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News
Established 1977

THE PORTUGAL News

Portugal's **National** Newspaper in English

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Buyer-seller expectation gap widens to 22%



More than 1,000 readers of The Portugal News have taken part in a survey assessing dozens of aspects of their daily lives. P2



British holidaymakers planning city breaks in 2019 may find they get better value for money in Lisbon and Porto. P4



Thousands of Portuguese students have signed up to join the international protest this Friday. P12



Ronaldo has made world headlines after his hat-trick sent Juventus through to the Champions League quarter-finals. P48



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Quality of life most attractive in Portugal

The results are in, with more than 1,100 respondents sharing their views on living, visiting and working in Portugal as part of **The Portugal News** online survey.

Over 15 days, a total of 1,172 people completed our survey, which was designed to help us to get an insight into not only who our readers are but also into how they live in Portugal.

Who are you?

The majority of our respondents are aged between 41 and 65 years old (56 percent) and are mainly British (57 percent), however a broad range of nationalities read **The Portugal News** including North Americans, Portuguese, Dutch and Swedish according to the survey. 47 percent of readers are retired and 19 percent self employed with a further 11 percent a company director or senior manager.

For the respondents of the survey, when it comes to what is most attractive about Portugal, the quality of life in the country tops the list (25 percent) but this is closely followed by the favourable climate at 24 percent and the Portuguese people at 21 percent, followed by the cost of living (14 percent).

Eating Out

Eating out proves to be very popular with readers, with 61 percent eating out at least once or twice a week and 15 percent of these eating out on most days. When it comes to what they choose to eat, readers are most likely to choose a Portuguese restaurant (average 75.4 percent) with Italian (average 53 percent) and Indian restaurants (average 50.3 percent) following close behind. The price of a meal out is always an important factor and most people (average 61.7 percent) would be likely to

plump for a mid priced restaurant while an average of 58.8 percent of people would be likely to opt for a budget restaurant. Meanwhile 23 percent of readers had special dietary requirements including being vegan, vegetarian, gluten free and lactose free.

Services

With many readers travelling to Portugal by plane, survey respondents found easyJet to offer the best service from Faro airport (28 percent), followed by Ryanair 24 percent. 915 of people reported to use banks in Portugal, with the most popular being Millennium BCP bank (25 percent) followed by Santander with 17 percent. When it comes to health, 38 percent of readers choose to use public health care in the Algarve and 26 percent of respondents said they instead use Private HPA hospitals in the region.

The top supermarket with readers was Continente with 27 percent stating it is their favourite supermarket, followed by Pingo Doce in second position with 17 percent and Lidl in third with 16 percent.

The Portugal News

At **The Portugal News** we are constantly working to improve our reader satisfaction, so feedback is key to being able to give our readers what they want in the paper. We are very proud to report that the satisfactory rate of news coverage in the paper stands at 79.3 percent, while 41 percent of respondents say that they feel the paper had improved in the last 12 months. The news section is the most popular area of the paper with an average of 72.4 percent of respondents being likely to reach for the news pages, followed by an



The quality of life in Portugal remains the stand-out feature. Marinha beaches in Lagoa which was this week voted

average of 63.5 percent enjoying the features and being likely to read these. The majority of respondents pick up their paper from a supermarket stand (42 percent) however, increasingly more of our readers are finding our news online, with 72 percent of people visiting theportugalnews.com weekly and 20 percent of those visiting daily, while an average of 50.9 percent of respondents access our news through Facebook. At the end of the online survey respondents were offered the opportunity to enter our prize draw and the winners will be announced in an upcoming edition.

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N News in Brief



Feature for readers of The Portugal News. Pictured is a stretch of the cliff top hiking trail between the Caneiros and the best in Europe. (Photo: Pawel Kazmierczak)

Algarve cliff-top hiking trail voted best walking destination in Europe

An Algarve cliff-top hiking trail has been voted the best walking route in Europe. The trail links the beaches of Caneiros and Marinha, and measures 5.7 kilometres. The Seven Suspended Valleys in Lagoa has been voted as the Best European Walking Destination in a ranking compiled by European Best Destinations. Over 28,000 travellers from 153 countries took part in the online vote.

International Lisbon Tourism Fair starts

The International Lisbon Tourism Fair, or BTL, has started along the riverside of the Portuguese capital near the Park of Nations. Doors open to the general public this Friday afternoon and will see the exhibition divided into four separate sections, with the main area dedicated to the country's respective tourism boards. Organisers are expecting up to 75,000 visitors at the event which will run until this coming Sunday.

Portugal's condolences to families of victims of Ethiopian Airlines tragedy

Portugal's President has extended condolences to the families of the victims of the Ethiopian Airlines crash tragedy. All 157 people onboard the aircraft were killed after it came down just six minutes after take-off in Addis Ababa. Marcelo Rebelo de Sousa offered Portugal's "deepest condolences" to the families of the victims and to his counterpart. Authorities have confirmed no Portuguese nationals were among the victims.

Madeleine McCann's parents distance themselves from new documentary

The parents of Madeleine McCann have said they chose not to participate in a Netflix documentary about the disappearance of their daughter. According to reports, the streaming giant is expected to air a programme about the three-year-old's disappearance later this month. Kate and Gerry McCann said they did not see how this programme will help the search for Madeleine and added that given there is an active police investigation; it could even potentially hinder it.

GNR arrest 48 people in 12 hours over weekend

GNR police arrested 48 people in 12 hours over last weekend in an operation staged to crack down on violent crime and road offences. The nationwide operation was staged between 8pm on Saturday and 8am on Sunday. During that time frame, besides the 48 arrests, GNR also registered 26 road accidents, which caused at least one death and eight serious injuries. The majority of the arrests were for drink-driving and drug trafficking, and a large quantity of drugs were also seized.

WEATHER

Spring is in the air

There will be almost nothing but blue skies ahead as mainland Portugal is set to bask in sunshine for most of the coming week.

Lisbon: The Portuguese capital will see the early start to Spring continue for the next seven days, with morning fog patches on Tuesday and Wednesday the only adverse weather to report.

The South: The Algarve will see mid-Spring weather as highs are set to climb to as high as 25 degrees for most days, before dropping closer to 20 degrees towards the end of next week. No rain is forecast.

The North: Northern Portugal is also set to enjoy mostly clear skies, though there is a chance of scattered showers next Tuesday. Highs will be in their mid to high teens.



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Buyer-seller expectation gap widens to 22 percent

The average price of property rocketed by 15.4 percent in the space of a year in Portugal. But while real estate continues to result in relatively decent profits for sellers, new data also indicates that their expectations of the property's worth and its actual selling price have widened further this past year.

N BRENDAN DE BEER

Expectations in Portugal are usually that a potential buyer of property will offer less than the price listed by the seller. A decade ago, prior to the economic crisis, the so-called buyer-seller expectation gap stood at around 10 percent. But since the onset of the well-documented property market boom, sellers appear to have even greater unrealistic prospects of their property's actual value. In Lisbon, this differential between buyers and sellers has now climbed to 22 percent,

while in Porto, this figure has risen to as high as 30 percent. These values are calculated by comparing declared values once property deeds are signed against values contained on the Residential Information System, showing listing prices. According to real estate market analysts *Confidencial Imobiliário* (CI) these figures follow on separate numbers published earlier in the week that showed average property prices in Portugal ballooned by 15.4 percent in the space of 12 months leading up to December 2018.

Accumulated increases since late 2013, now stand at 46 percent CI said, yet sellers now appear to have an even greater distorted perception of the market values of their property. In comments to Público, CI Director Ricardo Guimarães confirmed this view. He believes that owners compare their properties with others being listed, and believing their homes are better value, results in over-inflation of prices with each owner being biased towards their own property. But despite this opinion, the CI

Director believes we have not seen the end of rising property prices in Portugal, only at a more sedate rate. This view is further substantiated by the recent Portuguese Housing Market Survey, which found that prices are set to start levelling out, though maintaining an upward curve. Meanwhile, rental properties have also continued to record price increases, and rose by 37 percent in 2018 when compared with the previous year. The average rent in Portugal currently stands at €1,106 per

month. The five districts with the highest average rental prices in 2018 are Lisbon, Porto, Faro, Beja and Setúbal. In other property-related news, investment attracted through Portugal's golden visa scheme dropped by 30 percent in February, falling 62 million euros in relation to the same month in 2018. The figure was also down 27 percent on January. By nationalities, China leads with a total of 4,159 permits since the introduction of the programme, followed by Brazil, Turkey, South Africa and Russia.

Fresh appeals for Britons to register in Portugal amid Brexit uncertainty

British Ambassador Chris Sainty has this week launched a renewed appeal for British living in Portugal to register with local authorities to avoid potential heartache in the future.

In an interview this week with **The Portugal News** before addressing several hundred members of the British community in Lagos and São Brás de Alportel, Ambassador Sainty explained that a "large part of my job as Ambassador has revolved around our departure from the EU and the impact of Brexit here in Portugal."

He said one of his main aims is to ensure the British and Portuguese governments manage the risks around Brexit as best as possible and that after the UK leaves, "and however we leave, we continue to enjoy very strong and fruitful relations between the two countries in the future."

But he admitted that currently, it has become impossible to foresee the future.

"There is a lot of political uncertainty. It is not my job to predict what will happen between now and 29 March", but called on people to be prepared for all scenarios.

The best-case scenario for Britons resident in Portugal, is that the UK leaves with a deal, "which would mean their rights would be protected here in Portugal", whereas a no-deal Brexit poses several concerns and raises a series of alarms.

"The good news in Portugal is that the government here has for long said, provided rights of Portuguese nationals living in the UK are protected, and they will be, UK nationals in Portugal will enjoy

reciprocal protection", explained the Ambassador.

He continued to say that the Portuguese government has also committed to protecting Britons in Portugal, even in the event of a no-deal scenario, but as long as they are legally resident in Portugal before 29 March.

Mr Sainty added he also received this undertaking from two state secretaries at a recent meeting in Lisbon with members of the British community.

"British here in Portugal are fortunate in that the government here is committed to protecting their rights", questioned over whether Britons could count themselves even more privileged than those residing in the remaining 26 member states, he repeated: "Brits here are fortunate. All member states are making provisions, but I think the situation here in Portugal is particularly good in that respect."

The Ambassador stressed that the single most important piece of advice to Britons in Portugal is that they are properly registered before the UK leaves.

N BRENDAN DE BEER

"Not only is it a legal requirement, but the best way to protect their rights", he argued.

Figures from the SEF immigration office show several thousand British nationals have registered in the recent months, said Mr Sainty, though cautioned that the Embassy is aware that there are thousands more who live in Portugal, but without the required legal documentation.

But reports of lengthy queues outside SEF immigration offices and IMT vehicle and licence registration offices have become increasingly common in recent weeks.

"We are aware of frustrations of people trying to sort out paperwork. A team from the Embassy this week met with IMT officials in Lisbon.

"It seems that these organisations are struggling, not only due to Brexit, but also due to under-resourcing. But SEF and IMT problems can be eased by travelling a bit further to centres which are not as busy", reasoned the Ambassador.

As for any additional doubts residents might have, Chris Sainty encourages British nationals to obtain advice from the Living in Portugal guide found on the gov.uk web page or from the Brits in Portugal Facebook page, where regular updates and important information is posted.

Lisbon among destinations which have become cheaper for Britons in 2019

British holidaymakers planning city breaks in 2019 may find that they get better value for money than a year ago as the typical costs in many tourist hotspots have tumbled, including Lisbon and Porto, analysis has found.

The review of 48 destinations by Post Office Travel Money found the cost of a city break can vary hugely - from under €170 to more than €500.

Costs in some popular destinations have tumbled over the past year - including in Venice, Rome, Amsterdam, Madrid, Lisbon and Berlin.

A getaway in the Portuguese capital is currently €238, down 1.4 percent on last year. Porto in Portugal was also among the cheapest destinations in the research, priced similarly to Lisbon.

A cheaper and wider choice of accommodation has helped push down prices, the report said.

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Air authority to hold open briefing following complaints about planes over Albufeira



Albufeira residents will be able to voice their disapproval of planes flying over the city as they approach Faro airport at a meeting scheduled for 1 April. (Photo: Lusa)

Portugal's National Civil Aviation Authority ANAC has addressed a number of complaints about aircraft flying over Albufeira, saying it will be holding an open briefing session to clarify the events.

aims to "elucidate those interested in the operation of the aircraft that take off and land from Faro Airport". ANAC's Board of Directors said it "invites all interested citizens to participate in this clarification session, in order to listen and clarify the community on this matter".

The controversy dates back to at least December 2017, when an anonymous group of citizens began sending email complaints to NAV, the company that manages air traffic in Portugal, and to the Faro Airport Control Tower, to demand the interdiction of commercial flights over Albufeira's Old Town centre. According to reports, "this happens when Faro Airport's runway 10 is in operation, although the aircraft, when in final approach, before landing,

fly over the city at a considerable altitude of between 3000 and 4000 feet, or more and therefore should be almost imperceptible", newspaper *Barlavento* writes.

In one of several protest emails seen by *Barlavento*, the complainant said: "This morning I was woken up at 7.30am by a plane flying low. I have (...) earplugs in my ears".

Other arguments published on Facebook complain that "kerosene destroys our old houses, churches and museums and poisons our lungs".

The solution, according to the 'No Aircraft over Albufeira's Historic Centre' initiative, is that the routes on approach to Faro be diverted to a corridor over the sea, keeping at least two kilometres' distance parallel to Peneco beach.

Porto Airport Best in Europe 2018

Porto's Francisco Sá Carneiro Airport, in Maia, was distinguished by Airports Council International as the best airport in Europe in 2018, in the category of 5 to 15 million passengers.

The award is based on passenger opinion questionnaires, assessing things such as customer service, waiting times, cleanliness and comfort.

In 2017 Porto airport was awarded the second best prize in Europe, in the category of more than 2 million passengers per year.

ANAC will be holding the briefing at the Algarve Tourism Board's headquarters in Faro, on 1 April at 2.30pm to address "a number of complaints relating to the alleged aircraft flying over the Albufeira area". According to ANAC, the session will be attended by their experts as well as technicians from ANA - Airports of Portugal and NAV Portugal airspace operators, and

House Keeper

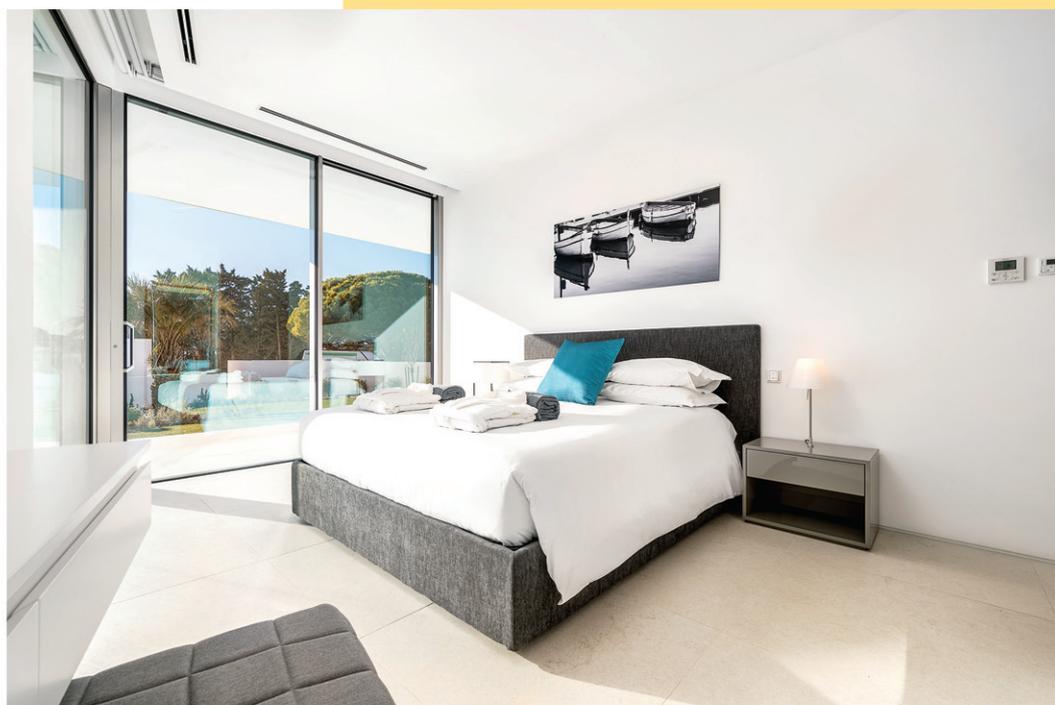
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That's because, in most cases, they're authorised only under the EU's Insurance Mediation Directive (IMD). This is being replaced in early 2018 by the Insurance Distribution Directive (IDD); although it will

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New Mirandela *alheira* sausage launched for athletes and kidney patients



Health Agency chief Francisco George pictured here enjoying some *alheira*. (Photo: Lusa/Manuel Teles)

A new version of the traditional Mirandela *alheira* sausage has been created using egg white protein aimed at patients with kidney disease and high-level athletes.

The sausage was born from concerns over the diet of patients on haemodialysis, and while it might look and feel the same as a traditional *alheira* - a garlicky, bready sausage typical of the northern Portugal region - the difference is that egg whites add healthy protein without fats, and pork meat is replaced with poultry. This is the second nutritionally-enhanced *alheira* resulting from a project by the Tecsam haemodialysis team from Mirandela, in partnership with the Faculty of Nutrition Sciences of Porto, to develop a product that is traditional but may also be enjoyed by haemodialysis patients. Flora Correia, the nutritionist who made the theoretical calculations for the new sausage product, explains it has "more protein and less

saturated fat - the fat that is more harmful and has a great influence on cardiovascular diseases - and less salt". The egg white gives the new sausage "a flavour very similar or almost identical to the traditional *alheira*", to the point that consumers "do not realise it is different", she guarantees, as well as being "richer in protein". "One hundred and fifty grams of this *alheira* has more protein than traditional *alheira* and a better protein than the same 150 grams of pork or beef; at an affordable cost and with advantages to the clinical condition of patients", she added. Ms. Correia did warn, however, that a kidney patient who is not on a haemodialysis treatment "should not eat any foods that are high in protein, as it is dangerous", the new *alheira* included. The product's filling was

designed specifically for dialysis patients after the clinical project partnership found that "40 percent have poor nutrition." "Normally, many of them, due to lack of teeth, due to unsuitable dentures, have difficulty in ingesting meat, and *alheira*, besides being traditional, is easy to eat," she explained. The team also wants to further improve *alheira* by reducing the presence of phosphorus that is harmful to bones in these patients, when ingested in high quantities. This is the second *alheira* designed for patients on haemodialysis and presents "a substantial improvement" compared to the first, presented in 2015 by the same team. Both are served to the patients of the clinic in Mirandela and the team believes that this time the innovation will be more

successful because it counts on the partnership of one of the biggest *alheira*-producing companies in Mirandela, Eurofumeiro. Eurofumeiro manager Rui Cepeda said he welcomed the project from the beginning, because, although "it entails investment" it is a niche market and an added value "because it is a differentiated product and with different consumers". The businessman is also setting his sights on marketing the health-forward product to high-level athletes who may see it as a source of protein without unhealthy fats. The price, he said, "is more or less that of a quality product, and is within regular *alheira* prices". The project has now set a new challenge for the region's chefs to create a book on healthy *alheira* recipes.



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Left to right: Fátima Mendes; Hig. Telma Nhacarize; Catarina Silva; Manuela Rodrigues; Dr. Cris Piessens; Dra. Márcia Martins; Filomena da Cruz; Hig. Carla Sofia Martins; Stephanie Ataíde.

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Ryanair and its CEO Michael O'Leary are stepping forward to help reforest the Monchique region devastated by last summer's wildfires. (Photo: EPA/Olivier Hoslet)

Ryanair supports Monchique Re-naturation project

The fire-ravaged Algarve mountain town of Monchique has become the latest Portuguese cause to receive financing from Irish budget airline Ryanair.

The no-frills company, which last weekend saw its charismatic CEO Michael O'Leary step back from the daily running of the airline - is supporting the Monchique Renaturation (*Renaturalizar Monchique*) project through "passenger donations to offset carbon emissions".

In a statement, the airline said its contribution will help to "restore essential ecosystems and damaged terrain" destroyed by last year's August fire, which also spread to the neighbouring counties of Silves and Portimão. Marlene Marques, chair of a Monchique Land Planning and Environment Studies Group, says that this investment from the private sector "allows civil society to support the restoration of important and unique forest habitats that were destroyed by the fire in the Monchique region".

"Monchique Renaturation will allow the restoration of the area's cultural landscapes, being a tourist destination of great national and international relevance", she added, elaborating: "We welcome the commitment of Ryanair and its passengers in supporting this initiative, in which we aim to restore these vital habitats, not only for the species that flourish there, but also for the replenishing of the arid forest and riverside

vegetation that characterise this area of cultural interest".

She explained that by establishing this partnership, Ryanair is also helping the local authority meet the requirements under the UN Sustainable Development Goals by preventing further land degradation and supporting efforts to mitigate climate change and carbon sequestration through tree-planting. In turn, João Fernandes, president of the Algarve Tourism Board, also applauded Ryanair's pledge: "Being an internationally-renowned region for the excellence of its beaches and golf courses, a commitment to nature becomes more relevant to the tourist value of the Algarve with every year that passes."

"That is why we applaud the commitment of Ryanair and its passengers to the renaturation of the Monchique mountain range, whose forest habitats have recently been

devastated by fire", he said. Mr. Fernandes concluded: "Without the will of all parties involved - the non-governmental environment organisation GEOTA, the Institute for Nature Conservation and Forestry, the Algarve Tourist Board and other local partners - as well as Ryanair - it would not be possible to promote the ecological restoration of land and the forests of Monchique in harmony with the rest of the Algarve, which in its entirety remains the main holiday destination in Portugal". Within Portugal, Ryanair last year also supported two other organisations - the Refúgio Aboim Ascensão children's home in Faro and the Gil Foundation for children in Lisbon - through revenue raised with its in-flight 'Fly to Win' scratchcards. The Irish airline also supports global environmental causes such as First Climate (Uganda), Irish Whale & Dolphin Group (Ireland) and Native Woodland Trust (Ireland).



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Fuel prices hit 2019 high

The price of refuelling at forecourts in Portugal this Monday reached their highest level of the year.

While oil prices remained stable last week on international markets, the weakening euro against the dollar has resulted in price increases for Portuguese motorists. Price increases varied from half a cent for diesel to one and a half cents for unleaded fuel, in what was the tenth consecutive week of price increases.



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Portuguese nurse scoops top UK care prize

A Portuguese nurse, who moved to the UK several years ago in search of employment which she failed to find in her home country, has won a top UK prize in her professional field, being voted the 'Best Nurse' in England.

