - Revenge of Alright on the Night.  
22.00 ITV News at Ten; Weather.  
22.30 ITV News London; Weather.  
22.45 Bad Move.  
23.15 Through the Keyhole.

**Channel 4**

06.20 The King of Queens.  
06.45 The King of Queens.  
07.10 The King of Queens.  
07.35 Everybody Loves Raymond.  
08.00 Everybody Loves Raymond.  
08.30 Everybody Loves Raymond.  
09.00 Frasier.  
09.35 Frasier.  
10.05 Ramsay's Kitchen Nightmares USA.  
11.00 The Simpsons.  
11.30 The Simpsons.  
12.00 Channel 4 News Summary.  
12.05 Come Dine with Me.  
13.05 Bang on Budget.  
14.10 Countdown.  
15.00 A Place in the Sun: Summer Sun.  
16.00 Sun, Sea and Selling Houses.  
17.00 Come Dine with Me.  
17.30 The Simpsons.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 Orangutan Jungle School.  
21.00 24 Hours in A&E.  
22.00 Hang Ups.  
22.35 First Dates Hotel.  
23.35 Inside Alton Towers.  
00.30 Ramsay's Kitchen Nightmares USA.  
01.20 FILM: Hope Springs (2012).  
03.05 How to Lose Seven Billion Pounds: Channel 4 Dispatches.

**BBC Four**

19.00 Beyond 100 Days; Weather.  
19.30 Francesco's Mediterranean Voyage.  
20.00 Sacred Wonders of Britain.  
21.00 Britain's Lost Masterpieces.  
22.00 Holbein: Eye of the Tudors - A Culture Show Special.  
23.00 On Camera: Photographers at the BBC.  
00.00 Treasures of the Indus.  
01.00 Confucius: Genius of the Ancient World.  
02.00 Sacred Wonders of Britain.  
03.00 Britain's Lost Masterpieces.

**THURSDAY 30/08/18**

**BBC One**

06.00 Breakfast.  
09.15 Countryfile: Summer Diaries.  
10.00 Homes Under the Hammer.  
11.00 Wanted Down Under.  
11.45 Thief Trackers.  
12.15 Bargain Hunt.  
13.00 BBC News at One; Weather.  
13.30 BBC Regional News and Weather.  
13.45 Murder, Mystery and My Family.  
14.30 Escape to the Country.  
15.30 Royal Recipes.  
16.15 Flog It!  
17.15 Impossible.  
18.00 BBC News at Six; Weather.  
18.30 BBC Regional News and Weather.  
19.00 The One Show.  
19.30 EastEnders.  
20.00 Celebrity MasterChef.  
21.00 Keeping Faith.  
22.00 BBC News at Ten.  
22.30 BBC Regional News and Weather.  
22.45 New Tricks.  
23.45 Miriam's Big American Adventure.  
00.45 Weather for the Week Ahead.

**BBC Two England**

06.00 The TV That Made Me.  
06.30 Countryfile: Summer Diaries.  
07.15 Impossible.  
08.00 Sign Zone: Inventing the Impossible: The Big Life Fix.  
09.00 Victoria Derbyshire.  
11.00 BBC Newsroom Live.  
13.00 Coast.  
13.10 FILM: The Long Ships (1963).  
15.15 Kate Humble - Into the Volcano.  
16.15 The Truth About Lions.  
17.15 Antiques Road Trip.  
18.00 Celebrity Eggheads.  
18.45 The Repair Shop.  
19.30 Great British Menu.  
20.00 Gardeners' World.  
21.00 Extraordinary Rituals.  
22.00 Live at the Apollo.  
22.30 Newsnight.  
23.10 Weather.  
23.15 Ramesh Ranganathan: Irrational Live.  
00.15 Sign Zone: Who Do You Think You Are?  
01.15 Sign Zone: Bollywood: The World's Biggest Film Industry.

**ITV London**

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

Special.  
18.00 ITV News London; Weather.  
18.30 ITV Evening News; Weather.  
19.00 Emmerdale.  
19.30 Our Debt: The True Cost - Tonight.  
20.00 Emmerdale.  
20.30 Birds of a Feather.  
21.00 Our Everest Challenge: With Ben Fogle and Victoria Pendleton.  
22.00 ITV News at Ten; Weather.  
22.30 ITV News London; Weather.  
22.45 David Walliams Presents - Revenge of Alright on the Night.  
23.45 Tonight at the London Palladium.  
00.35 Our Debt: The True Cost - Tonight.

**Channel 4**

06.20 The King of Queens.  
06.45 The King of Queens.  
07.10 The King of Queens.  
07.35 Everybody Loves Raymond.  
08.00 Everybody Loves Raymond.  
08.30 Everybody Loves Raymond.  
09.00 Frasier.  
09.35 Frasier.  
10.05 Ramsay's Kitchen Nightmares USA.  
11.00 The Simpsons.  
11.30 The Simpsons.  
12.00 Channel 4 News Summary.  
12.05 Come Dine with Me.  
13.05 Bang on Budget.  
14.10 Countdown.  
15.00 A Place in the Sun: Summer Sun.  
16.00 Sun, Sea and Selling Houses.  
17.00 Come Dine with Me.  
17.30 The Simpsons.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 Location, Location, Location.  
21.00 Flights from Hell: Caught on Camera.  
22.00 Grayson Perry: Rites of Passage.  
23.00 Who Is America?  
23.35 Britain's Billionaire Immigrants.  
00.35 My Family and the Galapagos.  
01.30 The Supertv.  
02.25 The Secret Life of the Zoo.

**BBC Four**

19.00 Beyond 100 Days; Weather.  
19.30 Top of the Pops: 1986.  
20.00 Shock and Awe: The Story of Electricity.  
21.00 The No.5 War.  
22.00 Tankies: Tank Heroes of World War II.  
23.00 Filthy Cities.  
00.00 Maps: Power, Plunder and Possession.  
01.00 Planet Oil: The Treasure That Conquered the World.

**FRIDAY 31/08/18**

**BBC One**

06.00 Breakfast.  
09.15 Countryfile: Summer Diaries.  
10.00 Homes Under the Hammer.  
11.00 Wanted Down Under.  
11.45 Thief Trackers.  
12.15 Bargain Hunt.  
13.00 BBC News at One; Weather.  
13.30 BBC Regional News and Weather.  
13.45 Murder, Mystery and My Family.  
14.30 Escape to the Country.  
15.30 Royal Recipes.  
16.15 Flog It!  
17.15 Impossible.  
18.00 BBC News at Six; Weather.  
18.30 BBC Regional News and Weather.  
19.00 The One Show.  
19.30 A Question of Sport.  
20.00 EastEnders.  
20.30 Celebrity MasterChef.  
22.00 BBC News at Ten.  
22.25 BBC Regional News and Weather; National Lottery Update.  
22.35 FILM: The King's Speech (2010).  
00.25 Weather for the Week Ahead.  
00.30 BBC News.

