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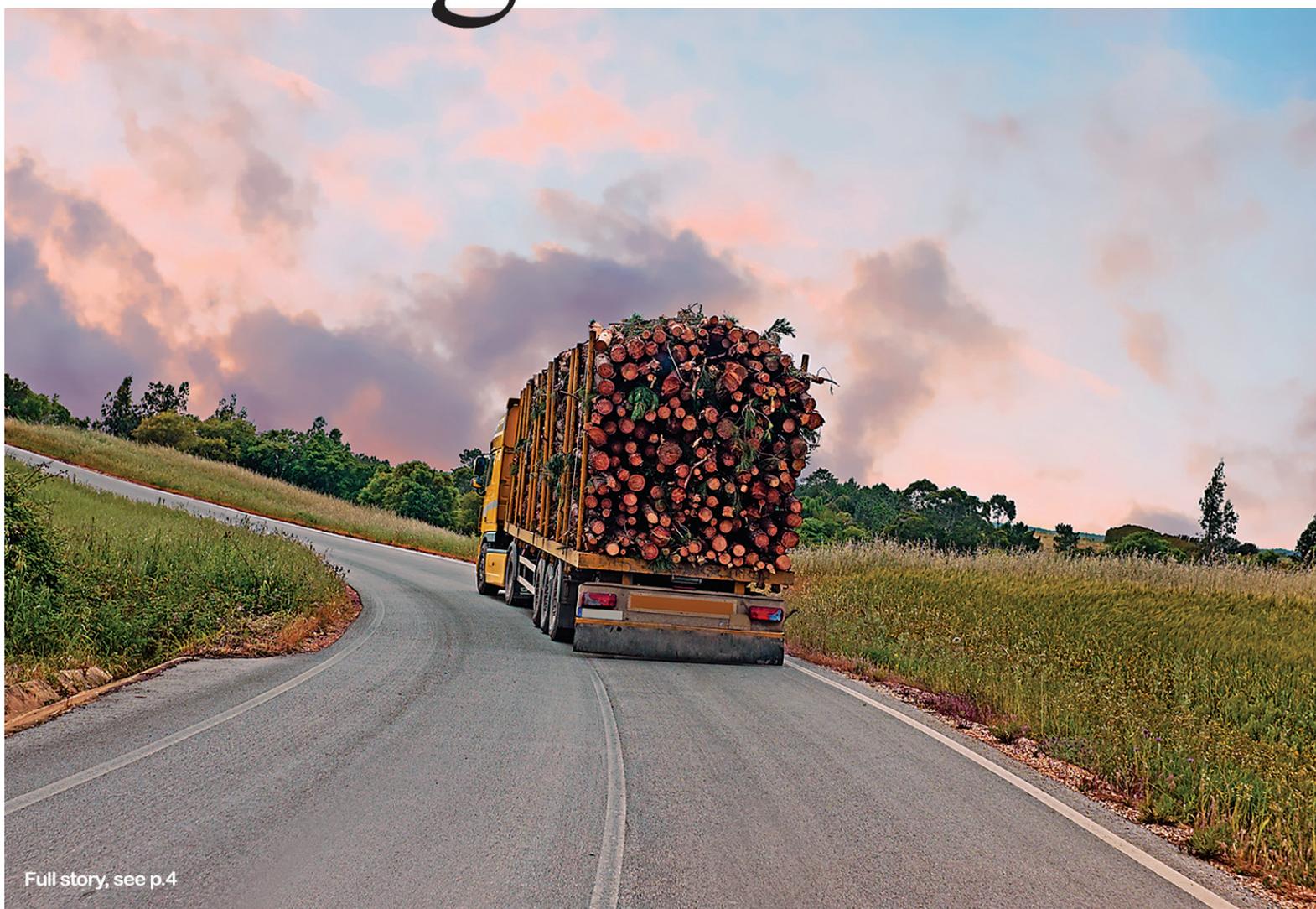


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Portugal's roads among the best

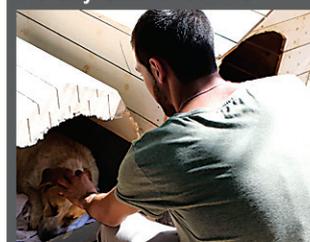


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Cannabis continues to be the most popular drug in Portugal but consumption of cocaine and ecstasy is rising. P6



Over a dozen dogs are believed to have been sedated and abandoned in the city of Loures. P8



Portugal has once again been accused of bringing in illegal Congo timber worth millions. P14



Cristiano Ronaldo has returned to the Portugal squad after an absence of six games. P48



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Hundreds dead in southern African floods as Portugal rushes to send aid

More than 350 people have been confirmed dead and hundreds more are missing after the cyclone that unleashed devastating floods in Mozambique, Zimbabwe and Malawi.