Silvia Nunes who emigrated to the UK in 2014 after not being able to find work as a nurse in Portugal, was this past weekend awarded the Great British Care Award in the category of Best Nurse for Innovation, Creativity and Attention at Work, organisers announced on Saturday. The Portuguese 34-year-old was in the running with seven other colleagues in

the Good Nurse Awards, and was the only foreigner nominated in her category. This is Ms. Nunes' second top nursing prize in the UK, after being chosen as 'Best Nurse - East of England' by the same institution last year, as well as being named 'Personality of 2018'. Speaking to newspaper *Jornal de Notícias*, she said: "This is not my country yet they recognise my work, they reward my work, and

whether it's British or not, that's a good thing! "I wish Portugal acknowledged people like that. They would see that people would work with more spirit and a different type of happiness". In a statement, Care England said: "Silvia represents the very best in nursing in a care home setting. "She is innovative, creative, passionate and goes the extra mile for

residents, their families and her staff. She gives people the value and dignity they deserve. She strives to promote high quality nursing within her staff team and is an excellent role model". The national awards were announced at a prize-giving ceremony in Birmingham (UK), with more than a thousand health and nursing professionals attending. Originally from Vila do Conde, Ms. Nunes moved to the United Kingdom in 2014 to look for work in her area after failing to find a job as a nurse in Portugal. In spite of initial difficulties with the English language, after about a year she was promoted to clinical director and, in September 2016, to assistant director of the Ford Place home, which specialises in palliative care. In 2018, the Portuguese nurse was voted Personality of 2018 by readers of P3 pharmacy magazine.



Silvia Nunes has been awarded the Great British Care Award in the category of Best Nurse for Innovation, Creativity and Attention at Work. (Photo: Silvia Nunes/Facebook)

Nurses' union announce general strike for April

Portugal's Democratic Union of Nurses (Sindepor) has announced a "general, prolonged and very hard strike" in April, after a meeting with the government that marked the start of a negotiation period.

The head of the union, Carlos Ramalho, said after the meeting that the strike has been called so that, "once and for all, it is understood that nurses want to negotiate, but want serious negotiations," adding that the strike is to be in April with no date announced.

Ramalho told *Lusa News Agency* that the date is to be announced later on Friday as a march is scheduled in Lisbon in honour of nurses.

The union and the government had met last Thursday to try to reach an agreement on claims of the class that have led to a civil requisition.

He said that the strike will be for all services, but "there will continue to be room for negotiation" and "strikes can be announced and called off if necessary."

Ramalho said that the meetings are to take place every second Wednesday, but the next one will be held on Thursday 21 March.

He insisted that nurses have not been respected by the government and a career diploma is under discussion, which was not the result of negotiation but rather an imposition.

Ramalho also said that the union is available to negotiate all matters, for as long as necessary, mentioning the unfreezing of career progressions, granting allowance to the specialist nurse and salary grid, as fundamental issues.

In related news, over 70 buses carrying nurses from around Portugal travelled to the capital last Friday in a protest against poor working conditions.

Sónia Viegas, from the National Movement of Nurses, said that around 5,000 people from outside Lisbon were expected to take part in the demonstration.

At around 2:30pm hundreds of nurses gathered at Lisbon's Bela Vista park, from where they marched to Santa Maria hospital.

The march was supported by the Association of Nurses as well as most nurses' trade unions.

Many of the participants were wearing white clothing and white carnations.

The strike coincided with International Women's Day to celebrate one of the "central figures" of the profession, Florence Nightingale, a nurse who treated soldiers during the Crimea War in the 19th century.

The protest last Friday took place following a strike in operating theatres and after the cabinet on 7 February took the controversial move of imposing a civil requisition on nurses who had been striking since 31 January in operating theatres at four major state hospitals, alleging that they were failing to comply with rules on skeleton services.

The "surgical strike", as it had been dubbed, was called by the Portuguese Association of Nurses (ASPE) and the Democratic Union of Nurses (Sindepor) in 10 hospitals, to run until 28 February. It followed a similar stoppage lasting 45 days at the end of 2018.

The stoppages were called after an independent movement launched a crowd-funding initiative to support striking nurses that raised €740,000.

The main points of contention in the strike are the unfreezing of career progressions and nurses' basic salary. *TPN/Lusa*

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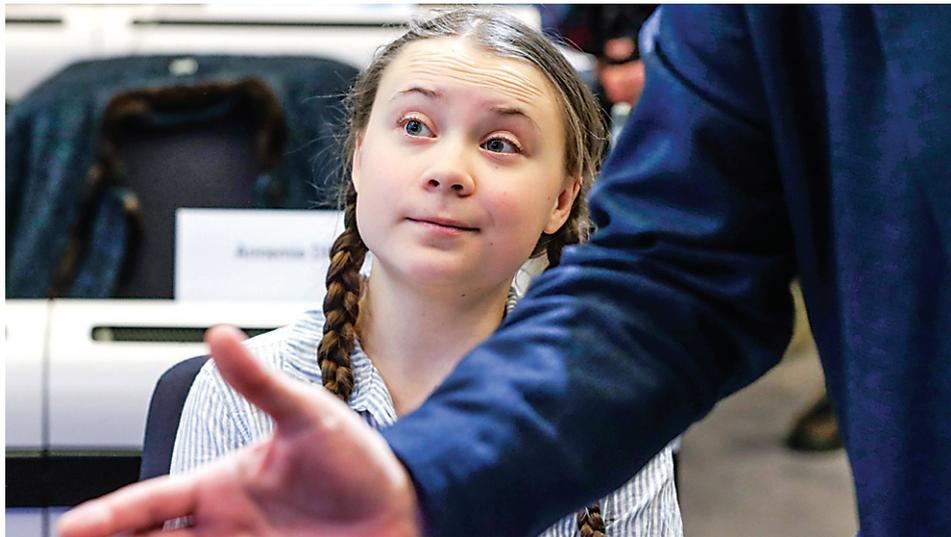
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Portuguese students join global strike against climate change

Portuguese students from at least seven universities and dozens of schools across the country have signed up to join the international 'SchoolStrike4Climate' protest. The global protest will see thousands of students skip classes this Friday (15 March) in protest against the climate change.



Sixteen-year-old Swedish climate activist Greta Thunberg attends a European Economic and Social Committee (EESC) event; 'Civil Society for rEUnaissance' in Brussels, Belgium, 21 February 2019. (Photo: EPA/Stephanie Lecocq)

“Our goal is to draw people’s attention to the problems that are not being addressed by the governments”, Bárbara Pereira, one of the movement’s representatives, was quoted as telling *Lusa News Agency*. Over 20 cities in mainland Portugal and the islands, such as Lisbon, Porto, Coimbra and Faro, will take part in the protest, scheduled to start at around 10:30am.

The Portuguese minister for the Environment João Pedro Matos Fernandes has already supported the students’ initiative. “The protest is completely in line with our government’s practice”, he said, having met student councils in the days leading up to the protest.

“We are fully committed in combating the climate change crisis and Portugal has been a role model for other countries”, including measures such as “prohibiting plastic in state departments and supporting renewable energy development”, the minister recalled.

The ‘SchoolStrike4Climate’

movement started in August when a 16-year-old schoolgirl Greta Thunberg held a solo protest outside Sweden’s parliament and has been missing class every Friday since in protest against climate change.

Current estimates point to up to 70,000 schoolchildren in 270 towns and cities worldwide taking part in protests every Friday.

Greta Thunberg has already confronted world leaders with the movement’s demand for radical climate action, first at a climate meeting in Poland in December where she accused them of acting like irresponsible children; then in Davos for the World Economic Forum when she told the gathered global elite that the climate crisis was real, adding: “I want you to panic.”

Students in Portugal have joined on social media to call for action this Friday, under banners such as: “Why go to class when we have no future anyway” and calling on the Portuguese government to make the battle against climate change its number one priority.

Loulé suspends Municipal Land Plan to protect wetlands from development

Loulé Council has suspended its Municipal Land Plan (PDM), in the area of Foz do Almargem and Trafal to temporarily prevent a new resort from being built on the wetlands.

According to newspaper *Sul Informação*, the decision was approved by the Council in January and by the Municipal Assembly in February and is being applauded

by environmentalists.

In a statement published by the newspaper, Loulé council explained the move was justified by “the need to establish

preventive measures” to protect the area in question. It blocks the advancing of the Quinta do Oceano project being promoted by a Novo Banco group.

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Portugal among those with lowest birth rates



Portugal has one of the lowest birth rates in the EU, with an average of 1.38 children per mother.

In 2017, 5.075 million babies were born in the European Union (EU), compared with 5.148 million in 2016. The total fertility rate in the EU stood at 1.59 births per woman in 2017, compared with 1.60 in 2016.

The highest total fertility rate since the start of comparable time series was in 2010 when it reached 1.62, still below the replacement level, which is considered to be 2.1 live births per woman. Among the 5.075 million births, 45 percent concerned a first child, 36 percent a second child and 19 percent a third or subsequent child. On average in the EU, women who gave birth to their first child in 2017 were 29.1 years old. Over five years, the mean age has gradually increased from 28.7 in 2013 to 29.1 in 2017. Almost 5 percent of births of first children in the EU in 2017 were to women aged less than 20 (teenage mothers) and around 3 percent to women aged 40 and over.

This information comes from recently published data by Eurostat, the statistical office of the European Union.

In 2017, France (1.90 births per woman) was the Member State with the highest total fertility rate in the EU, followed by Sweden (1.78), Ireland (1.77), Denmark (1.75) and the United Kingdom (1.74). Conversely, the lowest fertility rates were observed in Malta (1.26 births per woman), Spain (1.31), Italy and Cyprus (both 1.32), Greece (1.35), Portugal (1.38), and Luxembourg (1.39). The highest proportions of births of a first child to women aged 40 and over were registered in Spain (7.4 percent of total births of first child in 2017) and Italy (7.3 percent), followed by Greece (5.6 percent), Luxembourg (4.9 percent), Ireland (4.8 percent) and Portugal (4.3 percent).

Social Security employee fabricates pregnancies to reap allowances

PJ police have detained an employee of a Social Security office in Coimbra who is suspected of having swindled the state out of more than half a million euros by making up around 100 pregnancies to appropriate prenatal family allowances.

According to reports published by newspaper *Jornal de Notícias*, the scheme was carried out between 2014 and 2018.

The woman allegedly simulated requests for prenatal family allowances that she subsequently approved and deposited in one of her bank accounts.

The newspaper claims that the woman's scam was uncovered by "mere chance."

The 49-year-old is believed to have forged applications, always requesting the maximum benefits and aimed at single mothers.

For the most part, pregnant women were

foreign citizens who did not exist.

According to *Jornal de Notícias*, after being brought before a judge last Friday the woman was released and is subject to daily check-ins with local authorities, and is banned from leaving the country.

The report noted that the woman has not

been suspended from her duties at the Social Security.

Portugal's 'prenatal' allowance has the purpose of encouraging pregnancy and is aimed at women with low incomes. The amounts are paid for six months from the 13th week of pregnancy.



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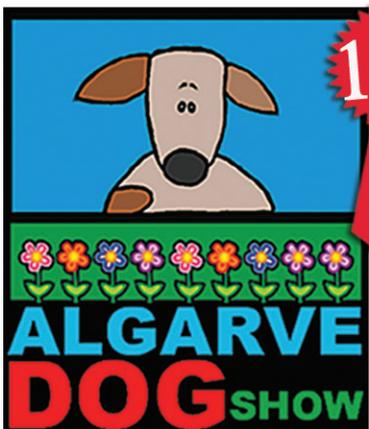

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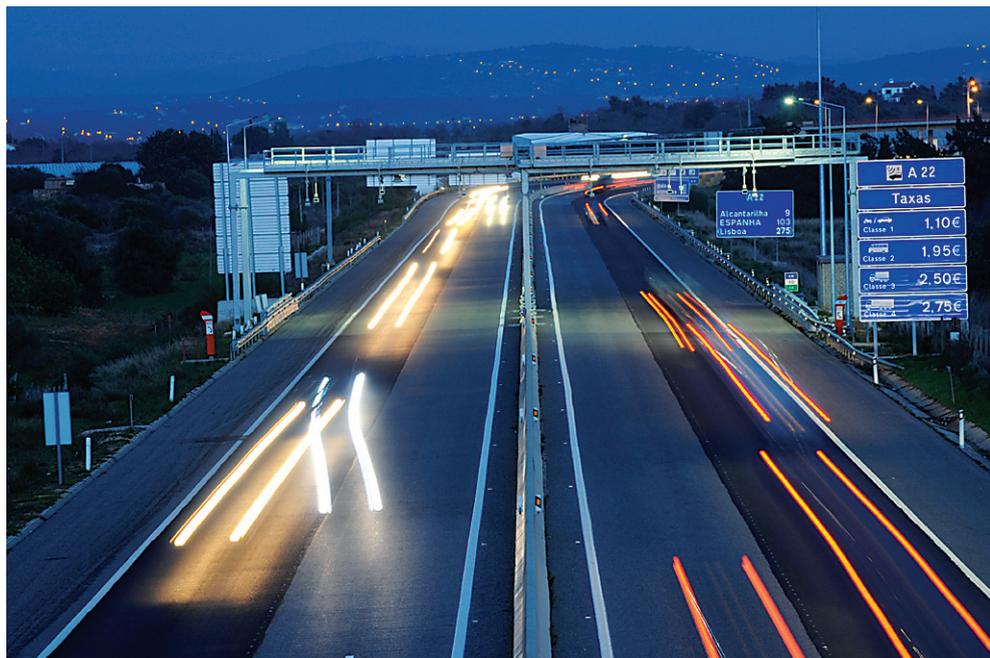
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Drunk man drives 30 kilometres on wrong side of A22

A drunk driver had a lucky escape after travelling some 30 kilometres in the wrong direction on the A22 (Via do Infante) before being intercepted by authorities.



A man was arrested after travelling for 30 kilometres in the wrong direction on the A22 motorway between Albufeira and Lagoa. (Photo: Lusa)

The alarm was raised by worried fellow motorists at around 3am on

Sunday, who, after spotting the man driving in the wrong direction on the Algarve's only motorway, called the

112 European emergency number. According to newspaper *Correio da Manhã*, the 53-

year-old offender was sighted travelling westbound on the Portimão - Faro lane, between Loulé and Albufeira, and was eventually detained by police around 30km later, near Lagoa.

Despite having travelled a considerable distance head-on into traffic on a main motorway, incredibly, no accidents were recorded. After being stopped by the GNR, the driver underwent an alcohol test, being accused of a criminally-punishable rate of 1.80 grams of alcohol per litre of blood.

The driver requested a second test and was taken to the hospital for blood tests.

The man, for having made the request, was not immediately arrested but only formally identified. The situation was reported to the Public Prosecutor's Office by the Faro GNR pending the results of the blood tests.

Portuguese among the latest risers in the world

Portuguese have been found to be among the latest risers in the world, but were not among those who went to bed the latest, new research has revealed.

Northern Ireland-based blinds provider Bloc Blinds has analysed data from sleep app SleepCycle to investigate the state of sleep around the world.

Using the 2018 data from over 920,000 users, the company has created a new tool for readers to see how countries differ in timings for sleeping and rising.

The map looks at over 60 different countries and proves that even close neighbours do not live by the same cultural schedules. Ireland, for example, goes to bed twenty minutes after those in England, Wales and Scotland, and rises at a similarly later time in the morning.

The average sleep time globally hovered around the seven and a half hour mark.

Australia's timings do not match their geographical neighbours, either - sleeping almost an hour longer than those in Indonesia - and are better matched to sleepers in Colombia and South Africa, which are in bed the earliest (10.56pm) and are up at 6.18am.

Portuguese are the third latest risers on the planet, with research saying they wait until 8.10am to get out of bed. This is only beaten by Greece (8.18am) and Saudi Arabia (8.22am).

On average, Portuguese head to bed at 00.47am, 25 minutes before Iranians, who are the last to go to bed, according to the research.

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Environmental NGO sues state over new airport location

Portuguese environmental NGO Zero has filed a lawsuit against the Portuguese Environment Agency (APA) demanding a strategic assessment of the new airport location in Montijo.

According to Zero, the location has been chosen without a proper strategic environmental assessment.

Instead the Portuguese authorities only conducted an environmental impact assessment, it said.

The sponsoring company and Portuguese airport operator ANA - Aeroportos de Portugal, which is owned by Vinci, has presented an environmental impact assessment to APA but soon after withdrew it, promising to give it back by the end of March.

National and Community laws impose a strategic assessment to enable "long term strategic planning", NGO Zero highlighted.

"We hope this lawsuit will ensure there is a deep and transparent evaluation of the best options, because this decision will have a major impact on the country over the next decades", it added.

Zero considered that both locating the new airport at an air base in Montijo, on the south bank of the Tagus, and boosting the capacity of the main Lisbon airport will have major impacts on transport, economic activities, tourism and demographics, particularly in and around Lisbon.

Moreover, the increased traffic will have a serious impact on the environment, affecting public health due to noise and air pollution.

For those reasons, the NGO Zero has required an assessment of all the possible locations for the new airport by comparing the long-term cost-benefit relation.

The Portuguese state and the sponsoring company signed an agreement on 8 January which foresees a €1.15 billion investment up to 2028 to boost the capacity at Lisbon's main airport and transform the Montijo air base.

TPN/Lusa

Eight Portuguese bankers earn a million or more

Eight Portuguese bankers took home in excess of one million euros in the space of one year.

According to figures released by the European Banking Authority relating to figures for 2017, the number of millionaire bankers in Portugal remained unchanged in relation to the previous year. On a European level, the number of bankers earning a million euros rose to just under 4,900, with the UK being the largest recipient.

The European Banking Authority (EBA) data shows that the number of high earners in EU banks receiving a remuneration of more than €1 million slightly increased from 4,597 in 2016 to 4,859 in 2017.

The report is part of the EBA's monitoring activities and is published on an annual basis. The number of high earners receiving a remuneration of more than one million euros increased from 4,597 in 2016 to 4,859 in 2017 (+5.69 percent). The largest population of high earners in the EU of 3,567 is located in the United Kingdom



Reports here in Portugal have indicated that former BPI bank chairman Fernando Ulrich was the highest paid banker in Portugal in 2017. (Photo: Lusa/Mário Cruz)

(73.27 percent of the total number of high earners) and most of them are remunerated in GBP. Most of the Member States

across the EU have registered an increase in the number of high earners and only a few of them have witnessed a slight decrease.

BREXIT – Don't mention the "B" Word

Whilst the world continues to wait, with its patience well and truly stretched, I thought it useful to highlight some of the essential facts posted by the UK Government on their **Living in Portugal - GOV.UK** portal. Information can be found in this useful portal, of which I will highlight some relevant issues to dispel any myths.

Visas and residency

The UK and EU have agreed the full legal text of the "draft" Withdrawal Agreement in principle. The agreement on citizens' rights will allow UK nationals to stay in their Member State of residence after the UK leaves the EU on 29 March 2019.

The Portuguese government has publicly confirmed its intention to protect the rights of UK nationals registered as resident in Portugal in any EU exit scenario.

Healthcare

If the UK leaves the EU without a deal on 29 March 2019, your access to healthcare is likely to change. The NHS has more information about healthcare for UK nationals living in and visiting Portugal.

Money and tax

The UK has a double-taxation agreement with Portugal to ensure people do not pay tax on the same income in both countries. The UK's exit from the European Union will not change existing double taxation arrangements for UK nationals living in Portugal. Individual taxpayer queries regarding double taxation relief should be directed to the relevant tax authority.

Pensions

The UK government will continue to pay state pension, child benefits, and disability benefits to eligible UK nationals in the EU after the UK's exit from the EU.

Passports

The rules for travel to most countries in Europe change if the UK leaves the EU with no deal. If your adult passport was issued over 9 years ago, you may be affected.

Benefits

Many income-related benefits such as Pension Credit and Housing Benefit can't be paid if you're abroad for more than 4 weeks.

This article is intended to provide a general review of certain topics and its purpose is to inform but NOT to recommend or support any specific investments or course of action.

Raoul Ruiz Martinez is a resident and independent consultant for Finesco Financial Services Ltd., Glasgow and advises clients on private financial matters in both the UK and throughout Europe under the MiFID regulation. Finesco Financial Services Ltd is authorised and regulated by the Financial Conduct Authority (FCA). Some of the services provided are not regulated by the FCA because they are not included within the Financial Services and Markets Act 2000. Raoul has a weekly radio feature (Raoul's Rant) on the Owen Gee Solid Gold Sunday Morning Show on KissFM Portugal.



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Ireland Portugal Business Network set for Lisbon gathering

The Ireland Portugal Business Network (IPBN) is being supported by an Irish Cabinet Minister for the launch of its inaugural Sustainability Forum in Lisbon, as part of St Patrick's Day celebrations, the IPBN said in a statement sent to The Portugal News this week.



IPBN Chairman, Tony Boyle.

Irish Minister for Food, Agriculture and the Marine, Mr. Michael Creed T.D., will give the opening address at the forum on Monday 18 March 18, at the Portuguese Chamber of Commerce and Industry - Câmara de Comércio e Indústria Portuguesa (CCIP). The theme of the event is "Starting a conversation about business opportunities" in SMART Cities and Innovation in Energy - two central areas where Ireland and Portugal share a common strategic vision. IPBN Chairman Tony Boyle said it is a great tribute to the growing importance of the Ireland-Portugal relationship that an Irish Cabinet Minister will visit Lisbon as part of the global St Patrick's Day Celebrations. He said there is a strong connection between Ireland's green identity and Lisbon's appointment as Green Capital of Europe 2020, making 'sustainability' an obvious choice for the forum. The event will be

delivered in association with Enterprise Ireland, Dense Air Portugal, the Department of Foreign Affairs and Trade of Ireland and is kindly hosted by CCIP.

"It is with great pleasure that the IPBN presents our first 'Sustainability Forum' in Lisbon," said Mr Boyle.

"In addition to hearing the latest news and ideas from thought and business leaders in these areas, attendees will have the opportunity to network with others in the field", added Mr Boyle.

"The agenda covers many aspects of this broad and diverse sector from decarbonisation of industries and cities through to how 5G networks will transform living in the cities of the future. We are particularly proud to showcase three Enterprise Ireland client companies to present on their progress in working in the Portuguese market, highlighting the successful trade opportunities

possible between Ireland and Portugal in the potentially enormous global sustainability market."

A strong panel of guests include Professor Brian Norton from the Technological University Dublin, David Cunha, Câmara Municipal de Lisboa, Tomás Moreno, Head of Transformation at EDP Inovação and Maria Rodrigues, Technical and Finance Director of Lisboa Enova and Graham Currier of Dense Air Portugal. Full details of the programme, speakers and where to register for the event can be found via the following link <https://www.eventbrite.ie/e/inaugural-ireland-portugal-sustainability-forum-tickets-56971081037?ref=eweb> For further information or to register attendance at the Sustainability Forum email arnold.delville@ireland-portugal.com or call 969 196 055. For more information on the IPBN visit www.ireland-portugal.com

EU updates list of non-cooperative tax jurisdictions

EU Finance Ministers have updated the EU list of non-cooperative tax jurisdictions, based on an intense process of analysis and dialogue steered by the Commission.

According to Brussels, "the list has proven a true success

with many countries having changed their laws and tax systems to comply with international standards."

Over the course of last year, the Commission assessed 92 countries based on three criteria: tax transparency, good

governance and real economic activity, as well as one indicator, the existence of a zero corporate tax rate.