**BBC Two England**

06.00 The TV That Made Me.  
06.30 Countryfile: Summer Diaries.  
07.15 Impossible.  
08.00 Sign Zone: Gardeners' World.  
09.00 Victoria Derbyshire.  
11.00 BBC Newsroom Live.  
13.00 FILM: Strictly Ballroom (1992).  
14.30 Natural World.  
15.15 Kate Humble - Into the Volcano.  
16.15 The Truth About Lions.  
17.15 Antiques Road Trip.  
18.00 Celebrity Eggheads.  
18.45 The Repair Shop.  
19.30 Women's World Cup Qualifier.  
22.00 Mock the Week.  
22.30 Newsnight.  
23.00 Weather.  
23.05 Edinburgh Nights with Nish Kumar.  
23.35 BBC Ouch Storytelling Live - Going Out.  
00.35 Sign Zone: The Prosecutors.  
01.35 Sign Zone: Picnic at Hanging Rock.  
02.30 This Is BBC Two.

**ITV London**

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

15.59 ITV London Weather.  
16.00 Tipping Point.  
17.00 The Chase: Celebrity Special.  
18.00 ITV News London; Weather.  
18.30 ITV Evening News; Weather.  
19.00 Emmerdale.  
19.30 Coronation Street.  
20.00 James Martin's American Adventure.  
20.30 Coronation Street.  
21.00 Doc Martin.  
22.00 ITV News at Ten; Weather.  
22.30 ITV News London; Weather.  
22.45 FILM: Senna (2010).  
00.40 Jackpot247.  
03.00 Who's Doing the Dishes?  
03.50 ITV Nightscreen.

**Channel 4**

06.20 The King of Queens.  
06.45 The King of Queens.  
07.10 The King of Queens.  
07.35 Everybody Loves Raymond.  
08.00 Everybody Loves Raymond.  
08.30 Everybody Loves Raymond.  
09.00 Frasier.  
09.35 Frasier.  
10.05 Ramsay's Kitchen Nightmares USA.  
11.00 The Simpsons.  
11.30 The Simpsons.  
12.00 Channel 4 News Summary.  
12.05 Come Dine with Me.  
13.05 Bang on Budget.  
14.10 Countdown.  
15.00 A Place in the Sun: Summer Sun.  
16.00 Sun, Sea and Selling Houses.  
17.00 Come Dine with Me.  
17.30 The Simpsons.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 The Great British Bake Off: An Extra Slice.  
21.00 8 Out of 10 Cats Does Countdown.  
22.00 Naked Attraction.  
23.05 Peng Life.  
23.40 Rude Tube.  
00.35 FILM: The Purge (2013).  
02.05 Hang Ups.  
02.30 Child Genius.  
03.25 French Collection.  
04.20 Village of the Year with Penelope Keith.  
05.15 The Posh Frock Shop.  
05.40 Jamie's Comfort Food.  
05.50 The King of Queens.

**BBC Four**

19.00 World News Today; Weather.  
19.30 BBC Proms 2018.  
21.30 Top of the Pops: 1986.  
22.00 TOTP2: School Days.  
23.00 BBC Proms 2018.  
01.30 Petula Clark Live in Berlin.  
02.30 TOTP2: School Days.  
03.30 Close.

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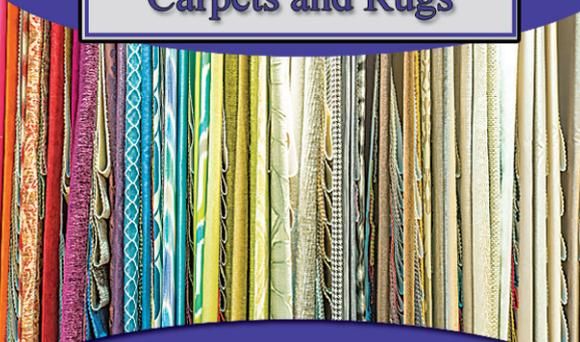
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Letters to the Editor

Irresponsible Parking

SIR, What was happening at Zoomarine on Thursday 16 August? Were they having some kind of two for one promotion or giving entrance fees away? The parking around there was absolutely disgraceful. The official car parks were full to capacity, the overflow car park across the road was full as was the little bit of land outside it. They were parked on the little access road, actually on the roundabout, on the calçada central reservations, every little bit of spare ground going west from Zoomarine and even the new bit of carriageway, which has a clear "no waiting" sign on it and where even the lady selling oranges is not allowed to park. People were crossing what is a quite fast road, some with buggies with little kids in. An accident waiting to happen. Knowing that the GNR are strapped for cash why wasn't there a patrol or officers issuing parking fines to these people. Given the number of cars in and around Zoomarine I think it would be a pretty fair guess to say that the numbers inside the grounds probably exceeded safety numbers. There would have been absolute chaos

if there had to be an evacuation for some reason (a few years ago there was a fire at one of the attractions). Surely there must be an optimum number allowed in the park for safety or does the allure of megabucks mean that safety comes well down the list?

LESLEY FRASER.  
Albufeira

Give Way

SIR, In response to Mr Baker (Letters 18 August), he is only partially correct where he says that traffic on a main road has priority over traffic approaching from a side road. If there is a STOP sign at the end of a side road, then the main road traffic does have priority, but if there is no STOP sign then I am afraid that he is wrong and under Portuguese road regulations traffic from the right has priority, crazy as it may seem. His contention that everyone would constantly be stopping on the EN125 is flawed because all side roads entering this road have the requisite STOP sign. As an insurance agent I have seen this on many occasions, particularly in rural areas or urbanisations where there are no road signs and can assure Mr Baker that on no occasion has the vehicle on

the left been deemed to be the innocent party. It is regrettable that this law exists but one must remember that UK road regulations are not necessarily the same in Portugal and if driving in any foreign country you should make your best effort to verify local regulations rather than assume that what you believe is 100% correct.

DAVID FRASER, By email

Sensationalist headlines

SIR, It's a shame that **The Portugal News** does not strive to be better than the Tabloid British newspapers, and also resorts to sensationalist and alarmist headlines which are inaccurate. The front page of your edition of 11 August 2018 reports; "Algarve countryside is reduced to ashes" and "Portugal burns again". This vague and generalist headline is purely sensationalist and alarmist, because it should be specific as to where the fires are, not give the impression to tourists, homebuyers and potential new investors in property that it is all of Portugal or all of the Algarve countryside that is burning.

