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Paternity leave and child benefit boost



Full story, see page 8

Portugal has swept up an array of awards at this year's glittering World Travel Awards. P 2 & 3



Belém brushes off any malaise with church over World Youth Day announcement. P 6



2018 is set to go out with a bang in the Algarve with a line-up of entertainment P 14



Boavista and FC Porto went down to the wire as the visitors grabbed the only goal in the last minute. P 48



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Portugal's National Newspaper in English

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Portugal shines bright at World Travel Awards

Portugal has proven that the growing hype about it and its booming tourism is in fact justified after sweeping up an array of awards at this year's glittering World Travel Awards, held for the first time in the Portuguese capital, Lisbon, last weekend.



CARRIE-MARIE BRATLEY

Dubbed 'the Oscars of the Travel Industry', the World Travel Awards' grand finale gala of the 25th annual edition was staged in Lisbon for the first time ever on Saturday night, and was attended by the great and the good of the international travel sector.

Created in 1993, the World Travel Awards aim to "distinguish the best examples of good practices in tourism on a global scale". During the black-tie event staged at the Pátio da Galé, Portugal clinched a slew of coveted titles. These included 'World's Leading Destination' - for the second year running; 'World's Leading Tourist Board', for Turismo de Portugal, and 'World's Leading Island Destination', which went to the Portuguese archipelago of Madeira.

Lisbon was elected as the World's Best City Destination and Best City Break Destination, while the Algarve also fared well with two gongs; one for the restaurant at the exclusive Vila Joya resort in Albufeira, and another which went

to the Conrad Hotel in Quinta do Lago (Almancil), for best Fine Dining Hotel and World's Leading Luxury Leisure Resort, respectively.

In total, Portugal scooped 16 'Best in World' category awards and eight 'Best European' awards.

In a statement, the State Secretary for Tourism, Ana Mendes Godinho, said she was "extremely proud to receive this distinction again".

"Being world champions in tourism for the second consecutive year is a sign of Portugal's ability to affirm internationally, thanks to the work of all Portuguese. "Portugal is indeed a must-see destination. This is, above all, an award for the Portuguese", she commented. Portugal's president, Marcelo Rebelo de Sousa, also hailed Portugal's success at the World Travel Awards 2018.

In a statement released on Sunday, the head of state congratulated "all entrepreneurs, employees and other agents in the tourism sector for the election,



(L-R) Ana Mendes Godinho, Portugese Secretary of State for Tourism, Turismo

for a second consecutive year, of Portugal as the world's best tourist destination".

Portugal's Prime Minister, António Costa took to social media to address the election of Portugal once more as the world's top destination. "Congratulations to all the Portuguese who have contributed so much to this victory, particularly those who work in the tourism sector", he wrote.

To secure the title for the second consecutive year, Portugal beat off stiff competition from 16 rivals: South Africa, Brazil, Spain, USA, Greece, India, Indonesia,

Jamaica, Malaysia, Maldives, Morocco, New Zealand, Kenya, Rwanda, Sri Lanka and Vietnam. At the 2017 awards, Portugal picked up seven 'Oscar's; in 2016 it won four.

In June, Portugal had already been re-elected as the leading destination in Europe. Nominees are selected by the public worldwide and by more than 200,000 tourism professionals from 160 countries.

The nominees for the grand final are the winners of the regional heats, with other nominees added by the WTA itself.

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 News in Brief


de Portugal, and Host, Ela Clark. (Photo: Supplied/WTA)

WEATHER

Coming days looking bright and crisp

After a warm and sunny build-up to the weekend it looks as if the bright weather is set to continue, with crisp mornings, pleasant daily temperatures, but overnight lows will still be chilly.

Lisbon: Some cloud will cover Lisbon over the weekend but on the whole the capital is looking dry and mild, with maximum temperatures peaking at close to 20 degrees on Sunday. The start of the coming week will also see some high cloud cover, before showers return from Wednesday onwards.

South: The spate of mild weather will continue into the weekend, with sunshine, a smattering of cloud in otherwise blue skies, and highs peaking at 21 degrees. From Monday onwards the temperatures will drop a few degrees and showers will return from the middle of next week.

North: Northern Portugal will follow the pattern set by the rest of the country with a pleasant and dry weekend topped off by a particularly nice Sunday - which will be sunny and warm, with highs of around 18 degrees - followed by a slight drop in temperatures and light showers from Wednesday.

More than 1,000 new HIV cases

More than 1,000 new cases of the HIV virus were reported last year in Portugal. According to a new report, people aged 25 to 29 were the most likely to contract the virus. A total of 264 deaths were reported last year due to HIV, with the average age at death being 52. Between 1983 and 2017 a total of 58,000 cases of HIV were reported in Portugal, resulting in 14,500 deaths. Lisbon tops the list of infections, followed by Porto and Portimão.

Police authority shuts down 80 websites selling counterfeit products

Portugal's Economic and Food Safety Authority has shut down around 80 websites selling counterfeit products as part of an international operation carried out by Europol. The operation has closed a total of over 33,000 websites in a number of countries. In Portugal, health and safety officials have discovered around 170 websites selling counterfeit goods, including clothing, accessories, software and fishing equipment.

Portugal least concerned about fake news impact on EU elections

Portugal is one of countries in the European Union that is least concerned with the impact that fake news on the internet could have on the European elections. According to a Eurobarometer report, Portugal is the second country in the EU which is least worried regarding the spread of disinformation, with only 57 percent of the country's citizens interviewed being concerned with how it could affect the European elections in May 2019.

Ronaldo loses out to Modric

Cristiano Ronaldo has lost out to Luka Modric who lifted the 2018 Ballon d'Or. The 33-year-old Real Madrid and Croatia midfielder broke the stranglehold placed on France Football's prestigious award by Cristiano Ronaldo and Lionel Messi in the last decade at a ceremony in Paris on Monday evening. Former Real team-mate Ronaldo and Argentinean superstar Messi had each won the Ballon d'Or on five occasions since Brazilian Kaka did so in 2007. Ronaldo, who left Real for Italian giants Juventus in July, finished as runner-up ahead of France's World Cup winner Antoine Griezmann.

Sting confirmed in line-up of 2019 Marés Vivas festival

British musician Sting is the first confirmation for the Marés Vivas festival in Vila Nova de Gaia, northern Portugal, which takes place from 19 to 21 July 2019. Sting's performance at the festival is scheduled for 21 July, and is part of his "Sting: My Songs" Europe summer tour. The organisation of the Marés Vivas festival also announced the decrease in ticket prices next year after Portugal's approved State Budget saw VAT on performances lowered to six percent.



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Relations with China ‘best ever’; shared goals on climate - president

Portugal’s president, Marcelo Rebelo de Sousa, has described relations with China as being the “best ever in history” at this moment, and expressed confidence that the two countries can team up in an “active fight” against climate change.



China's President Xi Jinping (L) accompanied by his wife Peng Liyuan (R) and Portugal's President Marcelo Rebelo de Sousa (C) after a meeting at Belem Palace in Lisbon, Portugal, 04 December 2018. Xi Jinping is on a two-day official visit to Portugal. (Photo: EPA/Joao Relvas)

“I am sure that I will see Portugal and China united in an active and determined fight for the environment and respect for the commitments of combating climate change,” he said, in a

reference in part to joint ventures between the two countries’ companies in the field of renewable energy generation. The head of state was speaking at an official dinner he gave on Tuesday night in honour of the

president of the People’s Republic of China, Xi Jinping, and his wife, Peng Liyuan, at the Ajuda National Palace in Lisbon, at the end of the first day of Xi’s two-date state visit. In his speech, which was published on his official

website, de Sousa reiterated that he would like to see Portugal and China undertaking “international cooperation in defence of the values of multilateralism, international law, the rule of law, peace, development and human rights” - points he had made earlier on receiving Xi at his presidential palace. De Sousa also said in the speech that he “would like to see more trade between the two countries” because they would “both win” from this. “I would like to see Portugal and China with an exchange of investments that will continue the effort initiated a few years ago.” The Portuguese president expressed a desire to see the two countries “closer in their people’s knowledge, in education, in science, in culture”, stressing that Portugal rejects a mere “mercantile view” of bilateral relations. In his view, this precise moment of Sino-Portuguese relations is, “perhaps, the best ever in history” and a “promising

future” is anticipated. According to de Sousa, China and Portugal had “an exemplary relationship in the past” and it is “again exemplary in the present”. With regard to Macau, formerly administrated by Portugal handed back to China in 1999, he argued that “it was always a link” and “never a reason for separation or disagreement” between the two countries, “because it has never been a colonial possession, but rather the result of a serene understanding that Portuguese and Chinese always knew how to respect.” De Sousa declared that Portugal was proud to “be the country of the western hemisphere with the longest uninterrupted relationship with China” and noted that “Portugal and China have never had a single military conflict”. The two countries “have not always agreed, but we have always known how to talk ... valuing what most unite us and relativising what separates us.” There are,

he noted only “rare examples” in the world “of two nations with a common history so old and, simultaneously, so friendly.” The president spoke to Xi of the “special and profound fascination” that China exerted on the Portuguese from the start. He cited excerpts from literary works by Fernando Pessoa and Eça de Queiroz as examples. Looking ahead and expressing “confidence in the future,” de Sousa also quoted ancient Chinese sage Confucius on respect for the past (“I transmit, I invent nothing”) and revolutionary writer Lu Xun (“Trust only him who doubts”) as well as Eça: “You can stumble on every kind of item in China throughout the last ten thousand years except a pessimist.” He ended with a toast to Xi and his wife, “for the prosperity of the people of Portugal and China, and for the constant development of friendship and Luso-Chinese partnership.”

TPN/Lusa

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Belém brushes off any malaise with church over World Youth Day announcement

Belém Palace, the Portuguese President's official residence, has denied any discomfort between itself and the Catholic Church after it was prematurely announced that the 2022 World Youth Day would take place in Portugal.



Young Christians exchange the Cross of the World Youth Day during the handover ceremony at the end of a Palm Sunday mass in Saint Peter's Square, Vatican City, on 9 April 2017. The handing over of the cross symbolises the location of the next host city for the event. (Photo: EPA/Claudio Peri)

The announcement should have been formally made by Pope Francis in the New Year, but it was revealed by religious site Religionline last weekend, on Saturday. This led to some suspicion that a

presidential source may have leaked the information, and a flurry of reports claiming the incident had caused "malaise" between the two institutions. According to newspaper *Jornal de Notícias*, the early announcement of the Pope's

visit to Portugal to preside over the gathering made Catholic Church leaders "uncomfortable", with some suspecting that the information leak had originated in the presidency. Nevertheless, an official source

in Belém dashed that version of events, adding that even President Marcelo Rebelo de Sousa had been taken by surprised with the untimely announcement.

"This is a matter that lies exclusively within the sphere of the Catholic Church", a Belém source was quoted as saying by newspaper *Público*.

The spokesman of the Portuguese Bishops' Conference, Manuel Barbosa, also told *Público* that it is the "Pope who announces" the country that receives the conference.

He added, "of course we would all like him to come here. But we have to wait and see." World Youth Day (WYD) is an event for young Christians, celebrated in dioceses around the world on Palm Sunday, organised by the Catholic Church and initiated by Pope John Paul II in 1985.

The next World Youth Day 2019, will be held in Panama, from 22 to 27 January.

Prior to this weekend's untimely announcement, newspaper *Público* had reported that Portugal's President Marcelo Rebelo de Sousa would be attending the event in Panama in January to bolster Portugal's chances of securing the event following its candidacy, made in 2017.

Belém this week explained any possible trip by the President to Panama in January would "first

have to be communicated to Parliament". However, according to other reports, the Patriarch of Lisbon is already working on preparations to organise the event.

The location has also reportedly already been chosen, and will allegedly be within Lisbon.

The other candidates to host World Youth Day 2022 were the Czech Republic and Sweden, with the event alternating between Europe and the Rest of the World.

Religionline states that an official announcement will be made in Panama at the next WYD, which the Cardinal Patriarch of Lisbon, Manuel Clemente, and other Portuguese bishops will attend, to receive the passage of testimony of the Pope and the Bishop of Panama City.

The cardinal-patriarch of Lisbon officialised the request to host the WYD at the end of 2017, and since 2012, in several meetings of the Pontifical Council for the Laity (CPL) of the Vatican, the possibility of it coming to Portugal has been discussed. The previous editions of World Youth Day were held in

Cologne, Germany, 2005, Sydney, Australia, 2008, and Madrid, in, 2011, with Pope Benedict XVI in Rio de Janeiro in 2013 and Krakow in Poland, in 2016, with the current pontiff.



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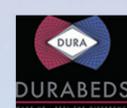
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Paternity leave and child benefit boost



BRENDAN DE BEER

The Socialist Government has this week unveiled a revolutionary package that includes 33 measures aimed to better reconcile family, personal and work life. The measures have been introduced to drive Portugal firmly into the 21st century and to act in accordance with well-established social practices in most parts of western and northern Europe. Two of the more striking measures include an increase in child benefits while also giving fathers more time off work following the birth of a child.



A new programme presented this week aims to increase family interaction and the time parents spend with their children, irrespective of the demands of their careers. (Photo: Lusa/Homem de Gouveia)

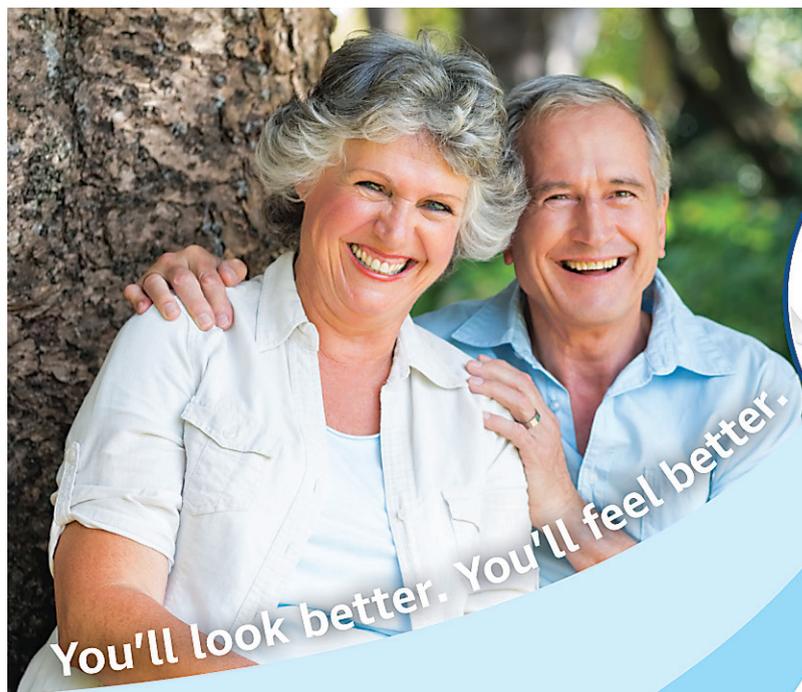
The programme will see dozens of private and state entities called in for their input to improve the work-family balance, with the Government saying the revised welfare legislation will not be the sole result of

parliamentary discussions. Among the measures which already appear to be the result of broad consensus, is that the amount of paid leave fathers may claim will be raised to a minimum of 20 working days from its current figure of 15.

In addition, unemployed mothers will no longer see fathers lose out on paternity leave, with dads now entitled to 15 days, after previously not being allowed to take any leave, at least not that which is subsidised by Social Security services.

The package of measures, also provides for certain concessions, such as allowing parents to work from home, limiting the amount of time spent at meetings and allowing mothers and fathers to share accumulated parental leave as they deem fit. Agreements are also to be signed with the private sector in the areas of health, sport, culture and leisure to promote greater family interaction and improved physical and mental health. Programmes to increase physical activity at the office will also be introduced in the programme to modernise labour practices in Portugal, while also allowing for a certain amount of days to be spent working from home every month. Workers will also be given time off to deal with personal matters, while greater flexibility in work timetables are also on the table for further discussion. Civil servants are meanwhile to be given three hours off work to accompany their children on their first day of school up until the age of 12. Cabinet Minister Maria Manuel

Leitão Marques, who alongside Labour and Welfare Minister José António Vieira da Silva drew up the list of reforms, explained in comments to *Diário de Notícias* that the “programme is open and not exclusive to the Government and will proceed in accordance with the initiative of society in general and the Government”. She described the norms and regulations contained in the programme as forcing a “change in culture and requires the collective support of all parties concerned to adapt these measures in the short, medium and long term.” Child benefits are another of the major changes stipulated in the programme, and will look to increase monthly payments made to parents in accordance with the age and number of children. A nationwide study will also be held in order to establish the reasons for Portugal’s low birth rate and implement measures that will encourage parents to have more children and not be felt limited to do so by lack of funds or career pressures.



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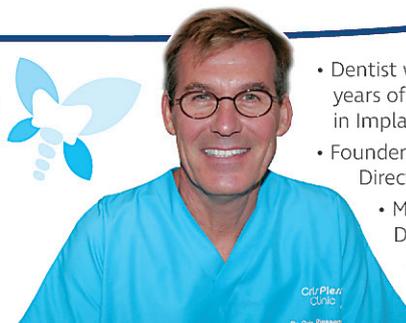
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Don't leave it too late to leave your estate to your loved ones

by António Rosa, Joint Country Manager Portugal

Moving to Portugal requires planning – your pensions, assets, income and investments will need to be structured in a way that helps you achieve tax-efficiency, while you should also consider the best way to make use of any property investments in your portfolio. And many people make the mistake of delaying or, in some cases, completely overlooking their estate and inheritance planning arrangements until it's too late.

Portuguese succession law differs markedly from that of the UK - a fact that can sometimes result in expats making unhelpful assumptions about the plans put in place before they left the UK. So, the best way to make sure you have planned with clarity is to make sure you understand how Portuguese inheritance law differs from the UK system.

Here is Blacktower's Quick guide to understanding successful succession planning in Portugal.

No Inheritance Tax

This is often hailed as a positive for Portugal, but there are provisos. While family members such as spouses and children don't have to pay any inheritance tax, the Portuguese government does levy a 10% fixed-rate stamp duty on all Portuguese assets left to non-family beneficiaries.

And Portugal has some quite old-fashioned ideas about what constitutes "family" - if you are leaving assets to a civil partner or 'common law partner' who you have lived with for less than two years, they will unfortunately not meet the necessary criteria and as such will have to pay the 10% levy. Currently, stepchildren also remain subject to the 10% tax.

It is also worth noting that stamp duty can present a problem for your beneficiaries back in the UK as well as those elsewhere in the world. This is because it applies to all Portuguese assets, regardless of where the beneficiary resides.

The Beneficiary Pays Stamp Duty

In the UK, any tax due is paid by the estate. However, in Portugal, the stamp duty is owed by the beneficiary. This can lead to problems for some as it may be a struggle to pay the liability up front prior to selling the asset - however, until the tax is paid, the beneficiary won't be able to legally sell the property.

Remember, stamp duty is charged on Portugal-based assets, irrespective of residency, so this could affect any heirs in the UK not directly related to you.



Portuguese Succession Law is Very Prescriptive

Portuguese succession law operates along bloodline-based 'forced heirship' rules. In practice, this means that unless you use the EU Succession Regulation known as Brussels IV to nominate UK inheritance law as your instrument of choice, at least half of all your Portuguese and worldwide assets (excluding non-Portuguese property) will go to your direct descendants or ascendants even if you have let it be known that you wish otherwise.

If you wish UK succession law to apply to your estate, you will need to explicitly state this in your Will; you should also check with your adviser that any Will you have made in Portugal does not invalidate a Will you have made in the UK, or vice versa. It is important that you understand the full rules and implications of Brussels IV before making any decision.

Beware UK Inheritance Tax

Even if you have been resident

in Portugal for several years you should still seek advice as to whether any of your worldwide assets might be subject to UK inheritance tax. There are treaties in place designed to prevent double taxation, however, there are still some situations in which an asset might attract both the 10% Portuguese stamp duty and the 40% UK inheritance tax. It is important that you have clarity in this regard in order to pass on as much of your estate as possible.