Based on the Commission's screening, ministers blacklisted 15 countries. Of those, 5 have taken no commitments

since the first blacklist adopted in 2017: American Samoa, Guam, Samoa, Trinidad and Tobago, and US Virgin Islands.

Three others were on the 2017 list but were moved to the grey list following commitments they had

taken but have now to be blacklisted again for not having followed up:

Barbados, United Arab Emirates and Marshall Islands. A further seven countries were moved from the grey list to the blacklist for the same reason: Aruba,

Belize, Bermuda, Fiji, Oman, Vanuatu and Dominica.

Another 34 countries will continue to be monitored in 2019 (grey list), while 25 countries from the original screening process have now been cleared.

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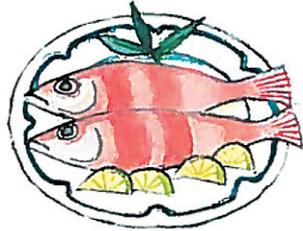
15 March at 12:30pm Silves/Carvoeiro lunch at Foral

Lunch at Rest. O Foral at 12.30pm, €16 Members and €17 Non-members. This is a fully inclusive lunch, including Couvert and Chefs Surprise. Starters choice of Sautéed Mushrooms or Goats Cheese with Walnuts or Soup. Main course choice of Sea Bream or Turkey Steak with Mushroom Sauce or Chicken Curry or Soya Bolognese. Mixed Desserts, Coffee Wine Beer or soft drinks.

Bookings and more info with: Heather and Les, **afpop** Silves/Carvoeiro Area Event Organiser Mob: 966 677 295 or email silves@afpop.com

22 March at 12:30pm Lagos Luncheon in Aloro Praia da Luz

Lunch at Aloro Restaurant in Luz and the time will be 12.30pm for 1pm. The menu is as follows: Carrot and Coriander soup followed by your choice of Chicken Breast topped with tomato sauce and parmesan or grilled Fillet of Bass with tomato pesto and



both are served with sauteed potatoes and mixed leaf salad or vegetable lasagne. Dessert can be Fresh Fruit Platter or Sicilian Lemon Mousse. The usual half bottle of wine, water, coffee and a tip are included in the price of €18.50 for members, €21.50 for guests. Drinks before or after the meal are at your own expense. Pat Allen, **afpop** Lagos Area Event Organiser Email: lagos@afpop.com

23 March at 12.30pm Member2Member Fashion, lunch, wine & fun at Quinta Monte Vale D'Eguas, Almancil

All welcome, ladies, husbands, boyfriends, partners, friends, girlfriends, neighbours ... have fun and raise money for charity (Rotary -Faro Hospital Baby unit and Street Life - animal sterilisation programme)

Let's support these two worthy causes €25 including a 2 course lunch and a bottle of

wine. Bookings with Linda Cree, **afpop** EA Area Event Organiser E-mail: eastalgarve@afpop.com

27 March at 10.30am Silves/Carvoeiro Coffee Morning

Coffee morning in Chapim Cafeteria Loungebar, Silves at 10.30am. Price is 4 euros for Members and 5 euros for non-Members for Tea/coffee and a pastry and water. Additional coffees can be purchased if you wish. Please join us at this lovely coffee shop in a beautiful riverside setting in Silves. Lots of free parking in the municipal car park right next door. This will be outside on their terrace so sun hats etc advisable.

Regards, Heather and Les, **afpop** Silves/Carvoeiro Area Event Organiser Email: silves@afpop.com Mob: 966 677 295

29 March at 12 Noon S. Alentejo luncheon

Lunch in Rest. O Bernardo, Boavista dos Pinheiros at 12noon. For more details and bookings, please contact: Marion Kahl, South Alentejo Area Event organiser tel: 920 495 216 or email: marion2014@gmx.com

Let's Walk

Tuesday 19 March - Let's Walk from the Barragem do Arade

A moderate walk of nearly 3 hours through the hills and close to the Arade / Funcho lakes, really beautiful. 10am start - meet in the carpark by the barragem. Drive to Silves, cross the bridge into town and then turn right. At the roundabout take the first exit and then follow the road towards Messines. After about 7km you turn to the left to the Arade barragem; follow the road for about 4km when the road forks. Take the smaller

road to the left this will bring you up to the barragem, follow the road around to the left where you will find the carpark. Julie 965 753 033

Saturday 23 March- Let's Walk from Monchique

A moderately easy 2 hour walk through the valleys to the east of Monchique town. 1.30 start - meet at Cerca da Rita. Drive to Monchique and at the roundabout on the edge of town take the first exit right, direction Alferce. Follow the road for about 3km when you will see a sign to the left 'Cerca da Rita', turn here and follow the road down to a junction with a large clearing under the

trees, we will meet here. Julie 965 753 033

All are welcome please just come along - no need to book. Please wear shoes suitable for country walking and be willing to walk as part of a group - there is a nominal charge of 5 euro p.p. this includes a donation to charity (full details www.portugalwalks.com)

APAA Charity Shop

Some of you may have noticed that our Albufeira charity shop is now closed. We are very sorry if anyone has been inconvenienced by this. It was not of our choice - our Landlords, for 17 years, put the rent up by 34%! This is too much for us to pay.

So, if anyone knows of any vacant shops for rent - must be ground floor and have some parking - in the Albufeira area, please let us know the details or call me, Jenny on 919 041 903.

Bike Rides

Saturday 16 March - Bike Ride starting in SãoBrás. We meet in the Lidl car park at 0915 ready for a 0930 start. This will be a challenging ride with a cafe stop somewhere along the way.

Sunday 17 March - Bike Ride starting in Estói. We meet by the cemetery at 915am, ready for a 9.30am start. This is a typical Sunday ride of around 35 to 40 km with a café break somewhere along the way.

Note :- We reserve the right to cancel any ride if less than 5 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 paul.beesley@sapo.pt

CHARITIES

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

SUPPORT FOR FAMILIES in the Algarve receives items for families in need, Guia and surrounding areas. To donate or discuss concerns about a needy family contact Su Davis: 932307548, su.davis@sapo.pt Facebook:support for families in the Algarve.

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

PIANIST WANTED on a volunteer basis for occasional Sunday services at the Anglican Church of St Vincent's Chaplaincy, Praia da Luz. Email pet.alex@sapo.pt

THE GOODWILL CHARITY.

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

We would like to thank you all for your donations and for shopping, that has enabled us to help the local community.

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

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.

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

ASMAA CHARITY & UP-Cycling Hub. Volunteers are now needed for our shop. Wed, Fri and Sat 11.30am to 5pm, other days by appointment only. Tel 969 320 231, email info@asmaa-algarve.org Rua J. Pereira Sampaio Bruno, N° 53, Portimão (Behind Bombeiros).

MADRUGADA ASSOCIAÇÃO provides home-based, end of life, palliative care to patients and

their loved ones free of charge. Your donations would be very welcome. Volunteers are also required. If you can help call us on 282 761 375 or visit our shops in Lagoa and Praia da Luz.

CADELA CARLOTA shop in Lagos open Mon to Fri, 10am to 1pm /3pm to 5pm.. Almadena: Mon to Fri, 10am to 4pm, Sat, 10am to 1pm. We always need extra hands in our shops.

MUSIC

Aljezur International Choir. Thursdays 2.00 pm to 3.30 pm. wattys100@hotmail.com, 914 285 640.

Tavira Pop Choir. Santa Catarina, Sun 2.30pm - 4.30pm. Also, Fonte do Bispo, Sun. at 2pm-4pm. Call Gillian 966 006 436.

The East Algarve International choir. Thursdays, Luz de Tavira, Call Rineke Hofman 926 684 061. eastalgarvechoir@gmail.com

Coro dos Amigos do Museu. Thursdays from 6.30pm. Call call Liesbeth 281971909 liesbethnoordijk@gmail.com

Barbershop Chorus. Tuesdays 7.30pm. Moncarapacho. www.bellaacappella.net

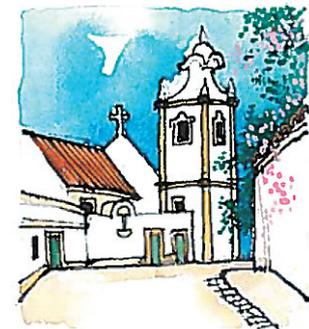
SOCIAL

Chess Club. Eastern Algarve. chessalgarve@mail.com

Drawing the Nude. Olhão Thursday mornings. jill.stott@gmail.com

Painting for Pleasure Classes, water colours, oils or acrylics. Wednesdays Mesquite near São Brás from 10.30am to 12.30pm, 2.30pm to 4.30pm. Terry Reed 289 845 561.

C.A.S.A. - the Algarve's leading Social Club for expats meets monthly for dinners / lunches and social events. info@casasocial.club,



282 495 475. www.casasocial.club

BRIDGE

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

Marina Club Suite Hotel Lagos. Tuesdays & Fridays 1.15pm. 963 977 642

Olhos de Agua. Tuesdays 1.45pm. Mary Moore 289 416 199.

Lagoa. Thursdays 1:45pm. 282 352 022 / 969 174 130.

Vale d' el Rei. Beginners 968 457 888.

Carvoeiro. Mondays & Thursdays 1.45pm for 2pm. 282 357 953 or 282 357 657.

Almancil Thursdays 3pm. Fridays 2pm Museu do Trajo in São Bras de Alportel. Frank Spelbos 937 802 110, spelbos@sapo.pt

SPORT

Walking Football Mondays, 50+, Tavira. Tuesdays 60+ ONLY, Olhão Thursdays, Olhão from 9.30am to 11.30am, €3. www.walkingfootballalgarve.com, christopher.wright@hotmail.co.uk

Tavira County Lawn Bowling Club - Cerro do Leiria, Santa Catarina, Fonte Bispo, Tavira. Roll-ups Mon, Wed & Fri. Joe Scott 963 997 582, joe.scott121@btinternet.com

Crown Green at Alvor bowling Club 10am. Peter or Janette 966 169 747 or 965 700 536.

Balaia Bowls Club, Tuesdays and Fridays 9:45am, Olhos de Água, Albufeira. Jill 935 701 155.

Touch Rugby. Lagoa, Mondays and Wednesdays 8pm - 10pm. Men and women, all ages welcome. Simon Wilkinson wilks89@hotmail.com, 282 912 280 / 924 220 173.

afpop - Badminton in Silves. Thursdays, 8pm to 10pm. susharman9@gmail.com, 910 108 730.

Alvor Bowls Club. Every Wednesday and Sunday, 10am. 282 490 280 www.alvorlawnbowls.com

Walking Football Wednesdays, 9:30am - 11:30am. Lagos. 50+. brian.efoster@yahoo.co.uk

Walking football Tuesdays & Thursdays 9:30am. Vilamoura. info@browns-club.com or 289 322 740.

Valverde Lawn Bowls Club - Every weekday from 10am, Almancil. Jen 282 332 628 or 937 264 287.

Algarve Hash House Harriers meet weekly. 289 413 854 or 918 806 044. www.algarvehhh.org

WORKSHOPS & COURSES

Latin American and Ballroom Dancing. Tues. 10am - 1pm Alvor. Wed 7pm - 8.30pm Carvoeiro. Caroline 961 916 821, strictlydancing carvoeiro@hotmail.com

Scottish Country Dancing - Mondays 7.30pm to 9.30pm, Lagoa. Mardi Cunningham 282 356 029, rosevale45@gmail.com

Art Classes: Botanical Art in Watercolours for beginners. Weekly from 12th March. Vale D'el Rei every Tuesday 1.45pm - 4.15pm €15 per class.Tel: 933669503 email: tonidade@yahoo.co.uk

Letter to the editor

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

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

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

Pick Up Your Dog Poop

SIR, Portugal is a wonderful country in many ways, but one of the most annoying and disgusting things is dog owners who don't pick up their dog's faeces. Wherever you walk here - streets, children's playgrounds, paths, fields, walking trails and outside your house - you find dog poop, often already walked-in and spread around. Today, I was at Albufeira shopping and exactly at both entrances there was poop spread in every direction outside and inside the entrances. In the rest of Europe

there are strict fines for owners who don't pick up. Why are people allowed to get away with it here, it's disgusting and also dangerous to children who can become permanently blind from the parasites contained in dog faeces if they accidentally touch it. Dog poop bags are sold everywhere so why don't these people use them, and why aren't the police taking this seriously. We need to shame owners who don't pick-up. Come on, let's all 'push' together to put this behind us! FASH, Albufeira

Spring Mediterranean Gardening Fair

Saturday, 16 March 16 11am - 5pm
Donations Welcome at the door
NEW VENUE - Silves: FISSUL Centre

This year, for the first time, we are very happy to be able to hold our event in the pleasant FISSUL location in Silves. The event will take place inside the building with its excellent facilities, extensive free parking, and will go ahead whatever the weather.

The aim of this spring event is to highlight and support the new project by MGAP for the **Barrocal Botanic Garden** and donations received on the day will go to support it. In keeping with this we will also have for sale native trees, seeds and plants. Visitors will be able to learn more about the Association's internationally recognised Botanic Garden project at Quinta da Figueirinha with a special free talk on the garden.

The Barrocal is one of the three ecological areas of the Algarve and has a distinct community of plants with a well-known biodiversity, and with well-documented flora. This area has the potential to inspire the most fantastic natural gardens.

One of the objectives of the Association of Mediterranean Gardens in Portugal has been to encourage local nurseries to expand their range of plants. The small nurseries that propa-

gate their own plants have responded to our requests, and we hope they have benefited from the growth in demand for more robust and drought resistant plants. Plants that are native to Portugal, as well as other Mediterranean climate areas, all suitable for our gardens here in the Algarve.

There will be nurseries specialising in drought-resistant perennials, herbs, fruit trees and shrubs - an excellent opportunity to find a variety of different plants. There will also be a variety of other exhibitors, with organic products, wines, essential oils, art with plants, and a demonstration of solar cookers.

In parallel with the sale of plants, there will be **free illustrated talks** by Fernanda Botelho and other authorities on Mediterranean gardening. This event is the only opportunity to see a selection of plant nurseries all in the same space, on the same day, bringing the best they have to sell. Take part in this event on 16 March and you will find many suggestions for your garden.

This spring event will take place for the **first time in the FISSUL centre in Silves**. There will be specialised books



for sale, seeds of native plants and advice from members of the association.

The Fair will be open to the public between 11am and 5pm. Free extensive parking on site. Catering available. Occasional music provided by Grupo

Rancho Folclórico.

This event takes place in partnership with the Junta de Freguesia de Silves and with the help of the Câmara Municipal de Silves.

More info mgapfairs@gmail.com

Silves Rotary Club Concert

On Saturday 30 March, at 7.30pm. "Cool Manouche" and Betty M will be performing a concert for the Silves Rotary Club to raise funds for the Silves Fire Brigade and the Rotary Education Fund. Playing since 2016 at sold out concerts all over the Algarve, this Gypsy Jazz Trio feature exceptional guitarists Ray Bartlett and Luis Fialho and renown bass player Rick Steffens. Joined by the vibrant Betty M with her violin and amazing vocals, classics such as Dark Eyes, Minor Swing, All of Me, Nuage and Clair de Lune are just a few of the songs which will enthrall the audience

and have them tapping their feet in time to the music. Held in the beautifully restored Teatro Mascarenhas Gregório in Silves the atmosphere and music for the evening will take you back in time to the charm of Paris in the 1930's with the music of Django Reinhardt, Stochelo, Rosenberg and Tchavolo Schmitt.

You can hear some of their music on their "Cool Manouche" Facebook page and for tickets and further information please contact either:

Sue on 933 374 865 e-mail: sueloram@gmail.com or Isobel on 965 339 577.



Bowls Algarve



We have moved to the, so called, quiet part of the season. All the clubs have settled into enjoying roll-up and playing their own in-house competitions. This part of year also becomes the time for the visiting team season, a busy time for club members. Some clubs have hosted visitors already.

Many of the clubs have lost members over the years, and usually arrange a Memorial Day to remember friends who are no longer with us. CPO's Forget-Me-Not afternoon was Monday 4 March, with bowlers competing for the Maria Goncalves and Barry Earl Trophy, which was won by the team of Richard King, Miriam Hare and Roger Crowther. All funds raised were being donated to Pirlimpos Orphanage, Albufeira. Drinks and snacks were held after the game for everyone to circulate. The weather wasn't kind to us, after the beautiful weather we have enjoyed recently, it turned cloudy and showery during the

afternoon, but everyone carried on regardless and had a good time.

Balaia arranged their Memorial Day in memory of Barbara Moss and Tom Sanderson, on Wednesday 6 March with funds raised being donated to the Albufeira Bombeiros. Lunch followed the game with many teams from other clubs attending and a good day was had by all. The weather for Balaia was only slightly better, showery at the beginning of the day, but turned brighter later in the morning and again, everyone carried on regardless for an enjoyable day.

Next week will be different. It is Final's Week for the Inter-Club Competitions. A very busy week for those skilled players who have fought their way through the early rounds to be finalists. Good luck to all the players and we are all hoping for good weather to finish the season.

Miriam Hare, Bowls Algarve Press Officer

Next events at the São Brás Museum

Friday 15 March
Talk: You too can write a book

By Trevor Holman author of "The Algarve Crime thriller" series and various other books and novels.

There is a saying that everyone has at least one book in them.

Well this is your chance to discover how to get that book out there.

Trevor will chat about creating ideas, inventing characters, building plots, using historical facts, not copying other writers.

Fact, fiction and faction and getting your work published, plus all the do's and don'ts of the publishing world.

All followed by a question and answer session.

Free entrance

Sunday 17 March

Jazz Club

Nebuchadnezzar Group

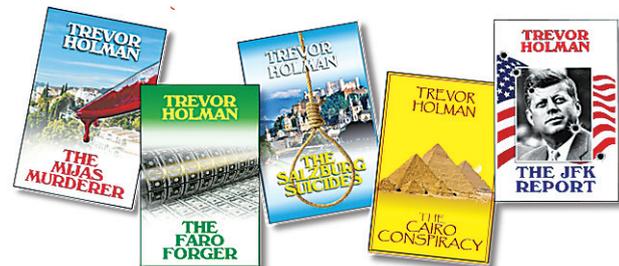
João Ferreira - piano, keyboard

Cláudio Alves - guitar

Hugo Santos - bass

Maximiliano Llanos - drums

Entrance: 10/8€ amigos do Museu



HUMOR FEST

FESTIVAL DE HUMOR DE LAGOA

MARÇO 2019

AUDITÓRIO CARLOS DO CARMO, LAGOA

Lagoa LAGOA 2019 cidade inclusiva



OS VIZINHOS DE CIMA
16/MAR | 21H30



THE ALGARVEANS | LADIES' DAY
21/22/23/MAR | 19H45



ENFIM NÓS
29/MAR | 21H30



ANTÓNIO RAMINHOS É...
O ANTÓNIO RAMINHOS
30/MAR | 21H30

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or 282 042 836

Lyra World Music Concert in Vale do Lobo

Discover the beautiful sound of the soprano voice combined with the harp during the Lyra World Music Concert in Vale do Lobo, taking place on 30 March from 8pm.

Vale do Lobo, in association with the cultural association Ideias do Levante, will be staging a unique performance from Lyra Music, transporting audiences through time with a musical bouquet of melodies inspired by traditional music from across Europe.

Soprano Carla Pontes performs together with harpist Helena Madeira to create the unique sound of Lyra Music during the concert being held in the Vale do Lobo Auditorium on 30 March.

Carla Pontes was born in Lisbon and graduated in art education, having started her classical singing studies with Birgit Wegemann in 2004.

Since then she attended several workshops, courses, seminars, private lessons and masterclasses in Portugal, and abroad and now performs regularly.

Helena Madeira began her studies of lyrical singing with Fernando Serafim in the Portuguese Musical Youth in 2004. She is mainly self-taught, giving the greatest importance to the meetings with musicians from other countries, especially on her trips to the West African Coast. In addition to having performed in Portugal from North to South, she has already been invited to play in Spain, Brazil and Cape Verde.

Project Lyra by Ideias do Levante were created as a way to promote the talented artists of the region while also educating audiences about the diversity of musical performances and this concert promises to



showcase the heavenly voice of Carla Pontes with the softness and beauty of the harp.

The Lyra World Music performance promises to be an enchanting evening and one that music lovers across the board will find truly memorable

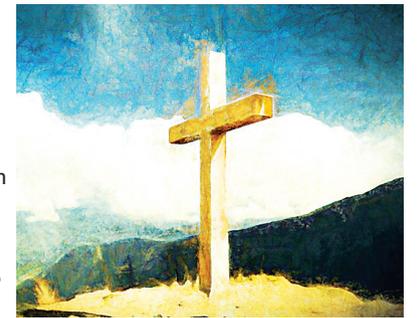
as Vale do Lobo continues its exciting new programme of events for 2019.

For ticket reservations or further information please call 289 353 322, Email: events@vdl.pt or visit www.valedolobo.com.

Easter Concert in Porches (Lagoa, Algarve)

Ideias do Levante - Associação Cultural de Lagoa (Algarve) is presently producing an Easter Concert, in partnership with *Município de Lagoa*, which will take place on 21 April at 5pm. We're proud to present Carla Pontes (soprano, www.carlapontes.info), Francisco Brazão (Bass-baritone) and Jeferson de Mello (Piano). The three musicians will interpret a repertoire which mainly includes pieces from Johann Sebastian Bach and Joseph Haydn.

This free admission concert is recommended for adults and children over six. The church seats 200 people. More information about the



cultural association and its projects may be found at www.ideiasdolevante.net.

This initiative benefits from the support of *Município de Lagoa, Freguesia e Paróquia de Porches, Solidó - Instrumentos Musicais, Pastelaria Algarve, Estorninho.biz, Photos4Life & Inforarte*.

Algarve Archaeological Association talk on Tuesday 12 March 2019

'The Thames Discovery Programme'



On Tuesday 12 March, the Algarve Archaeological Association (AAA) will be presenting two lectures, in English, by Will Rathouse. The first lecture will be at 2.30pm at the Museu do Traje in São Bras, the second lecture will be at 6pm at the Convento de São José in Lagoa.

Running through the heart of London is a mighty river: The Thames. It has played a central role in the history of the city, and when the tide is low, the capital's longest archaeological site is revealed. As the tides of the Thames reveal evidence of the past, this talk reveals the work of the river's foreshore. This project was initiated over ten years ago by the noted archaeologists Gustav Milne, Nathalie Cohen and Elliott Wragg. They had noted that the river was continually revealing and washing away archaeological features, some of which were going unrecorded. Funding for a sufficiently large dedicated team of professional monitoring archaeologists was (and still is) unlikely to be forthcoming. They therefore decided to involve interested members of the public who were trained and organised into the Foreshore Recording and Observation Group, FROG for short.

In this talk Will Rathouse will explain how they have operated and what they have found. William Rathouse is a community engagement archaeologist for MOLA (Museum of London Archaeology) working on the Thames Discovery Programme and other community projects. His responsibilities include outreach to over 75s and bringing in new groups to benefit from the project, including people with mental health problems and forces veterans.

Previously, Will was a support officer for Mind Aberystwyth and led archaeology projects to promote mental health. His PhD research investigated contestation of prehistoric monuments and ancient human remains by contemporary Pagan groups in the UK.