Aid workers rushed to rescue victims clinging to trees and crammed on rooftops on Tuesday amid fears that many thousands of people are at risk. In Mozambique, the rapidly rising floodwaters created “an inland ocean,” endangering tens of thousands of families, aid workers said as they scrambled to rescue survivors and airdrop, food, water and blankets to survivors of Cyclone Idai.

“This is the worst humanitarian crisis in Mozambique’s recent history,” said Jamie LeSueur, head of response efforts for the International Federation of Red Cross and Red Crescent Societies.

Portugal has said it is ready to help Mozambique through the European Union and the United Nations following the passage of Cyclone Idai, according to a note posted on the Portuguese presidency’s website.

“Portugal will seek to contribute to the aid and reconstruction, either directly or through the European Union and the United Nations, by expressing to our Mozambican brothers and to all those who, in particular the Portuguese, have been affected by this great tragedy” the note read.

Portugal’s president, Marcelo Rebelo de Sousa, on the note said he had spoken with his Mozambican counterpart, Filipe Nyusi, to learn more about the effects of the cyclone in the centre of Mozambique and particularly in the city of Beira, with a much more tragic and dramatic outcome than initially estimated.

There are no reports of Portuguese citizens being killed, injured or at risk following the Idai cyclone that has battered the centre of Mozambique, Portugal’s foreign minister said on Monday in Brussels, but “several dozen” people lost their homes and belongings. Augusto Santos Silva said at the end of a meeting of EU foreign ministers that “unfortunately” dozens of “countrymen” had lost their homes and belongings and were staying in hotels or with friends and neighbours.

At least half a million people are reported to have been left homeless, with Mozambique’s President Filipe Nyusi saying the death toll could reach 1,000.

“This is a major humanitarian emergency that is getting bigger by the hour,” said Herve Verhoosel of the World Food

Programme (WFP). He said people were “crammed on rooftops and elevated patches of land.”

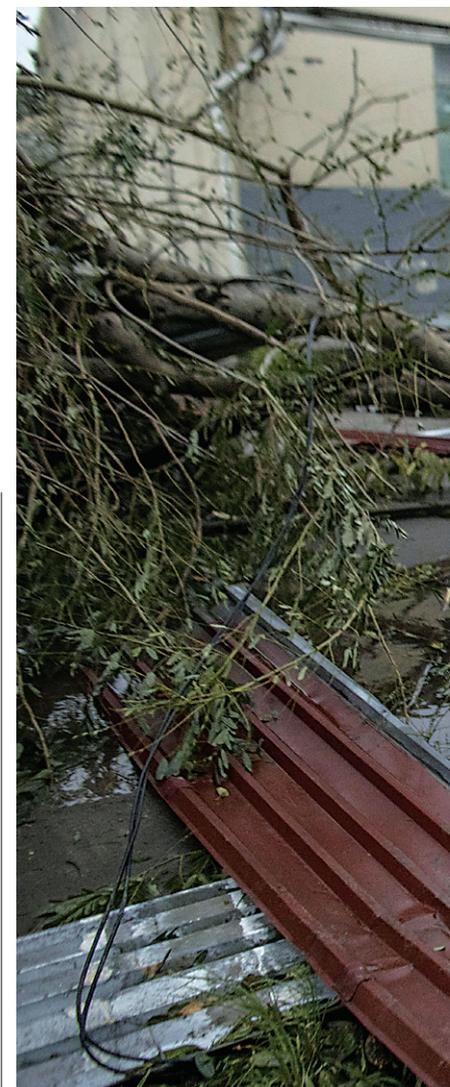
“People visible from the air may be the lucky ones and the top priority now is to rescue as many as possible,” he said. Many areas remained impassible. With key roads washed away, aid groups were trying to get badly needed food, medicine and fuel into the hard-hit city of Beira, on Mozambique’s coast, by air and by sea.

“It’s dire,” Caroline Haga of the Red Cross told The Associated Press from Beira, a city of 500,000.