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British Ambassador reaching out to the British community

The British Ambassador Chris Sainty, will be in Sintra on Monday, 10 December, and in the Algarve the following week, to meet members of the British community in the area to respond to questions and concerns about the UK's exit from the European Union.



British Ambassador, Chris Sainty.

Ambassador Sainty, will attend a public session at the Palácio Valenças in Sintra, from 6.30pm to 7.30pm, where he will be interested to hear of any concerns British residents might have about the possible impact of the UK's withdrawal from the EU.

This session has been organised with the co-operation of the Sintra Municipal authorities.

Places available are limited and registration is therefore essential. Ambassador Sainty will also be in Loulé on Tuesday 18 December to meet members of the British community in the Algarve. He will be at the Cine Teatro in Loulé, from 6pm to 7pm.

Please confirm your attendance by registering via www.eventbrite.co.uk/e/british-ambassador-reaching-out-to-the-british-community-tickets-53012585069. The registration passwords are Sintra/Loulé for each event respectively.

If those attending have any questions for the Ambassador, please send in advance to notarial.portugal@fco.gov.uk.

Migration to UK falls amid Brexit uncertainty

There are increasingly fewer Portuguese citizens arriving in the United Kingdom, according to Britain's Department for Work and Pensions, with the country seeing a decrease of 26 percent in the past year.

This was also the 12th consecutive quarter in which the number of new Portuguese entries registered decreased, reversing a trend seen from the

2016 referendum, following at least five years of increases. Migration to the UK from all EU countries has also decreased amid the uncertainty surrounding Brexit.

President claims that USA is priority

The president of Portugal, Marcelo Rebelo de Sousa, has said that the United States "is a priority for Portugal" and that the two countries could "have new connections in the field of energy, in the future".

De Sousa was speaking at the National Museum of Ancient Art in Lisbon at the launch of the book "Ten Million and One" by the former US ambassador in Portugal,

Roberto Sherman. The President stressed that Portugal was "one of the very few" European countries "that can understand the USA fully, and that are truly transatlantic."

McCanns lose UK High Court battle

Kate and Gerry McCann have lost a High Court battle against the UK Government over its decision to cancel the second part of the Leveson Inquiry.

The McCanns are part of a group of four claimants who brought a judicial review in a bid to force the Government to reconsider shelving the inquiry.

The second part of the inquiry was due to look into unlawful conduct within media organisations as well as relations between police and the press.

The McCanns complained of press intrusion into their lives after their daughter Madeleine went missing on holiday in Portugal in 2007.



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Monchique mayor says he will negate expansion of Palmeira quarry

Rui André, Mayor of the Algarve mountain city Monchique, has said he will negate a application by the local stone quarry in Palmeira, for its expansion, and also said people who live in the vicinity of the pit are right to complain about it, given the noise, dust and nocturnal activity it generates.



Monchique Mayor Rui André. (Photo: Lusa/Luís Forra)

Located in the hillside hamlet of Palmeira, the quarry's activity has long generated discontent among the local. "The activity is noisy, by which you can tell that they work out of hours, there is night lighting that is not allowed either. The people who live there are absolutely right", the Mayor said. Mayor André recalls that the quarry has been licensed since the 1980s and at present, the entity that has jurisdiction over it is the General Directorate of

Energy and Geology. "There have been several communications from me to have this entity inspect and monitor what is happening in this area", the Mayor added. There is currently a request to enlarge the quarry. "The Municipal council will give a negative opinion", he assured. Rui André stresses that he has embargoed works that were already going on outside the perimeter of the quarry; however, the quarry itself continues to operate since it has a license to do so. "I do not understand why the

enforcement agencies do not enforce the law", he slammed, warning that the quarry "could damage the protection perimeter of Caldas de Monchique", where mineral water is produced, as well as a number of archaeological resources located in that area. "Any inhabitant in Monchique who wants to do a small intervention in their house has a series of constraints because they are in RAN (National Agricultural Network), REN (National Ecological Network), of Rede Natura

classified zones", laments the mayor, stressing that an industrial activity as a quarry "appears to be neither inspected nor monitored by the competent authorities.

Man arrested during large drug bust in Lagoa

A 39-year-old man has been arrested for drug trafficking in the Algarve region of Lagoa, following a four-month investigation carried out by Portimão police.

The arrest was made during a raid that took place on Thursday, 29 November, carried out by the Silves GNR criminal investigation branch.

Two house searches were conducted, which resulted in the seizure of 5,174 doses of hashish,

137 doses of cocaine, 41 doses of cannabis, 11 grams of MDMA, seven mobile phones, five knives, two bicycles and a TV, among other objects.

The arrested suspect was brought before a judge last Friday and remanded in custody pending trial.



The stash seized by GNR officers following the Lagoa drugs raid. (Photo:supplied)

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Food bank garners over 2,000 tons of food for needy at Christmas

Around 40,000 volunteers took part in a food-drive last weekend, staged at major supermarkets nationwide, which gathered a total of 2,146 tons of foodstuff for the needy over the Christmas period.



Young volunteers sort donations during a visit to the Food Bank by the Presidents of the Republics of Cape Verde and Portugal, Jorge Carlos Fonseca and Marcelo Rebelo de Sousa, respectively, on 2 December 2018 in Lisbon. (Photo: Lusa/Manuel De Almeida)

Food drives were staged at over 2,000 supermarkets from north to south of the country, in an effort to make the festive season that little bit easier for those in need. The national food bank president Isabel Jonet thanked those who donated, and volunteers saying: "We are grateful to the many thousands of food donors, to all the volunteers and to the countless companies and entities that have made this campaign possible, thus again making an invaluable contribution that allows the Food Banks to continue to help many of our most needy fellow citizens. While the results announced at the start of the week were still provisional, as an online campaign was still ongoing, Ms. Jonet described the initial tally as "very positive".

The head of the national food bank described the results as "astounding solidarity demonstrated once again by so many people who are sensitive to the needs of many families who do not have sufficient resources to meet all the needs of their household". The food collected will be distributed as of next week to 2,600 Social Solidarity Institutions, which will deliver them to about 400,000 people with proven food shortages, in the form of hampers or cooked meals. A voucher donation and online donation campaign (www.alimentestaideia.pt) are ongoing until 9 December. The national food bank - Banco Alimentar Contra a Fome - stages two countrywide drives per year, at Christmas and Easter.

Food organisation calls for action to combat hunger by 2030

In Lisbon on Monday, the Deputy Director of the Food and Agriculture Organisation (FAO), Maria Helena Semedo, called for greater efforts to combat hunger by 2030, lamenting the recent figures released by the institution.

"Unfortunately, the latest figures are not promising," Helena Semedo told *Lusa News Agency*, adding that hunger was rising around the world.

A greater effort is needed, as well as more integration at a political

and intellectual level so that in 2030, the "objectives [of the United Nations] of lasting development can be reached," Helena Semedo, who became the first woman from Cape Verde to receive an honorary doctorate on

Monday in Lisbon, said: "The United Nations considers that feeding a hungry planet is increasingly difficult as climate change and the depletion of soils and other resources undermine the food systems."

According to the FAO's report released on 28 November, new policies are needed to reach "zero hunger" and the population increase demands more nutritious food supply at accessible prices. However, increasing

agricultural production is challenging due to fragile natural resources, the FAO said. Around 820 million people suffer from malnutrition, according to the report, and food security continues to be a problem

for millions of people who lack access to sufficiently nutritious diets, with poverty being the main cause. The FAO expects the global demand for food to grow by 50 percent between 2013 and 2050. *TPN/Lusa*

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Algarve to wrap up 2018 in style

2018 is set to go out with bang in the Algarve, which has put on a glittering line-up of cultural events and entertainment to see in the New Year.



Revellers packed the beachfront at last year's New year's Eve concert in Albufeira. (Photo: Supplied/Câmara Municipal de Albufeira)

December will be jam packed with shows and activities that range from classical ballet pieces to photo exhibitions, sports events, and musical extravaganzas. Two timeless ballets have been

brought to the region to launch into December, the first, Tchaikovsky's magical Nutcracker, which was on at the Figures theatre in Faro on Monday, and Swan Lake, by the Russian Classical Ballet, which took place at the Carlos do

Carmo theatre in Lagoa on Tuesday. Two prominent names on the national comedy scene - António Raminhos and Nilton - will be serving up their stand-up comedy in Portimão on 14 and 15 December, while Vila Real de

Santo António's massive nativity scene - the biggest in the Algarve and which took a month to build - will be open to the public at the António Aleixo Cultural Centre until January.

Lagoa will be hosting the 4th edition of the Living Statues at Christmas event, on 14 and 15 December, and on 16 December, the more active can take part in a Father Christmas Walk and Race in Albufeira. On top of the festive events, a whole plethora of cultural events are in the planning for the Algarve as part of the '365 Algarve' year-round entertainment calendar, which aims to boost the region during low-season. This includes the Jazz in the Wineries events, the Cataplay gastronomic show, the Atail Circus, which will be livening up Monchique over the new year (28 Dec - 1 Jan) and the Algarve Flash Mob choir, which could turn up on any street, at any time.

A dazzling line-up of performers have been called in for the free New Year's concerts; Portimão will welcome Richie Campbell (29 Dec), David Fonseca (30 Dec) and Axé Brasil (31 Dec); New Year's eve in Albufeira will be seen out by HMB, Wilson

Honrado and Fernando Daniel (31); Lagoa is again organising the biggest indoor réveillon in the Algarve, the Arade Music Fest, at the Arade Congress Centre, while in Lagos, band Amor Electro will be providing the soundtrack to the arrival of 2019.

Christmas events get underway

A series of Christmas events are underway this week in southern Portugal.

The Algarve's largest nativity scene, in Vila Real de Santo António, is inaugurated at the António Aleixo cultural centre.

The annual Artenata handicraft and sweets fair also starts in Ferragudo and runs until Sunday.

The Russian Classical Ballet also staged two performances of Swan Lake at the Lagoa auditorium.

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Algarve rubbish treatment company told to lower tariffs

Algarve waste collection and treatment company Algar has been instructed by the sector's Regulatory Entity to lower the price of its service, after the company announced it wanted to increase tariffs.



Algarve waste treatment company Algar has been told by the sector's Regulatory Entity to lower the price of its service. (Photo: Carrie-Marie Bratley/The Portugal News)

Algar, which processes the Algarve's urban waste, had proposed a rise in the tariff to be applied across municipalities in 2019, but the Water and Waste Services Regulatory Authority decided otherwise. According to newspaper *Correio da Manhã* (CM), the value will have to be lowered by more than 15 percent, from €34.72/ ton to €29.37. The decision spurred a meeting between Algar with local mayors, during which the company reportedly expressed concern about the financial impact of the measure. Nonetheless, Jorge Botelho, president of the Algarve Intermunicipal Community, told CM that Algar was committed to "maintaining quality of service".

Nuno Amorim, manager of Algar, acknowledged that the company predicts "negative results" due to the tariff reduction, but stressed that "public service will be upheld". Although the councils will be paying Algar less, nothing suggests that this will translate into a reduction of the value charged to consumers, which is included on water bills. It is the individual responsibility of each municipality or municipal company to define the tariffs it applies to the population. Company Algar is 56 percent owned by private companies (Mota-Engil and Urbaser), with the remaining 44 percent owned by the Algarve's councils. In 2017, turnover was 18 million euros and the net result was 717 thousand euros. Algar employs about 300 employees.

Government authorises €10.4m grant for Bragança/Portimão air link

The government has authorised a 10.4 million euro grant for the public tender of the Bragança-Portimão air link.

The new grant is to be in force for four years, one more than the current one that ends later this month. Any European Union air

carrier can apply. The route, which includes stops in Vila Real, Viseu and Cascais is currently operated by Aero Vip.

Faro Municipal Assembly approves creation of Committee for Environmental Protection and Animal Welfare

The Municipal Assembly of Faro approved, by a large majority, a proposal from the PAN People, Animals and Nature Party to create a Committee for Environmental Protection and Animal Welfare.

The proposal counted on votes in favour from the PS, PSD, CDU, CDS, Left Block and Land Party Movement (MPT). The Partido Popular Monárquico

(PPM) abstained. In PAN's view, this is a "measure that places the municipality on the right track for the civilisational evolution that is intended".

It said it also affirms Faro as the capital of the Algarve "in the approach to these themes, which are increasingly central and relevant to the society".



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A protestor pictured here in Lisbon after losing his savings during the banking crisis.. (Photo: Lusa/José Sena Goulão)

Brussels allows Portugal to save on interest and repay bailout loan ahead of time

European Stability Mechanism said on Tuesday it had decided to approve the waiver on Portugal's early repayment of the European Financial Stability Facility (EFSF) loan, thus allowing the country to complete early repayment of its loan from the International Monetary Fund (IMF).

In a statement released on Tuesday, the euro zone's rescue fund pointed out that the EFSF Board of Directors, one of the three official creditors of the external aid programme to Portugal (2011-2014), on Tuesday decided to waive compulsory repayment of loans granted to the country under this fund, "allowing Portugal to proceed with the early repayment of its loan from the IMF," according to the express wishes of the Portuguese Government. In return Portugal commits to pay the EFSF up to €2 billion in advance between 2020 and 2023, after paying the full amount of

the loan to the IMF, which is subject to market conditions and the impact on the sustainability of the loan, which will be assessed at the time. The loan agreement between the EFSF - the European creditors - and Portugal specified that, when an advance payment is made to the IMF, a proportionate amount of the financial assistance provided under the EFSF should also be settled, but European creditors may waive that requirement, which is what has happened now. "Prepayment to the IMF will generate financial benefits for Portugal by replacing debt to the IMF with loans

from the capital markets at lower costs," said the EFSF Executive Chairman and director of the European Stability Mechanism, Klaus Regling. According to Regling, "these savings, along with robust economic performance, have been seen as a positive sign for the markets and provide an opportunity to extend and mitigate the country's reimbursement profile. As part of the financial assistance programme (2011 to 2014), Portugal received €78 billion in external aid, provided in equal parts (one third each) by the EFSF, the European Union and the IMF. While the IMF's debt maturities are concentrated between 2021 and 2023, repayments to the EFSF and the EU extend until 2042. On 29 November, Portuguese Prime Minister António Costa announced in parliament that by the end of this year Portugal will repay all its debt to the IMF amounting to 4.6 billion.

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Parcel G L S

SIR, With reference to the dreadful company GLS I would like to inform the good people of Sao Bras and surrounding areas, there are hundreds of parcels, awaiting pick up in the Vodafone, MEO, NOS shop on the main Avenida which GLS has failed to tell anyone it is their drop off point called Orbitol. Hope this info will be of help to the others who are sick to death of this dreadful company.

Put your complaint to our british post office and get this company closed down now. Christmas is coming, may I suggest you find an alternative way of getting your present out. MARY PARKIN, by email

EU Citizen

SIR, While John Calvert (TPN 24 Nov. 2018) may not like the Treaty for European Union (TFEU) and its associated laws & regulations, the UK did ratify it, is legally bound by its provisions, and is failing to honour and enforce TFEU within the territory of UK as it is obliged to do. As one European Leader put it on the Sophy Ridge Show on Sunday: "International relations are built as much as possible on rule of law & international Treaties and when you engage your country in international Treaties you are legally bound". I agree and EU Citizens have rights and expectations. His view that "If you just say forget about this commitment that means that you can no longer be trusted" would seem to echo my own views on how future trading partners could be expected to have confidence in UK upholding and enforcing future trading agreements in circumstances where it is clearly failing to honour existing agreements.

PATHOULIHAN, by email
embassyireland1@gmail.com

More money to McCanns

SIR, It was reported last week that the Madeleine McCann inquiry has been granted another 170,000 pounds!

Other than them being personal friends of ex-chancellor Gordon Brown and strings are obviously being pulled, why on earth are they being allocated so much money for this case, now over thirteen million pounds.

The opinions expressed here are those of our readers and not necessarily of The Portugal News.

The editor reserves the right to edit letters or refuse publication.



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

Yes, we are all saddened by the course of events but this is not the only case where a child has gone missing but other cases have not been afforded this amount of money (or time).

The ironic part is thirteen million could have been saved, a little girl would still be part of her family if only the parents who are both well paid medical professionals had spent 50 euros for a babysitter.

PETER BIRD, Faro

Faro Airport Immigration

SIR, Just a short note to offer some praise where it is perhaps not often given or received.

My girlfriend and I recently landed at Faro airport, where we were met by the customary queues.

Two or three flights appeared to have landed at the same time. However, once we got to the passport desk, the electronic ones were not functioning, we presented our documents which were inspected, handed back and we were then surprised to be offered a pleasant stay by the Officer, using our christian names. This may not be unusual to some of your readers, but in all my years of travelling worldwide have never personally encountered such a friendly welcome.

Well done to that officer concetned.

M. PAICE, by email

Drivers

SIR, After two years living on the Algarve I have reached the conclusion that portuguese drivers are either clairvoyant or phsyhic. In that they seem to know that drivers behind them know when they are going to turn and dont need to indicate. Also in the recent letters about right of way when entering the main road from the right, even when it is a concealed entry they seem not to need to slow and look before exiting onto the main road. I have noticed that even on roundabouts they come out right in front of you, and women seem to be the worst in that if they dont look you are not there, ie the ostrich syndrome. It makes you wonder if they even have a license.

STEPHEN CRAGGS, Senhora do Verde, Mexiloeira Grande, By email.

Bowls Algarve

Thursday 28 November was Super 10's competition day. Pedras shared four points each with Alvor, whilst, Floresta also shared four points each with Albufeira, and Tavira took six points from Balaia. This makes the Table for week Six. Floresta is at the top with twenty-seven points, Albufeira chasing closely behind on twenty-six points and Valverde closely following on twenty-five points. Alvor are holding up the table from the bottom on ten points.

Friday 30 November was Albufeira Cats Christmas Party Fun Bowling Day. Everyone entered in to the 'spirit' of the day, by dressing in Christmas jumpers or attire, funds raised going to the local orphanage.

Saturday 1 December, was a



beautiful, sunny, morning for our League games. In League A, Floresta Foresters took all eight points from Valverde Vipers, Alvor Scorpions took seven points from Tavira Tigers who won one point, Pedras Panthers took all eight points from Floresta Rangers, and Albufeira Cats won six points from Valverde Vulcans who won two points. The Table now has Valverde Vulcans at the top with thirty-eight points, Floresta Foresters following closely behind on thirty-five points, with Valverde Vipers chasing on twenty-seven points, Floresta Rangers being this week's strongest team holding up the league from the bottom on twelve points.

In League B, Alvor Greens took six points from Balaia Pods who won two points, Floresta Huntsmen were the resting team this week. Balaia Whalers took two points from Alvor Amigos who won six points, whilst Valverde Vikings and Alvor Rooks shared the points with four each. The B Table now has Alvor Greens at the top with twenty-five points, Alvor Amigos and Valverde Vikings chasing closely on twenty-three points each. Alvor Rooks holding up League B on twelve points.

Miriam Hare

Let's Walk in the Algarve

Saturday 8 December – Let's Walk from Esteval dos Mouros:

An amazing walk through little known countryside, totally off the beaten track. Just over 2 hours and fairly easy – no major climbs! 1pm start. Meet at the entrance to the village of Esteval de Mouros. Exit the EN125 at the Albufeira junction but turn left to go north on the EN 395 / 270 towards Messines & Paderne. After 8km at Purgatorio continue towards Messines and after 800m turn right onto a small road (signed Alcaria) Follow the road through Alcaria, then turn right at a junction. After 1.5km you come to a T-junction at Lentiscais, turn right and after 2km on a sharp bend you have a road to the right signed Esteval de Mouros, drive 100m and park by the old school building on the left.