Non-members are welcome to attend AAA lectures for a 5 euro admission fee, with all money raised by the AAA being used for archaeological grants and speakers. For more information contact algarvearchass@gmail.com, visit arquealgarve.weebly.com or Facebook 'Algarve Archaeological Association'. Please check the website or facebook page for any last minute changes.

Jane Robertson

Horses and Big Hats! The Algarveans are off to the Races!

After a busy two months of rehearsal, set building and publicity, the cast and crew of *Ladies' Day* are finally approaching the finishing line. The Algarveans are hoping to entertain audiences and raise funds for local charities during Lagoa's Humorfest with their spring production playing at the Carlos do Carmo Auditorium from 21 - 23 March.

A splendid set has been built for the backdrop to the comedy about four fish-filleting ladies from Hull. For Pearl, Jan, Shelley and Linda life is one long, hard slog, but could their fortunes change when they head to *Ladies' Day* at Royal Ascot? Factory hairnets and overalls are replaced with fascinators and frocks as they hit the races for an unforgettable day out. Secrets are spilt with the champagne and friendships are tested. But if the ladies' luck holds, they could hit the jackpot - and more besides-

Excited to be taking the reins as director for the first time with The Algarveans is Angela Theobald who chose the play for its Northern humour. *Ladies'*

Day by Amanda Whittington promises to deliver the warmth and laughs of *Calendar Girls* and *The Full Monty*, with all the charm of *Dinner Ladies*.

Angela has gathered a cast of fresh faces and experienced members, and brings many years of stage experience to the production. She is also thrilled with her set building crew who have risen to the challenge of recreating both a fish-packing factory and the enclosure at York racecourse.

So race and get your tickets. The odds are looking good for an evening of great entertainment in a state-of-the-art auditorium. *Ladies' Day* is sure to be a winner and have audiences chuckling!

Ladies' Day is playing at the Carlos do Carmo Auditorium in Lagoa from March 21-23. Tickets can be bought online at www.ticketline.sapo.pt or in person at Auditório Carlos do Carmo, Convento de S. José in Lagoa and at Lagoa, Balcao Único. Tickets are also available at Worten and FNAC shops or online from their websites. More info: www.thealgarveans.com



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)
SUNDAY SCHOOL THIS WEEK

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



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Cut the cost of pampered pets



A third of pet owners leave a light on for their beloved pooch or cat, and around a quarter treat their pampered pets to some TV and radio while home alone. (Photo: PA Photo)

Many pet owners sometimes leave the heating on for their animals when they go out - and many keep their homes as warm for their pets as they would for themselves.

A survey by energy company E.ON found that a third of pet owners also leave a light on for their beloved pooch or cat, and around a quarter treat their pampered pets to some TV and radio while home alone.

Nearly half of the animal-lovers surveyed admit spoiling their pets causes conflict in their home - and these habits can certainly use up a lot of extra energy too. So what's the solution? E.ON has teamed up with

naturalist, TV presenter, and all-round pet lover Chris Packham, to offer his top tips on keeping beloved animals safe and comfortable - without wasting energy.

"With some small simple changes, you can save money, lessen your impact on the planet, and keep your all-important pet happy," says Packham. Here, Packham shares six top tips for keeping pets cosy while being mindful of those energy bills...

1. A well-positioned bed

"Think about where you put your pet's bed: You don't need so much heating if your pet has a cosy place of their own. Heat rises, so unless you've got underfloor heating, the floor

Everyone knows there are overheads to owning pets, but does that have to include driving up your energy bills?

is a cooler environment and a lot more susceptible to draughts. Get down to your pet's level - on your knees - and it might feel like a whole different place in the house. How does it feel? Is it draughty or cosy?

"Choose an appropriate bed and make sure it's in an appropriate place - not in a draught, not in the sun when its beating through the window and might fry them. Just think about the reasonable, simple things."

2. A designated pet room

"You don't need to heat the whole house to keep your pet warm. If you're out all day, pick a snug room that's easy to clean if you've got a pet that moults. Make sure it's not too hot or too cold - keep a radiator on in their cosy corner - perhaps with access to the outside of the house if you've got cats and cat flaps. And make sure there's food and water within reach, of course! "Personally, I would never justify heating my entire house to keep one small dog happy - that's insane. Even if I'm in the house, we usually have just one room heated. Put a pet bed in there - I can sit there and work - and it cuts cost to the wallet and to the planet."

3. Tech up, power down

"Take advantage of modern technology. Smart meters let you see where the power is going and what you are

paying for it. I've got one and they're remarkably accurate. They do retrain you - they virtually shout at you if you put the washing machine and the spin dryer on at the same time!

"A smart thermostat allows you to control the temperature all over your house, and monitor your heating wherever you are using your smartphone. So if you've got a pet in one room, you can heat only that room, at exactly the right temperature. You can programme it too, and it uses GPS to sense where you are so when you're nearly home it can warm up the rest of the house as you arrive.

"We use modern technology in so many ways, but for energy management in the home, I don't think the uptake is rapid enough.."

4. Is the TV for you or them?

"Does a pet really need the TV? I think you have to look at it on a case-by-case basis. I get sent lots of videos of cats watching TV and dogs watching other dogs on television. None of my poodles have ever watched TV, and it's easy to see whether your pet is responding or not. If they aren't, turn it off and let them get some peace and quiet."

5. A good hot dinner

"During winter, on cold days, food straight out of the fridge won't be very

appetising. Warm your pet's meals up to ensure the food is at room temperature before feeding. This uses a bit of energy - but nothing like as much as heating the whole house."

6. Proper care vs pampering

"Work out the line between a well cared-for pet and a spoiled pet. You may have a roughly-toughy outdoorsy dog that leaps in freezing rivers and mud, but when you take them home a cold, wet dog is not going to be happy. I got my dog a raincoat - they're inexpensive items. Always imagine how you would feel in their paws!"

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How to c

As spring approaches, we'll be sowing, planting, mulching and digging - but which compost do we need for each job?

To keep things simple, be aware that there are basically two types of compost: Soilless and soil-based.

Soilless: These types are ideal for quick-growing crops or annuals in pots, where the plants are only going to be in the pot or container for a year. These composts are mainly made up of organic matter such as bark, coir, green waste, paper, leafmould and sawdust, with added nutrients and water-retaining agents.

Soil-based: These are better for planting trees or growing permanent specimens in containers, such as shrubs or perennials.

Here's what you need to know about the different styles of compost available...

Multi-purpose compost

This is the most versatile compost, which can be used to dig in and enrich beds and borders, as well as plant up containers. There are many which contain blends of ingredients, including plant foods which can feed your plants throughout the season.

Peat-free compost

Many gardeners are opposed to composts containing peat because they continue to deplete peat bogs, although historically, peat has been used in compost because it's good at holding water and retaining nutrients. Some gardeners argue that plants grow better in peat-based products, but others insist that if you adapt to the properties of peat-free, you should be fine.

Peat-free composts generally retain water better, which is great in hot summers, but can lead to rotting plants in wet winters. So add grit to your peat-free compost before planting to enhance drainage and water your plants little and often during the summer, rather than completely soaking them once a day. Check the wording on the

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Choose the right compost for you

No time or room to make your own compost? So, how do you choose what's best for you from the wide range in garden centres?

bag - if it doesn't say 'peat-free' then it generally isn't. Marketeers may use wording such as 'environmentally friendly' and 'organic', but that doesn't necessarily mean it's peat-free.

Ericaceous compost

Acid-loving plants including camellia, azalea, rhododendron and heather are best planted using ericaceous compost. If you are planting them in a flower bed that naturally has alkaline soil, they are likely to suffer, as sooner or later the ericaceous compost will lose its efficacy and the original soil make-up will seep through. It's often better to choose plants that will like your existing soil, rather than trying to adapt unsuitable plants using specific composts. If you love azaleas but don't have acid soil, consider planting them in pots using ericaceous compost.

Seed and potting compost

Seed compost has the lowest amount of nutrients, which encourages the best germination and growth of tiny roots. A seed compost is much more in tune with the needs of a developing seed than a general multi-purpose compost. Low nutrient levels don't affect the plant growth because individual seeds already contain a store of food to feed the developing plants.

Spent mushroom compost

This is generally cheaper than other composts and is often used as a soil conditioner or to mulch a bed. It is called 'spent' because it is compost left over from mushroom farming. It has a high lime content so is ideal for the vegetable garden as veg crops, including brassicas, grow best when the soil is not acid.

However, don't place it near acid-loving plants like azaleas and rhododendron. The RHS advises gardeners to use it in moderation, alternating with well-rotted manure or garden compost, which should help balance the alkaline nature of the mushroom compost. It's also not suitable for fruit crops, which need a more neutral or acid soil.

Animal manure

Animal manure is a fantastic soil conditioner, but it must be well rotted before adding to the soil, or the concentration of nitrogen will scorch young plants. If you are offered fresh manure, you'll need to create a space to rot it down for at least six months before spreading it across the soil in spring, a few weeks before planting. Break up any lumps by raking it and mix in some topsoil.

PA/TPN ■



Potted seedlings (Photo: PA Photo)



Spent mushroom compost is generally cheaper than other composts and is often used as a soil conditioner or to mulch a bed. (Photo: PA Photo)



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Celebrate the margarita

One of the earliest tequila cocktails, the margarita's true origins have been much disputed, but what we do know is, its key ingredient is lime - it marries with the tequila and orange liqueur to create the sweet and tangy flavours so crucial to this drink.



La Chispa del Patron (Photo: PA Photo)

And whether they're floating in a rock glass, or decorating the salted rim, ice and lime are essential. You should be looking for large ice cubes and light, green, soft limes, as they're the juiciest. Given the iconic nature of the margarita, people are always after tips to make the perfect serve, so what do you need to know about mixing your own? "First of all, always stick to the exact recipe - too often people are a bit heavy handed with some ingredients over others, and that can really impair the flavour of your margarita," says Karine Tillard, UK brand ambassador, Patron

Tequila. "So, use the exact ratio of ingredients that the recipe states to make sure you get that perfect taste." Her second tip is: "Shake! Shaking a margarita is the best way to blend the ingredients, as well as to ensure the whole drink is properly cooled."

1. Classic Margarita
Light, refreshing and super easy to make.
Ingredients: 35ml Tequila, 20ml Patron Citronge (or your favourite orange liqueur), 15ml fresh lime juice, 5ml simple syrup, lime wedge for garnish. Kosher salt optional.
Method: Half fill a cocktail shaker with ice. Add the ingredients, shake vigorously and strain over

fresh ice into a rocks glass and garnish with a lime wedge.

2. Frozen Margarita
Dallas' classic, the Frozen Margarita is the ultimate summer cocktail to keep cool under a Stetson and Texas sun; but we're such tequila fans, we've ignored the weather and have already lined up our coupes and placed the lime and salt on the side.
Ingredients: 40ml Tequila, 15ml Patron Citronge (or your favourite orange liqueur), 15ml lime juice, 10ml orange juice, 10ml agave syrup, lemon and limes to garnish.
Method: Add the ingredients to blender and fill with ice just above liquid

line. Blend until a uniform consistency is achieved (add more ice to blender if desired). Pour into a coupe and garnish with lime and a lemon wheel.

3. La Chispa del Patron
A warm twist on the classic margarita, the chilli kick adds a fiery element to this chic concoction.
Ingredients: 50ml Tequila with chilli, 25ml Patron Citronge (or orange liqueur of your choice), 25ml lime juice, 5ml sugar syrup, chilli and celery salt to garnish the rim.
Method: For the chilli infused tequila, slice fresh chilli peppers (the amount depends on your preference) and drop them down the neck of the bottle and leave overnight to infuse. Test bottle daily until you've reached desired heat level - approx. two days for a mildly spicy tequila. Half fill a cocktail shaker with ice. Add the ingredients, shake vigorously and double strain into a chilled coupe glass. Garnish the rim with chilli and celery salt.
How to rim your glass: Fill a wide shallow dish with kosher salt. Take a wedge of lime and rub it around the outside of the glass to coat with juice. Roll the edge of the glass through the salt, then hold it upside down and tap to knock off any excess salt.

PA/TPN

Curb the clutter in

"It's the nature of modern life that new possessions flood into our homes all the time," declares Debora Robertson, author of *DeClutter: The Get-Real Guide To Creating Calm From Chaos* - a blueprint for anyone who wants to take control and take rooms from cluttered chaos to orderly calm. "Clutter drains you of energy, steals your time, robs you of storage space and fills up your weekends with things that need cleaning, mending or putting away," Robertson adds. She promises that, with a bit of planning and a new approach, it is possible - and even quite simple - to achieve a smart, organised haven. To imagine what it would feel like, she suggests recalling the sense of calm and relaxation experienced when staying in a hotel, where

there are "just enough" possessions for your needs (felt good, right?). Here's Robertson's guide to transforming four key zones in your home...

Conjure kitchen calm
"Believe me, if you get your kitchen right, everything else will flow from there," says Robertson. "It's the room a lot of use the most, and getting this right prepares us to work a similar magic on the rest of our homes, one bit, one bite, at a time."
Step 1: Do the 15 Fling! Take a rubbish bag and set your kitchen timer for 10 minutes. Fill it with 15 things you don't love or don't need. "Don't think too hard about it, otherwise you'll remember you have some emotional attachment to something that will make you indecisive," she says. "Don't, whatever you do, look back into the bag. As



(Photo: PA Photo)



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your home

Clutter not only clogs up space in your home it also can ruin its appearance (and, let's face it, add to daily stress).

soon as that buzzer goes, seal the bag, put it in the outside bin. Do this once a day and do it in other rooms too."

Tip: You can do the '15 Fling' with possessions that are in good condition and useful but just not for you, and recycle them at charity shops. Oversize appliances and gadgets gobble up space, so confront the truth about who you really are. If you're not a person who's ever going to make your own yoghurt, ice cream or bread, get rid of those gizmos.

Create a stairway to a clutter-free haven

"Hallways, staircases and landings can evolve into a lively obstacle course of casually discarded shoes, coats, bag, sports equipment - and heaps of things which are on their way into your house, and heaps of things which are on the way out," says Robertson.

"They're also the first areas you see when you come home, so it's worth making an effort to keep them looking neat and welcoming, to avoid that just-walked-in-the-door heart sink of doom."

Step 1: Limit what you keep in the hall to the stuff you'll be using this season to give yourself a fighting chance at order. Wellingtons, winter boots and heavy coats take up a lot of space, so try and find storage for them when they're not needed.

Tip: A basket or two makes a great place to keep things you are de-cluttering until you can get them out of the house (Make a note in your diary of exactly when you plan to do that!). Make room for a mini-recycling spot, so you can open post and dump anything you don't want so it's ready to go out.

Reclaim that living space

"Living rooms can very easily become stuffed to the gills with unloved bits of inherited furniture, 'it'll-do-for-now' pieces, family memorabilia, half-done craft projects you're going to do one day (newsflash: You're not)," says Robertson.

"Papers and magazines sit fatly on tables, books spill off shelves, remote controls seem to have undertaken their own breeding programme somewhere in the corner. Yet this is a space where you're supposed to slough off the physical and emotional pummelling of the day and relax."

Step One: Start by considering what you mainly use your living room for - is it entertaining, reading or relaxing? This will help you prioritise your possessions. Remove what's no longer needed for other purposes.

Step Two: Edit sofa cushions, cut them to a realistic number and donate the rest to the charity shop. Go through ornaments and photos on mantelpieces and decide on those you really want to keep and move the rest on.

Step Three: Choose furniture that has built in storage, such as console units with shelving, ottomans and footstools with removable tops, or vintage trunks that can double as a coffee tables.

Store away for a serene sanctuary

"Often, the room in your home that should be the most nurturing and restful is the source of most anxiety," says Robertson. "Clothes burst out of wardrobes, second-best bathrobes slump gloomily on hooks,

unread magazines clutter nightstands, and chairs groan under the weight of clothes.

"But your room doesn't have to look like something from Pinterest. Order has its own beauty. A clean, aired, well-organised bedroom with clear surfaces and a freshly-made bed is one of the most soul-pleasing and nurturing places on the planet. You can create this for yourself."

Step One: Pare back bedlinen - you only really need three sets per bed. Store by folding a fitted sheet, top sheet, duvet cover and pillowcases, so they fold up into one pillowcase from the same set.

Step Two: Start with a 10-minute cull of underwear - put everything that's worn-out into a bag and get rid of it. Next look at clothes - but do not, whatever you do, dump everything on the bed at once. You'll feel overwhelmed and

probably give up - and have more mess, not less. Instead, set a timer to give you a set period to sort out what you like and wear from what you don't. **Step Three:** Get rid of any item that doesn't make you feel good when you put it on. Think whether you would buy it again if you saw it in a shop, if not, recycle it. Cut down on multiples - no one needs 20 white shirts - discard any which are past their best.

Tip: When you've been through your wardrobe and pared it down, make a note in your de-cluttering journal (this is a must-have item which will help you keep on a de-cluttering track) and make a note anything that would genuinely fill a gap and give the clothes you already own a new lease of life. It might be a new jacket or jeans - and by identifying what you really need, you'll avoid impulse buying and wasteful duplication.

PA/TPN



Set of 3, Multi-coloured Rectangular Water Hyacinth Baskets (Photo: PA Photo)

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Is this the most stylish city in Africa?



Yves Saint Laurent in Place Djemaa El Fna in Marrakech. (Photo: PA Photo)

mix of wild hues and exotic patterns, Marrakech captured the imagination of fashion designer Yves Saint Laurent when he first visited in 1966 - and fifty years later, its heady impact hasn't diminished one bit.

"The city opened my eyes to colour," the Algerian-born artist famously declared. Falling in love at first sight, he bought a property here with his partner Pierre Berge and later restored the famous botanical gardens, Jardin Majorelle, where a museum celebrating his connections with the Moroccan city recently opened next door. Containing numerous key pieces from the designer's game-changing collections, the Musée Yves Saint Laurent Marrakech (mYSLm) is set to boost this North African destination's creative appeal once again. Visit these places for a fashion-themed weekend escape.

Style it out at mYSLm
In a dark corridor

A new museum dedicated to the designer Yves Saint Laurent has opened in Morocco. Sarah Marshall recommends a chic weekend away.

illuminated by spotlights, a modest but carefully curated selection of garments is modelled by mannequins, providing a visual timeline of the fashion designer's career. Now signature styles in high street stores, the jumpsuit, pea jacket, smoking jacket and trouser suit all started life in YSL's sketchbooks. "A woman handling her gloves is a gesture I adore," claimed YSL, and a fabulous magpie's cabinet of accessories - including bold, garish costume jewellery and an outrageous gold-plated breast plate - is an exhibition highlight.

Tip: Skip the designer prices and size zero portions of the museum's restaurant, and head to the Pause Gourmande cafe across the road

Stay at Mandarin Oriental Marrakech for a fashionable sleep

Although a 15-minute drive from the Medina, this modern property still embodies all that's great about the city. Petals from more than 100,000 roses flutter in 20 hectares of gardens, where olive trees twirl around secluded villas and the undulating outline of the Atlas mountains hovers on the horizon. Each room is a mini palace, with a pool dominating the open-air courtyard and a voluptuous tub almost drowning the bathroom. There's even a touch screen-operated hammam in the shower,

with black soap and scrub mitt provided.

Tip: To avoid any embarrassing rows with drivers in the Medina, order fixed price taxis through the hotel reception.

Enjoy a chic eat at Le Trou Au Mur

For too long there's been a gap in the Marrakech restaurant market; options have historically ranged from high-end hotel appendages to simple street eats, with very little in between. So this new casual diner from the owners of boutique hotel Riad Farnatchi really is in a class of its own.

The menu is equally refreshing, serving a selection of forgotten classics rarely served outside Moroccan homes. (The de riquer tagines are still offered, but there's so much more besides.) A speciality is the meshoui - a slow-cooked lamb.

Tip: Ring ahead and ask to be met at the Medina walls; it's easy to get lost.

Relax like an A-lister at the Farnatchi Spa

There's no such thing as too many hammams, so take the opportunity to squeeze in a scrub between exploring sites and souks in the Medina. Opened last year, next door to Riad Farnatchi (who also operate the spa), it features four treatment rooms and two hammams either side of a sun-splashed courtyard.

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Spring catwalk beauty trends

Looking back at the spring/summer fashion shows, which took place in September, there were a surprising number of make-up and hair looks that could be taken directly from the catwalk and worn in real life - and that can be rare.



Models backstage at Giorgio Armani SS19, make-up by Giorgio Armani Beauty. (Photo: PA Photo)

The metallic foil-covered lips at Jeremy Scott and Thom Browne aren't quite so wearable, but an iridescent lip gloss is a more low-key way to try the trend.

3. Pastel hair

The pastel hair trend has been huge over the last year, and evidently it's going nowhere. Tastemaker Marc Jacobs sent his models down the New York Fashion Week runway with bouffant hairdos in a variety of beautifully soft pink and blue hues.

Over in London, at the Matty Bovan show, hair was similarly voluminous and colourful, while at Andreas Kronthaler for Vivienne Westwood, the trend was taken a step further with rainbow ombre shades.

4. Bold eyeliner

You're going to need a steady hand if you want to recreate spring's coolest eyeliner looks, including the super-sharp double wing at Peter Dundas and the 'floating flick' seen at Rochas. Not sure you're up to the task? Burberry's brown smoky wing is an easier proposition, as is Dior's splodgy 'dancing eyeliner'.

5. Braids

Hair stylists wove all manner of beautiful 'do's,

from delicate plaits at the nape of the neck (at Erdem) to 'hidden braids' as part of a wrapped ponytail (at Preen). For a softer take on the trend, at Roland Mouret long-haired models looked angelic with halo braids and tendrils falling around their faces.

6. Big brows

Consider the pencil brow trend erased: Big, bushy eyebrows ruled on the SS19 catwalks, seen everywhere from Miu Miu and Moschino to Jil Sander and Stella McCartney. This look isn't about painting on a pair of thick arches, though, it's about enhancing what nature gave you with a microfibre gel instead of an eyebrow pencil.

7. Vertiginous hair

The most hair-raising trend of the season was, quite literally, the sky-high barnets. As well as the aforementioned pastel bouffants, the most extreme example was the rigid, spiked up ponytails at Ashley Williams. Buns are having a moment as well (is that the Duchess off Sussex Effect again?), from neat ballerina styles at Burberry to big and messy at Olivier Theyskens, while Fendi and Dion Lee's relaxed styles were somewhere in between. PA/TPN

“Free-spirited, decluttered from convention, make-up artists are exploring the concepts of realness and relatability in beauty,” said MAC make-up artist Lyne Desnoyers at the time.

Lipstick, for example, is now “all about credibility rather than untouchable and unrealistic perfection,” she added. And while ‘femininity’ has no single definition these days, there was a soft prettiness to many of the make-up looks, which felt fresh when combined with more boyish elements, like brushed-up brows and messy hair. Looking for some catwalk beauty inspiration? Your guide to the SS19 trends starts here...

1. Pink

Pink lipstick may be an

eternal beauty classic, but it's all about rose-tinted eyes for spring, from chalky pastels at Marc Jacobs and Brandon Maxwell, to raspberry hues at Rodarte (where models' hair was also festooned with pink roses) and flashes of neon at Mark Fast.