“We did an aerial surveillance and saw people on rooftops and in tree branches. The waters are still rising and we are desperately trying to save as many as possible.”

Satellite images were helping the rescue teams target the most critical areas, Haga said. Rescue operations were based at Beira airport, one of the few places in the city with working communications.

The Portuguese Red Cross (CVP) said it has hundreds of long-term food items in the institution’s warehouses throughout Portugal destined for the city of Beira in



A local resident carries her child past debris from a destroyed building after cyclone Idai made landfall in Sofala Province.

Mozambique which was hit by Cyclone Idai, awaiting a special aircraft for this purpose. In a statement, the head of the Portuguese Red Cross, Francisco George, said that a national alert was issued for long-term (canned) food reserves to be collected in case a humanitarian flight to Mozambique was organised. Francisco George told Lusa News Agency that the

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N News in Brief



...ris at the secondary school used as an emergency shelter for local residents in the village of Inhamizua, after ...nce, Central Mozambique, 16 March 2019. (Photo. EPA/JOSH ESTEY/ CARE/WWW.CARE.DE)

Biggest fish-freezing factory in Iberian Peninsula to open in Lagos

The biggest fish and shellfish freezing factory in the Iberian Peninsula is to open in Lagos on Friday. The 20 million euro investment by the Battaglia Capital Group will be inaugurated on Friday by the Minister of the Sea. According to its promoters, the factory is “one of the most advanced fish processing and freezing plants in the world, and is based on a model that is “fully sustainable for workers, the environment and the market”.

Portugal fares poorly in positivity index

Portugal has been ranked second from bottom in the latest Positivity Index of Nations, an annual global report which measures positive economy indicators in OECD member countries. The Positivity Index of Nations measures the positive behaviour of countries towards future generations’ interests and wellbeing, as well as countries’ positive impact on the global arena. Italy was the only country to fare worse than Portugal, with Iceland topping the ranking, followed by Sweden and Norway.

Businessman admits to forging €20 notes ‘for fun’

A Portuguese businessman has admitted in Aveiro court to producing counterfeit €20 notes. The 66-year-old confessed to producing the fake money, but said the intention was never to spend it. According to the Public Prosecutor’s accusation, the man attempted to use one of the notes to pay for petrol. The entrepreneur, from Central Portugal, said it was all just a bit of fun.

Strikes fault of previous governments – PM

Portugal’s prime minister has blamed previous governments for the increasing number of strikes. António Costa, who came to power in 2016, said current industrial action was not due to his policies, but rather a result of measures imposed by previous governments. His comments come after nurses announced 29 days of strike action for April against their poor working conditions.

Portuguese Red Cross has opened a solidarity account with €5,000 (from a CVP emergency fund), and Portuguese people can contribute. “I appeal to all Portuguese to transfer the amounts they want. They can donate through an ATM, in payments and services, with the entity 20999 and reference 999 999 999,” he said.

George also said that the Portuguese Red Cross has already sent to Mozambique a specialist to participate in operations with modern equipment, via satellite, to support authorities to rejoin families. He added that “at the moment,” the important thing is to get water, food and medicine to the victims.

TPN/Agencies

WEATHER

Spring is here

Lisbon: The Portuguese capital will be bright and sunny this coming week, with the best of the weather reserved for the weekend, with highs creeping towards 25 degrees Celsius.

The astronomical Spring arrived on Wednesday evening, and seems to have brought Spring-like weather with it to most parts of the country.

The South: Southern Portugal will be a couple of degrees cooler than Lisbon, but is also set for a pleasant weekend, before the arrival of cloud and the odd shower during the coming week.

The North: Northern Portugal will also enjoy Spring-like weather this coming week, though overnight lows are set to dip into single figures on most nights.

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Portugal's roads among the best

N BRENDAN DE BEER

Portugal is the European Union Member State with the second best roads of all 28 countries, according to a report released earlier this week by the European Commission.