Algarve Bike Rides

Here are the details of this week's rides:

Saturday 8 December - Bike Ride starting in Messines: We meet at the Intermark supermarket 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 9 December - Bike Rides starting in Almancil: We meet close by the rubber stamp roundabout at 9.15am ready for a 9.30am start. This is a regular Sunday ride of around 35-40kms with a café stop somewhere along the way. **Note:** We reserve the right to cancel any ride if less than 5

Tuesday 11 December – Let's Walk north of Loulé:

A nice gentle walk through a rich variety of scenery near Loulé, about 2.5 hours with no real climbs so all can enjoy. 10am start. Meet at Café Tomilhos, N270 east of Loulé. Go north from EN125 & A22 on IC4 from Faro towards Loule for approx 6km & turn right to São Brás at the 2nd roundabout. Then again at the second roundabout (Road Roller Roundabout near Mat Diver) turn right towards São Brás. Café immediately on your right. Parking: Plenty of roadside parking, recommend to park as soon as possible after you leave the roundabout. *There is no need to book please just come along wearing shoes suitable for country walking and bring a sense of humour as there will be laughs! There is a nominal charge of 5 euro per person, Chris 913 011 537*

people are signed up for the ride ! so please sign up by 6pm on the evening prior to the ride if you intend to come.

If you would like to come along to one of these rides, please do let me know either by text, email or by confirming on Facebook via the Activity Algarve Bike Rides page ! If a ride has to be cancelled for any reason, such as bad weather, then notification of cancellation will be via text, so please make sure that I have your mobile phone number !

For more information paul.beesley@sapo.pt.

I look forward to seeing you on a ride soon

It never rains in Southern California



No rain but a bit chilly for the ASB November ride through the hills around Salir starting in Paderne.

The ride was well attended and with so many bikers it was decided by organisers Steve Wills and David Shirley to split the riders into two groups.

Those with the smaller capacity bikes led by David took a slightly shorter and less challenging route through the hills around Salir. The other group of riders followed Steve on a longer route in the same area via Malhão.

Both routes visited California (North of Salir not USA). Steve's route turned out to be longer than anticipated when his expensive Sat Nav system failed. He is

thinking of taking it back to Algoz market and demanding a refund of the two euros. However, all was well and as planned both parties arrived back south to the lunch venue Restaurant O Foral near Tunes where Carlos and his staff provided one of the best meals this year.

Steve was assisted by Alain Balouzet and David by Ken Blunt riding at the tail of the respective groups.

We now look forward to the last event of this year which will be the annual charity lunch at the Fatacil restaurant in Lagoa on Friday 14 December to which all are invited including members, friends and families.

Photos by David Shirley and David Ashcroft.

The Ball Is Over – Next The Burns Supper



The Saint Andrew's Society of the Algarve held its annual Saint Andrew's Ball at the Penina Hotel on Saturday 24 November. This was highly successful with around 100 participants. Our piper Malcolm MacGillivray greeted guests into the hotel and then led the parade into the ball after the champagne reception.

As usual the Hotel Penina produced a superb buffet – including preparing a cake with the Saint Andrew's cross – and the friendly and attentive staff ensured that everything ran smoothly. For the twentieth year running the Scottish ceilidh band "The Sound of Islay" entertained guests warmly. They, along with contributions from piper Malcolm, ensured that the dancing was both energetic and enthusiastic leaving just enough strength for a lusty "Auld Land Syne" on the stroke of midnight.

The Society was very grateful to its sponsors EuroFinesco for once again contributing to the costs of transporting the band from Scotland and to Medal.

Insurance for covering the costs of the flower arrangements. Blevins Franks kindly sponsored a table and supplied the whisky. Janette Owenson very kindly made up the magnificent heather arrangements with her usual flair, as well as arranging the magnificent hamper.

The Society hopes that the Ball will have whetted appetites for their next event – the Burns' Supper at the Ponte Romana restaurant in Silves on Saturday 26 January 2019. So please put this event in your diaries now and watch this space for further details later. And if in the meantime you would like to practise your Scottish country dancing skills give Mardie Cunningham a call (282 356029) about the sessions at the Nobel International School in Porches on Monday evenings.

If you would like to know more about the Society – no need to be Scots – give Chieftain Doug McAdam a call on 935 577362 or Treasurer Kathy Prentice on 919 635246.

Doug McAdam, Chieftain

Helping Hands

Local charity Helping Hands in The Algarve has continued in recent months to support a variety of worthy causes including The Bombeiros, horse riding lessons for children with cerebral palsy, the Children's Home in Loulé and local families in need.

Recently, a consignment of firefighting kit was delivered to the Bombeiros Sapadores de Faro, consisting of 47 fire fighters' tunics and trousers and 45 pairs of boots. The kit was sourced at CAFFRA, a non-governmental organisation based in U.K., which supports civil protection projects around the World. Thanks should go to Phil and Jan Garner who liaised with CAFFRA and the Sapadores.

Algarve Express very generously agreed to transport the kit from the UK to the fire station in Faro. They even covered the cost of transportation from

CAFFRA in Grantham to their base in Basildon.

The Sapadores will sort the kit and prepare it for distribution to some of the less well equipped fire stations who are in greater need of the donated items.

On Sunday 18 November, a further €131 was added to Helping Hands in The Algarve funds at the annual Charities Fair, Mercadinho Solidário, in the Municipal Market in São Brás de Alportel. Items donated by a variety of supporters in U.K. And The Algarve were sold.

Helping Hands in The Algarve also organised a combined dinner and quiz night on Wednesday 5 December at the Fonte da Pedra restaurant in São Brás de Alportel.

Further details about Helping Hands can be obtained from richardmcr@hotmail.co.uk or by phoning 914786875.

Come and sing Carols with the Choir

On Sunday 16 December, All Saints Anglican Church Almancil is holding its annual Festival of Nine Lessons and Carols upstairs at ASCA (Associação Social e Cultural de Almancil) near the Parque dos Comunidades. There will be a short communion service from 10.15am for those who wish to attend, and the Carol Service starts at 11am with the traditional Once in Royal David's City, with soprano solo for the first verse. All Saints Almancil has a resident choir who will be singing three pieces during the service and the leading soprano will also be singing a solo. There are well known carols and some you may not have sung for a while, so a lovely mixture. With

a resident choir, descants are a must of course so there are a few of those thrown in. We cannot guarantee snow in this part of the Algarve but we do guarantee a warm welcome to start the service and afterwards Mulled Wine, Mince Pies, Stollen and other Traditional Festive Refreshments. All in all it should be a wonderful morning so why not come and join us as all are welcome, regardless of age or religion. ASCA - GPS N 37° 5.121', W 8° 2.06' or ring Jenny on 919 464 863 for directions or a map.

There will be a further Carol Service at All Saints Anglican Church in Lagoa on 23 December. It will be held at 11am at the Chapel in the Lagoa Convent. All are welcome.



Part of the ASCA complex, showing where churchgoers can access the upper floor where the Festival of Nine Lessons and Carols will be held.

Christmas Candlelight Carol Service

8pm, 9th Dec

International Evangelical Church of the Algarve with the Salvation Army in São Brás

followed by Tea & Coffee

Estrada da Estação Vale Judeu

Just off EN125 between Vilamoura and Quatro Estradas roundabouts

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7th-9th December 2018

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The "Strings & Things Christmas Show"

On Sunday 16 December, 1pm, MacJetes Restaurant in Bordeira will be putting on a 3-course Christmas Lunch, for the price of only €20euro each, along with the fantastic music of "The Strings & Things Show Band". Band leader Howard Scott Parkin says: "We have secured a great price, together with the fine dining of MacJetes Restaurant, which will include drinks and coffee and, not for-

getting the live music from our 7-piece band of singers and musicians, with the greatest songs ever to get you on your feet dancing".

The event benefits The Salvation Army, here in the Algarve, for their Christmas project of feeding the poor and the homeless.

Tickets are very limited so please call Valentina at MacJetes, 917 224 392.

Charity xmas concert for the Salvation Army

Join us in celebrating the true spirit of Christmas at Spikes Restaurant, Vale do Lobo Golf Club, on 13 December from 6pm to 8pm, for a selection of all your favourite Christmas songs and carols performed by the musicians and vocalists of Band on the Run, the Salvation Army Brass Band and by a special appearance of a choir of local children.

All proceeds from the evening

will go to the Salvation Army in support of its tireless and outstanding work throughout the Algarve.

Tickets (15€ per adult, 5€ per child) are available from the real estate office of John Hammond, Vale do Lobo, and Spikes Restaurant. For more information, contact Chris Hughes, 918-548-180. Please help the Salvation Army make Xmas and 2019 a better time for all.

AIRC support school



Almancil International Rotary Club members recently attended a school year awards ceremony for pupils attending Escola EB 2/3 Dr António de Sousa Agostinho in Almancil. The ceremony, held at Igreja de Nossa Senhora de Fátima in Almancil, courtesy of Padre Jorge, was attended by proud parents and AIRC members.

After a brief introduction by Prof. Maria Rosário Militão, two students, Cristina Moroz and Orlando Fortunato conducted the proceedings.

AIRC has for many years supported the school with the introduction of a cookery competition for the catering students, horse riding and surfing lessons for the autistic children and, most recently dog therapy. Two years ago as an extra incentive to the students. AIRC President Clare Busbridge decided the club should award a prize to the pupil who had been most outstanding in overcoming personal

or educational difficulties in the year. For the year 2017/18 the prize was awarded to David Martins Guerreiro. Recommended by his teachers, David was shown to have a calm temperament and proved to be an interested, extremely committed and hardworking young man who overcame the difficulties he encountered in learning and whose attitude showed a personality with strong moral values throughout his school career, maintaining a posture of concentration and attention that allowed him to achieve an excellent school performance.

"This is an award I was very proud to present" said current AIRC President Brian Giles. "Our members believe that supporting our local community, especially our young people brings its own rewards. David is an example of not only a hard working young man but is also a credit to his school and the staff who teach him".

Launch of 'Crossing Cultures in the Western Algarve'

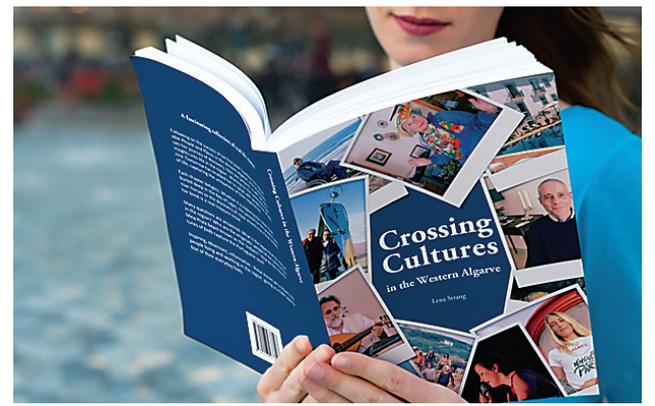
On Friday 14 December at the cafeteria of Lagos Cultural Centre at 6.30pm there will be a launch of the book 'Crossing Cultures in the Western Algarve' by Lagos resident, Lena Strang, available both in English and Portuguese. The event, which is open to the general public, is supported by the local council. The President of Lagos Câmara will be present.

Having written main feature articles for 'Tomorrow' magazine for over six years, Lena has interviewed a variety of local people about their lives. She has also done research into historic buildings and places of interest in the region. These stories have now been collated into book form.

Following on the success of her first book 'Touching Lives: Remarkable People and Places in

the Western Algarve' published three years ago, she decided to launch a second volume.

Here she focuses on the richness of the cultural heritage and the experiences of people in the different communities in the region. The wide ranging chapters include exploration of the riches found buried deep in the Bay of Lagos, the passion for the graceful Lusitanian horses, the discovery of royal ancestry by a local resident, amongst many others. She has also examined the lives of people living on the margin of society such as the nomadic gypsies in the region as well as the established resident gypsy population in Lagos. She also explored the history of the 'Indians' of Meia Praia and their situation today.



There will be a presentation (in both English and Portuguese) and a short film will be shown about the personalities featured in the book. Refreshments will also be served. There is an opportunity to acquire

signed copies. The book, with over a hundred colour photos, retails at €10.

Everyone is welcome. As it is near Christmas it may well be a perfect opportunity to stock up on presents too!

'A Christmas Quarrel'

Comic entertainment with a festive theme

To be performed at São Brás Museum, this is the fourth production based upon the shared history of Portugal and Britain. Written by Algarve resident Carolyn Kain, it will be staged by a cast of 13 actors, two soprano voices and a pianist.

It was an unexpected turn of events when Ferdinand, the widower of Maria II, Queen of Portugal, declared he intended to marry again. This time his chosen bride was an actress and opera singer, much younger than himself. His first cousin, Queen Victoria, regarded the young woman as a highly unsuitable match and made serious objections. Not only was she a commoner but her chosen profession was frowned upon by the frumpy Queen. Simultaneously another cousin, the lascivious Duke Ernst, head of the Saxe-Coburg dynasty, encouraged Ferdinand's marriage plans and between the three of them an almighty row ensued.

Conducted through a series of insulting letters sent between the occupants of Pena Palace, Osborne House and Coburg Castle, the Christmas of 1868 was far from festive. The eccentricities of all the characters involved have resulted in a play that is highly entertaining. Queen Victoria – petulant and controlling as ever – the love struck Ferdinand, the incompetent Duke, his soppy wife and live-in mistresses come head to head in a battle of royal wills!

Held in the 'Old Gallery' at São Brás Museum, the auditorium and stage will be dressed to celebrate the festive season. Profits are being donated to the São Brás Bombeiros.

Bar opens half an hour before the production and there will be a 20 minute interval.

Friday 14 December evening

performance at 7.30 pm.

Saturday 15 December matinee at 4pm.

Sunday 16 December matinee at 4pm.

Tickets 10 euros / 8 euros for Amigos of the Museum

To book tickets in advance telephone: - 966 329 073 or

Email: admin@amigos-museu-sbras.pt



The cast of 'A Christmas Quarrel' at Museu do Trajo, São Brás. (Photo: Peter Kain)

ASK Kurt

All your computer questions answered

What is Fiber Optics?

You may know that fiber optic cabling is important to applications like the Internet, telephone systems and cable TV, but have you ever wondered why it's so perfect for transmitting data. **Fiber Is More Secure:** Since information is carried within the cable, the information is more secure than in other cables; therefore, it's difficult to hack the information.

It's Easy to Install the Cable: While fiber was difficult to install a few years ago, things have changed as technology has changed. Most Internet Service Providers are installing fiber optic backbones for Internet and telephone systems as prices have dropped dramatically over the last few years. **The Cables Aren't Affected By Environmental Conditions:** Since the fibers carry light, they aren't disturbed by changes in temperature, cold, rain or any other environmental conditions. This is not the case with copper cables that are usually affected by environmental conditions such as extreme temperatures. **They Support Wireless:** The cables are heavily used by telecommunication companies to carry wireless telephone signals from the towers to the central network. The fibers are preferred by many companies due to their large bandwidth and long term compatibility with network equipment. **Fiber Optic Isn't Fragile:** Although fiber optic is made from glass and some of its areas require a lot of care, a complete fiber is designed in such a way that it's able to withstand even the most rugged installations. Research studies have shown that fiber optic's can withstand higher pulling tension than copper. In addition to this, it's rated for larger temperature ranges and is immune to EM/RFI interference.

Email your questions to Kurt: kurt@algarvecomputercentre.com

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Help winter wildlife in the garden

Winter is a time when wildlife needs an extra helping hand, to ensure that birds and other visitors to the garden make it through the colder months.



Don't worry too much about sweeping up all the leaves because they can provide shelter for a range of mammals and insects. (Photo: PA Photo).

Here are some ways to help the wildlife on your doorstep through the winter months...

Keep bird feeders and baths topped up

Many birds lose 10% of their body weight overnight in cold weather and expend a lot of energy flying to feeders, so you need to keep your bird feeders and baths topped up so they don't have a wasted journey. Provide them with a variety of foods, from seed and suet to fruit, dried mealworms and grated cheese. Avoid anything salty like salted peanuts and lose the net strings that fat balls come in, as birds can get their feet and beaks stuck in them. Don't put out cooking fat or vegetable oil, which don't agree with birds. Site feeders or nest boxes at a high level, to make them less accessible to cats. There are many seed mixes on the market, but avoid those which contain a lot of wheat. They appeal chiefly to pigeons.

Be berry aware

Birds rely on berries and seeds to keep their food supply up during the winter months, so if you are using berries for Christmas decorations and have netted them for protection, leave at least some berries for the birds.

Rotten wood is good

After autumn pruning, don't dispose of all your rotten wood and bark, because these provide much needed shelter for many overwintering insects including ladybirds.

Feed the bees

Occasionally, bees will emerge from their winter hibernation on milder days. Treat them to a 50:50 sugar and water solution. Certain kinds of bumblebee, including the buff-tailed bumblebee, are seen in winter gardens on sunny days. Choose a sunny spot for plants which are nectar-rich including the stinking hellebore and winter-flowering heather.

Keep areas untidy

Don't worry too much about sweeping up all the leaves because they can provide shelter for a range of mammals and insects. Among the best hiding areas is under hedges, which should remain dry and relatively warm.

Look after insects

While many insects hibernate in the winter, occasionally on sunny days some will emerge from their slumber in search of pollen. Good sources include ivy, which flowers in winter, and mahonia, which produces clusters of sweetly-scented zingy yellow flowers from November to March. Butterflies and moths overwinter as pupae or caterpillars in long grass or at the base of plants, or even just below the soil, so keep your grass as long as you can stand and don't cut back all of your perennials, as other insects including spiders may take refuge in the hollow stems.

PA/TPN



Occasionally, bees will emerge from their winter hibernation on milder days. (Photo: PA Photo)

Happily ever after

In most places, bears make their presence known with a grunt or a growl; in the forests around Japanese town Karuizawa, however, the only audible evidence of their existence is a series of beeps.

Holding a telemetry device beneath the crumpled Akaishi Mountains, wildlife researcher Tamatani Hiroo is tracking one of 30 collared Asian black bears being monitored in this area. "That's Ikaru," he says, pointing to swathes of forest so dense they roll like emerald waves. "She's been moving around that area for the last few years."

Tamatani estimates the 23-year-old female is only 100 metres away, yet we don't even catch a glimpse of her fur. Although black bears shift regularly through these woodlands, which run uninterrupted for more than 200km from the neighbouring Niigata Prefecture, they're rarely ever seen - and the Picchio Wildlife Research Centre would like to keep it that way. A 60-minute bullet train ride from Tokyo, Karuizawa is a wealthy retreat town in the Japanese Alps; a cross between Wimbledon and the Hamptons, its pine and larch forests seclude Western-style villas and boulevards lined with patisseries and boutiques. The current Emperor and Empress once famously played a game of tennis in the town's public court, and John Lennon spent time here with Yoko Ono in the 1970s.

A former post station on the Nakasendo Highway, which connected Edo (modern-day Tokyo) with Kyoto from the 17th to mid-19th century, its lack of arable land (required to pay a rice tax to Shogun military commanders) saw it fade out of favour. But in the 1800s, missionaries moved in, drawn by the cool mountain air and promise of endless sunny days in winter, giving the town a cosmopolitan character.

Ornithologists were also attracted by the 80 species of bird found here, and in 1974, the Karuizawa Wild Birds Sanctuary became the first protected area of its kind in Japan.

For many years, people were able to live in harmony with their environment. Yet increasing human encroachment has had an inevitable impact, and in a tussle for natural resources, wildlife has fared worse off.