The most wearable example? At Giorgio Armani a divine dusty rose was washed over eyelids and lips to create a beautiful monochromatic look.

2. Glitter and shine

Think glitter is only for the festive season? Think again - the spring catwalks make a strong case for year-round sparkles with graphic winged eyeliner looks at Halpern and Valentino, plus the delicate dusting of silver shimmer at Simone Rocha and Missoni.



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Are you making these post workout mistakes?

You might think fitness results are gained by hitting the weights room as hard and heavy as you can, but many experts say what you do after a workout is just as important as the effort you put in at the gym.

If you aren't in the habit of following a post-workout routine, you might be struggling to see results. We spoke to personal trainer James Stirling to find some of the major aftercare errors that could be hindering your progress.

1. Forgetting to rehydrate

We all know that getting enough H2O throughout the day is important, but it's even more crucial after a heavy sweat. "During exercise, you lose vital minerals through sweat, so it's really important to rehydrate and replace the water you've lost, not just immediately after a gym session, but throughout

the day too," says Stirling.

3. Not tracking your progress

Fitness is as much a mental game as it is a physical one, and tracking your gains in the gym can give you the motivation to keep going. Whether you've shaved 20 seconds off your personal best or have managed to lift your heaviest weight yet, hitting a personal milestone can be super satisfying. "Taking a note of your progress, or how you felt during a session, is a great way of seeing how far you've come," says Stirling. "Sometimes just getting into the gym and completing a workout from start to finish is hard

enough, so make sure to also reward yourself for the work you've done."

2. Not refuelling properly

Giving your body the fuel it needs to recover after a workout is also vital. "Making sure your post-exercise nutrition is appropriate is really important," says Stirling. "So try to get a balanced portion of protein and carbohydrates. But if fat loss is your goal, it's also important to be cautious not to over-consume, as this will outdo the calorie deficit you've created." Vigorous exercise also cause damage to the cells in your muscles, and refuelling with protein can help to enhance muscle mass, as well as repair damage. "Ensure your protein consumption is high throughout the day to ensure recovery of the muscles," advises Stirling. "Some people say you have to get it in immediately after exercise, but as a general rule, just make sure you're getting a good protein intake throughout the day." Quality lean meat, fish, eggs, beans and legumes, and soy products like tofu, are all good sources of protein.



Stretching is one of the most effective ways to minimise stiffness and aching in the days that follow your workout. (Photo: PA Photo)

4. Forgetting to stretch

Plenty of people skip stretching after their workout, but this is one of the most effective ways to minimise stiffness and aching in the days that follow. "Stretching is so important," says Stirling, "but it's the one thing most people forget to do when they're rushing off to the office from the gym. "If you've done a workout and then you're going to be sat at a desk all day, it's probably best to try and stay as active as you can." Stirling suggests taking a walking break to stretch out the muscles - whether that's taking a quick breath of fresh air or offering to do a tea round. Your body will thank you the day after.

PA/TPN



(Photo: PA Photo)

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Kit & Caboodle

Kit & Caboodle buys and sells high quality pre-loved furniture from the warehouses of Algarve Express Transport and Removals in Almancil.

Set up less than 1 year ago the business is going from strength to strength and has expanded its display to over 500m² of warehouse space. "The key for us is to keep the quality high and the prices competitive" said Sue Jenkins, Operations Manager. "Many Algarve Express clients are downsizing and cannot keep all of their furnishings. Some have purchased a property that came fully furnished that's not to their taste or they are renovating and changing the interior.

Kit & Caboodle come along, assess the items and offer to purchase those that will appeal to their clientele. "With full house clearances we ensure anything we aren't going to sell goes to local charities" said Philippa Taylor, General Manager. "We have a strong ethos of ReThink, ReCycle, ReUse rather than buying new and adding the old, often perfectly decent, furniture to the ever increasing rubbish piles. I feel a shift in peoples perception of used furniture, more and more of us now want to help the environment in any way we can and by buying good pre-loved items we are contributing.

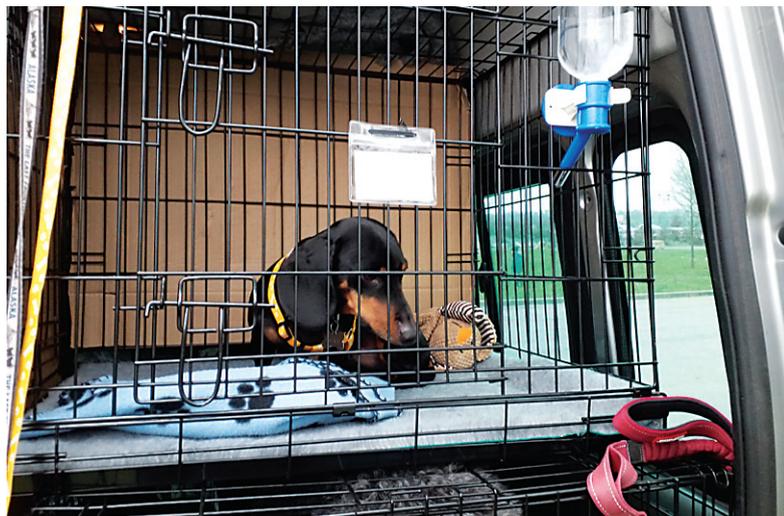
When new consignments come in, key items like beds, dressing tables, dining sets etc sell FAST. "As soon as our newsletter goes out with a hint of what new items



have arrived, we are immediately hit with responses asking us to reserve things. "Its always an exciting time for us" said Sue, "the following days are spent running around marking items as sold, updating the website and organising deliveries". I strongly recommend clients sign up to this, its easy to do from the homepage of the website. This is the only way you get in quickly and grab the items you desire".

There are plans this year to feature workshops in the warehouse on Upcycling, Repairing and Reupholstering along with videos giving advice on touching up furniture and creating things from pallet wood. Call in on a Thursday afternoon and you'll even be treated to free afternoon tea!

We've got Brexit covered



Are you considering transporting your pet to the UK in the coming weeks or months? Are you concerned about how Brexit is going to affect the transportation of your pet across the UK border?

At Euro Pet Transport we have been working with authorities to ensure the safe and hassle free transport of your pet from mainland Europe into the UK.

Euro Pet Transport is a small family run Company, operating for over 10 years, and we are able to talk with any pet owners who have concerns about transporting their pet.

Working alongside many animal rescue centres as well as private pet owners, we offer a safe, comfortable pet transport service operating from Portugal-Spain-France to various locations within the UK and return to Portugal.

If you are planning to return to the UK or relocate to another part of Europe with your

pet this summer, we are able to pick up your pet in Portugal, Spain or France and offer a discount on booking the return journey back.

At Euro Pet Transport, your pets needs come first. Our Defra certified transport is fully equipped with spacious cages, clean bedding and air conditioning, ensuring your pets are comfortable throughout their journey. Good quality food and fresh drinking water is always available for every animal although customers are welcome to provide a favourite or special dietary dry food if preferred.

Pets safety is paramount therefore all our cages are only accessible inside the transport, with cages only being opened when all doors and windows are firmly closed. We exercise all dogs, unless otherwise requested, on a regular basis using slip leads, with transport stopping frequently at safe locations during daylight hours.

Pure Pools, providing a warm pool throughout the year.



With air temperatures still now increasing, your pool is looking very inviting, but is the water temperature to your liking?

A titanium heat pump is the most reliable and ecological way to heat your pool. They are highly efficient and capable of heating your pool throughout the year to temperatures of 28°C, and above if required. The technology works by taking free heat from the ambient air and transferring it into the pool water, making them up to 600% efficient.

With the hot gas/reverse cycle defrost function, they will continue heating your pool even when air temperatures drop. This option comes as standard when supplied by Pure Pools. This means they are very reliable in the cooler months.

As an option, or in addition to the Heat

Pumps, our Solar Heating Systems use Evacuated Cylindrical Tubes which absorb 92% of solar radiation on the collector, retaining heat and ensuring minimal heat loss to provide ultimate efficiency.

In order to further lower energy consumption, maximise savings, and to protect the environment, we always recommend installing a cover to a heated pool. We supply a comprehensive range of bubble covers and automatic slat covers. The Automatic Covers also carry the French Safety standard NF P90-308 for child protection.

With over 25 years of experience we offer sound advice to our customers and provide excellent back up and repair services.

Flexible Dentures - Unbreakable dentures, smaller, lighter, superb fit

Flexident Algarve, situated in the centre of Silves, specialists in denture provision.

If you have dentures that are loose, uncomfortable to wear, especially when chewing foods, Flexident Algarve can offer you the solution. T-Val, is the solution.



What is T-Val?

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It is flexible and you can bend the denture and it springs back to its normal shape and does not distort. The retentive clips are made in this gum coloured material, which embrace the natural tooth, closest to the denture tooth.

Conventional dentures are made in acrylic or plastic, which are rigid and can break. They also require unsightly metal clasps for retention, and the metal is visible when smiling. Chrome or stainless palates are also visible, rigid and more bulky than flexible dentures.

- T-Val dentures are guaranteed unbreakable.
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- Designed and constructed in-

house to your specific requirements.

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We also offer a repair service within 2 hours for breakable plastic dentures as part of our continually improving services we offer to denture wearers.

- We are the complete solution.
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- We offer a punctual, friendly, warm service to all our clients.
- We are very competitively priced.

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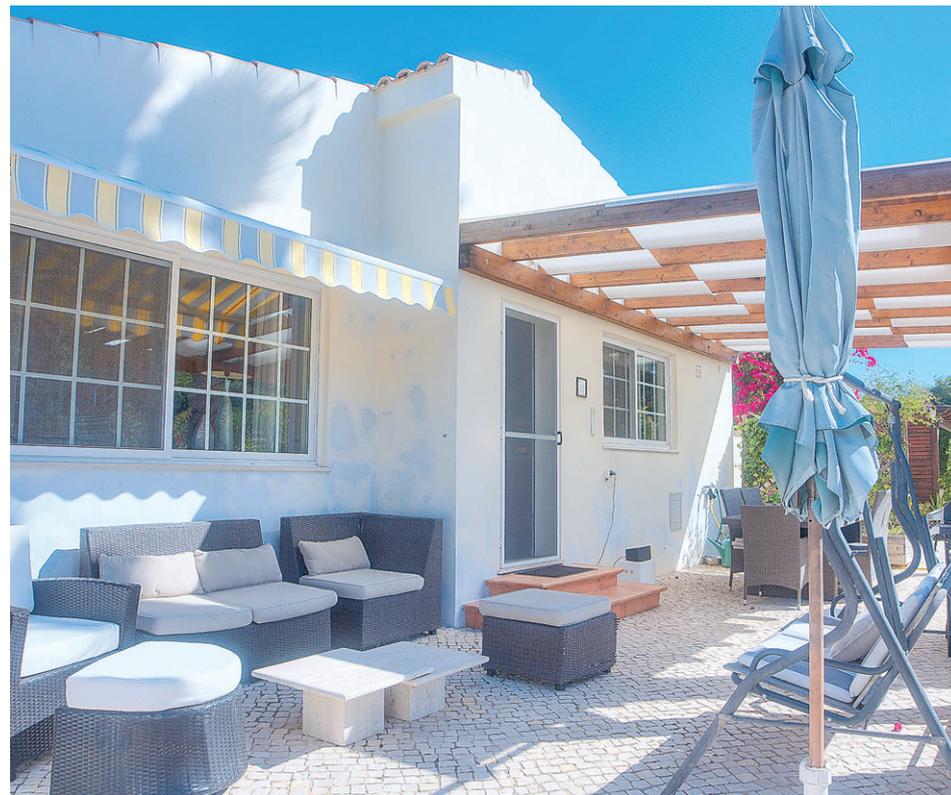
Bed & Breakfast with beautiful views close to Santa Bárbara

The property is situated on an elevated plot in a quiet agriculture area with no close neighbours and marvellous country views.

The plot is fenced with automatic gate and calçada drive ways lead through attractive landscaped gardens to a covered carport. The property includes four self-containing units in separate buildings, surrounded by several sun terraces and a large heated walk-in swimming pool. The main house enjoys stunning views and consists of one bedroom en-suite, living room, a modern fitted and equipped kitchen and guest toilet. Among the main house is a

lovely holiday studio for two people, comprising of living room with kitchenette, bedroom and bathroom. A separate building has a living room with kitchenette, a double bedroom and bathroom and a mezzanine a second bedroom. There are two terraces with pergola, outdoor kitchen with wood-fired pizza oven and barbecue. Two cute wooden chalets are a country and holiday residence. They consist of a living room with kitchenette, a bedroom and bathroom. Plot size: 5,960 m² Build area: 209 m²

For more information, photos and description of this property (Ref. W1-064) priced at €585,000, please visit our website www.cchomes.pt or call us today on +351 289 462 438



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Don't produce - reduce !



Today's homeowners are more demanding than ever about energy-saving. While there's no single way to reduce a home's consumption, the wise strategy is to opt for a combination of energy-saving systems / devices which are reliable and long-serving. Large arrays of PV (photovoltaic) solar panels, to generate a home's electricity, are impractical and unaffordable for most properties. More cost-effective is to replace home systems and appliances with those that consume less. Then, if required, the mains supply may be supplemented with a much smaller and more affordable 'plug-in' PV system. Modern property renovation projects embrace the full complement of integrated systems: low-energy heat pumps to feed radiator and underfloor heating; fan coils for low-energy cooling; top-efficiency air conditioning, variable-speed pool pumps and plug-in PV solar panels; all coupled with user-friendly Apps for your smart device, to allow remote home control and energy monitoring.

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Exclusive Opportunity

Renovated traditional 2 bedroom townhouse with an amazing roof terrace overlooking the superb countryside views located in a picturesque hamlet only 10 min. from Silves.
Bedrooms: 2 Area: 81sqm
Ref.: V1378
€140,000

Unique Opportunity

Charming renovated 3-bedroom Villa with garage & separate studio on one hectare of land, located only 5 min. from Silves City overlooking the lovely countryside, orchard & an above ground swimming pool.
Bedrooms: 3 + 1 Area: 322 sqm | 1.03 ha
Ref.: V1394
€459,000

Amazing, renovated 3 bedroom apartment located in the Centre of Silves with 3 shower rooms, living room, equipped kitchen, thermal insulation throughout, communal roof terrace with superb views overlooking the City.
Bedrooms: 3 Area: 108 sqm
Ref.: AS673
€145,000

Spacious 3 Bedroom Villa with living room & wood-burner stove, air-conditioning throughout the house, a beautiful garden & swimming pool, mains water, borehole & magnificent countryside views, located only 15 min. from Silves.
Bedrooms: 3 Area: 170 sqm | 1.21 ha
Ref.: V1400
€395,000

Beautiful renovated 3 bedroom Portuguese House, located in a quiet village near Messines. A large living room with open plan modern kitchen. Outdoor deck, perfect for al fresco dining, and a small area with some fruit trees.
Bedrooms: 3 Area: 176,50 sqm | 600 sqm
Ref.: V1414
€275,000

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Almancil

EXCLUSIVE 4 bedroom villa, modern villa, peaceful area, short walk to Almancil centre and all amenities, huge basement, pool.
EC class: B-
Ref: TNH Price: €795,000

Santa Barbara de Nexe

Moorish style 4 bedroom villa, beautiful sea views, a/c, garage, swimming pool, private and mature garden.
EC class: C
Ref: TIT Price: €675,000

Near Sao Bras / Loule

EXCLUSIVE 4 bedroom appealing rustic villa with large pool and very large terrace, double garage, totally private and stunning country views.
EC class: F
Ref: VDJ Price: €550,000

Near Vale do Lobo

EXCLUSIVE 3 bedroom villa, good size plot, walking distance to amenities, only 1 km to the beach, garage, swimming pool (8 x 4 m).
EC class: F
Ref: SKP-FS Price: €525,000

Vila Sol

2 bedroom apartment, spacious and bright, no stairs, west facing, large terrace overlooking manicured lawns, 3 swimming pools.
EC class: C
Ref: P-MRI Price: €275,000

350.000 €

3 Bedroom Quinta with magnificent Views near Loulé

The property is situated on a south facing hillside, approximately 4 km from Loulé, and it takes 20 minutes drive to Faro's airport as well as to many golf courses and beautiful sandy beaches.

A winding driveway, framed with native bushes and trees, leads up to the parking area below the main entrance. The entrance hallway merges into the beautiful open plan lounge, dining room and kitchen with a cozy, traditional feel. Patio doors open to two terraces from where to enjoy the superb panoramic views. To the right, there are two lovely guest bedrooms sharing a bathroom with direct access to the sun terraces around the large heated swimming

pool. The master bedroom with bathroom has its privacy on the other side of the house. Elevated from the swimming pool is a built in BBQ next to a covered dining terrace, which is in front of a small annex, currently used as storage area. The area around the house is landscaped while the rest of the plot remains currently au natural.
Plot size: 4.800 m2

Ref: A14-161

For more details or to **schedule a visit** to the property please contact **+351 289 462 438**
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3 Bedroom Apartment In Prestigious Private Condominium

Stylish apartment in the popular Porto de Mos area of Lagos. It is finished to a high standard with 3 large bedrooms, modern open plan living area and huge terrace with views over the pool. There is also a roof terrace easily accessed via a lift, where you can enjoy amazing sea views from the luxurious hot tub.

The living area consists of an open plan kitchen, dining area and lounge with large glass doors to the spacious terrace, perfect for alfresco dining and enjoying the Algarvean lifestyle.

The 3 good sized bedrooms all have fitted wardrobes. The master bedroom is en-suite, plus there is an additional bathroom with large walk in shower. Both have the luxury of underfloor heating.

The kitchen is fitted with granite worktops and Bosch appliances and features an attractive breakfast bar.

The apartment is fitted with video entry security system, surround sound, air conditioning and electric blinds. There are two assigned parking spaces in the basement of the property, accessed by lift, and additional parking outside.

Located just a short distance to the lively Lagos town centre, the beaches and marina. This property would be perfect for a permanent home, or to provide rental income.

For information or to arrange a viewing call **Property Specialists Algarve** on **+351 912 488 155**, or email info@propertyspecialistsalgarve.com.

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Gramacho Golf - Carvoeiro
 South facing bungalow, 178m2 on Golf Complex. 2 bedrooms, 2 bathrooms, 1 office, terraces, garden views, heated pools, parking, 24hr security. Furnished, A/C throughout. Only 5-10 min drive to Carvoeiro and Ferragudo beaches.
 Ref.VC559 € 298 000



Carvoeiro
 3 storey villa / B&B of 405m2, with sea & village views, 1241m2 plot, 9 bedrooms en suite + 1 bed apart, office, laundry, pool & parking. Central heating & solar system. Located in the heart of Carvoeiro. Ideal as permanent home or rental.
 Ref.VC558 € 1 300 000



Presa de Moura - Carvoeiro
 2 storey south/west facing townhouse w/ sea & country views. 2 beds, 2 bathrooms, 1 WC. Communal parking, pool gardens, gym, & jacuzzi. Furnished, underfloor heating, A/c, etc. Close to beach, golf, & 5 min. drive to Carvoeiro.
 Ref.VC550 € 340 000



Areaia Moinhos - Carvoeiro
 2 storey 260m2 villa on 1070m2 plot, w/ garden & distant sea views. 15min walk to Carvoeiro village, beach & all amenities. 3 bedroom, 2 bathroom, 1 WC, heated pool, mature gardens. Furnished, A/C & solar panels. Good rental potential or home.
 Ref.VC535 € 570 000



Srª da Rocha - Porches
 Spacious 2 bedroom, 2 bathroom apartment of 95m2 w/ sea views from terrace, 2nd floor, communal pool, only 270m from beach, shops & 10min drive to Carvoeiro. Furnished, with A/C. Low condo fees. Ideal as holiday apartment or home.
 Ref.AC268 € 158 000

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GOLDRÁ - BEAUTIFUL VIEWS
 With excellent finishings and with beautiful views of the countryside, spacious villa with 4 bedrooms, 3 bathrooms, lounge with fireplace, office, kitchen, laundry room, utility room and terraces. Porch, barbecue and parking area. Plot area - 1,619 sq.m. Const. area - 221 sq.m. ENERGY CLASS - C
 REF. V12902 PRICE : €750.000



ALBUFEIRA - 5 MN FROM THE BEACH
 Villa in great location, close to the beaches and Albufeira Marina. Consisting of 3 bedrooms, 3 bathrooms, living room with fireplace and dining room, fitted kitchen and several terraces. Storage room and garage. Attached Studio with bedroom and toilet. Furnished. Swimming pool and garden. Const. area - 197 sq.m. ENERGY CLASS - C
 REF. V12899 PRICE : €595.000



VILAMOURA - BEAUTIFUL APARTMENT
 Spacious apartment comprising 2 bedrooms, 2 bathrooms, lounge with dining area, equipped kitchen and pantry. Terrace with 71,50 sq.m. Cont. area - 93,20 sq.m. Storage and parking in basement. Good quality finishings. The private condominium has a communal swimming pool and garden. Energy Class - C
 REF. A01671 PRICE : €415.000



VILAMOURA - REFURBISHED
 Refurbished one bedroom apartment, located in a private condominium, consisting of 1 bathroom, lounge, kitchen and terrace. Communal swimming pool and garden area. Direct access to the sw. pool. Furnished and equipped. Const. area - 56 sq.m. ENERGY CLASS - D
 REF. A01664 PRICE : €160.000



Vilamoura - 3 bedroom Detached Villa (Old Village)
 Location, location and location. Nice detached villa with private pool and garden. 3 good size bedrooms, 2 bathrooms, dining room, bright and airy lounge, fitted kitchen and secure parking.
 Ref:FS131 Price:€545,000 ono



Old Village 3 bedroom apartment
 Soon coming on the market - a delightful apartment with 3 bedrooms, open lounge and kitchen with a roof terrace in the sort after Old Village Resort. Good as holiday home or investment.
 Information on request Price:€345,000



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Vilamoura - 1 bedroom apartment with communal swimming pool
 New on the market, 1 bedroom apartment in Prestige (next to the Old Village). It is modern and with direct access to the swimming pool. Own parking space in secure garage and a storage room. Good investment.
 Ref:FS108 Price:€165,000



Old Village 3 bedroom apartment
 Soon coming on the market - an older style 3 bedroom apartment, may need updating. Great aspects such as location, large lounge and terraces. Good challenge to make it into an ideal holiday home or investment.
 Information on request Price:€380,000

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 APEMIP: 1178



Fuseta - Moncarapacho
 FABULOUS LARGE QUINTA with RESTORED BARNs & circular tank. APPROVED PROJECT to convert existing restored barns into 6 apartments for RURAL tourism. 52,000m2 of flat arable land, ideally suitable for agricultural purposes or to keep horses. Currently a part used as storage facility for caravans & motorhomes, providing a steady income. MAIN house consists of 2 apartments each with open-plan lounge & kitchen, woodburning stove, 2 bedrooms & bathroom. OLD ROMAN Well with historic 95 mtr AQUADUCT leading to 17 mtr diameter irrigation tank, perfect for gorgeous POOL or meditation area. SUPER central location, walking distance to Fuseta, shops, train station, bus stop & Ria Formosa Natural Park, lagoon beach & ferries to the islands. Faro Airport 30 min drive. Mature gardens with large trees offering shade in summer. Feature pole with a stork's nest and much much more.
 Construction area: 598 m2 Area total: 52,000 m2
 REF: MON1713Q Price: € 695.000