The annual 'Transport Scoreboard' published in Brussels, shows that, in terms of road quality, Portugal ranks second among the 28 Member States, behind only the Netherlands and ahead of France, who is placed third. The data in question used to compile the report, refers to a period up until 2017. But despite having some of the best roads, Portugal remains among the worst for road fatalities. In terms of road accidents, the report notes that "Portugal has seen a decrease in the number of road deaths since 2010 and is now close to the EU average", but still only ranks 19th among the 28 Member States. The study uses a rating system of 1 to 7 to assess the quality of

a nation's roads, with Portugal finishing with 6.05 points, while the Netherlands were handed the top score of 6.18 points. The worst roads in Europe can meanwhile be found in Romania (2.96 points) and Malta (3.24 points). The overall EU average was set at 4.78 points. In terms of road deaths, Portugal continues to lag behind its European partners, with 58 fatalities for every one million of its inhabitants. The safest country for drivers and their passengers remains Sweden (25 deaths per million inhabitants), followed by the UK (28) and Denmark with 30. Romania is once again at the bottom of the list, with 99 fatalities, followed by Bulgaria (96) and Croatia (80).

Upon the release of the report, the Ministry of Internal Affairs said it was going to launch awareness campaigns among drivers and pedestrians in order to reduce the high number of fatalities in towns and cities. Minister Eduardo Cabrita said that more than 70 percent of all incidents occur in urban areas along with half of all fatalities, with a third of all these victims being pedestrians. Last year, the European Union singled out Portugal in a report for failing to follow the example of other member states in cutting back road deaths. A report by the EU revealed that the number of deaths on Portuguese roads rose 14 percent in 2017 compared to the previous year, which it said was the second highest

increase recorded in the EU, where the average actually fell by two percent. In 2017, an average of 62 people per million died in Portugal (in the EU, this average was 49 per million), whereas in the previous year there were 54 deaths (EU 50) per million. The Portuguese government has repeatedly said it will reflect on what intervention is necessary with regard to the three main issues, namely, people being run over, drink-driving, and accidents involving motorbikes. With a rise in road deaths for the first time in decades, the ANSR National Road Safety Agency admitted that traffic fines issued had dropped by 20 percent in 2017. Latest data by the ANSR has

meanwhile also shown that the number of deaths on Portuguese roads fell from 98 to 96 during the first two and a half months of the year. Serious injuries were however up more than 20 percent, and some of these victims could still be counted as fatalities due to the nature of their injuries. For the year ending on 15 March, road fatalities did drop from 522 to 510, with most regions reporting improvements. The region that saw the biggest increase in road deaths was the Algarve, jumping 30 percent to 41 in the past 12 months. This total is only one fewer than the Greater Lisbon Metropolitan Area, which has a population almost seven times greater than that of the Algarve.

Tourism board fears pound depreciation after Brexit

The president of Portugal's tourism board said the main concern for Portugal as a destination is a depreciation of the pound after Brexit.

Luis Araújo said that forecasts point to a drop in the pound following Brexit, leading British tourists to seek destinations outside of Europe. Saying that Portugal has been targeting potential British tourists

through the Brelcome campaign in the UK, the tourism chief added that Portugal was also looking to expand its presence in the US, Canada, Brazil and China. Referring to campaign, Araújo said, "it has already targeted four

million people in the UK through online channels". He also stressed "the reinforcement of staff resources at the Portuguese delegation in the UK, along with new training courses on other markets".

Portuguese man missing in France found dead

A Portuguese man who has been missing in France since last year has been found dead.

The emigrant's body was found with signs of having suffered violence in Marmande, southern France.

Police are investigating the circumstances leading up to the death of the 58-year-old, who was reported missing last October.



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Cocaine use rises in Portugal

Cannabis continues to be the most popular drug in Portugal but consumption of cocaine and MDMA is rising.



Cocaine use showed a strong increase in Portugal in the past year. (Photo: Lusa)

The European Monitoring Centre for Drugs and Drug Addiction came to its findings by testing levels of illicit substances found in wastewater.

In Portugal, samples were taken in Lisbon, Porto and Almada. In all of the locations, the presence of these substances in the water was higher on the weekends than on

weekdays. However, the consumption of cigarettes and alcohol was below the EU average.

The latest findings from the largest European project in the emerging science of wastewater analysis, verified samples in 73 European cities in 20 European countries in March 2018 to explore the drug-taking behaviours of their inhabitants.

The 2018 study points to an increase in the detection of amphetamine, cocaine and MDMA in wastewater samples, compared to the 2017 figures. From Lisbon to Athens and from Copenhagen to

Madrid, the study analysed daily wastewater samples in the catchment areas of wastewater treatment plants over a one-week period. Wastewater from approximately 46 million people was analysed for traces of four illicit drugs: amphetamine, cocaine, MDMA (ecstasy) and methamphetamine. Wastewater based epidemiology is a rapidly developing scientific discipline with the potential for monitoring close to real-time, population-level trends in illicit drug use. By sampling a known source of wastewater, such as a sewage influent to a

wastewater treatment plant, scientists can now estimate the quantity of drugs used in a community by measuring the levels of illicit drugs and their metabolites excreted in urine.