"Until the 1990s, we never had a bear problem," explains Picchio's marketing director Masaya Kusube, whose own home sits in the bears' leafy front room. But when a lodge naively allowed the animals to rummage through their rubbish bins - pleasing camera-ready guests in the process - the animals became at best a nuisance, at worst a threat. In 2000, more than 200 public bins were damaged by bears and some communities retaliated by forming

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r with bears

A pioneering eco project is managing the Asian black bear population at a popular hot spring retreat in the Japanese Alps. Sarah Marshall visits.

vigilante groups. Established in 1992 as an outfit offering eco-tours, Picchio has, in recent years, turned its focus to managing issues of human wildlife conflict in Karuizawa - a pioneering conservation project in Japan. Masaya proudly shows me one of 40 new public bear-proof dustbins he's helped engineer, along with several metal drum "traps" used to safely capture the bears and transport them away from inhabited areas. We end up at a kennel where Karelian Bear Dogs Elf and Rayla are being trained to "tree" bears. Feeling the boistrous pups' spittle-coated teeth gripping rather too playfully around my wrist, I even have the urge to shimmy up a trunk myself. These encounters, along with Tamatani's telemetry tracking, are all part of a new tour Picchio are planning for tourists, offering an insight into their work and encouraging more Japanese people to fall in love with wildlife. Ironically, Japan has a long-standing connection to nature; it's the focus of national religion, Shinto, with many deities symbolised by animals. But while hedgehog, cat and even lizard petting cafés have popped up in Tokyo, the idea of appreciating animals in the wild is still a fledgling concept. "Perhaps because wild animals are natural, we don't think they are so valuable," muses Masaya

when I quiz him on the subject. Crucially, he believes the key to changing attitudes lies with Westerners, whose activities have set trends since Edo times. Later that evening, I join another tour organised by Picchio - watching flying squirrels, known as musasabi, make sunset glides from their nests. We wait patiently underneath one of 12 nesting boxes for the spread-eagled creatures to appear and, as if on cue, they emerge 30 minutes after dusk, sailing down steep, forested slopes like enormous autumn leaves carried by the wind. The encounter is quite literally fleeting, although harem of sika deer on a post-dinner night tour, are prepared to stick around. Climbing into torchlight-fitted 4x4s, we drive to the top of the seasonal Prince Snow Resort, strewn with dismantled restaurant signs and token mounds of fake snow. Perhaps more remarkable than the deer sightings is the city view; only a fraction of the area dances with lights, demonstrating just how wild and untouched most of Karuizawa remains. Living alongside nature is a key theme at the Hoshinoya Karuizawa Resort, a serene property neighbouring Picchio's lakeside research centre, opened in 1914 at the foot of volcanic Mount Asama on the site of a hot spring. Winding around streams

and connected by bridges, villas present a modern interpretation of traditional Japanese hospitality, with beds raised comfortably from the floor and a bath infused with seasonal fresh ginger and apples filled at the touch of a button. Blazing crimson and gold, autumn colours sweep through the site, and scenes are reflected in dishes created by executive chef Eiji Inake at the Kasuke restaurant. Tucking into a tasting menu, craggy-edged and salmon-pink mushrooms are part of an eight-variety steamed medley, and black throat seaperch is grilled on pine bark to give it a woody scent. But the star attraction is the onsen - or hot spring - Tombo-no-yu. Hotel founder Kuniji Hoshino took a gamble on striking gold during prospective excavations for the therapeutic waters, but in an area broiling with volcanic activity, his chances were high. Taking an onsen is a Japanese ritual; stripping off naked, visitors wash and relax in segregated baths. Sitting in the rotenburo (outdoor bath), I watch curled and crisped cedar leaves settle on the steaming granite rocks, creating a patchwork of semi-precious hues. It's a popular public bathing site, but guests of Hoshinoya have exclusive early morning access. For those who struggle with communal nudity, there's a



An Asian Black Bear. (Photo: PA Photo)

second on-site onsen, open all night, featuring a series of dimly lit and blacked-out 40C chambers designed for meditation. When I visit at 1am, only a few souls float like apparitions, disappearing into their own mysterious after-worlds. Even in the concrete chaos of Tokyo, an onsen is a place for peace and reflection - proof there's an opportunity to connect with nature, even when green spaces are few and far between. The capital's only true natural spring sits on the 17th floor of Hoshinoya's sister property in the Otemachi financial district, and only hotel guests can enter. Inspired by traditional ryokan, rooms have tatami-mat floors and my suite is painted in ultramarine gunjo - one of the key shades used in

ancient Japanese art. The owners dug down 1,500 metres to find a hot spring source, and rocks raised from the construction now decorate a subterranean restaurant, Hamada, where executive chef Noriyuki Hamada uses "Nippon" ingredients with French cooking techniques, and fossilised wood from the pillars of the feudal mansion that once stood here, have been

used to produce plates and bowls. At 5am, I lie back in the onsen, gazing up at a patch of pre-dawn inky blue through the open roof. In that moment, with no points of reference, I could be anywhere; city, forest or mountaintop, we share the same sky. And as several swollen, heavy raindrops burst around me, nature makes her presence most clearly heard. TPN/PA

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Helping pets feel calm at Christmas

Christmas can be stressful for pets. The change in routine, visitors, children, loud music and decorations can all worry them.



Here are the top tips from the RSPCA for helping all pets have a stress-free Christmas:

Cats and dogs

Try to keep food, exercise, bed and toilet break routines the same as consistency can help pets feel more secure. If you have guests coming over, let your dog or cat meet people at their own pace. Give them somewhere cosy and quiet to retreat to, away from all the excitement, where they won't be disturbed by anyone. Leave toys there to help them associate the area with positive experiences.

For cats, you can also give some hidey-holes to retreat to in case they feel unsure. Try on top of wardrobes or under furniture - even cardboard boxes can make good hiding places.

Although Christmas is a busy time and there's a lot to do and people to see, be careful about leaving your pet alone for any period which might cause them distress.

If you're spending Christmas day with friends or family and your dog is coming with you, take something which smells familiar, like their bed, to

help them feel secure. Take some of their favourite toys and chews to help keep them entertained.

Small furies

Make sure nocturnal animals such as hamsters are kept somewhere they aren't going to be disturbed during the day. Keep visitor's animals away from small furies as they could frighten them! Small animals are very sensitive to high frequency sounds which we can't hear so keep them away from televisions and stereos. Consider gently and carefully moving cages to quieter parts of the house if you're having a party. Don't put tinsel around cages and keep fairy lights and electrical cables out of reach to prevent them nibbling objects that could cause medical issues.

Advice for all

Keep a number of an emergency vet on hand in case of accidents or if your pet eats something they shouldn't. If your pet is on medication, stock up before the holidays so you don't get caught out. If you're going away over Christmas, be sure to make plans for your pets - whether they're coming with you or not.

Christmas table

If conjuring a beautiful table setting is usually one final frazzled festive step too far - take heart!

Stylish food writer Anna Barnett, who's worked in TV and magazines and knows a thing or two about glamorous effects and glittering occasions, has come to the rescue,

sharing some of her insider tips and tricks. She's turned the tables on traditional table settings and given her own creative spin to three festively fabulous looks. And best of all, she promises they're all

easy-peasy to do!

"I love doing a Christmas table setting as it's a chance to be super-creative and let your personality shine through," says Barnett.

"It honestly doesn't need many ingredients to give a setting the 'wow' factor.

Just be inspired by your bauble collection and add a few more details, like foliage," adds the author and blogger, whose enthusiasm is infectious.

"Make it eye-catching and engaging - and a little bit different - and people will enjoy your feast even more. Then sit back and wait for the compliments - guaranteed to give you a seasonal glow!" Simply choose your look, and follow Barnett's two-step guide to styling each one...

Serve nature with an Aussie flavour

"This is my favourite. It's a refreshing, Australian-inspired scheme using eucalyptus stems. Their subtle, muted



Create a fiesta feast: If you love colour, this one's for you! (Photo: Candy/PA Photo)



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FLORIS is 2-and-a-half-years-old. She is good with other dogs and is sweet and friendly after initial shyness. Please contact Kerry if you can give her a loving home. 916731831 or viemailkerry@aeza.org



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talk

colour is so in tune with the fashionable country look. Fruits and metallics give it visual punch but this is still a lovely easy-on-the-eye, tranquil effect," says Barnett.

Step 1: A hanging display Use a small bunch of willow branches attached to two leather straps or ribbon. Hang from a ceiling centrally above the table or kitchen counter, or alternatively on a wall or from a pendant light or chandelier.

Hang a selection of lightweight baubles at different heights onto branches using invisible thread (fishing line works well).

Select a colour palette of two to three colours - gold and orange are a classic combination, Barnett points out. "I've included miniature Christingles (oranges spiked with cloves)."

Step 2: The centrepiece "Lay a line of eucalyptus stems the length of the table and intersperse with gold, copper or bronze

baubles, which will reflect candlelight. These shades look incredible together and eucalyptus has a relaxing aroma," says Barnett.

"Bring the effect to life with pomegranates, artichokes, oranges and walnuts - I've spray-painted some of them gold too. A selection of candlesticks (marble or metallic) of different heights creates atmospheric lighting." Enhance with interesting texture, she suggests, such as a linen tablecloth and napkins, and creamy white hand-thrown pottery contrasting with sleek china dinnerware.

Decorate on the dark side

"Black isn't normally a colour that people think to decorate with at Christmas, but this is a really different dramatic scheme, with a cool, contemporary vibe," says Barnett.

"This really suits pared-back Scandi-style decor, which is so on-trend, and I love the idea of dressing the

table to match the room's decor," Barnett enthuses. "Ramp up the drama and go really moody with all-black dinnerware, or keep that lovely sharp contrast of monochrome. For me, this is a winning combination of playful and quirky."

Step 1: The centrepiece "Black's a great base to accentuate colour and texture, and I've layered gold and pine on the top," she explains. Layer fir tree branches down the middle of the table, which will fill the room with a pine scent, and entwine with battery-operated fairy lights.

Pine fronds and pom-poms give warmth to this look, and stop it being too stark, Barnett adds.

Step 2: Bespoke a place setting Baubles and gift tags, with every guest's name written on each, conjure really personal place settings and make a lovely gift and souvenir of the meal for each person to take away.

Create a fiesta feast

"If you love colour, this



Black isn't normally a colour that people think to decorate with at Christmas, but this is a really different dramatic scheme. (Photo: Habitat/PA)

one's for you," says Barnett.

"I've used a traditionally seasonal palette of red and gold as a base but then thrown in a 'fiesta' vibe with over-the-top patterned baubles, sequins and glitter. Lots of glitter!"

Step 1: The centrepiece Any foliage will work - maybe a mix of eucalyptus stems and dark green ivy - with lots of fairy twinkling lights, says Barnett. For added zing, weave in strands of red and gold

ribbon or glitter string.

"Plunder your bauble collection and maybe add some new ones to the mix. And feel free to go OTT!" she urges. "The bigger the display, the more impressive it'll be. "If you're worried about overwhelming a table and not leaving enough space for platters and plates, arrange the effects in clusters spaced at intervals."

Step 2: Place setting

"Attach gift tags to small cocktail crackers for each setting. I've used wool tassel tree decorations (Habitat) here as a cutlery tie, or you could use them as a napkin ring. These are nice takeaway favours for guests," Barnett notes. "If you want to 'cool' down the look, substitute white or even silver china for the red plates," she suggests. "It'll give the same vibe but not quite as bold."

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Cooking on a budget



Mushroom And Tea Bourguignon, (Photo: PA Photo/Bluebird/Mike English)

Hence her latest collection, *Cooking On A Bootstrap*, which she considers both a coterie of tasty dishes and a manual for everything from food shopping and cooking on a budget, to basic kitchen equipment and how to navigate your way through other people's recipe books.

"It's a whole course on teaching yourself to cook well," says the 30-year-old. "We're all really feeling the squeeze," she adds, nodding to years of austerity, food price hikes and wages lagging way behind inflation. "Everything is more expensive, and people are struggling financially. There is still sadly a need for my recipes and my work."

No longer a food bank user - Monroe's written columns for the *Guardian* and *New York Times* since becoming a food writer - she still buys everything from the supermarket's cheap budget ranges (aside from when it comes to Marmite and Heinz

Tomato Ketchup - those are non-negotiable: "Sainsbury's Basics ketchup as a cooking ingredient, but Heinz as a dipping sauce!"). "They're just as good," she says strongly of the budget ranges. "If you're at home and opening your cupboards to feed yourself and your kid, they don't need serrano ham and extra virgin olive oil - they just need some food. It's not what you've got, it's what you can do with it." Giving people confidence is key, she says. In fact, Monroe wants to imbue her readers with so much kitchen-based fearlessness that they "ride roughshod all over my recipes". It's not just about overcoming the worry that you don't have the skills to whip up a quick dinner though, we also need to bridge the gap prised open between home-cooking and aspirational food on TV and social media. She believes cooking courses should be compulsory in schools, but is clear that cooking confidence is not just

young peoples' problem. "What I'd love to do is run free cookery workshops for people, the same way I do with my friends, one-on-one in my own kitchen," says Monroe. "If you've got a can of tomatoes and a couple of basic herbs and spices, the culinary world is basically yours."

Mushroom And Tea Bourguignon

(Serves 4)

- 1 teabag
- 300ml boiling water
- 1 medium onion (mine weighed 200g, but don't worry too much), finely sliced
- 4 fat garlic cloves, finely sliced
- 2tbsp oil
- A pinch of salt and a bit of cracked black pepper
- 1 x 400g tin of chopped tomatoes
- 2tbsp tomato puree (optional but I like a nice tomatoey taste)
- 1tsp mixed dried herbs
- 400g mushrooms, sliced
- Fistfuls of spinach, steamed, to serve (optional)

1. Find the largest mug you

have. Pop a teabag in, and fill it with the boiling water. Let it stand to one side to stew, properly stew, while you do the next bits.

2. Toss the onion and garlic into a large pan. Pour the oil over, stir, add a pinch of salt and pop over a medium heat. Cook for a few minutes, stirring occasionally, to soften the onions and lose that raw acerbic edge to them.

3. Pour over the chopped tomatoes and stir in the puree, and add the herbs. Remove the teabag from the mug and pour the strong black tea into the pan, and give everything a stir. Toss in the mushrooms, then bring it all to the boil. Once boiling, reduce to a simmer and cook for at least 20 minutes to let the sauce reduce and thicken and all the flavours meld together.

4. The next bit is up to you. You can leave it simmering away for another half an hour in the traditional fashion, or you can turn the heat off, pop a lid on (or large plate or tin foil if you don't have a lid) and let it slowly cool down. It will

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Jack Monroe is eminently practical. The cook and food poverty campaigner is constantly generating recipes and, to be frank, needs "somewhere to put them".

carry on cooking itself with the heat trapped inside, but will cost you less in gas or electricity to achieve pretty much the same effect - it just won't reduce as much, so you'll need to strain some of the liquid off to serve, or eat it like a soup, which is equally yummy.

5. Season to taste, and serve. I like mine slopped onto white fluffy rice or a pile of mash, but if you're a low-carb person, a pile of spinach or steamed greens would be yummy too.

Fluffy Berry Pancakes

(Serves 2)
2tsp butter
150g plain flour
1tsp bicarbonate of soda
1tbsp granulated sugar
80ml milk
2 medium or large eggs
100g frozen berries
Oil, for greasing
Golden syrup or honey, to serve

1. First pop the butter in a microwave-proof dish and melt for a few seconds. Set to one side, and work quickly.

2. Pour the flour, bicarb and sugar into a bowl and mix well to combine. Make a well (a big wide dent) in the middle of the dry ingredients and pour in the milk and melted butter. Crack in the eggs and mix it all together to make your pancake mix.

3. Now let it rest for half an hour. This is important, and helps create the lightest, fluffiest pancakes. The best place to rest it is in the fridge, as science dictates that cold batter meeting hot oil is the optimum for an airy, perfect reaction.

4. When the batter is rested, remove it from the fridge, tip in the berries, and give it a quick stir.

5. Grab a frying pan, preferably a non-stick one, and brush it with a little oil. Bring it to a high heat for a minute to warm the pan through, but don't let the oil start smoking, so watch it. Reduce the heat to medium, and dollop in some pancake mixture. The first one is always the worst - a snack for the hard-working chef is my rule! Cook for one minute



Fluffy Berry Pancakes. (Photo: PA Photo/Bluebird/Mike English)

and then, using a spatula, gently turn it over. Repeat until all of the pancake batter is used up, and serve in a stack, hot, with something runny and sweet.

Cooking On A Bootstrap by Jack Monroe, photography by Mike English, is published by Bluebird, priced £15.99. Available now.



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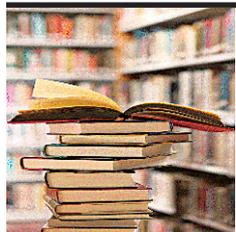
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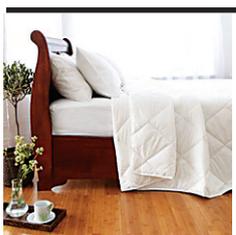
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The Casablanca Inn offers guests a home from home experience in the traditional Algarvian seaside town of Monte Gordo.

This 3-star hotel, which has an Arabic inspired décor, has a range of facilities including a lounge, outdoor café style seating and ample sized dining room, serving buffet breakfast and table service dinner, with views of the outdoor pool and patio area.

The outdoor pool is covered and heated throughout the winter months, from November until April.

There is also an inviting bar area, where guests can relax and listen to live music which is played every Friday and Saturday night.

The Casablanca Inn offers 55 comfortable rooms, each with an en-suite bathroom, telephone, television, mini-bar, safe, air conditioning and access to a

terrace on the ground floor or to a private balcony upstairs.

Guests can choose a room with double, separate twin or joint twin beds, for maximum comfort.

Casablanca Inn is set in an ideal location, just a 3-minute walk from the beach as well as to numerous shops, cafés and restaurants.

Families are welcome to the hotel, which is also ideal for couples wanting to enjoy a relaxing holiday away from all the stresses of life.

Staff at the Casablanca Inn will always give clients a friendly welcome and speak a variety of languages including English, German, French and Dutch, among others.

For more information about the Casablanca Inn, located on Praça Casablanca in Monte Gordo, please do not hesitate to contact us.

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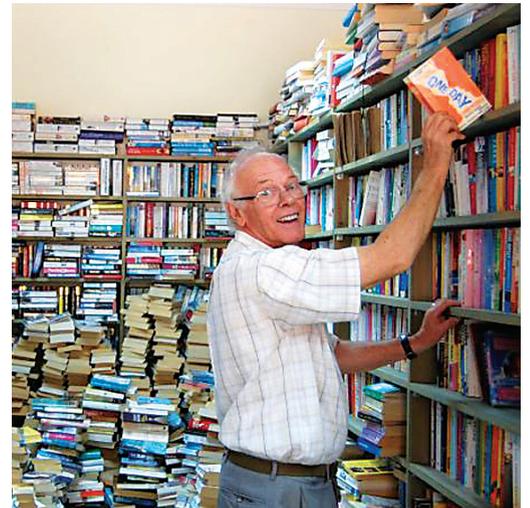
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One book the bookshop's owner Raymond Compton feels would make an excellent gift is 'Gardening in a Changing Climate', by Ambra Edwards, which has 400 stunning colour photos and is particularly relevant in Portugal at present.

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the best", Raymond says, adding: "Anyone who enjoys gardening will love this book".

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And if reading is not quite your favourite pastime, then the Algarve Book Cellar also stocks an impressive range of DVD's and jigsaw puzzles. CD's and cards for all occasions can also be found in the shop.

The Algarve Book Cellar will be closed from 23-26 December. Raymond would like to wish all his clients a Merry Christmas and a Happy New Year.

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Simple, effective exercises for old



You don't need to lift huge weights to strengthen your muscles. (Photo: PA Photo)

The Chartered Society of Physiotherapy points out that movement keeps muscles strong and helps maintain a healthy weight, which also protects the joints as we age. While it might feel like movement is the last thing you need when aches set in, regular activity can actually help manage joint stiffness, pain and fatigue, which can affect mood, mental health and wellbeing too. Keeping active can also cut the risk or help manage conditions like heart disease and stroke, certain cancers and type 2 diabetes. The good news is, it's never too late to start - so if your

activity levels could use a boost, here's what the pros at the CSP advise...

How much exercise should you do?
Studies show that 3-5% of muscle is lost every year from the age of 30 onwards, if steps aren't taken to maintain it. Official guidelines suggest adults should do activities to strengthen muscles and bones and challenge balance and coordination at least twice a week, as this will not only prevent falls, but also improve mood, help sleep patterns and bring overall health and wellbeing benefits.