The fires are in Monchique and some of Silves county, which put in perspective, is a fraction of the Algarve. People new to this country who may be looking to purchase a home or invest in the countryside, upon seeing the front page of this edition, will undoubtedly become alarmed and this could deter them from investing, thinking ALL of the Algarve is burning and therefore a risky area to invest in. Considering most of the population of the Algarve, including your newspaper, depend on tourism and property investment, I feel it is irresponsible of you to print these type of headlines.

TONY GARROCHINHO,  
By email

Refund

SIR, For the third year running we spent two weeks in May in the Algarve and we loved it. The local people are friendly, fair and very welcoming and very forgiving of Brits without the language. This last time we stayed in the hills above Tavira: another beautiful villa set in remote and rural surroundings, and we shall return. We always go out for dinner each evening, and occasionally lunch too; we are happy to spend our

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money freely, supporting local foods and wines. So it is with regret that this last trip has left a bad taste in our mouths. Unwittingly, we hired a car from Faro airport - pre-booked and paid-for months beforehand; unwittingly because the fuel refund which we were promised "in a few days" is still to arrive back on my credit card.

Looking at the various websites detailing this company's performance I'm left with two questions: how do they manage to continue to stay in business, and more importantly, why does the local chamber of commerce allow this company to sully the reputation of an entire region?

EDWARD BAKER, Kent



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# Cinema

## NEW THIS WEEK

**Meg - Stars:** Jason Statham, Bingbing Li, Rainn Wilson.  
**Genre:** Action, Horror, Sci-fi.  
**Director:** Jon Turteltaub.  
**Rating:** PG-13. **Plot:** Escaping an attack by what he claims was a 70-foot shark believed to be extinct for more than a million years, dishonoured deep-sea rescue diver Jonas Taylor must confront his fears once more to save a team trapped in a sunken submersible.

**Patrick - Stars:** Ed Skrein, Jennifer Saunders, Emilia



**Jones. Genre:** Comedy.  
**Director:** Mandie Fletcher.  
**Rating:** M/6. **Plot:** Sarah has been left her grandmother's very spoiled pug Patrick, who cannot help but cause chaos. But Sarah's life is about to change for the better as she discovers that Patrick may just be a more remarkable friend than she gave him credit for.

# Cinema Listings

## NOS Forum Algarve - Faro

Momo; A Minha Família Do Norte; Mission Impossible: Fallout; Teen Titans Go! To The Movies; Down a Dark Hall; The Happytime Murders; Hotel Transylvania 3 (PV); The Little Mermaid (PV); Ant Man and the Wasp; Permission; Duck Duck Goose (PV); Meg.

## NOS Mar Shopping - Loulé

Hotel Transylvania 3; Mission Impossible: Fallout; Revenge; Meg; Siberia; Slender Man; O Gang do Park (PV); Incredibles 2; Ant Man and the Wasp; Teen Titans Go! To The Movies (PV); Luis and His Friends from Outer Space; Mamma Mia! Here We Go Again.

## Gran-Plaza NOS - Tavira

Meg; Ant Man and the Wasp; Hotel Transylvania 3 (PV); Siberia; Bling; Mission Impossible: Fallout; The Happytime Murders; Slender Man.

## Algarcine - Portimão

Ant Man and the Wasp; Mission Impossible: Fallout; Meg; Luis and His Friends from Outer Space (PV).

## Algarcine - Lagos

Meg; Mission Impossible: Fallout; Ant Man and the Wasp; Luis and His Friends from Outer Space (PV).

## Algarcine Ria Shopping - Olhão

Meg; Dog Show (PV); Luis and His Friends from Outer Space (PV); Mission Impossible: Fallout; Teen Titans Go! To The Movies (PV); Ant Man and the Wasp.

## Cineplace Algarve Shopping - Guia

The Little Mermaid (PV); Meg; Skyscraper; Mamma Mia! Here We Go Again; Ant Man and the Wasp (2D & 3D); Slender Man; Luis and His Friends from Outer Space; The Incredibles 2 (PV); Siberia; Teen Titans Go! To The Movies (PV); Momo; The Darkest Minds; Down a Dark Hall; Show Dogs (PV); Hotel Transylvania 3 (PV); The Happytime Murders; Mission Impossible: Fallout.

## Cineplace - Portimão

The Incredibles 2 (PV); Ant Man and the Wasp (2D & 3D); Mamma Mia! Here We Go Again; Mission Impossible: Fallout; Luis and His Friends from Outer Space; A Minha Família Do Norte; Dog Show (PV); The Darkest Minds; The Happytime Murders; Hotel Transylvania 3 (PV); Siberia; Patrick; Meg.

## Cineplace Loures Shopping

Hotel Transylvania 3 (PV); Mamma Mia! Here We Go Again; Teen Titans Go! To The Movies (PV); The Darkest Minds; Mission Impossible: Fallout; A Minha Família Do Norte; The Happytime Murders; Luis and His Friends from Outer Space (PV); Siberia; The Incredibles 2 (PV); Ant Man and the Wasp (2D & 3D); Meg; Slender Man; Down a Dark Hall.

## Cineplace Leiria Shopping

Meg; Hotel Transylvania 3 (PV); Mamma Mia! Here We Go Again; Luis and His Friends from Outer Space (PV); Down a Dark Hall; Patrick; The Happytime Murders; The Darkest Minds; Siberia; Slender Man; Ant Man and the Wasp; The Incredibles 2 (PV); Mission Impossible: Fallout; Mamma Mia! Here We Go Again.

## Cineplace Riosul - Seixal

Meg; The Little Mermaid (PV); Ant Man and the Wasp (2D & 3D); Dog Show (PV); The Incredibles 2 (PV); Mission Impossible: Fallout; Hotel Transylvania 3 (PV); Down a Dark Hall; Mamma Mia! Here We Go Again; Luis and His Friends from Outer Space (PV); Slender Man; The Darkest Minds; Momo; The Happytime Murders; Teen Titans Go! To The Movies (PV).

## Estação Viana Shopping - Viana do Castelo

A Minha Família Do Norte; The Happytime Murders; Mamma Mia! Here We Go Again; Ant Man and the Wasp; Hotel Transylvania 3 (PV); Mission Impossible: Fallout; Meg.