The SCORE group has been conducting annual wastewater monitoring campaigns since 2011. A total of 33 cities have participated in five or more of the eight campaigns run so far, which allows for time-trend analysis of drug consumption based on wastewater testing. In cities with wastewater data for 2017 and 2018, the latest figures reveal increases in traces of cocaine, confirming the upward trend reported in 2017. Cocaine residues in wastewater were highest in western and southern European cities, particularly in cities in Belgium, the Netherlands, Spain and the UK. The analysis points to very low levels of cocaine use in the majority of eastern

European cities, but the most recent data shows signs of increases. The data also shows that most cities reported an increase in amphetamine residues, while data from the previous seven monitoring campaigns showed no major changes in patterns observed. The loads of amphetamine detected in wastewater varied considerably across the study locations, with the highest levels reported in cities in the north and east of Europe. Amphetamine was found at much lower levels in cities in the south of Europe. The 2018 data point to increased traces of MDMA in most cities, compared with a stabilising trend in 2017. When weekly patterns of drug use were examined, cocaine and MDMA (ecstasy) levels rose sharply at weekends in most cities. Methamphetamine loads were found to be evenly distributed over the week.

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Netflix releases Madeleine documentary

A Netflix documentary about Madeleine McCann was released last Friday.

Kate and Gerry McCann, have previously criticised the programme, saying it "could potentially hinder" the search for their daughter. Madeleine vanished from Praia da Luz in May 2007, while on holiday with her family.

Netflix said the series had access to "never-before-heard testimonies, including friends of the McCann family, investigators working the case and from those who became the subject of media speculation and rumour".



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Seventeen dogs ‘drugged and dumped’ in Loures

Over a dozen dogs are believed to have been sedated and abandoned in the Lisbon district municipality of Loures, a situation that was denounced by the president of the animal protection association ‘Chão dos Bichos’, Ana Sousa.



The Chão dos Bichos association this week said 17 dogs were drugged and dumped in the Loures area. (Photo: Lusa/Miguel A. Lopes)

According to Ms. Sousa, whose association took some of the drugged dogs in to check them over, they were dumped in the Santo António neighbourhood in the parish of Camarate, Unhos e Apelação, and also in Quinta do Mocho, in the parish of Sacavém e Prior Velho. The association president told

Lusa News Agency that the animals are from a pack from the São Francisco neighbourhood in Camarate, which is already known to local organisations. They were spotted staggering around late last Thursday night and early Friday morning. Nine dogs - eight males and one female - were found in the Santo

António neighbourhood and a volunteer was sent to tend to them, Ana Sousa explained. The remaining eight dogs were dropped in Quinta do Mocho. Ms. Sousa recalled that “two weeks ago, dogs killed by poisoning were found in the county” but it is “not known what they died from and that is unrelated to this latest incident”.

“In this case, where no deaths were recorded, we think the dogs were drugged for some reason, but it did not go as planned, and then they were dumped”.

Given the distance between the places of abandonment and the spot where the São Francisco pack is located, Ana Sousa believes that “the owner’s intention would not have been to abandon the dogs to prevent them from returning otherwise they would not have been left in these places”.

The animals received care from the association, but given the “very fragile” situation the refuge is in, they had to be returned.

The incident was reported by the association to the Lisbon PSP police’s Department of Animal Defence, but “there was no investigation because, according to them, there was not enough evidence” for one to be conducted, Ms. Sousa said.

Loures Municipal Council was also contacted by the association but was told that the council could not do anything because the municipal kennel is overcrowded, according to the Mayor.

Despite attempts by Chão dos Bichos to expose the severity of the situation through videos and photographs, the council, which employs a municipal vet, reportedly suggested that “one of the dogs should be taken for tests and exams at the Lusofona University”, but by then they had already come around.

Contacted by Lusa News Agency, Loures Council said that this situation “was the result of illegal abandonment, in which the technique used was sedation of the animals” and, “as it is a punishable crime, it will be reported to the authorities”. The council reiterated that the municipal kennel is indeed overcrowded, but procedures for the expansion of the current facilities regarding canine housing are already in the process of being completed, which will allow a 50 percent

increase in the current capacity, but also the creation of a cattery, which had until now been non-existent.