Do things you actually enjoy

Exercise doesn't have to be torture or punishment! Physiotherapists recommend everyone finds a physical activity they enjoy, so they'll keep going. Try involving family and friends for support and motivation too - you're much more likely to maintain an exercise routine if you do it with other people. Then set goals - big or small - to keep you motivated, and pace yourself by starting slowly and gradually building up your activity. The CSP says it's OK to ache a bit, but if pain persists or gets worse, ease back and go slower.

What sort of exercise should older people do?

"You don't need to lift huge weights to strengthen your muscles," says Hallam. "You



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er people

As we grow older, niggling aches and pains can be seen as a sign it's time to slow down and take things easy. But slowing down too much can do more harm than good.

can start to build strength by completing everyday activities, like carrying shopping, washing the car and digging in the garden."

Seek advice if you're unsure

If you have a history of joint pain or problems, or any other ongoing health issues, it's always advisable to speak with your doctor before starting a new exercise regime. And if joint problems are a concern, a physiotherapist will be able to advise on how best to proceed with an exercise programme.

6 activities that benefit older people
Unsure where to start? Consider incorporating some of these into your routine:

1. Aerobic exercise

Swimming or walking briskly will raise heart and breathing rates, benefit the cardiovascular system and help keep weight in check. Exercising in a swimming pool can include walking, squats, marching and side-

stepping as well as swimming. All these activities improve fitness and are low impact on the joints.

2. Strength and balance activities

Tai chi, racquet sports and Pilates can help maintain muscle mass and improve posture and stability.
3. Weight-bearing exercise activities such as washing the car, carrying shopping or gardening can help maintain bone density and strength. "If you incorporate these activities into your daily routine, it won't be long before you start to feel the benefits," says Hallam. "But as with any activity, our bodies adapt quickly, so always make sure you're challenging yourself - getting off the bus a stop earlier or carrying the shopping a little further, for example."

3. Gentle stretching

Stretching muscles through activities such as Tai chi or yoga will help promote flexibility and range of motion in joints

4. Avoiding sitting for long periods

Develop prompts to remind yourself to get on your feet - stand to make phone calls or get up during the advert breaks when watching TV, for instance.

5. Gym machines

Joining a gym is a good way to access resistance machines or weights. Most gyms have personal trainers or staff who can show you how to use the machines safely.

6. Home exercises

If you're not a member of a gym, there are many body weight exercises you can do at home. The following exercises are recommended by physiotherapists to help improve coordination and balance in older people. They should be done daily, or at least twice a week.

Sit to stand

Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with your hands on the chair if needed). Step back until

your legs touch the chair, then slowly lower yourself back into the chair. Repeat 10 times.

Heel raises

Stand tall, holding on to a sturdy surface such as the kitchen sink or worktop, then lift your heels off the floor, taking your weight into your big toes. Try not to lean forwards or backwards. Hold for three seconds, then lower with control. Repeat 10 times.

Toeraises

Stand tall holding the same support, then raise your toes, taking your weight on your heels. Don't stick your bottom out. Hold for three seconds, then lower with control. Repeat 10 times.

One leg stand

Stand close to your support and hold it with one hand. Balance on one leg, keeping the supported knee soft and your posture upright. Hold the position for 10 seconds. Repeat on the other leg.

Heel-toe stand

Stand tall, with one hand on your support. Put one foot



Exercise doesn't have to be torture or punishment! (Photo: PA Photo)

directly in front of the other to make a straight line. Look ahead, take your hand off the support as you're able and balance for 10 seconds. Take the front foot back to hip-width apart. Then place the other foot in front and balance for 10 seconds.

Heel-toe walking

Stand tall, with one hand on

your support. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so the feet form a straight line. Aim for a steady walking action. Take the feet back to hip width apart, turn around slowly and repeat the steps in the other direction.

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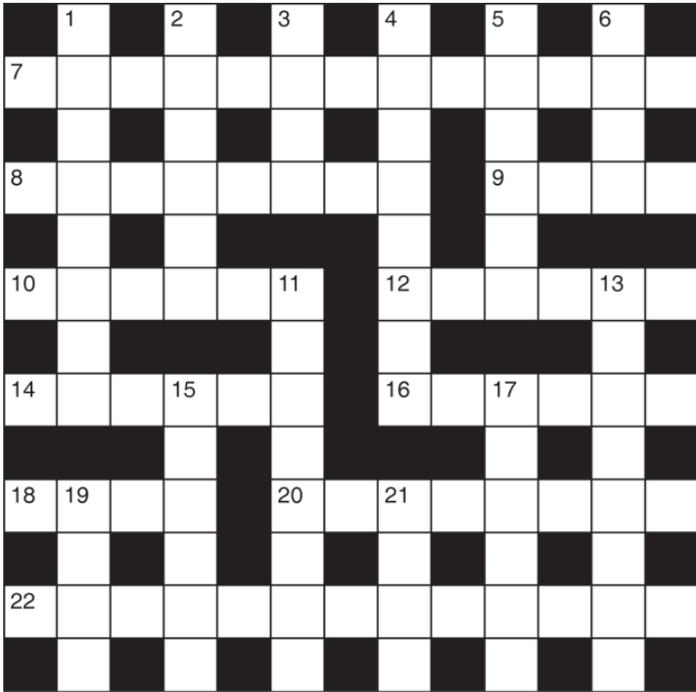
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Last week's cryptic crossword solutions
Across: 7 Atoll; 8 Epitaph; 9 Lighter; 10 Noted; 12 First class; 15 Out of order; 18 Evita; 19 Satanic; 21 Precise; 22 Atone.
Down: 1 Fall in love; 2 Forge; 3 Plot; 4 Hearts; 5 Pinnacle; 6 Fast-day; 11 Disc jockey; 13 Infradig; 14 Striker; 16 Rushes; 17 Enrol; 20 Teak.

CRYPTIC CROSSWORD

ACROSS

- 7. Possibly be proud of rest achieved in this (4-6,3)
- 8. Took for granted that the page started again (8)
- 9. Said to employ female sheep (4)
- 10. Father finding a deity inside the temple (6)
- 12. Old boy spilling suet, being mentally slow (6)
- 14. Corset restyled for companion (6)
- 16. Hit a small lorry (6)
- 18. Left-hand side of the harbour? (4)
- 20. They put a match to the vessels (8)
- 22. Rusty used to be a G.P. (3,2,8)

DOWN

- 1. Although they may be welcoming, people walk over them (8)
- 2. Quickly getting the others inside the post office (6)
- 3. Space over the wasteland (4)
- 4. Hard-working American at the atelier (8)
- 5. A churchman of his stripe (6)
- 6. He has information on the English (4)
- 11. Animal making the worker run away (8)
- 13. Fire people from the school sports day event (4,4)
- 15. Choose to take one on as an alternative (6)
- 17. To tear around turn (6)
- 19. About to drink to love of work (4)
- 21. Animal in a toga? (4)

QUICK CROSSWORD

ACROSS

- 7. Defencelessness (13)
- 8. Mercy (8)
- 9. Hypocrisy (4)
- 10. Incentive (6)
- 12. Naturist (6)
- 14. Neglect (6)
- 16. Wrap (6)
- 18. Burlesque (4)
- 20. Familiar (8)
- 22. Rebel (13)

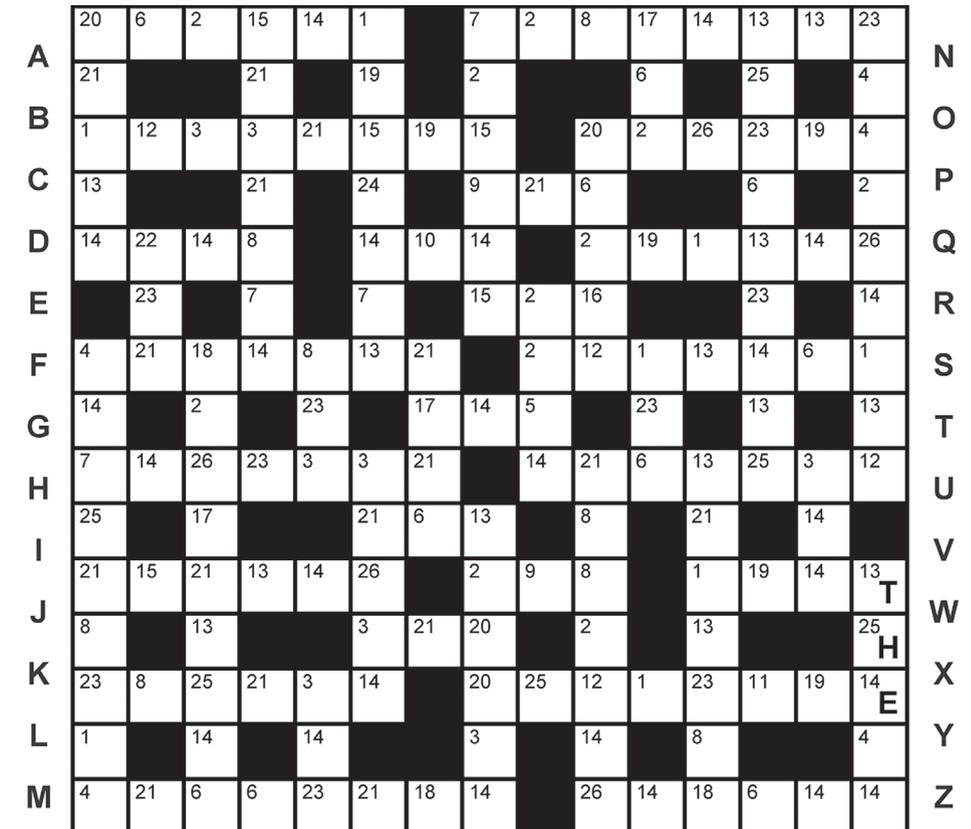
DOWN

- 1. Construction (8)
- 2. Beast (6)
- 3. Press (4)
- 4. Suspension (8)
- 5. Serene (6)
- 6. Stupefy (4)
- 11. Former (8)
- 13. Lone (8)
- 15. Choice (6)
- 17. Excite (6)
- 19. Retain (4)
- 21. Labour (4)

Last week's quick crossword solution
Across: 7 Eager; 8 Procure; 9 Expiate; 10 Spring; 12 Highwayman; 15 Complicate; 18 Extra; 19 Cutlass; 21 Precede; 22 Feast.
Down: 1 Receptacle; 2 Agape; 3 Area; 4 Speech; 5 Constant; 6 Supreme; 11 Generosity; 13 Ill-fated; 14 Smother; 16 Cachet; 17 Banal; 20 Tiff.

CODEWORD

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



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

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

Medium

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

Last week's solutions

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



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REF.V12837 PRICE: €300.000



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BBC One	
06.00 Breakfast.	16.30 Tipping Point.
10.00 Saturday Kitchen Live.	17.30 ITV News and Weather.
11.30 Classic Mary Berry.	17.40 ITV News London; Weather.
12.00 Football Focus.	17.55 FILM: Star Wars: Episode IV - A New Hope (1977).
13.00 BBC News; Weather.	20.10 The Chase: Celebrity Special.
13.15 Live Snooker: UK Championship.	21.10 I'm a Celebrity Get Me Out of Here!
16.30 Final Score.	22.10 The Jonathan Ross Show.
17.25 BBC News, Regional News; Weather.	23.15 ITV News and Weather.
17.45 Pointless Celebrities.	23.30 FILM: Jaws 2 (1978).
18.35 Strictly Come Dancing.	01.30 Jackpot247.
20.10 Michael McIntyre's Big Show.	03.00 Paul O'Grady: For the Love of Dogs.
21.10 Casualty.	03.25 ITV Nightscreen.
22.00 BBC News; Weather; National Lottery Update.	
22.20 Match of the Day.	
23.50 The NFL Show.	
00.20 Weather for the Week Ahead, BBC News.	

Channel 4

06.30 Top Class.	06.15 Triathlon: Sandman.
07.00 All Over the Place: Europe.	06.45 Everybody Loves Raymond.
07.25 Wild & Weird.	07.10 Everybody Loves Raymond.
07.40 Show Me What You're Made Of.	07.35 Everybody Loves Raymond.
08.10 All Over the Workplace.	08.05 Frasier.
08.40 FILM: Flushed Away (2006).	08.35 Frasier.
10.00 Natural World.	09.05 The Big Bang Theory.
11.00 Homes Under the Hammer.	09.35 The Big Bang Theory.
12.00 A Cook Abroad: John Torode's Argentina.	10.00 The Big Bang Theory.
13.00 FILM: Call Me Madam (1953).	10.30 Heineken Champions Cup Rugby: The Big Tackle.
14.50 Escape to the Country.	11.30 The Simpsons.
15.35 Flog It!	12.00 The Simpsons.
16.30 Live Snooker: UK Championship.	12.30 Heineken Champions Cup Rugby Union.
17.00 Women's World Cup Draw.	15.10 The Simpsons.
18.00 Dad's Army.	15.40 The Simpsons.
18.30 Richard Osman's House of Games.	16.15 The Simpsons.
19.00 Live Snooker: UK Championship.	16.40 FILM: Arthur Christmas (2011).
22.00 Performance Live: LOVE.	18.35 Channel 4 News.
23.00 Snowfall.	19.00 Britain's Most Historic Towns.
23.40 FILM: Gambit (2012).	20.00 Hunt for the Arctic Ghost Ship.
01.00 FILM: Hunky Dory (2011).	21.00 FILM: Allied (2016).
02.45 Sign Zone: Louis Theroux's Altered States: Choosing Death.	23.25 FILM: The Impossible (2012).

BBC Two England

06.30 Top Class.	11.30 The Simpsons.
07.00 All Over the Place: Europe.	12.00 The Simpsons.
07.25 Wild & Weird.	12.30 Heineken Champions Cup Rugby Union.
07.40 Show Me What You're Made Of.	15.10 The Simpsons.
08.10 All Over the Workplace.	15.40 The Simpsons.
08.40 FILM: Flushed Away (2006).	16.15 The Simpsons.
10.00 Natural World.	16.40 FILM: Arthur Christmas (2011).
11.00 Homes Under the Hammer.	18.35 Channel 4 News.
12.00 A Cook Abroad: John Torode's Argentina.	19.00 Britain's Most Historic Towns.
13.00 FILM: Call Me Madam (1953).	20.00 Hunt for the Arctic Ghost Ship.
14.50 Escape to the Country.	21.00 FILM: Allied (2016).
15.35 Flog It!	23.25 FILM: The Impossible (2012).
16.30 Live Snooker: UK Championship.	01.30 Ministry of Justice.
17.00 Women's World Cup Draw.	02.25 Hollyoaks.
18.00 Dad's Army.	04.40 Big House, Little House.
18.30 Richard Osman's House of Games.	05.35 Kirstie's Handmade Christmas.
19.00 Live Snooker: UK Championship.	05.55 The King of Queens.

BBC Four

06.00 CITV.	19.00 Wild Tales from the Village.
07.30 Scrambled!	20.00 Tap America: How a Nation Found Its Feet.
07.35 The Tom and Jerry Show.	21.00 The Sinner.
07.50 The Powerpuff Girls.	21.40 The Sinner.
08.10 ToonMarty.	22.20 Barbra Streisand: Becoming an Icon 1942-1984.
08.30 Robozuna.	23.20 Top of the Pops: 1986.
09.05 Mighty Magiswords!	23.55 Guitar Heroes at the BBC.
09.25 ITV News.	00.55 Wild Tales from the Village.
09.30 James Martin's Saturday Morning.	01.55 McMafia.
11.40 The X Factor Final.	02.50 McMafia.
13.10 ITV News and Weather.	03.50 Close.
13.20 FILM: Apollo 13 (1995).	
16.00 You've Been Framed!	

SUNDAY 09/12/18

BBC One	
06.00 Breakfast.	11.25 Midsomer Murders.
08.30 Match of the Day.	13.20 ITV News and Weather
10.00 The Andrew Marr Show.	13.30 Britain's Best Walks with Julia Bradbury.
11.00 Sunday Politics.	14.00 Paul O'Grady: For the Love of Dogs.
11.30 My Faith and Me: JJ Chalmers.	14.30 The Chase.
12.30 Bargain Hunt.	15.30 Tenable.
13.00 BBC News; Weather.	16.30 How to Spend It Well at Christmas with Phillip Schofield.
13.15 Songs of Praise.	17.30 Tipping Point: Lucky Stars.
13.50 Escape to the Country.	18.30 ITV News, ITV News London; Weather.
14.35 FILM: Shrek the Third (2007).	19.00 The Chase Celebrity Special.
16.00 Dynasties.	20.00 I'm a Celebrity Catchphrase Special.
17.00 BBC News, Regional News; Weather.	21.00 I'm a Celebrity Get Me Out of Here! Final.
17.25 Countryfile.	22.35 ITV News and Weather
18.25 Doctor Who.	22.55 Les Dawson Forever.
19.15 Strictly Come Dancing: The Results.	00.40 Football Genius.
20.00 Dynasties.	01.05 Jackpot247.
21.00 Care.	03.00 Motorsport UK.
22.30 BBC News, Regional News; Weather.	03.50 ITV Nightscreen.
23.00 Match of the Day 2.	05.05 The Jeremy Kyle Show.
23.45 The Women's Football Show.	

Channel 4

00.20 The Apprentice.	06.20 The King of Queens.
01.20 The Apprentice: You're Fired.	06.45 Everybody Loves Raymond.
01.50 Weather for the Week Ahead, BBC News.	08.00 Frasier.
	09.30 Sunday Brunch.
	12.30 The Simpsons.
	14.30 FILM: Stuart Little 2 (2002).
	16.05 Father Christmas.
	16.35 The Snowman.
	17.05 The Snowman and the Snowdog.
	17.35 FILM: Home Alone (1990).
	19.35 Channel 4 News.
	20.00 Escape to the Chateau.
	21.00 A Very British Country House.
	22.00 Tin Star.
	22.55 8 Out of 10 Cats Does Countdown.
	00.00 FILM: The Angels' Share (2012).
	01.45 The Last Leg.
	02.40 Gillette World Sport.
	03.10 Unreported World.
	03.35 Big House, Little House.
	04.30 Food Unwrapped.
	04.55 Fifteen to One.
	05.50 Countdown.

BBC Two England

06.15 FILM: School for Scoundrels (1960).	11.30 Hairy Bikers' Best of British.
07.45 Greatest Gardens.	12.30 Food & Drink.
08.15 The Instant Gardener.	13.00 Live Snooker: UK Championship.
09.00 Countryfile.	17.15 Flog It!
10.00 Saturday Kitchen Best Bites.	18.00 Britain's Biggest Warship.
11.30 Hairy Bikers' Best of British.	19.00 Live Snooker: UK Championship.
12.30 Food & Drink.	23.00 The Mash Report.
13.00 Live Snooker: UK Championship.	23.30 I'll Get This.
17.15 Flog It!	00.00 Athletics: European Cross Country Highlights.
18.00 Britain's Biggest Warship.	01.00 Sign Zone: Fashion's Dirty Secrets: Stacey Dooley Investigates.
19.00 Live Snooker: UK Championship.	02.00 Question Time.
23.00 The Mash Report.	03.00 Holby City.

BBC Four

06.00 CITV.	19.00 A History of Christianity.
07.30 Scrambled!	20.00 Why the Industrial Revolution Happened Here.
07.35 The Tom and Jerry Show.	21.00 Daredevils and Divas: A Night at the Circus.
07.50 Ben 10.	22.00 The Sky at Night.
08.10 The Bagel and Becky Show.	22.30 Horizon: The Wildest Weather in the Universe.
08.30 Spy School.	23.30 The Farthest: Voyager's Interstellar Journey - Storyville.
09.05 Mighty Magiswords!	01.00 Why the Industrial Revolution Happened Here.
09.25 ITV News.	02.00 McMafia.
09.30 The Martin Lewis Money Show.	
09.55 Gino's Italian Coastal Escape.	
10.25 Doc Martin.	