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



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## EXHIBITION

**Roy Lichtenstein and Pop Art** - the arrival of another edition of the 'Art arrived Colombo' is on display until **23 September** at the Centro Colombo, Avenida Lusíada, Lisboa. [www.colombo.pt](http://www.colombo.pt)

**Escutar as Águas** - Works from the Schneider Collection and by Portuguese artists. Considered a vital resource, water is the cause of deadly conflicts. While it can be considered a natural threat to mankind, it is also threatened by man! On display in Museu do Dinheiro, Lisboa until **8 September**. [museudodinheiro.pt](http://museudodinheiro.pt)

**Art Exhibition** - The biggest exhibition dedicated to the works of the Swiss-American artist Michael Biberstein, on display until **9 September**, Tuesday to Friday from 11am to 6pm; Saturdays and Sundays from 11am to 7pm. Culturgest, R. Arco do Cego (metro: Campo Pequeno). Tickets: €4. [www.culturgest.pt](http://www.culturgest.pt)

**Classic Automobiles** on Avenida da Liberdade, Lisbon from **1 to 30 September**. More than 200 precious Antique Automobiles from the years 1910 and 1920. Also on display will be a Guy brand Bus from 1950 belonging to the Club. [www.visitlisboa.com/node/7597](http://www.visitlisboa.com/node/7597)

## FAIRS & MARKETS

**The Feira da Luz 2018** is almost here! between **1 and 30 September**. Visit the best traditional markets and listen to amazing concerts, in Jardim da Luz, Carnide! [www.jf-carnide.pt](http://www.jf-carnide.pt)

**Mercado D'Aqui** - The first Sunday of every month 1º de Maio sports field hosts a market promoting more positive, healthy lifestyles. Take part in all kinds of free activities, such as yoga, Pilates and workshops, as well

as getting yourself a physical fitness checkup.

**(2 September** from 10 am to 5 pm, Parque de Jogos 1º de Maio.) [www.mercadodaqui.pt](http://www.mercadodaqui.pt)

**Estoril Crafts Fair'18**, About three hundred artisans from all regions of the country bring their techniques and ancient traditions of folk arts to the Jardim do Estoril until **9 September**. [facebook.com/feiradeartesanatodoestoril/](https://facebook.com/feiradeartesanatodoestoril/)

**LxMarket - Every Sunday** at LxFactory, 10am - 7pm. Unique, vintage, handmade and second hand items. Lx Factory, R. Rodrigues de Faria, Lisbon. [lxmarket.com.pt](http://lxmarket.com.pt)

**Botanic Market - every Saturday** from 9am to 1pm: Sale of sustainable agricultural products, at the Botanic garden University of Coimbra. [www.facebook.com/mercadinhodobotanicocoimbra](http://www.facebook.com/mercadinhodobotanicocoimbra)

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

## MUSIC

**Somersby Out Jazz** until the end of September. Each Sunday in different parks across Lisbon. **26 August** at Jardim da Estrela, **2, 9, 16, 23, 30 September** Jardim do Campo Grande. *Free Entry* for all. [www.ncs.pt](http://www.ncs.pt)

**U2 "Experience + Innocence Tour"** appearing at the Altice Arena, Lisboa on **16 and 17 September**. For tickets and information visit [arena.altice.pt](http://arena.altice.pt)

**August brings jazz nights** with views over the Douro. **Until 25 August** for four Saturdays from 10pm to 11.30pm Jazz ao Relento will be at Crystal Palace Gardens, Porto. [www.portolazer.pt](http://www.portolazer.pt)

**Music** in the Ruins of Convento do Carmo, Largo do Carmo on the **27 August** and stays until **1 September** with two daily sessions: the first at 7.30/8pm with live fado; then a second at 9.30/10pm with jazz bands and other world music. [www.visitlisboa.com](http://www.visitlisboa.com)

**Lisb-ON Jardim Sonoro, 31 Aug to 2 Sept.** Bringing national and international music acts, to the wide, open-air environment in Parque Eduardo VII, Lisbon from 1pm to 11pm. [lisb-on.pt](http://lisb-on.pt)

## SOCIAL

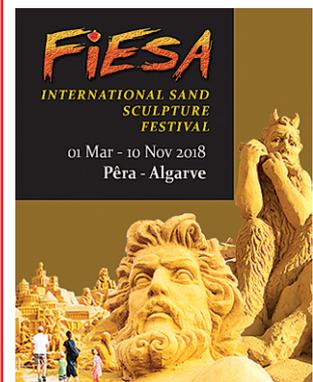
**World Speed Canoeing and Parachute Championship** the world's premier canoeing event at Montemor-o-Velho, near Coimbra until **26 August**. 10% of it's ticket revenue will be donated to the Volunteer Firefighters of Montemor-o-Velho. For additional info visit [cm-montemorvelho.pt](http://cm-montemorvelho.pt)

# South

## AUCTIONS

**Auction House Algarve.** Our next LIVE AUCTION on **1 September**. Approx 450 lots with 380 items starting at €1 including antiques, collectables, art, jewellery, tools, furniture, sports equipment, designer handbags. All of the items can be viewed at the auction house and through our online catalogue: [www.ahalgarve.com](http://www.ahalgarve.com) Tel: 289832380 or email us at [info@ahalgarve.com](mailto:info@ahalgarve.com)

## EXHIBITION



**Pottery Exhibition:** The Art of Molding Clay by Francisco Silva and Family, until **31 August** at the Centro Museológico Centre do Alportel, São Brás de Alportel. [cm-sbras.pt](http://cm-sbras.pt)

**Artisticspace Gallery** - A New Art Gallery at Vale del Rei Hotel (outside Carvoeiro). Showcasing works from local and international artists Aderita Silva and cFey, on display until **30 September**. For more information visit: [artisticspace.pt](http://artisticspace.pt)

**Art Exhibition** by four outstanding artists (Ana Perpinyã, Gérald Engelvin,

Vicente Romero and Limited Edition Prints by Jack Vettriano) at ArtCatto Gallery, Loulé until **30 September** Mon to Fri 10am - 6pm and Sat 10am - 1pm. View the catalogue: [issuu.com/artcatto/docs/summer-collective-issuu-print](http://issuu.com/artcatto/docs/summer-collective-issuu-print)

**Local Arts and Crafts expo.** Artes@Spa, at Caldas de Monchique, locally produced high quality unique items, ideal gifts or souvenirs. Glass, ceramics, jewellery, wooden puzzles, textiles, leather, original art, print and cards. Open daily from 10am until 6pm *In main Square. Opp restaurante 1692.*

**'Do Mar á Serra'** Ethnography Exhibition at Salt House, Castro Marim until **31 August**. [cm-castromarim.pt](http://cm-castromarim.pt)