Price: € 695.000



Go to www.theportugalnews.com, click on PROPERTIES at the top of the page and then click on the SUBSCRIBE banner or go to <http://properties.theportugalnews.com/subscribers/add>



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SATURDAY 16/03/19

BBC One		
06.00 Breakfast.	09.25 ITV News.	
10.00 Saturday Kitchen's Red Nose Show.	09.30 James Martin's Saturday Morning.	
11.30 Mary Berry's Quick Cooking.	11.40 ITV News and Weather; Weather.	
12.00 Football Focus.	12.00 Six Nations Live.	
13.00 BBC News; Weather.	14.45 Celebrity Catchphrase.	
13.15 Bargain Hunt.	15.50 ITV News and Weather.	
14.00 Six Nations Rugby Build-Up.	16.00 ITV News London; Weather.	
14.30 Live Six Nations Rugby Union.	16.15 Six Nations Live.	
16.45 Escape to the Country.	19.30 The Voice UK.	
17.30 Impossible Celebrities.	21.30 The Jonathan Ross Show.	
18.20 BBC News.	22.30 ITV News and Weather; Weather.	
18.30 BBC Regional News; Weather.	22.45 FILM: Gangster Squad (2013).	
18.40 Pointless Celebrities.	00.55 Jackpot247.	
19.30 Match of the Day Live: The FA Cup.	03.00 WOS Wrestling.	
22.00 BBC News; Weather; National Lottery Update.	03.50 ITV Nightscreen.	
22.20 Match of the Day.	Channel 4	
23.00 FILM: Avengers Assemble (2012).	06.00 The King of Queens.	
01.15 Weather for the Week Ahead.	06.25 The King of Queens.	
01.20 BBC News.	06.50 The Big Bang Theory.	
BBC Two England		07.10 The Big Bang Theory.
06.45 All Over the Place: Asia.	07.35 The Big Bang Theory.	
07.15 Wild & Weird.	08.00 Everybody Loves Raymond.	
07.30 Absolute Genius with Dick & Dom.	08.30 Everybody Loves Raymond.	
08.00 Top Class.	09.00 Frasier.	
08.30 The Dog Ate My Homework.	09.30 Frasier.	
09.00 Deadly on a Mission: Pole to Pole.	10.00 Frasier.	
09.30 Nature's Microworlds.	10.30 The Simpsons.	
10.00 FILM: Bolt (2008).	11.00 The Simpsons.	
11.30 Homes Under the Hammer.	11.30 The Simpsons.	
12.00 Rick Stein's Long Weekends.	12.00 Formula 1 Australian Grand Prix Qualifying Highlights.	
13.00 Nigellissima.	13.30 Four in a Bed.	
13.30 My Life on a Plate.	14.00 Four in a Bed.	
14.15 Money for Nothing.	14.30 Four in a Bed.	
15.00 Pilgrimage: The Road to Santiago.	15.00 Four in a Bed.	
16.00 Little Cat Diaries.	15.30 Four in a Bed.	
16.30 Final Score.	16.00 Sun, Sea and Brides to Be.	
17.30 James May's Cars of the People.	17.00 A Place in the Sun: Winter Sun.	
18.30 Race Across the World.	17.35 The Secret Life of the Zoo.	
19.30 The Great British Sewing Bee.	18.30 Channel 4 News.	
20.30 Dad's Army.	19.00 Great Canal Journeys.	
21.00 QI XL.	20.00 FILM: The Second Best Exotic Marigold Hotel (2015).	
21.45 Robbie Williams: One Night at the Palladium.	22.25 FILM: Sicario (2015).	
22.45 FILM: Behind the Candelabra (2013).	00.40 The Last Leg.	
00.35 FILM: Yves Saint Laurent (2014).	01.35 Hollyoaks.	
ITV London		03.45 Selling Houses with Amanda Lamb.
06.00 CITV.	BBC Four	
07.30 Scrambled!: Scrambled!	19.00 The Inca: Masters of the Clouds.	
07.35 Scrambled!: The Tom and Jerry Show.	20.00 Hunters of the South Seas.	
07.50 Scrambled!: The Powerpuff Girls.	21.00 Trapped.	
08.10 Scrambled!: ToonMarty.	21.50 Trapped.	
08.30 Scrambled!: Robozuna.	22.45 Top of the Pops: 1987.	
09.05 Scrambled!: Teen Titans Go!	23.20 Top of the Pops: 1987.	
	23.50 Ultimate Cover Versions at the BBC.	
	00.50 Promises & Lies: The Story of UB40.	
	01.50 The Inca: Masters of the Clouds.	

SUNDAY 17/03/19

BBC One			
06.00 Breakfast.	Go!		
09.15 Match of the Day.	09.25 ITV News.		
10.00 The Andrew Marr Show.	09.30 Parveen's Indian Kitchen.		
11.00 Sunday Politics.	10.30 This Morning - On Sunday.		
11.30 Walks of Life.	11.30 Ainsley's Caribbean Kitchen.		
12.30 Flog It!	12.30 ITV News and Weather; Weather.		
12.50 BBC News; Weather.	12.40 The Voice UK.		
13.05 Songs of Praise.	14.40 Tenable.		
13.40 Match of the Day Live: The FA Cup.	15.40 Tipping Point.		
16.15 A Question of Sport.	16.35 ITV News and Weather.		
16.45 Pointless Celebrities.	16.45 ITV News London; Weather.		
17.35 Comic Relief 2019: The Best Bits.	17.00 The Chase Celebrity Special.		
18.35 BBC News.	18.00 All Star Musicals.		
18.50 BBC Regional News; Weather.	20.00 Midsomer Murders.		
19.00 Countryfile.	22.00 ITV News and Weather; Weather.		
20.00 Antiques Roadshow.	22.15 Joanna Lumley's India.		
21.00 Baptiste.	23.10 The Jonathan Ross Show.		
22.00 BBC News.	00.05 Jackpot247.		
22.20 BBC Regional News; Weather.	03.00 ITV Nightscreen.		
22.30 Match of the Day 2.	05.05 The Jeremy Kyle Show.		
23.20 Rugby Union: Women's Six Nations Highlights.	Channel 4		
23.50 The Celebrity Apprentice USA.	06.20 The Big Bang Theory.		
00.35 The Celebrity Apprentice USA.	06.45 The Simpsons.		
01.20 Weather for the Week Ahead.	07.10 The Simpsons.		
01.25 BBC News.	07.35 Frasier.		
BBC Two England		08.00 Frasier.	
07.00 Great British Garden Revival.	08.30 Everybody Loves Raymond.		
08.00 The Edible Garden.	09.00 Everybody Loves Raymond.		
08.30 Gardeners' World.	09.30 Sunday Brunch.		
09.00 Countryfile.	12.30 Jamie's Quick & Easy Food.		
09.55 Saturday Kitchen Best Bites.	13.00 The Simpsons.		
11.25 The Hairy Bikers' Chicken and Egg.	13.30 The Simpsons.		
12.25 Best Bakes Ever.	14.00 Formula 1 Australian Grand Prix Highlights.		
12.50 FILM: Three Coins in the Fountain (1954).	16.00 A Place in the Sun: Winter Sun.		
14.30 Money for Nothing.	16.30 A Place in the Sun: Winter Sun.		
15.30 Coast.	17.15 The Great Celebrity Bake Off for Stand Up to Cancer.		
16.00 Natural World.	18.30 Channel 4 News.		
17.00 Six Nations Rugby Special.	19.00 Escape to the Chateau.		
18.00 Australia: Earth's Magical Kingdom.	20.00 Skeletons of the Mary Rose: The New Evidence.		
19.00 Inside the Factory.	21.00 Traitors.		
20.00 Top Gear.	22.00 8 Out of 10 Cats Does Countdown.		
21.00 Race Across the World.	22.55 Ramsay's 24 Hours to Hell and Back.		
22.00 The Misadventures of Ramesh Ranganathan.	23.55 Ride Upon the Storm.		
23.00 White Gold.	01.05 FILM: American Hustle (2013).		
23.30 Top Gear: Extra Gear.	03.25 Selling Houses with Amanda Lamb.		
23.55 FILM: Stealing Cars (2015).	04.20 Come Dine with Me.		
01.30 Sign Zone: Question Time.	05.15 Liam Bakes.		
ITV London		BBC Four	
06.00 CITV.	19.00 Inside Christies.		
07.30 Scrambled!: Scrambled!	20.00 James May's Big Trouble in Model Britain.		
07.35 Scrambled!: The Tom and Jerry Show.	21.00 Steve Jobs: Billion Dollar Hippy.		
07.50 Scrambled!: The Powerpuff Girls.	22.00 Born Digital: First Cuts.		
08.10 Scrambled!: ToonMarty.	00.00 Rich Hall's Countryer Than You.		
08.30 Scrambled!: Robozuna.	01.30 A Scottish Soldier: A Lost Diary of WWI.		
09.05 Scrambled!: Teen Titans Go!			

MONDAY 18/03/19

BBC One		ITV London	
06.00 Breakfast.	Marigold on Tour.	06.00 Good Morning Britain.	
09.15 Crimewatch Roadshow Live.		08.30 Lorraine.	
10.00 Homes Under the Hammer.		09.25 The Jeremy Kyle Show.	
11.00 Good Morning Dagenham.		10.30 This Morning.	
11.45 Dom on the Spot.		12.30 Loose Women.	
12.15 Bargain Hunt.		13.30 ITV Lunchtime News; Weather.	
13.00 BBC News at One; Weather.		13.55 ITV News London; Weather.	
13.30 BBC Regional News and Weather.		14.00 Judge Rinder.	
13.45 Doctors.		15.00 Tenable.	
14.15 Shakespeare & Hathaway - Private Investigators.		15.59 ITV London Weather.	
15.00 Escape to the Country.		16.00 Tipping Point.	
15.45 Money for Nothing.		17.00 The Chase.	
16.30 Flog It!		18.00 ITV News London; Weather.	
17.15 Pointless.		18.30 ITV Evening News; Weather.	
18.00 BBC News at Six; Weather.		19.00 Emmerdale.	
18.30 BBC Regional News and Weather.		19.30 Coronation Street.	
19.00 The One Show.		20.00 The Kyle Files.	
19.30 MasterChef.		20.30 Coronation Street.	
20.00 EastEnders.		21.00 Harry's Heroes: The Full English.	
20.30 Britain's Most Controversial Landlord - Panorama.		22.30 ITV News; Weather.	
21.00 Warren.		23.00 ITV News London; Weather.	
21.30 This Time with Alan Partridge.		23.15 Out of Their Skin.	
22.00 BBC News at Ten.		00.15 Football's Foreign Legion.	
22.25 BBC Regional News and Weather.		01.05 Jackpot247.	
22.35 Fleabag.		03.00 The Jeremy Kyle Show.	
23.00 Jerk.		Channel 4	
23.20 Have I Got a Bit More Old News for You.		06.30 Cheers.	
00.05 FILM: Keeping Rosy (2014).		06.55 Cheers.	
01.30 Weather for the Week Ahead.		07.20 Cheers.	
01.35 BBC News.		07.45 Frasier.	
BBC Two England		08.10 Frasier.	
06.00 Good Morning Dagenham.		08.40 Frasier.	
06.45 Money for Nothing.		09.10 Everybody Loves Raymond.	
07.30 Sign Zone: Great British Menu.		09.40 Everybody Loves Raymond.	
08.00 Sign Zone: Great Canadian Railway Journeys.		10.10 Ramsay's Hotel Hell.	
08.30 The Week in Parliament.		11.05 Celebrity Undercover Boss USA.	
09.00 BBC News at 9.		12.00 Channel 4 News Summary.	
10.00 Victoria Derbyshire.		12.05 Come Dine with Me.	
11.00 BBC Newsroom Live.		13.05 Find It, Fix It, Flog It.	
12.15 Politics Live.		14.10 Countdown.	
13.00 Rugby Union: Women's Six Nations Highlights.		15.00 A Place in the Sun: Summer Sun.	
13.30 Caribbean with Simon Reeve.		16.00 Escape to the Chateau: DIY.	
14.30 Coast.		17.00 Four in a Bed.	
15.15 The Hairy Bikers' Pubs That Built Britain.		17.30 Come Dine with Me.	
15.45 The Hairy Bikers' Pubs That Built Britain.		18.00 The Simpsons.	
16.15 Atlantic: The Wildest Ocean on Earth.		18.30 Hollyoaks.	
17.15 Put Your Money Where Your Mouth Is.		19.00 Channel 4 News.	
18.00 Eggheads.		20.00 The Great Formula Milk Scandal: Dispatches.	
18.30 Great Continental Railway Journeys.		20.30 Food Unwrapped.	
19.00 The Chronicles of Mourn.		21.00 24 Hours in Police Custody.	
19.30 Only Connect.		22.00 Cruises from Hell: Caught on Camera.	
20.00 University Challenge.		23.00 60 Days on the Streets.	
20.30 Mary Berry's Quick Cooking.		00.05 Ramsay's Kitchen Nightmares USA.	
21.00 The Choir: Our School by the Tower.		00.55 The Crystal Maze: Celebrity Special.	
22.00 Cunk on Britain.		01.50 The Big Narstie Show.	
22.30 Newswight.		BBC Four	
23.10 Weather.		19.00 Beyond 100 Days; Weather.	
23.15 Heart Transplant: A Chance to Live.		19.30 A Stitch in Time.	
00.45 Sign Zone: Celebrity Apprentice for Comic Relief.		20.00 Coast Great Guides: Heart of England's South Coast.	
01.45 Sign Zone: The Real		21.00 Me, My Selfie and I with Ryan Gander.	
		22.00 Silk Road: Drugs, Death and the Dark Web.	
		23.30 FILM: Our Little Sister (2015).	
		01.30 Big Sky, Big Dreams, Big Art: Made in the USA.	

TUESDAY

BBC One	
06.00 Breakfast.	
09.15 Crimewatch Roadshow Live.	
10.00 Homes Under the Hammer.	
11.00 Good Morning Dagenham.	
11.45 Dom on the Spot.	
12.15 Bargain Hunt.	
13.00 BBC News at One; Weather.	
13.30 BBC Regional News and Weather.	
13.45 Doctors.	
14.15 Shakespeare & Hathaway - Private Investigators.	
15.00 Escape to the Country.	
15.45 Money for Nothing.	
16.30 Flog It!	
17.15 Pointless.	
18.00 BBC News at Six; Weather.	
18.30 BBC Regional News and Weather.	
19.00 The One Show.	
19.30 EastEnders.	
20.00 Holby City.	
21.00 Shetland.	
22.00 BBC News at Ten.	
22.25 BBC Regional News and Weather; National Lottery Update.	
22.35 Eating with My Ex.	
23.05 The Man Who Used HIV As a Weapon.	
23.55 Should I Marry My Cousin?	
00.30 Weather for the Week Ahead.	
00.35 BBC News.	
BBC Two England	
06.00 The World's Most Photographed: James Dean.	
06.30 Good Morning Dagenham.	
07.15 Money for Nothing.	
08.00 Sign Zone: Great British Menu.	
08.30 Sign Zone: River Walks: The Lea.	
09.00 BBC News at 9.	
10.00 Victoria Derbyshire.	
11.00 BBC Newsroom Live.	
12.15 Politics Live.	
13.00 The Super League Show.	
13.45 The Great British Year.	
14.45 Caribbean with Simon Reeve.	
15.45 The Hairy Bikers' Pubs That Built Britain.	
16.15 Atlantic: The Wildest Ocean on Earth.	
17.15 Put Your Money Where Your Mouth Is.	
18.00 Eggheads.	
18.30 Great Continental Railway Journeys.	
19.00 Top Gear.	
20.00 Inside the Factory.	
21.00 The Great British Sewing Bee.	
22.00 The Mash Report.	
22.30 Newswight.	
23.10 Weather.	
23.15 Eight Go Rallying: The Road to Saigon.	
00.15 The Choir: Our School by the Tower.	
01.15 Sign Zone: MasterChef.	
ITV London	
06.00 Good Morning Britain.	
08.30 Lorraine.	
09.25 The Jeremy Kyle Show.	
10.30 This Morning.	
12.30 Loose Women.	
13.30 ITV Lunchtime News; Weather.	

All Star Musicals (Sunday ITV, 6pm)

Quite a few musical fans like to belt out a number from their favourite shows in the privacy of their own home, maybe throwing in a bit of choreography too if they're feeling energetic. But what does it take for a musical theatre novice to get on stage at the London Palladium and perform a much-loved showtune, while being watched by a live audience and a panel of esteemed theatre veterans? Broadcaster Alan Titchmarsh, Emmerdale's Amy Walsh, money expert Martin Lewis, Corrie's Daniel Brocklebank, Grantchester's Tessa Peake-Jones and comedians Joel Dommett and London Hughes are about to find out as they tackle songs from musicals including Chicago, The Greatest Showman, South Pacific and Mamma Mia. Luckily, West End legend Elaine Paige is on hand to act as their mentor.

Must See TV

19/03/19

13.55 ITV News London; Weather.
14.00 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
20.00 Save Money: Lose Weight.
21.00 Harry's Heroes: The Full English.
22.30 ITV News; Weather.
23.00 ITV News London; Weather.
23.15 Out of Their Skin.
00.15 Tenable.
01.05 Jackpot247.
03.00 All Star Family Fortunes.
03.45 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

Channel 4

06.30 Cheers.
06.55 Cheers.
07.20 Cheers.
07.45 Frasier.
08.10 Frasier.
08.40 Frasier.
09.10 Everybody Loves Raymond.
09.40 Everybody Loves Raymond.
10.10 Ramsay's Hotel Hell.
11.05 Celebrity Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun: Winter Sun.
16.00 Escape to the Chateau: DIY.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Great Celebrity Bake Off for Stand Up to Cancer.
21.15 Derry Girls.
21.45 Home.
22.20 Gogglebox.
23.20 First Dates.
00.20 Ramsay's Kitchen Nightmares USA.
01.15 Food Unwrapped: Chaos at the Checkout.
02.10 George Clarke's Amazing Caravans & Campervans.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 A Stitch in Time.
20.00 The Art of Japanese Life.
21.00 The Internet's Dirtiest Secrets: The Cleaners - Storyville.
22.25 Secrets of Silicon Valley.
23.25 Secrets of Silicon Valley.
00.25 The Search for the Lost Manuscript: Julian of Norwich.
01.25 The Man Who Shot Tutankhamun.

WEDNESDAY 20/03/19

BBC One

06.00 Breakfast.
09.15 Crimewatch Roadshow Live.
10.00 Homes Under the Hammer.
11.00 Good Morning Dagenham.
11.45 Dom on the Spot.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
19.00 The One Show.
20.00 The Sheriffs Are Coming.
21.00 MasterChef.
22.00 BBC News at Ten.
22.25 BBC Regional News and Weather; National Lottery Update.
22.35 Glow Up: Britain's Next Make-Up Star.
23.35 Tiredness, Tears and Tantrums: Diary of a New Mum.
00.30 Weather for the Week Ahead.
00.35 BBC News.

BBC Two England

06.00 The World's Most Photographed: Mahatma Gandhi.
06.30 Good Morning Dagenham.
07.15 Money for Nothing.
08.00 Sign Zone: Great British Menu.
08.30 Sign Zone: Great Canadian Railway Journeys.
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 The Great British Year.
14.45 Caribbean with Simon Reeve.
15.45 The Hairy Bikers' Pubs That Built Britain.
16.15 Atlantic: The Wildest Ocean on Earth.
17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.
18.30 Great Continental Railway Journeys.
19.00 Antiques Road Trip.
20.00 Great British Menu.
21.00 MotherFatherSon.
22.00 White Gold.
22.30 Newsnight.
23.10 Weather.
23.15 Rome Unpacked.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
13.55 ITV News London; Weather.
14.00 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Britain's Brightest Family.
20.30 Coronation Street.
21.00 The Bay.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 Peston.
23.40 La Liga Highlights.
00.35 Jackpot247.
03.00 Lethal Weapon.
03.45 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

Channel 4

06.30 Cheers.
06.55 Cheers.
07.20 Cheers.
07.45 Frasier.
08.10 Frasier.
08.40 Frasier.
09.10 Everybody Loves Raymond.
09.40 Everybody Loves Raymond.
10.10 Ramsay's Hotel Hell.
11.05 Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun: Summer Sun.
16.00 Escape to the Chateau: DIY.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Supervet: Noel Fitzpatrick.
21.00 Married at First Sight.
22.00 Mums Make Porn.
23.00 Derry Girls.
23.30 Gogglebox.
00.30 FILM: Insidious: Chapter 2 (2013).

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 A Stitch in Time.
20.00 The Mekong River with Sue Perkins.
21.00 How to Go Viral: The Art of the Meme with Richard Clay.
22.00 The Joy of Data.
23.00 FILM: Hollywood's Brightest Bombshell: The Hedy Lamarr Story (2017).
00.25 Beyond the Walls: In Search of the Celts.

THURSDAY 21/03/19

BBC One

06.00 Breakfast.
09.15 Crimewatch Roadshow Live.
10.00 Homes Under the Hammer.
11.00 Good Morning Dagenham.
11.45 Dom on the Spot.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 DIY SOS: The Big Build.
21.00 Stabbed: Britain's Knife Crime Crisis.
22.00 BBC News at Ten.
22.25 BBC Regional News and Weather.
22.35 Question Time.
23.35 This Week.
00.20 Weather for the Week Ahead.
00.25 BBC News.

BBC Two England

06.00 The World's Most Photographed: Queen Victoria.
06.30 Good Morning Dagenham.
07.15 Money for Nothing.
08.00 Sign Zone: The Great British Sewing Bee.
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 The Great British Year.
14.45 Great British Comedies: Talking Pictures.
15.25 FILM: Whisky Galore! (1949).
16.45 The Hairy Bikers' Pubs That Built Britain.
17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.
18.30 Great Continental Railway Journeys.
19.00 MOTD: The Premier League Show.
19.30 Mortimer & Whitehouse: Gone Fishing.
20.00 Great British Menu.
21.00 Pose.
22.15 Strike a Pose!
22.30 Newsnight.
23.10 Weather.
23.15 Race Across the World.
00.15 Sacred Rivers with Simon Reeve.
01.15 Sign Zone: MasterChef.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
13.55 ITV News London; Weather.
14.00 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Rubbish: Britain's Tipping Point? Tonight.
20.00 Emmerdale.
20.30 Australia with Julia Bradbury.
21.00 Fraud: How They Steal Your Bank Account.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 Harry's Heroes: The Full English.
00.05 Football Genius.
00.30 Jackpot247.