ITV London

06.00 CITV.	06.00 Good Morning Britain.
07.30 Scrambled!	08.30 Lorraine.
07.35 The Tom and Jerry Show.	09.25 The Jeremy Kyle Show.
07.50 Ben 10.	10.30 This Morning.
08.10 The Bagel and Becky Show.	12.30 Loose Women.
08.30 Spy School.	
09.05 Mighty Magiswords!	
09.25 ITV News.	
09.30 The Martin Lewis Money Show.	
09.55 Gino's Italian Coastal Escape.	
10.25 Doc Martin.	

MONDAY 10/12/18

BBC One	
06.00 Breakfast.	13.30 ITV Lunchtime News; ITV News London; Weather.
09.15 Defenders UK.	14.00 Judge Rinder.
10.00 Homes Under the Hammer.	15.00 Dickinson's Real Deal.
11.00 Britain's Secret Charity Cheats.	15.59 ITV London Weather.
11.45 A1: Britain's Longest Road.	16.00 Tipping Point.
12.15 Bargain Hunt.	17.00 The Chase.
13.00 BBC News at One, BBC Regional News, Weather.	18.00 ITV News London; ITV Evening News; Weather.
13.45 Doctors.	19.00 Emmerdale.
14.15 The Doctor Blake Mysteries.	19.30 Coronation Street.
15.10 Escape to the Country.	20.00 The Martin Lewis Money Show.
15.40 The Best Christmas Food Ever.	20.30 Coronation Street.
16.30 Flog It!	21.00 Sir Cliff Richard: 60 Years in Public and in Private.
17.15 Pointless.	22.00 ITV News at Ten; ITV News London; Weather.
18.00 BBC News at Six; Regional News, Weather.	22.50 Killer Women with Piers Morgan.
19.00 The One Show.	23.50 Judge Rinder's Crime Stories.
19.30 River Walks.	00.15 Jackpot247.
20.00 EastEnders.	03.00 The Jeremy Kyle Show.
20.30 Takeaway Secrets Exposed - Panorama.	03.55 ITV Nightscreen.
21.00 Nadiya's Asian Odyssey.	05.05 The Jeremy Kyle Show.
22.00 BBC News at Ten, BBC Regional News, Weather.	
22.45 Have I Got a Bit More News for You.	
23.30 The Graham Norton Show.	
00.15 Ambulance.	
01.15 Weather for the Week Ahead, BBC News.	

Channel 4

06.30 3rd Rock from the Sun.	06.30 3rd Rock from the Sun.
07.45 Everybody Loves Raymond.	07.45 Everybody Loves Raymond.
08.40 Frasier.	08.40 Frasier.
10.05 Ramsay's Kitchen Nightmares USA.	10.05 Ramsay's Kitchen Nightmares USA.
11.00 The Simpsons.	11.00 The Simpsons.
11.30 The Simpsons.	11.30 The Simpsons.
12.00 Channel 4 News Summary.	12.00 Channel 4 News Summary.
12.05 A New Life in the Sun.	12.05 A New Life in the Sun.
13.05 My Family Secrets Revealed.	13.05 My Family Secrets Revealed.
14.10 Countdown.	14.10 Countdown.
15.00 Fifteen to One.	15.00 Fifteen to One.
16.00 A Place in the Sun.	16.00 A Place in the Sun.
17.00 Kirstie's Handmade Christmas.	17.00 Kirstie's Handmade Christmas.
18.00 The Simpsons.	18.00 The Simpsons.
18.30 Hollyoaks.	18.30 Hollyoaks.
19.00 Channel 4 News.	19.00 Channel 4 News.
19.55 The Political Slot.	19.55 The Political Slot.
20.00 Liam Bakes.	20.00 Liam Bakes.
20.30 Food Unwrapped.	20.30 Food Unwrapped.
21.00 24 Hours in A&E.	21.00 24 Hours in A&E.
22.00 First Dates.	22.00 First Dates.
23.05 Emergency Helicopter Medics.	23.05 Emergency Helicopter Medics.
00.10 Ramsay's Hotel Hell.	00.10 Ramsay's Hotel Hell.
01.00 Obsessive Compulsive Country House Cleaners.	01.00 Obsessive Compulsive Country House Cleaners.
01.55 Walks with My Dog.	01.55 Walks with My Dog.
02.50 The People's Vet.	02.50 The People's Vet.
03.45 Embarrassing Pets.	03.45 Embarrassing Pets.
04.10 Food Unwrapped.	04.10 Food Unwrapped.
04.35 Kirstie's Handmade Christmas.	04.35 Kirstie's Handmade Christmas.
04.55 Big House, Little House.	04.55 Big House, Little House.
05.50 Countdown.	05.50 Countdown.

BBC Two England

06.00 The Best Christmas Food Ever.	14.10 Countdown.
06.45 Flog It!	15.00 Fifteen to One.
07.30 Sign Zone: Family Cooking Showdown.	16.00 A Place in the Sun.
08.30 The Week in Parliament.	17.00 Kirstie's Handmade Christmas.
09.00 BBC News at 9.	18.00 The Simpsons.
10.00 Victoria Derbyshire.	18.30 Hollyoaks.
11.00 BBC Newsroom Live.	19.00 Channel 4 News.
12.15 Politics Live.	19.55 The Political Slot.
13.00 Athletics: European Cross Country Highlights.	20.00 Liam Bakes.
14.00 Coast.	20.30 Food Unwrapped.
14.15 Railways: The Making of a Nation.	21.00 24 Hours in A&E.
14.45 Who Do You Think You Are?	22.00 First Dates.
15.45 Elephant Family & Me.	23.05 Emergency Helicopter Medics.
16.45 Eggheads.	00.10 Ramsay's Hotel Hell.
17.15 Put Your Money Where Your Mouth Is.	01.00 Obsessive Compulsive Country House Cleaners.
18.00 Richard Osman's House of Games.	01.55 Walks with My Dog.
18.30 Strictly: It Takes Two.	02.50 The People's Vet.
19.00 Celebrity Antiques Road Trip.	03.45 Embarrassing Pets.
20.00 Only Connect.	04.10 Food Unwrapped.
20.30 University Challenge.	04.35 Kirstie's Handmade Christmas.
21.00 Babies: Their Wonderful World.	04.55 Big House, Little House.
22.00 People Just Do Nothing.	05.50 Countdown.
22.30 Newsnight.	
23.10 Weather.	
23.15 Inside the Foreign Office.	
00.15 Sign Zone: The Apprentice.	
01.15 Sign Zone: Countryfile.	
02.10 Trust.	
02.55 Trust.	

BBC Two England

06.00 The Best Christmas Food Ever.	14.10 Countdown.
06.45 Flog It!	15.00 Fifteen to One.
07.30 Sign Zone: Family Cooking Showdown.	16.00 A Place in the Sun.
08.30 The Week in Parliament.	17.00 Kirstie's Handmade Christmas.
09.00 BBC News at 9.	18.00 The Simpsons.
10.00 Victoria Derbyshire.	18.30 Hollyoaks.
11.00 BBC Newsroom Live.	19.00 Channel 4 News.
12.15 Politics Live.	19.55 The Political Slot.
13.00 Athletics: European Cross Country Highlights.	20.00 Liam Bakes.
14.00 Coast.	20.30 Food Unwrapped.
14.15 Railways: The Making of a Nation.	21.00 24 Hours in A&E.
14.45 Who Do You Think You Are?	22.00 First Dates.
15.45 Elephant Family & Me.	23.05 Emergency Helicopter Medics.
16.45 Eggheads.	00.10 Ramsay's Hotel Hell.
17.15 Put Your Money Where Your Mouth Is.	01.00 Obsessive Compulsive Country House Cleaners.
18.00 Richard Osman's House of Games.	01.55 Walks with My Dog.
18.30 Strictly: It Takes Two.	02.50 The People's Vet.
19.00 Celebrity Antiques Road Trip.	03.45 Embarrassing Pets.
20.00 Only Connect.	04.10 Food Unwrapped.
20.30 University Challenge.	04.35 Kirstie's Handmade Christmas.
21.00 Babies: Their Wonderful World.	04.55 Big House, Little House.
22.00 People Just Do Nothing.	05.50 Countdown.
22.30 Newsnight.	
23.10 Weather.	
23.15 Inside the Foreign Office.	
00.15 Sign Zone: The Apprentice.	
01.15 Sign Zone: Countryfile.	
02.10 Trust.	
02.55 Trust.	

ITV London

06.00 Good Morning Britain.	00.55 McMafia.
08.30 Lorraine.	01.50 McMafia.
09.25 The Jeremy Kyle Show.	02.50 Hidden Wales with Will Millard.
10.30 This Morning.	
12.30 Loose Women.	

TUESDAY 11/

BBC One	
06.00 Breakfast.	06.00 Breakfast.
09.15 Defenders UK.	09.15 Defenders UK.
10.00 Homes Under the Hammer.	10.00 Homes Under the Hammer.
11.00 Britain's Secret Charity Cheats.	11.00 Britain's Secret Charity Cheats.
11.45 A1: Britain's Longest Road.	11.45 A1: Britain's Longest Road.
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 Doctors.	13.45 Doctors.
14.15 The Doctor Blake Mysteries.	14.15 The Doctor Blake Mysteries.
15.10 Escape to the Country.	15.10 Escape to the Country.
15.45 The Best Christmas Food Ever.	15.45 The Best Christmas Food Ever.
16.30 Flog It!	16.30 Flog It!
17.15 Pointless.	17.15 Pointless.
18.00 BBC News at Six; BBC Regional News and Weather.	18.00 BBC News at Six; BBC Regional News and Weather.
19.00 The One Show.	19.00 The One Show.
19.30 EastEnders.	19.30 EastEnders.
20.00 Mrs Wilson.	20.00 Mrs Wilson.
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 Apprentice: The Final Five.	22.45 The Apprentice: The Final Five.
23.45 Stacey Dooley in the USA.	23.45 Stacey Dooley in the USA.
00.40 Weather for the Week Ahead.	00.40 Weather for the Week Ahead.
00.45 BBC News.	00.45 BBC News.

BBC Two England

06.30 The Best Christmas Food Ever.	14.10 Countdown.
07.15 Flog It!	15.00 Fifteen to One.
08.00 Sign Zone: MasterChef: The Professionals.	16.00 A Place in the Sun.
09.00 BBC News at 9.	17.00 Kirstie's Handmade Christmas.
10.00 Victoria Derbyshire.	18.00 The Simpsons.
11.00 BBC Newsroom Live.	18.30 Hollyoaks.
12.15 Politics Live.	1

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15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 The Royal Variety
Performance 2018.
22.05 ITV News at Ten;
Weather.
22.35 ITV News London;
Weather.
22.50 Heathrow: Britain's
Busiest Airport.
23.20 Lethal Weapon.
00.15 Jackpot247.
03.00 Loose Women.
03.50 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

Channel 4

06.30 3rd Rock from the Sun.
06.55 3rd Rock from the Sun.
07.20 3rd Rock from the Sun.
07.45 Everybody Loves
Raymond.
08.10 Everybody Loves
Raymond.
08.40 Frasier.
09.10 Frasier.
09.40 Frasier.
10.10 Ramsay's Kitchen
Nightmares USA.
11.05 The Simpsons.
11.30 The Simpsons.
12.00 Channel 4 News
Summary.
12.05 A New Life in the Sun.
13.05 My Family Secrets
Revealed.
14.10 Countdown.
15.00 Fifteen to One.
16.00 A Place in the Sun.
17.00 Kirstie's Handmade
Christmas.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 The Political Slot.
20.00 Celebrity Lego Masters at
Christmas.
21.00 999: What's Your
Emergency?
22.00 Gogglebox.
23.05 First Dates.
00.10 Paul Heaton: From Hull to
Heatongrad.
01.25 Grand Designs: House of
the Year.
02.25 **FILM:** Thoroughly
Modern Millie (1967).
04.40 Jamie's Comfort Food.
04.55 Fifteen to One.
05.50 Countdown.

BBC Four

19.00 Beyond 100 Days;
Weather.
19.30 Christmas University
Challenge 2017.
20.00 The Story of Wales.
21.00 Rise of the Clans.
22.00 A Very English Scandal.
23.00 The Jeremy Thorpe
Scandal.
00.00 Timeshift: The Men Who
Built the Liners.
01.00 McMafia.
02.00 McMafia.
03.00 Rise of the Clans.
04.00 Close.

WEDNESDAY 12/12/18

BBC One

06.00 Breakfast.
09.15 Defenders UK.
10.00 Homes Under the
Hammer.
11.00 Britain's Secret Charity
Cheats.
11.45 A1: Britain's Longest
Road.
12.15 Bargain Hunt.
13.00 BBC News at One; BBC
Regional News and
Weather.
13.45 Doctors.
14.15 The Doctor Blake
Mysteries.
15.15 Escape to the Country.
15.45 The Best Christmas Food
Ever.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; BBC
Regional News, Weather.
19.00 The One Show.
20.00 Christmas Shop Well for
Less?
21.00 The Apprentice.
22.00 BBC News at Ten; BBC
Regional News, Weather;
National Lottery Update.
22.45 A Question of Sport.
23.15 Michael McIntyre's Big
Show.
00.20 Weather for the Week
Ahead. BBC News.

BBC Two England

06.30 The Best Christmas Food
Ever.
07.15 Bargain Hunt.
08.00 Sign Zone: Great British
Menu.
08.30 Sign Zone: Trust Me, I'm a
Doctor.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
11.15 Politics Live.
13.00 Think Tank.
13.45 Reel History of Britain.
14.15 Railways: The Making of a
Nation.
14.45 Who Do You Think You
Are?
15.45 The Polar Bear Family
and Me.
16.45 Eggheads.
17.15 Put Your Money Where
Your Mouth Is.
18.00 Richard Osman's House
of Games.
18.30 Strictly: It Takes Two.
19.00 Celebrity Antiques Road
Trip.
20.00 MasterChef: The
Professionals.
21.00 Death and Nightingales.
22.00 The Apprentice: You're
Fired.
22.30 Newsnight.
23.10 Weather.
23.15 Escape from Dubai: The
Mystery of the Missing
Princess.
00.15 Sign Zone: School.
01.15 Sign Zone: Babies: Their
Wonderful World.
02.15 Trust.
03.00 Trust.

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; ITV
News London; Weather.
14.00 Judge Rinder.
15.00 Dickinson's Real Deal.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; ITV
Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Paul O'Grady: For the
Love of Dogs.
20.30 Coronation Street.
21.00 I'm a Celebrity Get Me Out
of Here! Coming Out.
22.00 ITV News at Ten; ITV
News London; Weather.
22.45 Peston.
23.45 The Jonathan Ross
Show.
00.40 Jackpot247.
03.00 Safe House.
03.50 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

Channel 4

06.30 3rd Rock from the Sun.
07.45 Everybody Loves
Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen
Nightmares USA.
11.05 The Simpsons.
12.00 Channel 4 News
Summary.
12.05 A New Life in the Sun.
13.05 My Family Secrets
Revealed.
14.10 Countdown.
15.00 Fifteen to One.
16.00 A Place in the Sun.
17.00 Kirstie's Handmade
Christmas.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 The Political Slot.
20.00 The Secret Life of the Zoo.
21.00 Old People's Home for 4
Year Olds: Christmas.
22.00 The World's Most
Expensive Presents.
23.05 24 Hours in A&E.
00.05 Pokerstars Caribbean
Adventure.
01.00 **FILM:** The Stag (2013).
02.40 The People's Vet.
03.35 Embarrassing Pets.
04.00 Big House, Little House.
04.55 Fifteen to One.
05.50 Countdown.

BBC Four

19.00 Beyond 100 Days;
Weather.
19.30 Christmas University
Challenge 2017.
20.00 Vikings.
21.00 Digging for Britain 2018.
22.00 Vic & Bob's Big Night Out.
22.30 Inside No 9.
23.00 Nature's Wonders:
Islands of Evolution.
00.00 St Petersburg: An Art
Lovers' Guide.
01.00 Collateral.
02.00 Collateral.
03.00 Digging for Britain 2018.

THURSDAY 13/12/18

BBC One

06.00 Breakfast.
09.15 Defenders UK.
10.00 Homes Under the
Hammer.
11.00 Britain's Secret Charity
Cheats.
11.45 A1: Britain's Longest
Road.
12.15 Bargain Hunt.
13.00 BBC News at One; BBC
Regional News, Weather.
13.45 Doctors.
14.15 The Doctor Blake
Mysteries.
15.15 Escape to the Country.
15.45 The Best Christmas Food
Ever.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; BBC
Regional News, Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 This Is My Song.
21.00 The Apprentice: Why I
Fired Them.
22.00 BBC News at Ten; BBC
Regional News, Weather.
22.45 Question Time.
23.45 This Week.
00.30 Weather for the Week
Ahead. BBC News.

BBC Two England

06.30 Best Christmas Food Ever.
07.15 Bargain Hunt.
08.00 Sign Zone: MasterChef:
The Professionals.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 Think Tank.
13.45 Reel History of Britain.
14.15 Railways: The Making of a
Nation.
14.45 Who Do You Think You
Are?
15.45 The Polar Bear Family
and Me.
16.45 Eggheads.
17.15 Put Your Money Where
Your Mouth Is.
18.00 Richard Osman's House
of Games.
18.30 Strictly: It Takes Two.
19.00 Celebrity Antiques Road
Trip.
20.00 MasterChef: The
Professionals.
21.00 Amazing Hotels Christmas
Special.
22.00 Live at the Apollo.
22.30 Newsnight.
23.10 Weather.
23.15 Babies: Their Wonderful
World.
00.15 Sign Zone: Inside the
Foreign Office.
01.15 Sign Zone: Made in Great
Britain.
02.15 Trust.
03.05 Trust.

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; ITV
News London; Weather.

BBC One

14.00 Judge Rinder.
15.00 Dickinson's Real Deal.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; ITV
Evening News; Weather.
19.00 Emmerdale.
19.30 Gino's Italian Coastal
Escape.
21.00 Billy Connolly's Ultimate
World Tour.
22.00 ITV News at Ten; ITV News
London; Weather.
22.45 Sir Cliff Richard: 60 Years
in Public and in Private.
23.45 Tonight at the London
Palladium.
00.40 Jackpot247.
03.00 Meghan: The Story So Far
- Tonight.
05.05 The Jeremy Kyle Show.

Channel 4

06.30 3rd Rock from the Sun.
07.45 Everybody Loves
Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen
Nightmares USA.
11.05 The Simpsons.
12.00 Channel 4 News
Summary.
12.05 A New Life in the Sun.
13.05 My Family Secrets
Revealed.
14.10 Countdown.
16.00 A Place in the Sun.
17.00 Kirstie's Handmade
Christmas.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Amazing Spaces Winter
Wonderland.
21.00 The First.
22.00 Naked Attraction.
23.05 Gogglebox.
00.10 First Dates.
01.05 Walks with My Dog.
01.55 The People's Vet.
02.50 Embarrassing Pets.
03.15 Big House, Little House.
04.10 Food Unwrapped.
04.40 Jamie's Cracking
Christmas.
04.55 Fifteen to One.
05.50 Countdown.

BBC Four

19.00 Beyond 100 Days;
Weather.
19.30 Christmas University
Challenge 2017.
20.00 Secret Life of Farm
Animals.
21.00 Attenborough and the
Giant Dinosaur.
22.00 Mel Smith: I've Sort of
Done Things.
22.30 Smith and Jones: The
Home-made Xmas Video.
23.30 Timeshift: Hotel Deluxe.
00.30 Mystery of the Moor.
01.00 Collateral.
03.00 The Treasures of Ancient
Rome.