In addition to these investments, with implementation in the first half of this year, the budget for 2019 includes funds for the development of a new municipal kennel in Loures.

Fabian Figueiredo, national Left Bloc leader and candidate for the City Council of Loures in the last municipal elections, said he has already asked the council for clarification on this matter, adding “the political inability with which animal-related matters are treated in the municipality of Loures, is regrettable.”

“Animals are being murdered in the county, the municipal executive has successively postponed the construction of the new kennel, and failed to find a solution for the Chão dos Bichos association” in this instance, he slammed.

Portimão fire-brigade Algarve’s busiest

Portimão fire-fighters responded to 20 percent more accidents last year in comparison to the year before.

Regionally, the Portimão brigade was the one that responded to the most call-outs in the Algarve, followed by Albufeira and Lagos.

The brigade also noted a 40 percent rise on 2017 in call-outs relating to damages to infrastructures and communications, resulting from bad weather conditions such as strong winds and heavy rain.

Congratulations!

Thank you to everyone who completed **The Portugal News Readers Survey** and to those who also entered our free prize draw.

The winners of the draw have now been selected at random and we are very pleased to be able to congratulate the following readers:

Carol Bruno - Who has won dinner for two at Quinta dos Santos

Lisa Lang - Who has won a Caves & Coastline boat tour from AlgarExperience.

Sarah Duncombe - Who has won golf for 2 people, including buggy on any of the Pestana golf

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Michael Donn Bronkhorst - Who has won a 1 night stay for 2 people in any Vila Galé hotel in Portugal.

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Winners will be contacted shortly with details regarding how to claim their prizes.



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Discretionary Fund Management for the Scandinavian NHR in Portugal

The past decade has seen thousands of Scandinavians – mainly Danes, Swedes and Norwegians – moving to Portugal, not least because of the opportunities to exchange the relative cold and dark of their home countries for the warmth and light of the Mediterranean sun.

The influx of Scandinavian retirees into Portugal has been an unmitigated success story for the Portuguese government, providing a much needed financial boost, with expats contributing to many areas of the economy, from basic retail spending to investing in property and an increasing number of tech start-ups.

For expats, the journey to Portugal brings with it the possibility of Non-Habitual Resident status and all its accompanying tax planning opportunities – for example, the chance to avoid tax in your home country while paying no tax at all for ten years on pension income in Portugal. And, while it's true that over the past few years various countries, including Finland and Denmark, have struck deals with Portugal allowing them to recover at least some tax from expatriates living in Portugal, even in 2019, financial opportunities abound.

Here we take a look at some of the benefits of discretionary fund management for the Scandinavian expat in Portugal and how the wealth managers at Blacktower provide a trusted service for expatriates.

Discretionary Fund Management for Expats in Portugal?

It was not that long ago that the benefits of having a Discretionary Fund Manager (DFM) were not widely understood. However,

as a wealth management innovator of more than three decades standing, the Blacktower Group has spent its life span placing itself ahead of the game, championing the benefits of the discretionary fund management model long before it became popular to do so.

Quite simply, discretionary fund management is about enhancing the whole investment experience. This is because a third-party DFM is able to free up large amounts of time for your wealth manager by bringing specialist knowledge to the day-to-day management of your portfolio. This helps your wealth manager to assist you in reaching your unique goals while ensuring that, if you wish, you are able to remain abreast of both general and specific market conditions.

The DFM's specialist management provision combined with the wealth manager's individual knowledge of our clients, and their strategies, plays a vital part in helping investors to weather volatility in the market so that they can avoid unnecessary emotional deviations, instead adhering to their long-term strategy even in difficult economic times. Furthermore, a DFM's independent research, knowledge and experience can also help an individual client make the most of emerging markets and opportunities at the critical early-growth phase – for example, during the recent Lisbon



tech start-up boom.

This is not to say that a DFM is purely about results – although like any investment service, these are of course the ultimate aim – a DFM is also beneficial for the expat investor in Portugal because of the way they stand as a continual point of contact to help the client understand the makeup of their portfolio, its place in the market and how it is calibrated to help achieve financial goals.