## FAIRS & MARKETS

**Book Fair** at Manta Rota, Tavira until **15 September**, from 7pm until midnight at the Centre for Arts and Crafts. [www.cm-vrsa.pt/pt/agenda/3995/feira-do-livro-de-manta-rota.aspx](http://www.cm-vrsa.pt/pt/agenda/3995/feira-do-livro-de-manta-rota.aspx)

**Flea Market - Third and Fifth Sunday** of the month near the school (Escola C+S) Almancil. [www.goldentriangleuncovered.com](http://www.goldentriangleuncovered.com)

**Market in Quarteira, every Wednesday** at Fonte Santa from 9am until 2.30pm. [www.goldentriangleuncovered.com](http://www.goldentriangleuncovered.com)

## MUSIC

**Festival F**, Algarve's massive end of summer music festival at Vila Adentro, Faro from **30 August to 1 September**. [www.festivalf.pt](http://www.festivalf.pt)

**Rhythm, Roots and Blues Music Night** featuring Pete Robinson (guitar/mandolin/ Dobro) and friends. An evening of blues, country music and pop covers, Audience wanted!! No experience necessary! **25 August** after 8pm. Bar

**ALL Saints**  
ANGELICAN CHURCH

**Services of Holy Communion:**

**SUNDAYS 10.30am ASCA Almancil (next to Comunidades Garden)**

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

[f allsaintsalgarve](https://facebook.com/allsaintsalgarve)  
**(351) 282 380 311 • email: info@allsaintsalgarve.org**  
[www.allsaintsalgarve.org](http://www.allsaintsalgarve.org)  
**Google maps: search for All Saints Anglican Church Almancil or Lagoa**

**NOTE** Events are correct at the time of going to press and according to information given to The Portugal News. However, events may be cancelled, delayed or fail to live up to their billing.  
This page is primarily for cultural, sports, charity and free events or those staged by a club or society. Please send your events to [events@theportugalnews.com](mailto:events@theportugalnews.com) by midday on Monday before publication.

Continente (just off the N125 between Vila Nova de Cacela and Manta Rota). More info [robinsonpeter@wanadoo.fr](mailto:robinsonpeter@wanadoo.fr) Tel (+351)968493512.

**Tavira Pop Choir** - Fonte do Bispo. A fun and enjoyable Pop Choir, **Sundays** at 2pm-4pm. Please contact Gillian Tel. 966 006 436.

**Música no Coreto (Music in the Bandstand)** - performances in the Bandstand, Praça Manuel Teixeira Gomes, near the Arade River, at 9.30pm **each Saturday until 31st August.** [vivaportimao.pt](http://vivaportimao.pt)

**Live Music with "Collar & Cuffs"** Duo at The Hook Restaurant, Valverde Campsite, Praia da Luz. **Every Friday** from 7pm. Special Menu & Events each week. For details and reservations: Tel: 282076406 / 917634696.

**The New Orleans Jazz Band** - every Monday there is a concert with The Dixie Kings at Tivoli Hotel, Lagos - Open to all, just drinks from the bar. Also, BBQ with The Dixie Kings at the Vila Vita Biergarten **every Friday** from 7pm. For reservations call 282 381 177. [www.neworleansjazzalgarve.com](http://www.neworleansjazzalgarve.com)

**Live Music** in the Praça at Vale do Lobo every night **until 31 August** from 7.30pm - 11pm. [myguidealgarve.com](http://myguidealgarve.com)

## SOCIAL

**Horse Fair - Estoi** with equestrian events, stands, music, dances, food, drink and crafts **30 August to 2 September.** [www.facebook.com/confest.estoi](http://www.facebook.com/confest.estoi)

**Pirate Week** - Alvor, Portimão. **until 28 August** from 2pm for more information visit [www.facebook.com/events/168356973991655/](http://www.facebook.com/events/168356973991655/)

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

**Fatacil 2018** - Crafts, Food and a fantastic line up of Artists **until 26 August.** Plenty of parking. [www.cm-lagoa.pt](http://www.cm-lagoa.pt)

**Mediterranean Diet Fair** being held from **6 to 9 September** along the banks of the Gilão River. [www.dietamediterranea.net](http://www.dietamediterranea.net)

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

**The BPM Festival** - in Lagoa and Portimão **from 20 to 23 September.** To purchase tickets and view the line-up of artists visit: [thebpmfestival.com](http://thebpmfestival.com)

**Barbershop Chorus "Bella a Cappella"** Welcomes new members. Men and Women from all nationalities, to experience joy and fun in Harmony singing. Rehearsals **Tuesday** evenings in the lagar

in Moncarapacho. For details go to [www.bellaacappella.net](http://www.bellaacappella.net) or call Andrea: 962932978.

**Chess Club** All Levels in eastern Algarve. For details. [chessalgarve@mail.com](mailto:chessalgarve@mail.com)

**'Aquarium by night'** at Zoomarine. From 8.30pm on Saturday until 9am on Sunday, dates are: **25 August, 15 and 29 Sept, and 13 October.** Price is €50 per person, participants must be between 8 and 12 years of age. For more information visit [zoomarine.pt](http://zoomarine.pt)

**Duplicate Bridge**, come and join our friendly international club. **Thursday afternoons**, 3pm start at Restaurante Solar da Poeta in Al Mancil. Or **Friday afternoons**, 2pm start at Museu do Trajo in São Bras de Alportel. For pre-registration and information call Frank Spelbos at 937 802 110 or email to [spelbos@sapo.pt](mailto:spelbos@sapo.pt)

**Medieval Days at Castro Marim Castle** from 4pm **until 26 August.** Historical recreation giving a real opportunity to experience life in Medieval times. The town's castle hosts kings and queens, knights in shining armour, jesters, buffoons, noblemen and ladies, and the entire Court form a procession through the streets. [www.myguidealgarve.com/events/medieval-days-in-castro-marim-2018](http://www.myguidealgarve.com/events/medieval-days-in-castro-marim-2018)

**Aljezur Multicultural Night**, on **28 August** from 4pm until midnight. More information call 282990010 or visit [cm-aljezur.pt](http://cm-aljezur.pt)

**Friendship group, Os Amigos**, meets on the **third Tuesday** of each month, for walks, lunch, and other activities. For details contact [lindabell@cogb.com](mailto:lindabell@cogb.com)

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

**Cultural Night tour in Alvor** on **15 September** starting at 9pm. Registration for the tours is free. Spaces limited and must be made prior to the day. To book your space contact: email: [gabinete.patrimonio@cm-portimao.pt](mailto:gabinete.patrimonio@cm-portimao.pt) or call: 282470799 / 282480488.