FRIDAY 14/12/18

BBC One

06.00 Breakfast.
09.15 Defenders UK.
10.00 Homes Under the
Hammer.
11.00 Britain's Secret Charity
Cheats.
11.45 A1: Britain's Longest
Road.
12.15 Bargain Hunt.
13.00 BBC News at One; BBC
Regional News, Weather.
13.45 Doctors.
14.15 The Doctor Blake
Mysteries.
15.10 Escape to the Country.
15.40 The Best Christmas Food
Ever.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; BBC
Regional News, Weather.
19.00 The One Show.
19.30 A Question of Sport.
20.00 EastEnders.
20.30 Not Going Out.
21.00 Have I Got News for You.
21.30 Mrs Brown's Boys
Christmas Special.
22.00 BBC News at Ten; BBC
Regional News, Weather;
National Lottery Update.
22.35 The Graham Norton
Show.
23.25 Enterprice.
23.50 Hounslow Diaries.
00.10 **FILM:** Tropic Thunder
(2008).
01.50 Weather for the Week
Ahead.
01.55 BBC News.

BBC Two England

06.30 The Best Christmas Food
Ever.
07.15 Flog It!
08.00 Sign Zone: Dynasties.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 Think Tank.
13.45 Reel History of Britain.
14.15 Railways: The Making of
a Nation.
14.45 Who Do You Think You
Are?
15.45 The Polar Bear Family
and Me.
16.45 Eggheads.
17.15 Put Your Money Where
Your Mouth Is.
18.00 Strictly: It Takes Two.
19.00 Richard Osman's House
of Games.
19.30 Mastermind.
20.00 Nadiya's Party Feasts.
21.00 Made in Great Britain.
22.00 Inside No 9 - The Devil of
Christmas.
22.30 Newsnight.
23.00 Weather.
23.05 Roots.
00.30 Sign Zone: Takeaway
Secrets Exposed -
Panorama.
01.00 Sign Zone: Doctor Who.
02.00 Trust.
02.50 Trust.

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; ITV
News London; Weather.

BBC One

14.00 Judge Rinder.
15.00 Dickinson's Real Deal.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; ITV
Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 The Imitation Game.
20.30 Coronation Street.
21.00 Through the Christmas
Keyhole.
22.00 ITV News at Ten; ITV
News London; Weather.
22.45 Take Me Out.
23.45 Play to the Whistle.
00.40 Jackpot247.
03.00 Cold Feet.
03.50 ITV Nightscreen.

Channel 4

06.30 3rd Rock from the Sun.
07.45 Everybody Loves
Raymond.
08.10 Everybody Loves
Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen
Nightmares USA.
11.05 The Simpsons.
01.30 The Simpsons.
12.00 Channel 4 News
Summary.
12.05 A New Life in the Sun.
13.05 My Family Secrets
Revealed.
14.10 Countdown.
15.00 Fifteen to One.
16.00 A Place in the Sun.
17.00 Kirstie's Handmade
Christmas.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Jamie and Jimmy's Friday
Night Feast.
21.00 Gogglebox.
22.00 The Last Leg.
23.05 Ministry of Justice.
00.05 **FILM:** Predator (1987).
02.00 The First.
02.50 The Great Songwriters.
03.45 Big House, Little House.
04.40 Kirstie's Handmade
Treasures.
05.00 Fifteen to One.
05.55 Marathon: Ultra Pirineu.

BBC Four

19.00 World News Today;
Weather.
19.30 Christmas University
Challenge 2017.
20.00 Top of the Pops: 1986.
20.30 Top of the Pops: 1986.
21.00 The Sound of Movie
Musicals with Neil Brand.
22.00 TOTP2 Christmas 2017.
23.30 The Story of Fairytale of
New York.
00.30 Top of the Pops: 1986.
01.00 Top of the Pops: 1986.
01.35 The Sound of Movie
Musicals with Neil Brand.
02.35 Classic Cellists at the
BBC.

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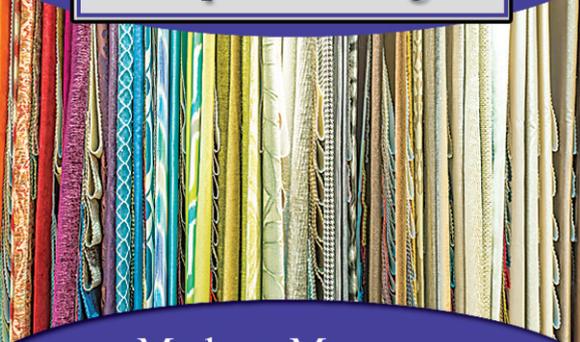


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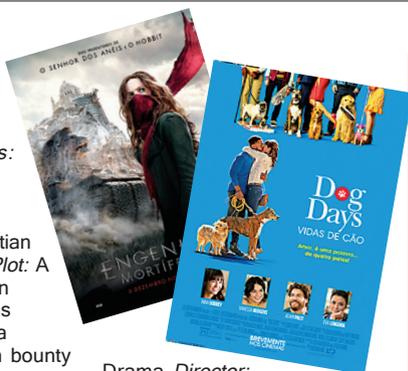
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Cinema

NEW THIS WEEK

Mortal Engines - Stars: Hera Hilmar, Hugo Weaving, Jihae. **Genre:** Action, Adventure, Fantasy. **Director:** Christian Rivers. **Rating:** PG-13. **Plot:** A mysterious young woman named Hester Shaw joins forces with Anna Fang, a dangerous outlaw with a bounty on her head, and Tom Natsworthy, an outcast from London, to lead a rebellion against a giant predator city on wheels.

Dog Days - Stars: Nina Dobrev, Vanessa Hudgens, Adam Pall **Genre:** Comedy,



Drama Director: Ken Marino **Rating:** PG-13. **Plot:** Los Angeles, California, is the main and heart-warming scenario where life and fate interconnect five different stories as well as their characters with their respective canine pets.

Cinema Listings

NOS Forum Algarve - Faro
Hotel Transylvania 3 (PV); Dog Days; Mortal Engines 3D; Grinch (PV); Beautiful Boy; Robin Hood; Parque Mayer; Ralph Breaks The Internet: Wreck-it Ralph 2 (PV); Fantastic Beasts - The Crimes of Grindelwald; Mortal Engines.

NOS Mar Shopping - Loulé

Grinch (PV); Parque Mayer; Robin Hood; Mortal Engines; Ralph Breaks The Internet: Wreck-it Ralph 2; Pai Natal & Co.; Fantastic Beasts - The Crimes of Grindelwald; Bohemian Rhapsody.

Gran-Plaza NOS - Tavira

Mortal Engines; Smallfoot; Ralph Breaks The Internet: Wreck-it Ralph 2; Bohemian Rhapsody; Grinch; Fantastic Beasts - The Crimes of Grindelwald; Parque Mayer; Pai Natal & Co; Robin Hood.

Algarcine - Portimão

Mortal Engines; Ralph Breaks The Internet: Wreck-it Ralph 2 (PV); Grinch (PV); Pai Natal & Co (PV); Robin Hood.

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Mortal Engines; Grinch (PV); Pai Natal & Co. (VP); Robin Hood; Ralph Breaks The Internet: Wreck-it Ralph 2; Fantastic Beasts: The Crimes of Grindelwald.

Algarcine - Lagos

Ralph Breaks The Internet: Wreck-it Ralph 2; Pai Natal & Co. (PV); The Grinch (PV); Robin Hood

Cineplace Algarve Shopping - Guia

Pai Natal & Co. (PV); Normandie Nue; Mortal Engines; Fantastic Beasts: The Crimes of Grindelwald; The Nutcracker and the Four Realms (PV); Beautiful Boy; Bohemian Rhapsody; Dog Days; Welcome Home; Robin Hood; Ralph Breaks The Internet: Wreck-it Ralph 2; A Star is Born; Parque Mayer; Grinch (OV & PV); The Escape.

Cineplace - Portimão

Pai Natal & Co. (PV); Mortal Engines; Bohemian Rhapsody; Ralph Breaks The Internet: Wreck-it Ralph 2 (OV & PV); Widows; Fantastic Beasts: The Crimes of Grindelwald; The Nutcracker and the Four Realms (PV); Robin Hood (PV); Grinch (PV); Parque Mayer.

Cineplace Loures Shopping

Grinch (PV); Beautiful Boy; Parque Mayer; Pai Natal & Co. (PV); Carga; Dog Days; Fantastic Beasts: The Crimes of Grindelwald; The Nutcracker and the Four Realms (PV); Mortal Engines; Ralph Breaks The Internet: Wreck-it Ralph 2; Bohemian Rhapsody; Robin Hood; Welcome Home.

Cineplace Leiria Shopping

Mortal Engines; Grinch (PV); Bohemian Rhapsody; Ralph Breaks The Internet: Wreck-it Ralph 2 (PV); A Star is Born; Dogs Days; Robin Hood; Beautiful Boy; The Escape.

Cineplace Riosul - Seixal

Mortal Engines 2D & 3D; Smallfoot; Parque Mayer; Pai Natal & Co. (PV); Yardie; Ralph Breaks The Internet: Wreck-it Ralph 2; Bohemian Rhapsody; The Nutcracker and the Four Realms (PV); Robin Hood; Grinch (PV); Fantastic Beasts: The Crimes of Grindelwald; Dog Days; Welcome Home.

Estação Viana Shopping - Viana do Castelo

Ralph Breaks The Internet: Wreck-it Ralph 2; Fantastic Beasts: The Crimes of Grindelwald; Grinch (PV); Robin Hood; Parque Mayer; Bohemian Rhapsody; Mortal Engines; Fantastic Beasts: The Crimes of Grindelwald; Pai Natal & Co. (PV); Welcome Home; Parque Mayer.



Algarcine

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



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



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

North & Centre



EXHIBITIONS

Exhibition of painting and sculptures until 14 Jan 2019. Art Gallery Casino Estoril, Av. Dr. Stanley Ho, Estoril. www.casino-estoril.pt

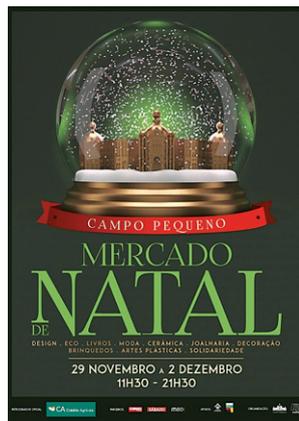
The Birth of Jesus

Exhibition from 1 Dec - 6 Jan. www.facebook.com/aartedaterra.lisboa/

FAIRS & MARKETS

Botanic Market - every Sat 9am -1pm: Sale of sustainable agricultural products, at the Botanic garden University of Coimbra. www.facebook.com/mercadinhodobotanicocoimbra

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



Antiques Market every fourth Sat from 9am -7pm. Terreiro da Erva, Coimbra. Info +351 239 857 500, www.cm-coimbra.pt.

LxMarket - Every Sun 10am - 7pm. Lx Factory, R. Rodrigues de Faria, Lisbon. lxmarket.com.pt

Christmas Market (Natal, na FIL) - 5 - 9 Dec. at Feira International de Lisbon For information visit https://natalis.fil.pt/

Mercado D'Aqui - First Sun. of every month. Parque de Jogos. 1º de Maio sports field. www.mercadodaqui.pt

Christmas Market 1 - 24 Dec. Praia da Batalha, Porto. https://pt-pt.facebook.com/events/1945413105495566/

MUSIC

The Gift celebrate the New Year at Arena Lounge at Casino Lisboa. 10pm onwards. Free entry.

Fado & Piano 2018, Maria Ana Bobone, 21 Dec at 9.30pm. Age 6+, Tickets: €35 - €60. www.ticketline.sapo.pt, reservations: 1820. Salão Preto e Prata, Casino Estoril. (Entrance for Children via Foyer Panorâmico).

"A Magia do Natal", 22 Dec from 9.30pm, Age 6+, Tickets: €15 - €20. www.ticketline.sapo.pt, reservations: 1820. Salão Preto e Prata, Casino Estoril.

Fado Circle - Wednesdays. Lounge D, Casino Estoril. From 10pm.

Boney M celebrate New Year. Entertainment starts 9.30pm. Welcome drink & Dinner. €350 p.p. Salão Preto e Prata. **Imagination** celebrate New Year. Entertainment and Dinner starts 9.30pm. 140€ p.p. Lounge D, Casino Estoril. Info / Reservations 214 667 815.

Zoo - Infant Music. Every Sat until 22 Dec. Auditorium, Casino Lisboa. 6+. €10. Tickets: www.ticketline.pt Reservations: 1820

Lisbon Metropolitan Orchestra New Year's Concert Centro Cultural de Belem 1 Jan 2019. Tickets €5 to €23. www.ccb.pt

Michael Buble, Concert - Second date has been announced for 1 Oct 2019. Altice Arena, Lisbon. Tickets on sale Now! www.arena.altice.pt

SOCIAL

São Silvestre de Lisboa 10k run. 29 Dec. Registration Open Now! www.saosilvestredelisboa.com

Porto Christmas Village until 30 Dec. Alfandega do Porto https://ticketline.sapo.pt/evento/porto-christmas-village-38711

Obidos Christmas Village until 6 Jan 2019. Info and Tickets: Tel: 262 959 231 www.obidosvilanatal.pt

Please be aware that for legal reasons access to events at Estoril and Lisbon Casinos is reserved to those age 18+. (Entrance for Children via Foyer Panorâmico)

THEATRE & DANCE

Já International Theatre. Book now. Sat 8 Dec, 4pm. Entrance Free. Donations Welcome. Ler Devagar Bookshop, LX Factory, Lisbon.

"White Christmas" Musical, Thurs - Sat, from 9.30pm, Sunday, from 6pm. Age 12+. Tickets €15. www.ticketline.sapo.pt/evento/White-christmas-38035. Auditório, Casino Estoril.

"Madagascar - Musical Adventure" - Sat & Sun 8,9,15 & 16, 10am & 3.30pm; 22 & 23 10am, 11.30am and 3.30pm. Age 3+. Tickets €15 - €18. www.ticketline.sapo.pt reservations 938 749 349, 938 667 315 or madagascar@yellowstarcompany.com, Auditório, Casino Estoril.

Swan Lake on 7, 8 & 22 Dec. Teatro Tivoli Lisboa. Tickets from €17.50. More information www.teatrotivolibva.pt

Classic Theatre - 3 staged readings on 6 (8pm to 10pm) and 8 (4pm to 6pm) Dec at Ler Devagar bookstore LX Factory, Lisbon. Bookings: info@jait.pt. www.jait.pt

New Circus. Jocka - Verticle Material, 7 & 8 Dec; Miguel & Bruno - Verticle Master, 14 & 15 Dec; Bruno Rosa - Cord, 21 & 22 Dec; Koca & Raquel - Combined Forces, 28 & 29 Dec. Free entry. from 23.30pm. Arena Lounge, Casino Lisboa.

Cinderella Ballet 9 Dec. Teatro Tivoli Lisboa. Tickets from €17.50. Info visit: www.teatrotivolibva.pt

Cirque du Soleil with their new exciting show 'OVO'. 3 - 13 Jan. Altice Arena. www.arena.altice.pt

Jait Theatre are looking for volunteers to help out with productions both backstage or

front-of-house. If you are interested, email info@jait.pt with the subject line Volunteers. www.jait.pt

International Circus Company 1 - 26 Dec. Coliseu Lisboa. Info: www.coliseulisboa.com

South

AUCTIONS

Auction House Algarve. Live auction 5 Jan. All items can be viewed at the auction house and through our online catalogue: www.ahalgarve.com Tel: 289832380 or email info@ahalgarve.com

EXHIBITION

Arte Natura - by Monika & Bernhard. Craftwork with natural materials. Caldas de Monchique. Daily 10am to 6pm. Tel 962 815 386.

Living Statues at Christmas on 14 (3pm to 6pm) & 15 (10am to 1pm) December. Rua 25 de Abril & Largo 5 Outubro, Lagoa.

Portimão Christmas Magic. Praça da República (Alameda), Christmas Fair, Ice rink, Father Christmas, Musical processions. Until 6 Jan. www.vivportimao.pt www.myguidealgarve.com/events/livingstatues-atchristmas

Lugares Paqisagens Vigars, at Museu de Portimão in conjunction with Fundação Calouste Gulbenkian From 8 Dec. Wed-Sun 10am - 6pm. Tues 2.30 - 6pm. Closed Mon and public holidays. Tel 282 405 230.

Paintings by Liz Allen (ongoing exhibit) Ochala Casa da Cha, 12 Rua Dr. Samora Gil, Monchique. Tel: 282 912 524 email: liz@lizallenart.com

ALL Saints ANGLICAN CHURCH

Services of Holy Communion:

SUNDAYS 10.30am ASCA Almancil (next to Comunidades Garden)

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

allsaintsalgarve (351) 282 380 311 • email: info@allsaintsalgarve.org 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 by midday on Monday before publication.

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



Estátuas Vivas no Natal
LIVING STATUES AT CHRISTMAS

📍 RUA 25 DE ABRIL E LARGO 5 OUTUBRO
LAGOA - ALGARVE

14 DEZEMBRO - 15h00 > 18h00
15 DEZEMBRO - 10h00 > 13h00

Algarve's Biggest Christmas Nativity Scene. 30 Nov until 6 Jan. Every day 10am - 1pm, 2.30pm - 7pm (1Jan 2.30pm - 7pm). €0,50 entry. António Aleixo cultural centre, Vila Real de Santo António.

FAIRS & MARKETS

Car Boot Sale from 9am 1st Sunday of each month. Old School House, Vales, Aljezur.

Local Arts & Crafts Expo. Open daily 10am - 5pm. Artes@Spa, Caldas de Monchique. Main square. opp. Restaurant 1692

MUSIC

JJJohns Dinner-Dance Show Afternoon + 3 course Sunday Roast. 13 - 2 Dec, 2pm to 6pm at Restaurant A Cegonha, N395 Camping Albufeira. Reservations 914900031 or 282442621.

Tavira Pop Choir, singing 60's-70's pop music for fun, Santa Catarina, Sun 2.30 - 4.30pm. Enjoy making friends, tea & cake and airing your lungs. Contact Gillian 966 006 436.

Tavira Pop Choir Sun. at 2pm-4pm. Fonte do Bispo. Please contact Gillian Tel. 966 006 436.

Algarve Historical Association. Sun 9 Dec, 4pm, Quintinha da Música (Covas da Prata near Tavira). Lucjan Luc will play Brams, Ravel and Debussy. Tickets €25. Bookings lynne.algarvehistory@gmail.com.

Algarve Historical Association. Sun 23 Dec, 4pm, Quintinha da Música (Cova da Prata near Tavira) Soprano Olga Heikkilä will perform with Irene Einstein on piano. Music by Handel, Franck, Puccini, Dvorak and others. Tickets: €25. Bookings lynne.algarvehistory@gmail.com

The Choir of the Friends of the Museum of São Brás, will hold its annual carol concert, 8 Dec at 6pm, museum's new Gallery, São Brás. Bar open before and during break. Small entrance fee. Vilamoura Church, 16 Dec at 6pm. Free entry. 20 Jan, Igreja Matriz at 6pm for the 1st concert 2019 including sacred and secular music from early to mid 1800's by Thomas Walmisly. Entry is Free.

The East Algarve International choir sings traditional songs from all over the world! Rehearsals every Thursday. We are looking for an enthusiastic musical leader and welcome new members in

Luz de Tavira, contact: Rineke Hofman East Algarve International Shanty Choir +351 926 684 061. eastalgarvechoir@gmail.com www.eaisc.eu

Coro dos Amigos do Museu. Rehearsals on Thursdays from 6.30pm. If you think you would like to join us, please contact David on 289489374 or david51.littlewood@gmail.com

Barbershop Chorus "Bella a Cappella" Rehearsals every Tues. at 7.30pm. Casa da Misericórdia, Rua Gabriel Mendonça, Moncarapacho. Info: www.bellaacappella.net

Jazz nas Adegas - Hot Four 1 (9pm) and 2 (5pm) Dec. Quinta dos Vales, Estombar. Tickets €18 from www.bol.pt

SOCIAL

Friends of EZA Christmas Party. Hugo's Bar, Vale da Telha. Sat 15 Dec, 7pm-late. Portuguese/English buffet and music plus raffle. €10 adults, €5 children under 12. All children will receive gifts. Tickets 915968260, 960306049, 9653433356.