Channel 4

06.25 Cheers.
06.55 Cheers.
07.20 Cheers.
07.45 Frasier.
08.10 Frasier.
08.40 Frasier.
09.10 Everybody Loves Raymond.
09.40 Everybody Loves Raymond.
10.10 Ramsay's Hotel Hell.
11.05 Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun: Winter Sun.
16.00 Escape to the Chateau: DIY.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Ugly House to Lovely House with George Clarke.
21.00 60 Days on the Streets.
22.00 24 Hours in Police Custody.
23.00 Married at First Sight.
00.05 999: On the Frontline.
01.00 The Supervet: Noel Fitzpatrick.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Top of the Pops: 1987.
20.00 The Crusades.
21.00 Queen Elizabeth I: A Timewatch Guide.
22.00 Blackadder II.
22.30 Blackadder II.
23.00 Blackadder II.
23.30 Top of the Pops: 1987.
00.00 The Incredible Story of Marie Antoinette's Watch with Nicholas Parsons.
01.00 Cornwall's Native Poet: Charles Causley.

FRIDAY 22/03/19

BBC One

06.00 Breakfast.
09.15 Crimewatch Roadshow Live.
10.00 Homes Under the Hammer.
11.00 Good Morning Dagenham.
11.45 Dom on the Spot.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
19.00 The One Show.
19.30 A Question of Sport.
20.00 EastEnders.
20.30 MasterChef.
22.00 BBC News at Ten.
22.25 BBC Regional News and Weather; National Lottery Update.
22.35 FILM: Iron Man 3 (2013).
00.35 Weather for the Week Ahead.
00.40 BBC News.

Channel 4

06.25 Cheers.
06.55 Cheers.
07.20 Cheers.
07.45 Frasier.
08.10 Frasier.
08.40 Frasier.
09.10 Everybody Loves Raymond.
09.40 Everybody Loves Raymond.
10.10 Ramsay's Hotel Hell.
11.05 Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun: Summer Sun.
16.00 Escape to the Chateau: DIY.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Can I Improve My Memory?
21.00 Gogglebox.
22.00 The Last Leg.
23.05 The Big Narstie Show.
00.10 FILM: Paranormal Activity: The Ghost Dimension (2015).
01.45 Home.
02.10 Traitors.
03.05 The Crystal Maze: Celebrity Special.

BBC Two England

06.00 The World's Most Photographed: Greta Garbo.
06.30 Good Morning Dagenham.
07.15 Money for Nothing.
08.00 Sign Zone: Antiques Roadshow.
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 The Great British Year.
14.45 John Wayne: Talking Pictures.
15.30 FILM: Rio Conchos (1964).
17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.
18.30 Great Continental Railway Journeys.
19.00 Mastermind.
19.30 David Attenborough's Natural Curiosities.
20.00 Great British Menu.
20.30 Gardeners' World.
21.00 Australia: Earth's Magical Kingdom.
22.00 Qi.
22.30 Newsnight.
23.00 Weather.
23.05 FILM: The Ones Below (2015).
00.25 Sign Zone: Britain's Most Controversial Landlord - Panorama.

BBC Four

19.00 World News Today; Weather.
19.30 Top of the Pops: 1987.
20.00 Kenny Rogers: Cards on the Table.
21.00 The Secret Science of Pop.
22.00 Duran Duran: There's Something You Should Know.
23.00 Glam Rock at the BBC.
00.00 Top of the Pops: 1987.
00.30 Sing's Neil Diamond.
01.00 Kenny Rogers: Cards on the Table.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.

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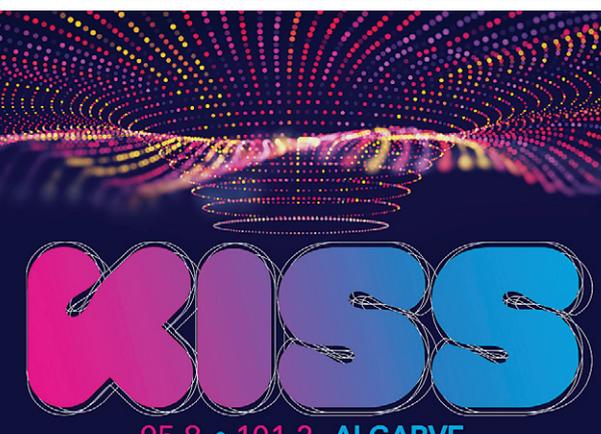
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Cinema

NEW THIS WEEK

Dragon Ball Super: Broly - Stars:

J Masako Nozawa, Aya Hisakawa, Ryô Horikawa.
Genre: Animation, Action, Adventure. Director: Tatsuya Nagamine. Rating: PG. Plot: Goku and Vegeta encounter Broly, a Saiyan warrior unlike any fighter they've faced before.

Replicas - Stars: Alice Eve, Thomas Middleditch, John Ortiz.
Genre: Sci-Fi, Thriller. Director: Jeffrey Nachmanoff. Rating: PG13. Plot: A daring synthetic biologist, after a car accident kills his family, will stop at nothing to bring them back,



even if it means pitting himself against a government-controlled laboratory, a police task force and the physical laws of science.

Cinema Listings

NOS Forum Algarve - Faro

Dragon Ball Super: Broly; Snu; How to Train Your Dragon: The Hidden World (PV); Alita: Battle Angel; Captain Marvel; Luis & the Aliens (PV); Ladrões de Tuta e Meia.

NOS Mar Shopping - Loulé

The Prodigy; Captain Marvel; How to Train Your Dragon: The Hidden World (PV); Replicas; Dragon Ball Super: Broly (PV & OV); Drunk Parents; Lego Movie 2 (PV).

Gran-Plaza NOS - Tavira

Captain Marvel; How to Train Your Dragon: The Hidden World (PV); Cold Pursuit; Dragon Ball Super: Broly (PV); Luis & the Aliens (PV); Alita: Battle Angel; The Mule.

Algarcine - Portimão

Captain Marvel; How to Train Your Dragon: The Hidden World (PV); Ladrões de Tuta e Meia; Marnie's World (PV); Snu.

Algarcine Ria Shopping - Olhão

Lego Movie 2 (PV); How to Train Your Dragon: The Hidden World (PV); Portugal não está à Venda; Ladrões de Tuta e Meia; Captain Marvel; Snu; Marnie's World (PV).

Algarcine - Lagos

Captain Marvel; Marnie's World (PV); Ladrões de Tuta e Meia; Snu; How to Train Your Dragon: The Hidden World (PV).

Cineplace Algarve Shopping - Guia

Captain Marvel; Replicas; Lego Movie 2 (PV); Dragon Ball Super: Broly (OV & PV); Green Book; Marnie's World (PV); Ladrões de Tuta e Meia; How to Train Your Dragon: The Hidden World (OV & PV); Snu; The Prodigy; Drunk Parents; Rosie; Backtrace; O Poder da Palavra.

Cineplace - Portimão

Captain Marvel; Replicas; Lego Movie 2 (PV); Dragon Ball Super: Broly (OV & PV);

Green Book; Marnie's World (PV); Ladrões de Tuta e Meia; How to Train Your Dragon: The Hidden World (PV); Snu; The Prodigy; Drunk Parents.

Cineplace Loures Shopping

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Cineplace Leiria Shopping

Captain Marvel; Replicas; Lego Movie 2 (PV); Dragon Ball Super: Broly (OV & PV); Green Book; Marnie's World (PV); Ladrões de Tuta e Meia; How to Train Your Dragon: The Hidden World (PV); Snu; The Prodigy; Drunk Parents.

Cineplace Riosul - Seixal

Captain Marvel; Replicas; Dragon Ball Super: Broly (PV); Drunk Parents; Lego Movie 2 (PV); Green Book; The Prodigy; Marnie's World (PV); Ladrões de Tuta e Meia; Snu; How to Train Your Dragon: The Hidden World (PV).

Estação Viana Shopping - Viana do Castelo

Captain Marvel; Replicas; Lego Movie 2 (PV); Dragon Ball Super: Broly (PV); Green Book; Marnie's World (PV); Ladrões de Tuta e Meia; Snu; How to Train Your Dragon: The Hidden World (PV).



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

North & Centre

EXHIBITIONS

Art Exhibition by New York painter Andrew Hart Adler until 24 Mar, at Centro Cultural de Cascais, Fundação de Dom Luís, Cascais.

A Striking story. Portugal-Japan Centuries XVI-XX Exhibition. Until 26 March, Palácio Nacional da Ajuda, Lisbon. From €5.
www.palacioajuda.gov.pt

Art Exhibition to celebrate 55 years of Galeria 111, "Apart from this lonely roundabout" curated by Hugo Denis. Until 30 March, Tues-Sat 10am to 7pm.

Arte Portuguesa. Reasons and Emotions. Until 31 March, Tuesday to Sunday 10am to 6pm, Museu Nacional de Arte Contemporânea do Chiado, Lisbon. Tickets €4.50

Tadashi Kawamata. Over Flow. Until 1st April, Wednesday to Monday 11am to 7pm. MAAT, Lisbon.
www.maat.pt

Hello, Robot. Between Human and Machine. Until 22 April, 11am - 7pm, MAAT, Lisbon. Tickets from €2.50.
www.maat.pt

Magic of Aardman Studios. Until 21 April, Tuesday - Sunday 10am - pm. Museu da Marioneta, Lisbon. Free entry.
www.museudamarioneta.pt/en/

Vincente. The Myth in Lisboa. Until 28 April. Tuesday - Sunday, 10am - 6pm. Museu e Lisboa. Tickets from €3
www.museudelisboa.pt

I'm Your Mirror, exhibition by Joana Vasconcelos. Until 24 June, Serralves, Porto. www.serralves.pt

Cats & Dogs, Interactive exhibition. Until 8 September, Tuesdays from 10am - 6pm, weekends from 11am - 7pm. Pavilhão de Conhecimento - Ciência Viva, Lisbon. Tickets from €6. www.pavconhecimento.pt

FAIRS & FESTIVALS

BTL - Lisbon Travel Market. Feira Internacional de Lisboa, 13 - 17 March. www.btl.fil.pt

16th National Canine Exposition. 16 - 17 March. 10am - 7pm. Expoeste, Caldas da Rainha. Free entry. 262 832 321, expoestre.adio@gmail.com

Vinos em Cena - Art, wine and performing arts. 23 & 24 March, from 3pm, Teatro Tivoli BBV Lisbon. www.ticketline.sapo.pt

Urban Garden Expo. 22 - 24 March, 10am - 8pm. FIL, Parque das Nações, Lisbon. www.exposalao.pt

Lisbon Coffee Fest 2019. 24 - 26 March, The Trend Hunter's Café, LXFactory, Alcântara, Lisbon.

ID_NOLIMITS Contemporary sounds festival. 29 - 30 March, Centro Congresso do Estroil, Cascais. Tickets from €35. 211 330 783. info@liveexperiences.pt id-nolimits.com

15th Antiques Market. 29 - 31 March. Expoeste, Caldas da Rainha. Free entry. 262 832 321, expoestre.adio@gmail.com



Shawn Mendes Tour. 28 Mar, Lisbon.

Lisbon Fish and Flavour Festival. 4 - 14 April. Pavilhão Carlos Lopes, Lisbon. www.peixemlisboa.com

Classic Car Expo. 5 - 7 April, FIL Lisbon. www.motorclassico.com

The International Festival of the Iberian Mask (FIMI) 17 - 20 May, Belém, Lisbon. Free Entry. www.fimi.pt

Sumol Summer Fest. 5 - 6 July, Ericeira Camping. Tickets €45. www.sumolsummerfest.com

NOS Alive. 11 - 13 July, Passeio Marítimo de Algés, Oeiras, Lisbon. www.nosalive.com

Festival Cantabile. 1 - 30 September. The only Portuguese festival entirely dedicated to chamber music. www.goethe.de

MARKETS

Feira na Avenida. 2nd weekend of the month. Avenida da Liberdade, Lisbon. Free entry

Botanic Market - Saturdays, 9am to 1pm, at the Botanic garden University of Coimbra. www.facebook.com/mercadinodobotanico Coimbra

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

Antiques Market every 4th Saturday, 9am to 7pm. Terreiro da Erva, Coimbra. 239 857 500, www.cm-coimbra.pt.

Market - Sundays, 10am - 7pm. Lx Factory, Lisbon. lxmarket.com.pt

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

Benfica Handicrafts Market. First Saturday of the month, 10am until 6pm. Estrada de Benfica, Lisbon

Flea Market. Every Tuesday and Saturday, 9am until 6pm. Campo de Santa Clara Lisbon

Tickets from €36. www.arena.altice.pt

André Rieu - Johann Strauss Orchestra 29 & 30 March, 8.30pm, Altice Arena, Lisbon. www.arena.altice.pt

The EMOTION of the 80's. 2 & 3 April, 9.30pm. Sala Preto & Prata, Casino Estoril. Tickets from €12. http://www.casino-estoril.pt/geral@everythingisnew.pt

The World of Hans Zimmer. 3 April, 9pm, Altice Arena Lisbon. Tickets from €39. www.arena.altice.pt

Dave Matthews Band. 6 April Altice Arena Lisbon. Tickets from €42. www.everythingisnews.pt

Mumford & Sons, 25 April, 8pm. Lisbon Altice Arena. Tickets from €40.

Bob Dylan - Coliseu Agea, Porto, 1 May, www.coliseu.pt

Mark Knopfler. 30 April, 9pm, Altice Arena Lisbon. Tickets from €32. 213 933 770 geral@everythingisnew.pt

Metallica World Wired Tour 2019. 1 May, Estádio do Restelo Lisbon. Tickets from €65. www.metallica.com/tour

Backstreet Boys. 11 May, 8pm, Altice Arena Lisbon. Tickets from €32.84
www.everythingisnew.pt

Ed Sheeran - Everything is New Tour 2019 on 1 June at the Estádio da Luz, Lisbon. www.everythingisnew.pt/ed-sheeran/

Scorpions Live. 26 June, Altice Arena, 9pm. Tickets from €32. www.everythingisnew.pt

Rod Stewart Live in Concert on 1 July at Altice Arena. Tickets on sale. www.arena.altice.pt

Tool. 2 July, Altice Arena, Lisbon. Tickets from €42. www.arena.altice.pt

Muse Theory World Tour. 24 July Passeio Marítimo de Algés Lisbon. Tickets from €60. www.everythingisnew.pt

Billie Eilish. 4 September, from



Disney on Ice. 21 - 24 Mar, Lisbon.

NOTE For ongoing activities please look at our Club and Community pages

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. Please send your events to events@theportugalnews.com by midday on Monday before publication.

7pm. Coliseu de Lisboa, Lisbon. Tickets from €26. www.everythingisnew.pt

THEATRE & DANCE

Jimmy Carr Live – The Best of Ultimate Gold Greatest Hits. 16 March, 10pm, Cinema São Jorge – Sala Manoel de Oliveira. Tickets €37.55 www.ticketline.sapo.pt

Romeo and Juliet - Gulbenkian Orchestra and Choir. 15 – 17 March. Various times. Fundação Calouste Gulbenkian. Tickets from €23.45. www.gulbenkian.pt

Disney on Ice “Dare to Dream”, Alite Arena 21 to 24 March. Tickets from €20. www.arena.alite.pt

Piaf! The Show. 6 April, Salão Preto e Prata, Casino Estoril. Tickets from €23.45 www.ticketline.sapo.pt

Tap Factory. 10 – 12 May, 4.30pm & 9.30pm. Tickets from €10. 213 572 025, bilheteira.tivolibva@uau.pt

WORKSHOPS & COURSES

Natural Soap Workshop – 16 March, 2.30pm – 6.30pm. Espaço Atma, Braga. mimosdamaeterra@gmail.com 968 635 193

Ceramic Workshop. 16 March, 3.30pm – 6.30pm. LX Factory, Lisbon. €35 per person. Registration <https://goo.gl/forms/ijtVJkSLcl1Hihb2>

Natural Cosmetics Workshop. 17 March, 10.30am – 12.30pm. WorkshopsCompany Lisbon.

Feng Shui Workshop – 20 March, 3pm – 6pm. Museu do Oriente, Lisbon. Price €27. www.museudooriente.pt

Theatre Workshop. 23 March, 4pm – 7pm. Meet at Torre Vasco da Gama. Free entry.

Origami Workshop. 27 March, 3pm – 5pm. Museu do Oriente, Lisbon. www.museudooriente.pt

Travel Photography Workshop with Nuno Lobito. 30 March, 10am – 6pm. Museu do Oriente, Lisbon, Cost €60. www.museudooriente.pt

Sustainable and social architecture summer school 2019. 5 until 25 August, Porto Centre. www.criticalconcrete.com

SPORTS

Lisbon Half Marathon, 17 March. Finishing line at Monsteiro dos Jerónimos in Belém. www.meiamaratonadelisboa.com

Grande Rota da Liberdade/ 25 de Abril- 25kms walk. 25 April, 9.30am – 7pm. Starting in Cascais, Avenida Rei Humberto II de Itália. Price €8. Registration info@trilhosnocturnos.com

2nd Hardcourt Bike Polo Open tournament. 18 – 19 May. São Romão do Coronado, Trofa. Price €10. Registration portobikepolo@gmail.com

Douro Valley Half Marathon. 26 May, Barragem de Bagaúste, Armamar. www.meiamaratonadealgarve.com

International Show Jumping. 30 May – 2 June, Hipódromo do Campo Grande, Lisbon. www.sociedadehipica.pt

South

AUCTIONS

Auction House Algarve. Live auction 6 April. All items can be viewed at the auction house and through our online catalogue: www.ahalgarve.com, 289 832 380, info@ahalgarve.com

EXHIBITIONS

Alcouthim Ceramics Exhibition. Until March 25. Tuesday – Saturday, 10am – 6pm. Condes House Municipal Library, Alcouthim. 281 540 500, www.cm-alcouthim.pt

Movement of Colours by Balbina Barreto. Until 29 March, Mon – Fri, 9am – 3.30pm. Odeceixe Parish



Feira do Porco Alentejano. 22 – 24 Mar, Ourique.

Gallery. 282 990 010 www.cm-aljezur.pt

On the path of the Iberian Lynx exhibition. Until 31 March, 9am – 8pm, Silves Castle. Entry from €2.80. 282 440 837. www.cm-silves.pt

“Mixture” by Rian Helmink and Anna Koop. Until 31 March. Municipal Gallery São Brás de Alportel. 289 840 000. www.cm-sbras.pt

Love Kills Photography exhibition by João Vilhena. Until 6 April, Tuesdays – Saturdays, 10am -6pm. Lagos Cultural Centre. www.cm-lagos.pt 282 770 450

Exhibition of Olympic Mascots. Until 21 April. Portimão Museum. 282 405 230

To Recycle is to Live exhibition by Inês Braga. Until 30 April, Tuesdays – Sundays, 2pm – 5pm. Alportel Museological Centre. www.cm-sbras.pt

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

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

Local Arts & Crafts Expo. Artes@Spa. March – November daily 10am - 6pm. Caldas de Monchique, in main square opp. Restaurant 1692.

FAIRS & FESTIVALS

Travia – 1st Gastronomy Congress of the Algarve. 15 – 17 March, from 7pm. Escola de Hotelaria e Turismo do Algarve, Faro. www.congressogastronomiadoalgarve.com

Spring Mediterranean Gardening Fair. 16 March, 11am – 5pm. FISSUL Centre, Silves. mgapfairs@gmail.com or visit www.mediterraneangardeningportugal.org

Feira do Porco Alentejano. 22 – 24 March, 10am – 9pm. Ourique. Free Entry. www.cm-ourique.pt

Festival do Contrabando – Smugglers Festival. 29 – 31 March, Alcouthim & Sanlúcar de Guadiana. Free entry for festival, €1 to cross floating

Flower Torches Festival. 21 April. Parish crush and São Sebastião Aquare, São Vrás de Alportel.

289 840 000. www.cm-sbras.pt

Food and Wine Fair. 5- 13 May, Vila Vita Parc. reservas@vilavitaparc.com, 292 310 100, www.vilavitaparc.com

Carvoeiro Black & White Night. 15 June, 8pm – 3am, Praia do Carvoeiro. www.cm-lagoa.pt

2nd Lagos World Beer Fest. 27 -30 June, from 12pm, Praça do Infante, Lagos.

Candle Light and Cultural Market, 4 – 8 July, from 7pm, Lagoa. Free Entry. www.cm-lagoa.pt

MARKETS

Sítio do Encalhe - 3rd Monday of the month

Silves Flea Market - 3rd Saturday of the month

Alte - 3rd Thursday of the month

Almancil Flea Market - 2nd and 3rd Sunday of the month

Lift Market Lagos - Every Saturday

Ferreiras - 2nd and 4th Tuesday of the month

Guia - 3rd Friday of the month

Calicos Flea Market- 2nd and 3rd Saturday of the month



B Side with Tatanka. 22 Mar, S.B Messines.

Monte Gordo Flea Market - 3rd Sunday of the month

V.N. de Cacela - 3rd Sunday of the month

Portimão Flea Market - 1st and 3rd Sunday of the month

Tavira - 3rd Saturday of the month

Aljezur - 3rd Monday of the month

MUSIC

Tarzan – Children’s Musical. 16 March, from 4pm, Olhão Municipal Auditorium. Tickets €8. 289 700 160, www.cm-olhao.pt

Aurea “Confessions Tour”. 16 March, from 9.30pm, Teatro das Figuras, Faro. Tickets €15. 289 888 110, www.teatromunicipaldefaro.pt

International Piano Festival of the Algarve 2019. 2 and 30 March, 9.30pm until 11pm, TEMPO, Portimão. Tickets from €15. www.tempo.bol.pt

B Side with Tatanka. 22 March, from 9.30pm, São Bartholomeu de Messines. Tickets €8. 282 440 800 www.cm-silves.pt

Carolina Deslandes. 22 March, from 9.30pm. Olhão Municipal theatre. Tickets €15. 289 700 160. www.cm-olhao.pt

Portuguese Philharmonic Orchestra. 24 March, 5pm. Cine-Teatro Louletano, Loulé- Tickets from €18. 289 414 604

Accordion Evening. 23 March, from 9pm, Funchosa, Castro Marim. 281 510 740, www.cm-castromarim.pt

Fado Maior by Afonso Dias. 28 March, from 6pm, Bordeira JF. Free entry. 282 990 010 www.cm-aljezur.pt

Lyra World Music Concert. 30 March, 8pm, Vale do Lobo Auditorium. Tickets from €12. 289 353 322 events@vdl.pt

Easter Concert. 21 April, 5pm, Igreja Matiz in Porches. Free admission. www.ideiasdolevante.net

The New Orleans Jazz band - Every Sunday, from 8pm at O’Navegador Restaurant, Alvor (overlooking the river in the pedestrianised area) www.neworleansjazzalgarve.com

SPORT

Bennetts British Superbike Championship. 17 March, Automdromo do Algarve,

Portimão, 5pm. info@autodromodoalgarve.com 292 405 600.

National Mixed Relay Championship Triathlon. 24 March, 10am – 12pm, Portimão Marina. www.federacao-triatlo.pt

3rd Algarve Box Cup Portimão. 29 – 31 March. Various times, Portimão Sports Hall.