**Painting for Pleasure Classes, water colours, oils or acrylics** - Beginners onwards, individual tuition on **Wednesday** at Mesquite near São Brás from 10.30am to 12.30pm, 2.30pm to 4.30pm. Tel. Terry Reed, tel: 289845561.

**Lagos Zoo** has now joined the 'Book Crossing' network. This consists of reading a book, then leaving it in a public place so that another can find, read and re-leave. When visiting please feel free to leave your book! Tel: 282680100. email: [geral@zoolagos.com](mailto:geral@zoolagos.com) [www.zoolagos.com](http://www.zoolagos.com)

**Coro dos Amigos do Museu.** We are an international four-voice choir based in São Brás de Alportel. We sing sacred and secular

music from medieval to 21<sup>st</sup> century, with concerts several times per year. We rehearse on **Thursdays** from 6.30pm. Ability to read music is an advantage, but not essential. If you think you would like to join us, please contact David on 289489374 or [david51.littlewood@gmail.com](mailto:david51.littlewood@gmail.com).

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

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

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

**The East Algarve International choir** sings traditional songs from all over the world! We are looking for an enthusiastic musical leader and...welcome new members: Experienced musicians, Male and female voices, (with or without experience). Rehearsals every thursday in Luz de Tavira feel free to contact: Rineke Hofman East Algarve International Shanty Choir +351 926 684 061. [eastalgarvechoir@gmail.com](mailto:eastalgarvechoir@gmail.com) [www.eaisc.eu](http://www.eaisc.eu)

**afpop East Algarve monthly Coffee and Chat** Morning at Pedras da Rainha. There will NOT be a Coffee & Chat morning at Pedras da Rainha in July or August they will start again in September.

**Duplicate Bridge** at Lagoa Hotel on the EN 125 in Lagoa, next door to O Casarão Restaurant **Thurs** 1:45pm. €5 including refreshments. No joining fee. All welcome. 282352022 / 969174130.

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

**School Ship NRP Sagres** visits to Faro, Cais Comercial from **5 to 7 September.** Free Entry. [cm-faro.pt](http://cm-faro.pt)

## SPORT

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

**Touch Rugby - Tuesdays and Fridays**, 8pm - 10pm, Estádio Capitão Josino da Costa, next to the EN125, Lagoa. Enjoy running with and passing a rugby ball without the tackling of the traditional

format. An inclusive sport with women and men playing together, and ages currently ranging from 14-years-old to 64. Participation is free. For further details contact Simon Wilkinson, email: [wilks89@hotmail.com](mailto:wilks89@hotmail.com); tel: 282 912 280 or 924 220 173.

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

**Bluewater Algarve** - 11th Annual Fun Sail Regatta from **7th to 9th September** in Lagos. Enjoy end of Race Day drinks, Sunday Evening Prize Giving on the beach. Information: Tel 282792455, [www.bluewateralgarve.com/annualfunailsregatta](http://www.bluewateralgarve.com/annualfunailsregatta)

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

**Sports Area Praia da Rocha 10th Anniversary.** Free Activities with an Instructor; zumba, Yoga/ Pilates, Beach Volley, Basketball, Beach Tennis and more, **until 2 September.** For more information visit [vivaportimao.pt](http://vivaportimao.pt)

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

**Alvor Bowls Club**, Montes de Alvor, 8500-070. Everyone is welcome to come and join us for our roll-ups **every Wednesday and Sunday** at 10am. Please check our website for full details. [www.alvorlawnbowls.com](http://www.alvorlawnbowls.com) or call 282 490 280.

**Tavira County Lawn Bowling Club** - Cerro do Leiria, Santa Caterina, Fonte Bispo, Tavira. Tel: 963997582.

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

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

**Walking Football** for those over 50 year-of-age who want to enjoy the beautiful game but at a more leisurely pace. **Mondays** 4G Astro pitch adjoining the Eduardo Mansinho Sports Hall, Avenida Zeca Afonso, Tavira **Tuesdays Over 60s ONLY** Astro-turf pitch adjoining the José Arcanjo Stadium, Olhão (behind McDonalds on the EN125) **Thursdays** Astro-turf pitch adjoining the José Arcanjo Stadium, Olhão (behind McDonalds on the EN125) All sessions run from 9.30 to 11.30am and cost 3 euros. For further information: [www.walkingfootballalgarve.com](http://www.walkingfootballalgarve.com) christopher.wright@hotmail.co.uk

**afpop - Badminton in Silves.** THERE WILL BE NO BADMINTON DURING THE



Zoomarine Tickets Winner : - Maria Silva, Alvor

**SCHOOL HOLIDAYS.** More information on Badminton in Silves contact Sue on [suesharman9@gmail.com](mailto:suesharman9@gmail.com) or call 910 108 730.

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

**Algarve Hash House Harriers** meet weekly. Call 289 413 854 or 918 806 044. Follow us on Facebook & visit [www.algarvehhh.org](http://www.algarvehhh.org)

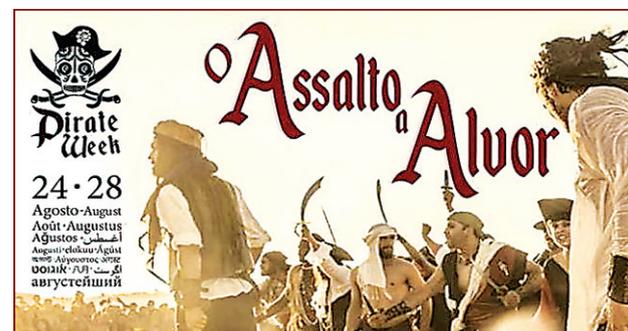
**Masters Cup in Futsal** at the Portimão Arena **25 & 26 August.** Saturday: 11am - Sporting CP vs Magnus Futsal, 3pm - SL Benfica vs Movistar FS. Sunday: 1.30pm - Magnus

Futsal vs SL Benfica, 7pm - Movistar Inter FS vs Sporting CP. Tickets: [www.bol.pt](http://www.bol.pt). More info: [www.masterscup.pt](http://www.masterscup.pt)

## WORKSHOPS & COURSES

**Latin and Ballroom Classes - Tuesday** mornings 10am -1.30pm at Alvor Community Centre. Beginners, Improvers, Jive, and Intermediate/Advanced. Please contact Caroline on 961916821 or email [strictlydancingcarvoeiro@hotmail.com](mailto:strictlydancingcarvoeiro@hotmail.com)