Algarve Historical Association Talks. Mon 10 Dec at 6pm in the Municipal Library Tavira and Tues 11 Dec at 6pm in Municipal Library Lagoa. "The History of Chocolate" Regina Shrimpton. Tues 18 Dec at 6pm in Municipal Library, Lagoa. Fri 21 Dec at 11am, Municipal Library, Tavira. "The Famous Five Algarveans" by Peter Booker. Talks are free but voluntary contributions pay expenses of guest speakers and to help run Association.

Natalândia. December Magic until 31 Dec. Residents of Algarve 50% discount at ticket office (On proof of address). Lagos Zoo, Sitio do Medronhal, Barão de São João, Lagos. Tel. 282 680 100, www.zoolagos.com

Duplicate Bridge. Wed & Fri afternoons at Vale d'El Rei Hotel. Please contact 911 561 224 or 282 358 885.

Painting sessions with Mientje de Goeij-de Rooij - twice a month on Sat mornings from 10:30-12:30, during Dec. www.ideiasdolevante.net

afpop PTM/Monchique Christmas Dinner 14 Dec at 7pm Hotel Holiday Inn, Armação de Pêra. Price: €30pp. Bookings with: Gerty Geerts, email: geerts.gerty@gmail.com

C.A.S.A. - the Algarve's leading Social Club for

expats meets monthly for dinners / lunches and social events. Info: info@casasocial.club or 282495475. www.casasocial.club

Duplicate Bridge Thurs 1:45pm. Lagoa Hotel, EN 125 in Lagoa, next to O Casarão Restaurant. €5 including refreshments.. 282352022 / 969174130.

afpop Silves/Carvoeiro Christmas Lunch 12.30pm for 1pm 7 Dec. Restaurant Panorama Sol. €22 for members and €23 for non-members. Prize for best Christmas outfit or jumper. Bookings: Heather and Les Area Event Organisers Silves/Carvoeiro email: silves@afpop.com mob: 966 677 295.

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

Duplicate Bridge Thurs. 3pm. Restaurante Solar da Poeta in Almancil or Fri. 2pm Museu do Trajo in São Bras de Alportel. Call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

Bridge; Friendly social game Tuesdays & Fridays 1:15pm Marina Club Suite Hotel Lagos. 963977642 - partner not necessary

Duplicate Bridge Tues 1.45pm for a 2pm start. Aroma di Mar Restaurant, Olhos de Agua. Call call Mary Moore: 289 416 199.

afpop Silves/Carvoeiro Christmas dinner 6.30pm for 7pm 14 Dec. Restaurant Panorama. Music from Richard Bassett. €24 members and €25 for non-members. Heather and Les Area Event Organisers Silves/Carvoeiro email: silves@afpop.com, mob: 966 677 295.

afpop EA Christmas Dinner & Dance 7 Dec, 7.30pm to midnight. Marina Hotel Olhão. Members €45.00 Non-Members €48.00. Bookings with: Linda Cree, email: eastalgarve@afpop.com

SPORT

Sunset Restorative Yoga Masterclass 13 Dec. The Campus, Quinta do Lago. email djosephs@quintadolago.com or 289390700.

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

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

Crown Green at Alvor bowling Club 10am. More info Peter or Janette 966169747 or 965700536.

Vale de Milho Golf Club members meet at 9 am on Tues. and Fri. for golf competitions. More info Hazel Hopps 282 358 022.

Balaia Bowls Club, Tue and Fri at 09:45am Olhos de Agua, Albufeira. Call Jill on 935701155.

Touch Rugby - 8pm - 10pm Mon. & Weds. Est Capitão Josino da Costa, next to 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; Tel: 282 912 280 or 924 220 173.

Alvor Bowls Club, every Wed. and Sun. at 10am. Montes de Alvor, 8500-070. Please check our website for full details call 282 490 280 or alvorlawnbowls.com

Walking football Tues. & Thur: at 9:30am. Browns in Vilamoura. Contact info@browns-club.com or 289 322 740.

Walking Football Every Wed. 9:30am -11:30am. Boavista Spa on the N125

between Lagos and Luz. Everyone over 50 welcome. Contact: brian.efoster@yahoo.co.uk

Valverde Lawn Bowls Club - from 10am every weekday. Almancil. Call Jen on 282 332 628 or 937 264 287.

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

THEATRE & DANCE

"A Christmas Quarrel", comedy based on real events. São Brás Museum Old Gallery. Fri 14 Dec, 7.30pm, 15 & 16 Dec, 4pm. Tickets €10 (€8.50 for amigos). Monies in aid of São Brás Bombeiros. Reservations 966 329 073.

The Nutcracker, 23 Dec. streaming programme from the Royal Opera House in London and the Bolshoi in Moscow at NOS Cinemas - Forum (Faro), Mar Shopping and Gran Plaza (Tavira)., Tickets: €12.

WORKSHOPS & Courses

Latin American and Ballroom Dancing. Tues. 10am - 1pm Alvor Community Centre, Wed 7pm - 8.30pm Carvoeiro Clube de Tenis. Classes for beginners, improvers and intermediate levels. For class times please contact Caroline on 961916821 / strictlydancingcarvoeiro@hotmail.com

Scottish Country Dancing - Monday 7.30pm to 9.30pm in The Nobel International School Algarve on the EN125 Lagoa. Please contact Mardie Cunningham on 282356029 or e-mail rosevale45@gmail.com

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



ALL Saints

Love came down at Christmas!

SUNDAY 16th DECEMBER
Carol Service at 11am (preceded by Holy Communion at 10.15am in Almancil)

SUNDAY 23rd DECEMBER
Christmas Holy Communion at 10.30am in Almancil
Festival of Nine Lessons & Carols at 11am in Lagoa

MONDAY 24th DECEMBER
Midnight Holy Communion at 11.30pm in Lagoa

SUNDAY 30th DECEMBER
Morning Prayer in Almancil and Lagoa

ALMANCIL- ASCA (next to Comunidades Garden)
LAGOA - Convento de S. José
For more info & directions, please call 282 380 311
email: info@allsaintsalgarve.org
www.allsaintsalgarve.org

Announcements

PROFESSIONAL CLEANING for villas, restaurants and companies: visit us at www.nice-cleaning.com

NO SUNSHINE needed for your Hot Water, (Pool) Heating, www.shs-pt.com

CC SUPPORT GROUP. Help and Support Group providing information on depression and Bi-Polar Disorder. All welcome. Meetings in Casa Inglesa, Portimão on the first Monday of every month at 6.30pm. Tel.914878927

CC PROBLEMS WITH ALCOHOL? There is a solution! Alcoholics Anonymous. Find the nearest meeting, ask for help or assistance call: 919 005590. www.aaportugal.org

Auctions

AUCTION HOUSE ALGARVE
NEXT LIVE AUCTION
 Saturday, 5 January 2019
 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 where further details are available. Tel: 289 832 380 or email us at info@ahalgarve.com

Caravans & Motor Homes

WANTED CARAVAN cash waiting, please call 966706140 or email: bisnagas2002@sapo.pt

CARAVANS FOR sale, 12 to choose from. From €4,000 to €10,000. Call 919 555 444 or see our main advert on Page 38.

Charities

CC THE NANDI Charity Shop. Winter clothing in store as from 22/10/2018. Furniture can be collected within 30 k Lagos. Tel 912741857

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

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

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

CCA.A.G. CHARITY Shop Guia. Situated in the Main Street, opposite the Football Club Snack bar and close to Credito Agricola Bank. Opening hours Mon - Fri, 10am-5.45pm, Sat 10am-2pm. Closed Sun. Animal charity feeding street animals. Patron Bonnie Tyler.

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 SECOND CHANCE charity shop at Largo Das Ferreiras (on roundabout), Ferreiras, Albufeira. Open Tues - Fri, 10am - 4pm. Sat 10am - 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 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 THE DONKEYS 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 PIANIST WANTED 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

CC ASMAA CHARITY & UP-Cycling Hub. Volunteers are now needed for our shop. Mon-Fri 11.30am to 6pm, Sat. 11.30am to 2pm. Tel 969 320 231, email info@asmaa-algarve.org Rua J. Pereira Sampaio Bruno, N° 53. Portimão (Behind Bombeiros).

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 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 - 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 Facebook: Support for families in the Algarve.

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

CHIMNEYSWEEP, for a quick dust free cleaning of your chimney using the new power sweep system
 Tel 282330640/
 934927944

Education

LEARN PORTUGUESE online. Qualified language teacher, native Portuguese, 15 years teaching Portuguese, 7 at UK universities. PhD. 1-2-1 tuition that fits around you and delivers results. Email learn.portuguese.home@gmail.com

ENJOYABLE, EFFECTIVE Portuguese courses starting next term.
Beginners: 7 January.
Pre-intermediate: 8 January & 14 February.
Intermediate: 14 February.
 Centro de Línguas de Lagos.
 Call 282761070. Email info@centrodelinguas.com

classesads@theportugalnews.com

Entertainment & Leisure

CISCOS BAR AND GRILL, Alfentes, nr Boliqueime. Open Mic Night. Sat 15th Dec, 7 to 11pm.

ALGARVE WEEKEND WALKERS. Join us for professionally guided walks through the lovely Algarve countryside. December 9th Alvor. 10.30 start, €5 donation. Contact algarveweekendwalkers@gmail.com

Place your advert online and receive 10% DISCOUNT
www.theportugalnews.com

For Sale Private

EX RENTAL, Callaways and Taylormade full sets 260 Euros and 30 euros for bag. Call Rod on 969180644

FURNITURE For Sale 2 seater leather sofa excellent condition Price 280 euros Tel: 289 323 413



ATTOELECTRIC SCOOTER. Condition as new. Folds into flight case. Store price: 3990 Euro! For Sale: 1900 Euro. Phone 915184843

SET OF GENTS 13 Golf Clubs and Bag 70 euros, also Ladies set 12 Golf Clubs and Bag 40 euros. Tel. 289991353.

On Sale at The Portugal News Offices for a limited time only

Would you like to buy a calendar that has UK and Portugal holiday dates? Then look no further! - All Saints 2019 Calendar featuring 'Flowers of the Algarve'. The calendar is A4 size, wire bound with a hanger. Each one comes with a reinforced envelope for posting. €7.50 each or 2 for €12.00 or €5.00 each for 3 or more. Also on sale are Christmas Cards, crafted by All Saints Church Mice, costing €3 for 5.

All proceeds to All Saints who, in turn, support many charities

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

Friendship

LISBON AREA. Blonde girl, blue eyes seeks fun and sporty man. Animal lover, to practice sports as a friend. 963034696

Furniture



Louise & Leon
(2nd hand furniture)
Art & Antique
Brocante & Vintage
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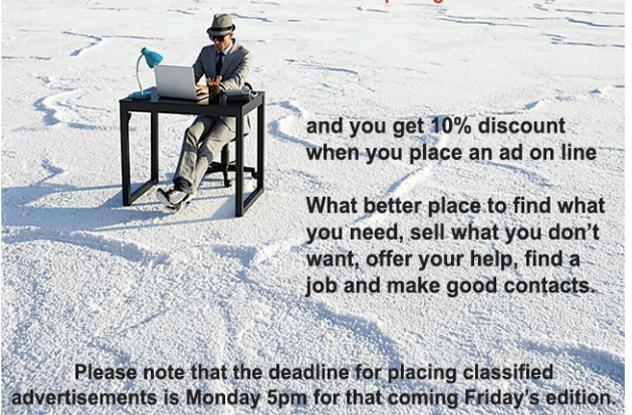
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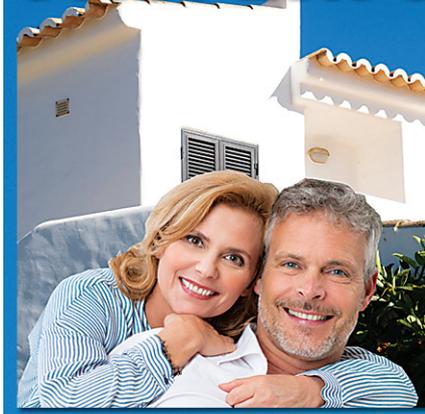
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Verse of the Week

'He will wipe every tear from their eyes. There will be no more death'[a] or mourning or crying or pain, for the old order of things has passed away.'

Revelation 21:4 New International Version

2019 – The year of the Tiger

With a great year's golf behind us, the festivities looming before the inevitable resolutions set in, it's hard to really single out one event which sums up the year's events. There has been one person who has featured prominently in most of the standout moments of the year.

That one person is Tiger. Twelve months ago, in the Hero World Challenge, we were all relieved that Tiger had completed a full tournament and shown himself to be competitive. Whilst we were wistfully wondering what the coming year had in store for him, the players who were playing practice rounds with him were saying that he had a game to win, again. In January he had an Official World ranking of 647, now in December he currently resides in 14th position ahead of Jordan Spieth and Patrick Reed. The sports journalists have said that his come back from the verge of being forgotten, to contending at the highest level is the greatest of all time. If it isn't, it sure is close. What needs to be remembered is that he is now physically in the

September of his golf career. The surgeries for the injuries have had their toll on his body and psyche. The recovery time is longer with the schedule lighter. The moment it all became real was at The Open at Carnoustie, because let's face it talking and doing are two totally different universes; like your practice swing and the swing for real. One of the defining moments of the year was turning on the TV on Sunday afternoon, just in time to watch the back nine of the Championship, and seeing Tiger leading. Then quickly double bogeying the 12th to move him back and set the stage for the Molinari clinical finish. Tiger's 2017 wish was for the younger players, who hadn't experienced a competitive Tiger, to see what the hype was really about and experience the determined and fighting

spirit of the true Tiger. Then to the USPGA Championship where he finished second. This qualified him to play in the FedEx Playoffs which led to the amazing sight of his 80th Tour victory in Atlanta. The crowds, the sights, who could forget them, he was back and now had won the Tour championship. Something which could easily be overlooked is that if Justin Rose, the eventual winner of the FedEx Playoffs, had not birdied the last hole to win, Tiger would have won the whole shebang too. He freely admits that he played in too many events this year, his body could not handle the load. This would explain his lack lustre performance in the Ryder Cup, especially the singles. He looked injured or tired or both. So, he is cutting back the schedule and going to focus on the tournaments which

matter, the Majors. His final round of the year has been carded, the clubs are going to be changed, the gym is going to be hit, so his body is ready for 2019. The only glitch in this stellar rise back to the forefront of the game really was 'The Match'. Between Phil and Tiger the day after Thanksgiving. If you had the misfortune of watching at least it was free. For me it really showed that Tiger is hugely comfortable trying to get every last ounce of talent out of himself, but put him in a freewheel banter gambling situation he really has no skill in that ring. Looking forward to 2019, is the crown of World Number 1 still there to be worn? What we believe isn't important, what we have been shown time and again is it's what he believes that truly matters. If we can learn anything from his history it would be that he has always believed he could win, so is adding another week onto his tally of 683 is possible, another PGA Tour win to his 80 probable and another Major onto his 14 would be unreal, yet plausible.



Tiger Woods pictured here at this year's Ryder Cup in France. (Photo: EPA/Ian Langsdon)

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FC Porto leave it late

N CHRIS WRIGHT

The local derby between Boavista and FC Porto went down to the wire as the visitors grabbed the only goal of the game in the last minute of stoppage time.



FC Porto's players celebrate after scoring a goal against Boavista during their Portuguese First League soccer match, held at Bessa stadium, Porto, Portugal, 02 December 2018. (Photo: Lusa/José Coelho)

Benfica put their recent poor form behind them with a convincing 4-0 victory over Feirense at the Estádio da Luz whilst Sporting travelled to Rio Ave and continued their excellent form under new coach Marcel Keizer with a 3-1 win. SC Braga maintained their interest in the title race as they saw off Moreirense 2-0 at the Quarry. Primeira Liga leaders FC Porto had won their previous nine games in all competitions before their trip across the city to take on struggling Boavista. In a typically feisty derby

there was no quarter given with tackles flying in throughout the game and referee Hugo Miguel at times struggling to keep a lid on the aggression. The best chance of the first-half fell to Porto's Brahimi but he was denied by a point-blank save from Boavista keeper Helton Leite. The Brazilian goalkeeper was again in action shortly after the break as he did well to save from Marega. Felipe headed a good chance over, and when Tiquinho Soares finally had the ball in the net it was ruled out for offside. Héctor Herrera then missed a glaring chance for Porto.

Just as a goalless draw seemed inevitable and with the Boavista fans in full voice, Porto nicked all three points in the last minute of stoppage time. Substitutes Adrián López and Hernâni looked as if they might squander the chance but Hernâni knocked the ball into the net to trigger wild celebrations among the Porto contingent - so much so that coach Sérgio Conceição was issued a red card. After the heavy defeat in Germany against Bayern Munich and the subsequent admission from president Luís Filipe

Vieira that he had considered sacking coach Rui Vitória before having a change of heart, the much-maligned manager was looking for a strong reaction from his players. It was not forthcoming in the first-half, when only a Pizzi free kick threatened to break the deadlock. The second-half was a different story as Jonas showed great skill to open the Eagles account two minutes after the break. The goal was the spark that ignited Benfica as Jonas and Rafa ripped into the visitors' defence with devastating effect. Nascimento then scored in

his own net in a desperate attempt to prevent Jonas from scoring before Rafa got a well-deserved goal. Substitute Seferovic added a fourth late on. Sporting, under new Dutch coach Marcel Keizer, produced another sparkling performance with three goals and three points to keep them in contention at the top. The visitors got off to the perfect start as a quickly taken free-kick saw Nani and Bruno Fernandes combine well, with the latter firing a low shot into the corner of the net after just eight minutes. The lead was short lived as Schmidt equalised four minutes later with a well-taken free-kick. Bas Dost's powerful header, from an excellent Acuña cross, midway through the first-half restored the Lions lead. Sporting made it 3-1 with twenty minutes remaining as substitute Jovane Cabral curled a stupendous shot into the top corner of the net from some twenty-five metres.

SC Braga netted twice in the first twenty-five minutes, firstly when Wilson Eduardo converted from the spot after twelve minutes and the secondly in spectacular fashion with Paulinho thrashing a magnificent left-footed volley into the top corner to double the home team's lead in the twenty-fifth minute. SC Portimonense moved up to tenth place in the Primeira Liga with a 3-2 home win over Tondela. The visitors took the lead in the first minute through Xavier but the home side, in front of a disappointing crowd of 2,383, went in at the break leading 3-1 thanks to goals from Paulinho (16'), Jackson (28') and Shoya (45'). Tondela reduced the arrears in the sixty-third minute via Tomane but the home side hung on to record their fourth win if the season. At the top FC Porto lead the way with twenty-seven points, two ahead of Sporting (25) who are followed by SC Braga (24) and Benfica (23).

Portugal and England kept apart

Hosts Portugal will face Switzerland and England will play the Netherlands in the semi-finals of the Nations League next June.

The winners of the inaugural competition will receive €7.5m with the runners-up pocketing €6.5m. The first semi takes place on Wednesday 5th June between Portugal v Switzerland at the Estádio do Dragão, home of FC Porto whilst the following day the Netherlands play England at the Estádio D. Afonso Henriques in

Guimarães. Portugal's record against Switzerland is won seven, drawn five and lost ten. With the Champions League final taking place in Madrid on the 1st June, and the Europa League final just three days before that the squads will have little time in the way of pre-match preparation.

Poor pitch means change of venue

SC Olhanense will play their next two home games at the Olhão Municipal Stadium as urgent remedial work is carried out to the playing surface at the the José Arcaño Stadium.

The deplorable state of the pitch has brought criticism from the league and visiting teams.

The two games in question are this Sunday against Ferreiras and Sunday 16 December when

Redondense are the visitors. Both games kick-off at 3pm at the well appointed Municipal Stadium, with its 4G Astro-turf pitch, which is situated approximately one kilometre north of the EN125 on the N2-6.



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