3rd Half Marathon H2O. 30 March, from 5pm, Faro. 289 824 946, aaalgarve@mail.telepac.pt

Vila do Bispo Rally. 30 & 31 March, Vila do Bispo. www.clubeautomoveldosul.pt

Let’s Go Run Zoomarine – 2 April from 7pm, Zoomarine, Guia. 7km, 11km or 13km routes. Free Entry. 289 415 901 geral@letsgoalgarve.pt

2019 ELMS Final. 25 – 27 October, from 3pm, Autódromo Internacional do Algarve, Portimão. goo.gl/cBKRBh

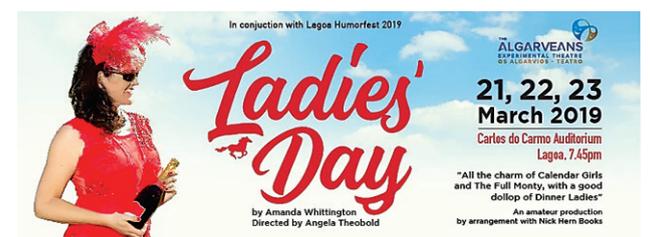
THEATRE & DANCE

Ballet/Opera streaming programme from Royal Opera House, London and the Bolshoi, Moscow at NOS Cinemas: Forum (Faro), Mar Shopping & Gran Plaza (Tavira). Ballet: The Golden Hour 16 May, Carmen/ Petrushka 19 May, Romeo & Juliet 11 June. Opera: The Force of Destiny 2 April, Faust 30 April. Tickets: €12.

Snow White – Performance for Children. 18 – 21 March. 10.30am/ 2.30pm. Teatro Lethes, Faro. www.bol.pt www.facebook.com/cineteatrolouletano/

Nadhya Belly Dance. 17 March, 5pm, Teatro Lethes Faro. Tickets €5. 289 878 908. www.actateatro.org.pt

Ladies Day by The Algarveans. 21, 22 & 23 March, from 7.45pm. Carlos do Carmo Auditorium, Lagoa. www.thealgarveans.com/box-office/



Ladies Day by The Algarveans. 21, 22 & 23 Mar, Lagoa.

Made in China by the Quorum ballet and the Orchestra of the South. 22 & 23 March, 9.30pm. Teatro das Figuras, Faro. Tickets from €20. <https://teatrodasfiguras.bol.pt>

One Drop of Water in the Whole Wide World Dance Show. 23 March, from 5pm. TEMP – Teatro Municipal de Portimão. Cost €5. 962 512 133, associacaotel@gmail.com

Rite of Spring. Made in China. 22 & 23 March, 9.30pm, Teatro das Figuras, Faro. Tickets from €20. 289 888 110 www.teatro municipaldefaro.pt

Smile – Experimental street theatre. 23 March, from 4pm, Jardim 1º de Dezembro, Portimão. Free entry. 962 512 133, associacaotel@gmail.com

DeVIR | Shobana Jeyasingh Dance Show. 23 March, 9.30pm – 10.30pm. Cine Teatro Louletano, Loulé. Tickets from €5. www.facebook.com/cineteatrolouletano/

IBM – A User’s Manual Dance Show. 30 March, 9.30pm, Teatro das Figuras, Faro. 289 888 110. www.teatromunicipaldefaro.pt

Madagascar – A Musical Adventure. 13 April, 5pm, Centro Congressos do Arade, Parchal. 282 498 577 / 933 379 450.

WORKSHOPS & COURSES

Meditation Workshops. Every Saturday, 9am – 10am, Parrot Castle Lagoa. 911 510 641, andrea.schooheim@gmail.com

Palmistry Workshop. Every Sunday until 9 June, 10am – 1pm, Parrot Castle, Lagoa. 911 058 633, annewalkyourway@gmail.com

Strech & Stengthen 16 March 10:30am - 12pm w/ Julie. Parrot Castle Lagoa €10. Booking Tel 917593500

Self Defence for Women – 19 & 26 March, Parrot Castle, Ferragudo. tonpolman@hotmail.com 911 162 454

Yoga & Lunch - Recipe for happiness 20 March 11am - 3pm €45 Booking. andrea.schoonheim@gmail.com

Scientific Illustrations Workshop for Adults. 16 March, 2pm – 4.20pm. Academia Criativa, Faro. Cost €20. 915 033 586

Creative Dance Workshop. 16 April, 10am – 1pm. Teatro das Figuras, Faro. Free entry. bilheteria@teatrodasfiguras.pt

March Focus on HOME IMPROVEMENT



If you have a relevant service to offer our readers you can place a **FREE CLASSIFIED** advert in The Portugal News this March.

Email your advert to **adproduction@theportugalnews.com**

Adverts can only be placed by email and should not exceed 15 words. A picture can also be included. Only one free advert per advertiser may be submitted.

Classified Ads

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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

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.

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CC FRENCH LANGUAGE
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CC THE NANDI CHARITY Shop. Winter clothing in store as from 22/10/2018. Furniture can be collected within 30 k Lagos. Tel 912 741 857

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ASK Kurt

All your computer questions answered



What is iOS?

iOS is Apple's proprietary mobile operating system for its handheld devices, such as the iPhone, iPad and iPod Touch. The operating system is based on the Macintosh OS X. Designed for use with Apple's multi-touch devices, iOS supports input through direct manipulation. The system responds to various user gestures, such as pinching, tapping and swiping.

The "OS" bit stands for "operating system" which is the software that controls the hardware and runs apps. It helps to think of it as similar to Windows on a PC computer. The PC computer is the equipment that runs Windows, which in turn runs the programmes. The iPhone or iPad is the physical gadget, whereas iOS is the software interface that controls it all.

Modern mobile phones (like the iPhone XS or Samsung Galaxy S10) are really just portable computers with touchscreen interfaces. They do most of the things that computers do including installing and running other programmes. Most of the time you don't need to worry about iOS though, it largely looks after itself and will let you know if it ever needs updating and even walks you through the steps. There are two main operating systems for mobile phones: iOS and Android, which is found on many popular non-Apple phones.

Some people argue about which system is best, but they are similar. Both perform the same main features (web browsing, e-mail, text messaging, phone calls, and so on) and enable you to install apps. Apple's iOS has some highly publicised features like Siri voice activation, Messages and AirPlay, but similar functionality is found on other phones. Android is generally considered more customizable; but a lot of people prefer the simplicity of iOS.

Email your questions to Kurt: kurt@algarvecomputercentre.com

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Places of Worship

Lisbon

ST GEORGE'S CHURCH; LISBON (Church of England). Av. S. Jorge 6 (north of Estrela Gardens). Service 11:30am every Sunday. 211 306 293. British Cemetery open weekdays 10am-1pm
ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. 211 306 293.
ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.am. Bi-lingual Sunday school & creche is available. Minister's 218 043 410, www.standrewslisbon.com
THE SALVATION ARMY, Lisbon. Reboleira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A loja C); Laranjeiras Corps (Bairro de Laranjeiras). Lisbon (21 805708).
GRACE INTERNATIONAL COMMUNITY CHURCH, Cascais. English speaking church, Cascais. www.lisbongrace.com
LISBON SYNAGOGUE: R. Alexandre Herculano Nº 59. Tel: 213 931 130 celestboa@mail.telepac.pt
LISBON - SYNAGOGUE OHEL JACOB Shabbat services. Call 217975283
IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. 214172087. Sun: English 10:15.
RIVERSIDE INTERNATIONAL CHURCH A contemporary, caring, Christian Church in Cascais, Galerias O Navegador, Av. 25 de Abril, Piso-1. We offer children and youth ministries and simultaneous translation into Portuguese. Riverside has congregations in Cascais, Porto, Coimbra, Sarilhos Grandes and Feijó. www.riversideintchurch.com
KINGDOM HALL OF JEHOVAH'S WITNESSES. All Welcome, no collections. Lisbon Fri 7.30pm Sun 5.30pm **Sintra** Tues 8.15pm Sat 5pm. **Cascais** Wed 8.00pm Sun 2pm. **Setúbal** Wed 7.30pm & Sat 5pm. **Obidos** Wed 8.15pm, Sat 5.30pm. **Setúbal** Wed 7.30pm, Sat 5pm. **Santarém** Sat 7.30pm. www.jw.org

Oporto

GREATER GRACE INTERNATIONAL FELLOWSHIP, contemporary Christian gatherings on Sun afternoons at 3rd Baptist Church, R. Estação 133, & Sat evenings, 1st floor, Confeitaria Palácio (across the "Emergency" entrance of Hospital Stº António); www.NovaAurora.com, 220 994 785 or send an SMS to 917112736.
RIVERSIDE PORTO INTERNATIONAL CHURCH English language church Sun, 5pm, at R. Gonçalo Sampaio, 361, (nr Boavista roundabout) and on 3rd Sun every month at Valença do Minho. Tel: 916 440 795. contact@riversideporto.com / www.riversideporto.com
ST. JAMES'S CHURCH, Anglican Chaplaincy of Oporto. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain 226 091 006. www.stjamesoporto.org
THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama, 675-2 E Ramalde), Service 10am, Salvation Meeting 5pm. **Coloras** Corps. (Av. dos Bom-beiros Voluntários) Sun 10am. Thu 4pm Ladies Home League Meeting.
KINGDOM HALL OF JEHOVAH'S WITNESSES. All Welcome, no collections. Coimbra Wed 7.30pm, Sun 10.30am. Porto. Wed 7.30pm, Sat 7pm www.jw.org

The Algarve

JEWSH COMMUNITY OF SOUTH PORTUGAL Shabbat services. Call 922206333.
ALL SAINTS ANGLICAN CHURCH, ALGARVE Holy Communion every Sunday. **Almancil** 10.30am Almancil Community Centre (ASCA). **Lagoa** 11am at Lagoa. Convent Chapel. 282380311www.allsaintsalgarve.org
ST VINCENT'S ANGLICAN CHURCH C of E. Sun: 9.30am Igreja das Pereiras, EN125 between Quatro Estradas & Almancil; 11.30am St Luke's, Gorjões; 8.00am & 11.30am Igreja N Sra da Luz, Praia da Luz, nr Lagos. Visitors are especially welcome. 282 789 660 & 289 366 720 www.stvincentsalgarve.org
INTERNATIONAL CRISTIAN FELLOWSHIP of Portimão Sun 11am. The Bridge" (A Ponte), Cedipraia Shopping Centre no. 23 / 282 042 836 / 917 358 098 www.icf-portimao.org
INTERNATIONAL CHRISTIAN COMMUNITY LAGOS. Newfrontiers. Sunday service in English 10.30am. Madness Restaurant, Lagos Marina, Lagos. Tel. 910640927 www.icc-lagos.org
INT. EVANGELICAL CHURCH OF THE ALGARVE Vale Judeu at 10.30, just off the EN125 - third left after Vilamoura entrance in direction of Faro iec-algarve.com. 289328635.
LAGOA CHRISTIAN FELLOWSHIP, English Speaking Calvary chapel of the Algarve, Sun 11am for contemporary worship and Christ centered Bible study. Rua Doutor Basílio Teles 32, Lagoa. Contact Peter Walden: 914 929 589 lagoachurch@gmail.com
TAVIRA CHRISTIAN CENTRE welcomes all in the name of Jesus. We meet on Sundays @ 10:30 aiming to worship in Spirit and Truth. Find us: EN125 sail roundabout/ Sta.Margarita exit/400 meters/house on right corner. tavirachristiancentre.wordpress.com. Facebook; Phone Else 912467792 or Beth 966807604.
SALVATION ARMY Service Sundays at 10am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, S. Brás Alportel.
ALL NATIONS, Todas as Nações, All welcome, contemporary worship service and children's club. Carvoeiro Tennis Club, Mato Serrão Carvoeiro. Sundays 10.30am-12.00pm, Stephen and Elaine 965 360 708
THE LIVING HOPE Baptist Church, Albufeira. Sun 4pm. Pastor Mark Pereira, Mob. 964860765.
OASIS CHRISTIAN FELLOWSHIP CONEXAO, R. Dr. Joaquim Tello 32C, Lagos. Sun: 11am; Tue: 6.30pm ; Thu: 3.30pm Bible Study. Int. English w/ Portuguese translation available. Michael - 964 285 351 / Lois - 914 381 598 www.oasischristianfellowship.com
R.C. MASS in English, Igreja N Sra da Luz, Luz near Lagos. Saturdays 7pm. 917464353. **Lagoa** Sunday Mass (in Portuguese) Vale D'el Rei church, 9 am Lagoa Main church at 12 noon & Saturday 6.30 pm. Daily Mass at Lagoa Main church Mon & Fri: 9am & Tues & Thurs: 6.30pm. **Carvoeiro Church** Sat: 5.30pm (from 3 Nov), Sun: 10.30am.
LIFE HUB Albufeira Knowing Jesus and making Him known. House church in Balaia meets Thu-7.30pm. Call Paul on 926482323 for directions.
TAVIRA Holy Mass in English will be at 12.15 pm.Church of Santa Maria Tavira Every Sunday 914621429 tavira@diocese-algarve.pt
KINGDOM HALL OF JEHOVAH'S WITNESSES. All Welcome, no collections. Largo Eng. Sarrea Prado, **Portimão** Mon 7.30pm Sat 4pm Tel. 282 476 111 Beço 25 de Abril, Ferreiras, **Albufeira** Wed 7.30pm Sun 10:15am **Faro** Wed 8.15pm, Sun 3pm **Tavira** Wed 7.30pm, Sun 1pm. **Odemira** Sun 6.15pm www.jw.org
HOUSE OF PRAYER CHAPEL Rua Municipio 31 Next to Hotel Paraíso, Albufeira Sunday service at 10am and 6pm For more info call now: 919 458 666
WESLEYAN METHODIST CHURCH, PORTIMÃO. Services Sunday - May to Sept 5pm, Oct to Apr 4pm. Silveira, Lote 2 - Lj. A Beço do Moleiro, Caldeira do Moinho - PORTIMÃO (near the round about of Agua Shopping Center) GPS: 37° 08' 47.92" N 008° 32' 22.137" W For info or social help, please contact us: 931721005 www.imwportimao.org
CATHOLIC ENGLISH SUNG MASS with English-language hymns and sermon. First Sunday of every month. São Brás de Alportel Parish Church 6pm. Priest available to hear confessions in English.

Verse of the Week

"Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires."
Peter 1:4, New International Version

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THE PORTUGAL NEWS

Harding rocks to Commercial Bank Qatar Masters victory

Justin Harding became the fifth South African to win the Commercial Bank Qatar Masters as he secured his first European Tour title by two strokes.

The 33 year old was one of 15 golfers who started the day three strokes behind 54-hole leader Oliver Wilson, but he made a fast start to the day with three birdies on his first four holes. Harding then dropped two strokes after bogeys on the sixth and seventh holes, losing ground on clubhouse leader Jinho Choi, who set the early target of 11 under par after a blistering round of 64 - eight under par - at Doha Golf Club. The South African quickly made amends after the turn with birdies on the tenth and 12th holes as he moved back to ten under par. He then birdied three of his last four holes,

including consecutive gains on the 17th and 18th, to sign for a six under par 66 and a 13 under par total. With 15 competitors still to finish their rounds, Harding faced an anxious wait of almost an hour, but none of them were able to match the South African as he finished ahead of a European Tour-record nine golfers who shared second place on 11 under par. Harding joins Ernie Els, Darren Fichardt, Retief Goosen and Branden Grace as South African winners of the Mother of Pearl trophy. Justin Harding: "It's fantastic. It's still sinking in. I didn't quite think it was enough, I thought there might be a play-off but

I'm happy to get over the line eventually. I've been knocking on the door a little recently. It's rewarding seeing the hard graft and change in mindset - seeing what's involved and what's going on. I'm really happy. "I had to stay patient. I got off to a good start, made a couple of birdies and lost my head around the turn. My caddie Alan said we're still in it and to make a couple on the back. I managed to keep myself in it and made a couple. I birdied 17 and 18, which was huge. I didn't think 13 was clear, I thought there would be a play-off with how scores were looking on the back nine, but I'm happy to get over the line."



Justin Harding. (Photo: Getty Images)

Molinari wins at Bay Hill

The Italian began the day five shots behind five time European Tour winner Matthew Fitzpatrick and Rory McIlroy, but the reigning Open Championship winner charged up the leaderboard thanks to a flawless eight under par round and set the daunting clubhouse target of 12 under.

However, it proved to be too much for the chasing pack as Fitzpatrick finished two shots further back in second while fellow Englishman and Ryder Cup star Tommy Fleetwood, who led at the halfway stage, and Rafa Cabrera Bello were in a tie for third at nine under.

Matt Wallace was one shot further adrift alongside McIlroy as European players dominated the final standings at Bay Hill.

"It is very special to get a win here at this place," Molinari said. "I know I'm saying the same things but the team around me just keeps pushing me and we are not done yet, it's as simple as that.

The 36 year old also credited the hard work in the off season for his chip in at the eighth hole, he added: "(It is) Massive, massive. I did a lot of work over the winter on my technique. The chipping is improving, it was an area where I thought it could get

Francesco Molinari produced a stunning final round 64 to claim the Arnold Palmer Invitational ahead of a host of European Tour members in Orlando.

a little better but it is just a process.

"It's great, but that's why we planned the winter that we did. For me, golf is the number one priority and we work hard in the off time, especially after Christmas.

"I've never started the seasons too quickly, to win in two or three events is something new and hopefully it is a sign of things to come in the season."

An opening birdie got Molinari's charge under way before he registered another gain at the third when he dialled in his

approach to seven feet to move to six under par.

He improved to seven under with a birdie at the sixth and reached the turn in 32 courtesy of a stunning chip in from the rough at the eighth.

His birdie trail continued at the 12th and 13th to move

alongside Fitzpatrick at the top of the leaderboard. He got on the par five 16th in two to take the outright lead at 11 under before he holed a monster 44 foot birdie putt at the last to extend his advantage as the anxious wait for victory began.

Molinari briefly moved into a three shot lead when Fitzpatrick bogeyed at the 15th after finding a fairway bunker with his second shot to cancel out his birdie at the fourth, only to pick up a shot at the 16th to claim second place.

Easter Festival at Santo Antonio golf course

This year's Easter Festival at Santo Antonio golf course, former Parque da Floresta, will take place between 19 and 22 April and will comprise of four golf competitions:

19 April (Fri) - Texas Scramble Shotgun- teams of 4
20 April (Sat) - The Stock Pot / Pairs Better Ball Stableford -teams of 2

21 April (Sun) - Dubai Stableford - teams of 4
22 April (Mon) - Am Am Shotgun - teams of 4.

The Festival is open to all, with a special green fee rate of just €25 per competition, plus the entry fee where applicable.

Santo Antonio Resort is organising a great event. The Prize Giving Dinner has a delicious menu, great service and live entertainment. Everything you need for a truly memorable evening.

Details for the Easter Festival events are available from Santo Antonio Golf Reception:
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Magnificent Ronaldo

Three weeks ago the first-leg of the Atlético Madrid and Juventus' Champions League tie was not a good night for Cristiano Ronaldo.



Juventus' Cristiano Ronaldo celebrates the victory at the end of the UEFA Champions League round of 16 second leg soccer match between Juventus FC and Club Atlético de Madrid at the Allianz Stadium in Turin, Italy, 12 March 2019. (Photo: EPA/Alessandro Di Marco)

He was insulted and jeered by the Atlético fans as their team recorded a 2-0 victory at the Estadio Wanda Metropolitano. The 34 year-old superstar wanted revenge in the second-leg and told his close family and friends that Juventus would progress and that he would score a hat-trick. Scoring three against Jan Oblak in the same match might sound like an impossible task, but CR7 has done it twice before. He managed it in a 3-0 victory in the final La Liga match to be played at the Estadio Vicente Calderon in 2016/17 and then

again later that season in the first-leg of the Champions League semi-final between the sides at the Bernabeu. On Tuesday night Ronaldo was true to his word as he headed home goals in the twenty-eighth and forty-eighth minutes to square the tie at 2-2. Juventus were fantastic to a man, causing Atlético all manner of problems. No small feat, seeing the Spaniards had not conceded a goal in their previous five matches. Then came the drama. The late, late drama. With just four minutes of normal time remaining Bernandeschi weaved his way

into the box, was hauled down and the referee immediately pointed to the penalty spot. The look on Simeone's face told its own story. His side's dream was, once again, ruined by a certain Portuguese. This was a night written for Ronaldo. A deep breathe out, his cheeks moving as fast as his manager's feet on the touchline and he converted as he has done so many times over the years. Juventus deservedly completed a spectacular comeback with Cristiano Ronaldo, the hat-trick hero, demonstrating why he is still the best player in the world.

Tight at the top

An exciting end-of-season is in prospect with just nine Primeira Liga games to go.

N CHRIS WRIGHT

Benfica surprisingly dropped two points at home to Belenenses whilst FC Porto won away at Feirense to leave the two giants level at the top on sixty points.

Braga's narrow victory over Vitoria de Guimarões keeps them in touch with the top two whilst Sporting remain three points off third place following their win at Boavista.

Portimonense recorded their first triumph since January as they thumped CD Nacional.

Benfica lost their first-leg Europa League in Croatia and the malaise seemed to affect their performance against near neighbours Belenenses at the Estádio da Luz.

Jonas, deputising for the injured Haris Seferovic, opened the Eagles account ten minutes after the interval and a deflected volley from outside the box by Andreas Samaris doubled their lead.

Belenenses were back in the game on sixty-eight minutes when Diogo Viana's free-kick deceived keeper Vlachodimos who should have done better.

Two minutes later another big mistake at the back, this time from Rúben Dias, enabled Kikas to equalise.

Jonas and second-half substitute Jota tried to push Benfica back in front but both missed chances and the home side had to settle for the 2-2 draw.

FC Porto, still basking in the glory of their Champions League success against AS Roma, travelled to bottom club Feirense full of optimism but found themselves a goal down after just four minutes. Felipe, one of the heroes against Roma, put through his own goal attempting to cut out a right-wing cross.

Quarter-of-an-hour later and the Dragons were level when Danilo Pereira, climbing high at the near-

post, steered home Jesús Corona's corner. Porto's winning goal came courtesy of a set-piece ten minutes before the break.

After good work by Alex Telles it was Pepe who performed the coup de grâce. In the race for third place SC Braga notched up a crucial 1-0 home triumph against their Minho rivals Vitoria de Guimarões.

Ten minutes before half-time Ricardo Horta was on hand to tap home after the visitors keeper Miguel Silva was unable to hold Fransérgio fierce shot.

Sporting travelled to Porto to play Boavista and found themselves a goal behind after only three minutes when Renan Ribeiro's outstretched leg diverted the ball into the net at the back-post.

The Lions were level fifteen minutes later following Raphinha's purposeful run down the right.

His low cross failed to find Marcos Acuña but Boavista defender Edu Machado turned the ball into his own net as he attempted to clear. An extremely controversial penalty in the first minute of stoppage time gave Bruno Fernandes the opportunity to secure all three points for the Lisbon side. The 2-1 win leaves Sporting on fifty-four points, three below Braga and eight adrift of top spot. SC Portimonense recorded their biggest win, since returning to the top flight in August 2017, as they trounced Madeira outfit CD Nacional last weekend. Bereft of a victory for the last six games the game was virtually over by half-time. Júlio (own goal 23'), Fernandez (28') and Paulinho (40') gave the home side a three goal advantage before Okacha pulled a goal back for Nacional ten minutes after the restart. Aylton Boa Morte (58') and Jackson (83') completed the demolition to make it 5-1.

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