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



**Classified Ads**  
**N.B.**  
**NEW DEADLINE:**  
**5PM**  
**MONDAY**  
**FOR following**  
**EDITION**

**Announcements**

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

**NO EDP** or **SUN** for Hot Water, Heating and Pool Heating, www.shs-pt.com

**Auctions**

**AUCTION HOUSE**  
**ALGARVE**  
**NEXT LIVE AUCTION**  
**Saturday, 1 September 2018**  
**10.00am onwards**

Approx. 500 lots.  
 • Antiques and Collectibles  
 • Designer Handbags  
 • Furniture and Art  
 • Tools  
 • Jewellery: Antique, Vintage & Modern  
 • Sports Equipment

Check out our Facebook page & view items coming up at Auction. View the catalogue and bid on line at [www.ahalgarve.com](http://www.ahalgarve.com) where further details are available. Tel: 289 832 380 or email us at [info@ahalgarve.com](mailto:info@ahalgarve.com)

**Charities**

**CC Associação de Caridade** Mãos de Ajuda Helping Hands Charity Shop, 13A Avenida Dr. Eduardo Mansinho, Tavira. 100 metres from Porta Nova Post Office. Open Monday, Wednesday, Saturday 10am to 1pm.

Help us to Help others in the Tavira Area. 963558138.

**CC - SUPPORT FOR FAMILIES** in the Algarve receives white & electrical goods, furniture, baby equipment, children's clothes, bedding, towels etc.. for families in need, in Guia and surrounding areas. Funds raised pay for spectacles and dental treatment for needy children. To donate or to discuss concerns about a needy family contact Su Davis 932307548, [su.davis@sapo.pt](mailto:su.davis@sapo.pt) Facebook: Support for families in the Algarve.

**CC THE NANDI CHARITY SHOP** Summer clothing now in store. Bargain prices. Furniture can be collected within 30k Lagos. Tel 912741857.

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

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

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

**CC PORTIMÃO SOUP KITCHEN** Beco São José, Rua São José, under old bridge in Portimão. Come & help us make sandwiches & serve food to hungry but appreciative people. For more info call Joy 917 358 098.

**CC SECOND CHANCE** charity shop at Largo Das

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

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

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

**CC MADRUGADA ASSOCIAÇÃO** provides home-based, end of life, palliative care to patients and their loved ones free of charge. Your donations of household items or clothes would be very welcome. Volunteers are required for our retail shops, delivery service, Centre support and very importantly fund raising. If you can help with any of the above please call us 282 761 375 or visit our shops on Rua Direita No100, Praia da Luz.

**CC A.A.G. CHARITY** Shop Guia. We are situated in the Main Street, opposite the Football Club Snack bar and close to Credito Agricola Bank. Opening hours Monday till Friday 10am until 5.45pm, Saturday 10am till 2pm. Closed Sundays. Animal charity feeding street animals. Patron Bonnie Tyler.

**CC ASMAA CHARITY & UP-Cycling Hub.** Volunteers are now needed for our shop. Mon - Fri from 11.30am to 6pm, Sat. 11.30am to 2pm. Tel 969 320 231, email [info@asmaa-algarve.org](mailto:info@asmaa-algarve.org) Rua J. Pereira Sampaio Bruno, Nº 53. Portimão (Behind Bombeiros).

**CC THE ANGLICAN CHURCH** of St Vincent's Chaplaincy at Praia da

Luz is looking for someone, not necessarily a churchgoer, who could play for congregational hymns at Sunday morning services on a voluntary basis. The idea is to build up a 'piano pool' of people who could play occasionally, by arrangement, when needed. For more details please contact Choir Director Sandra Reynolds, Email: [pet.alex@sapo.pt](mailto:pet.alex@sapo.pt).

**Chimney Sweep**

**Fires Of Portugal**  
 Woodburning  
**WOODBURNING FIRE SPECIALISTS**  
 Fogo Montanha and freestanding fires. On site expert quotation Supply, install, service & sweeps  
[sales@firesofportugal.com](mailto:sales@firesofportugal.com)  
[www.firesofportugal.com](http://www.firesofportugal.com)  
 Geoff Waller 289 489 958 or 967 721 209

**Education**

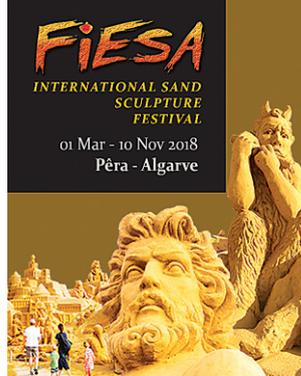
**Get to know PORTUGAL**  
 READ FOR pleasure Portugal taken personally Learn more about this country. Now available in Portugal.

**LEARN PORTUGUESE** on accredited courses (with focus on conversation). Private lessons: 2 students studying together only pay for 1. Centro de Línguas de Lagos. Call 282761070. Email [info@centrodelinguas.com](mailto:info@centrodelinguas.com)

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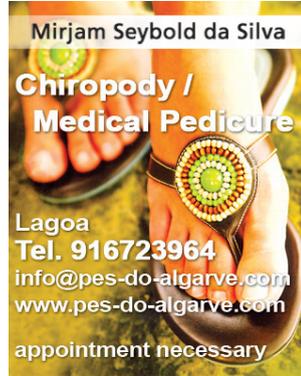


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Proverbs 19:17; New International Version (NIV)

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# Europe announces team for Junior Ryder Cup

The European team for the 2018 Junior Ryder Cup, which takes place at Disneyland Paris® from September 24 – 25, has been finalised.

**T**he team, comprising one under-16 boy, five under-18 boys and six under-18 girls, will attempt to regain the trophy from the United States after a 15½ - 8½ defeat at Interlachen Golf Club in 2016.

The Junior Ryder Cup was formally introduced in 1997 - with stars such as Sergio Garcia, Rory McIlroy and Suzann Pettersen all having taken part in the event since - and, once again, it will serve as a curtain-raiser for the main event at Le Golf National, from September 28-30.

Leading the way for the European team is Denmark's Nicolai Hojgaard. The 17-year-old became the third Danish player to win the European Amateur Championship in June, and after making the cut in the Porsche European Open, he would go on to reach the quarter-final stage of the British Boys Amateur Championship at Royal Portrush. Also making the team is Rasmus Hojgaard who pipped his twin brother to the Toyota Junior World Cup title earlier this year in Japan. The brothers will become the first set of male twins to represent Europe in the Junior Ryder Cup - Irish twin sisters Lisa and Leona Maguire played in the event in 2008.

England's Conor Gough will also represent Europe for the first time in the biennial contest after the 15-year-old won the British Boys Amateur Championship.

A selection committee comprising European Captain Maitena Alsuguren and representatives from the European Golf Association and Ryder Cup Europe also chose England's Robin Williams and Spaniards David Puig and Eduard Rousaud Sabate as the three other boys who will compete in Paris.

The Junior Ryder Cup celebrates the progress and hard work taking place at the grass roots level of golf, which helps talented young players develop into national team amateurs and some even to The Ryder Cup itself.

It has been the platform from which successful professional careers have been launched for numerous players. Masters Tournament winner Garcia played in the 1995 exhibition match and four years later was part of the full European Team at The Country Club in Brookline, while Pettersen played in the Junior Ryder Cup in 1997 and 1999 before becoming one of Europe's greatest female golfers and taking part in eight Solheim Cups.

Northern Irishman Rory McIlroy



Golf Disneyland

was in the victorious 2004 Junior Ryder Cup team, and since then he has won four Major Championships and three Ryder Cups.

Americans Justin Thomas and Jordan Spieth have made the transition from Junior Ryder Cup players to Major Champions - Spieth was part of a record-breaking US team in 2008 while the pair both played together in the 2010 edition of the event. Hunter Mahan, having been in the

1999 junior team, also went on to form part of the 2008, 2010 and 2014 US Ryder Cup sides.

Other notable past Junior Ryder Cup players are Europe's Nicolas Colsaerts and Rafa Cabrera Bello, who both played in 1999 and have gone on to become European Tour winners and Ryder Cup players, along with American Lexi Thompson, who played in 2008 and has gone on to win one Major Championship and two Solheim Cups.

#### Team:

**Boys:** Nicolai Hojgaard, 17, Denmark; Rasmus Hojgaard, 17, Denmark; David Puig, 17, Spain; Eduard Rousaud Sabate, 18, Spain; Conor Gough, 15, England and Robin Williams, 16, England

**Girls:** Emma Spitz, 18, Austria; Emilie Alba Paltrinieri, 16, Italy; Alessia Nobilio, 17, Italy; Annabell Fuller, 16, England; Amanda Linner, 17, Sweden and Ingrid Lindblad, 18, Sweden.

## Pepe Gancedo Trophy at Santo Antonio Golf Course

The 2<sup>nd</sup> Pepe Gancedo Trophy was played at Santo Antonio golf course on 12 August.

Pepe Gancedo (1938-2016) was the course architect for the Parque da Floresta golf course which opened in 1987. One of Spain's most famous golf course architects, his design philosophy was to make courses enjoyable, traditional, challenging and memorable, with minimal alteration to the existing terrain. To commemorate his work, the competition was played for the first time on the 30<sup>th</sup> anniversary of the course opening and the intention is that this will become a popular annual event for golfers in the Algarve.

The competition was a Singles Stableford format played from the white tees with the trophy being awarded to the best Nett Stableford score. The Men's Trophy was won by Ian Bell and the Ladies Trophy Sharon Lewis with Nett scores of 43 and 36

points respectively. The best Stableford Gross overall was won by Vitor Lopes with 36 points and the best Pro score was by Jay Taylor with 38 points. At the end of the competition around 90 people attended the Prize Giving Buffet with a delicious menu, professional service and live entertainment.

Michael Brown, the first Golf Director of Parque da Floresta, attended the meal and the Prize-giving. He then spoke fondly of Pepe's talents to the delight of all present.

Golf Santo Antonio is looking forward to and preparing for their next major event, the Autumn Festival which will take place between 21 and 26 September.

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# Nani grabs two for Sporting as FC Porto leave it late

**N** CHRIS WRIGHT

The 'Big Three' recorded victories but none were more controversial than FC Porto's win at Belenenses.



Sporting's Nani celebrates after scoring against Vitória de Setúbal in a league match over the weekend. (Photo: EPA/Antonio Cotrim)

Nacional, before Diogo Leite headed home from a corner midway through the first-half.

A minute after the interval and Porto were two up. A dreadful back pass by Dálcio allowed Otávio to nip in, round the keeper and tuck the ball into an empty net.

These days Belenenses are made of sterner stuff and less than ten minutes later Fredy reduced the arrears from the spot. Game on. The Lisbon outfit then levelled matters when Keita found the back of the net with a back-post header seven minutes from time.

The home side could justifiably feel aggrieved to concede a penalty deep into stoppage time which Alex Telles slotted home to deny Belenenses a point. Benfica made the trip to Porto to play Boavista knowing that they had only beaten them once in their last four meetings.

Jonas was still missing through injury and it was left to his deputy Ferreyra to draw first blood ten minutes before the interval. Dispossessing two Boavista defenders on the edge of the box the Argentinean, a summer signing from Shakhtar Donetsk, finished clinically into the far corner of the net.

Fifteen minutes after the break Pizzi added a second to bring his tally to

four goals in two games. The Portugal international nearly grabbed his second when he raced through a static Boavista defence in the closing minutes but Helton was up to the task and diverted Pizzi wide for a corner to keep the score at 2-0.

After a summer of turmoil Sporting notched up a 2-1 victory over Vitória de Setúbal at the Alvalade. It was a sentimental homecoming for manager José Peseiro and Nani who gave the Lions an early lead with a strike from outside of the box which beat Cristiano at his near-post. Setúbal were soon back in the game when Sporting keeper Romain Salin's error allowed Zequinha to finish into an empty net. Sporting turned to Fredy Montero and Jovane Cabral for inspiration in the second period and it was Cabral who crossed from the right to set up the winning goal.

The Cape Verdean picked out Nani who made no mistake in powering his header past Cristiano. Portimonense lost 2-0 at Chaves and are the only team yet to score a goal in the league. They will have a chance to make amends when they entertain newly promoted Santa Clara (Azores) at the Portimão Municipal Stadium on Saturday kick-off 4.30pm

## Benfica draw with PAOK

Benfica, striving to reach the lucrative group stages of the Champions League, were held to a 1-1 draw by Greek side POAK in the first-leg of the play-off round at the Stadium of Light on Tuesday evening.

Pizzi slotted home a penalty on the stroke of half-time but the Eagles failed to build on their first-half lead despite their superiority.

Amr Warda levelled the score in the seventy-seventh minute with POAK's only shot on target. Benfica will need to score at

least once in the return leg in Salonica next Wednesday.

A jackpot of some €43m awaits teams making it to the group stages whereas defeat will mean a mere €5m payout and participation in the the group stages of the Europa League.

**B**enfica travelled north and were relieved to secure all three points against a resurgent Boavista outfit whilst Sporting had former Manchester United favourite Nani to thank for victory against Vitória de Setúbal. Champions FC Porto had a nery opening at Belenenses temporary home, the Estádio

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