Personalised to Your Needs, Blacktower's DFM offering

Blacktower's DFM service provides clients

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by Sally Tilly, International Financial Adviser

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Lisbon to have €10, seven-day travel pass in April



Lisbon Mayor Fernando Medina unveils the new travel pass for the capital. (Photo: Lusa/Mário Cruz)

PASSE ÚNICO METROPOLITANO
Mais e melhor Transporte Público

Public transport in the Lisbon Metropolitan Area (AML) is to have a €10, seven-day travel pass in April to ensure a smooth change-over to the new metropolitan tariff system.

According to an AML statement, it will “approve the creation, during April and transiently to users with a 30-day card of the same month, of a card equivalent to the subway pass”. According to the document, the travel pass will be valid for seven days, “to be effective after the expiry date of the 30-day card and is to start

being sold from 8 April 2019 until the end of that month.” The government and the mayors of the area on Monday are to sign contracts for a single pass in the 18 municipalities of AML, which is set to cost a maximum of €40. This single pass will end hundreds of combined cards that currently exist for the use of collective transport and will have

two settings: the ‘Navegante Municipal’ which will cost €30, allowing travel within each municipality, and the ‘Navegante Metropolitano’ which will cost €40, allowing travel throughout the metropolitan area. The new card, which can be bought from 26 March, will be monthly (valid for one month from the first day). TPN/Lusa

Alentejo go-slow protest highlights dire state of interior’s roads

Around 100 drivers gathered to stage a go-slow protest in the Alentejo on Monday, to draw attention to the degradation of the region’s roads, stemming from what the protestors deemed “decades of abandonment”.

The go-slow was staged on Sunday between the municipalities of Vidigueira and Barrancos, in protest against the poor state of local roads, the fruit of “decades” of abandonment, participants said.

Speaking as the caravan of

protests crawled through his county, Barrancos mayor João Serranito Nunes argued that recent decades have seen only “successive patch-ups that do not solve anything” but “exacerbate the discomfort of those who drive”.

The morning march was promoted by the municipalities of Barrancos, Moura, Mourão and Vidigueira as a form of protesting against the state of degradation of the roads that serve the municipalities and “in defence of better accessibility”.

Under the motto ‘Together for better accessibility’, participants called for structural works on national roads 258, 385, 386 and 387 and on regional road 258, considering that the current state of these roads “jeopardises road safety” and is “an obstacle to development and investment” for the municipalities.

Setting off at around 9.40am the caravan inched along a 90 kilometre route at 20km/h to get their message against potholes, depleted surfaces and poor

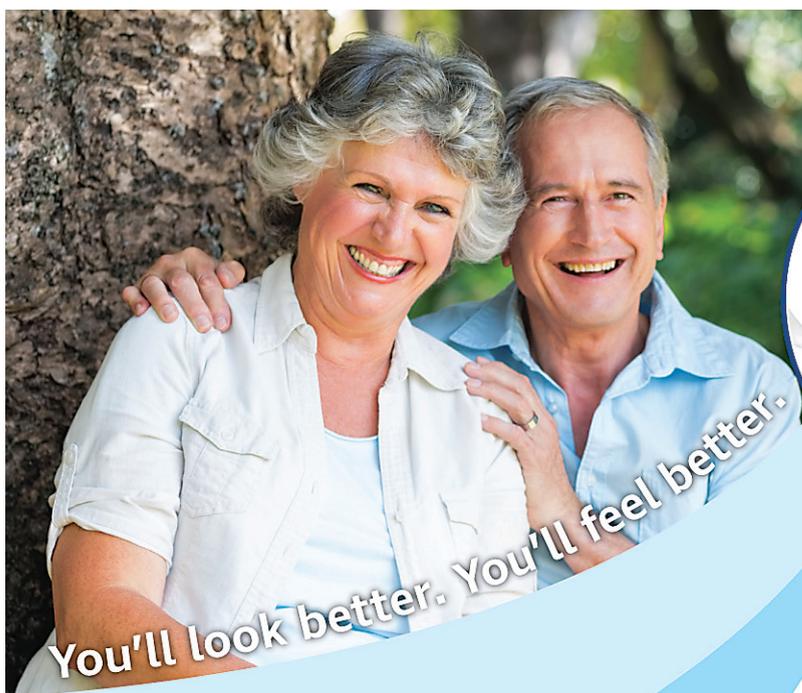
repairs heard, slowly picking up fellow supporters as they crawled through the succession of counties.

According to the mayor of Barrancos, the initiative intended to warn the government “that there is no chance of reviving or living in the interior” if there is no “decent access or good accessibility”.

“This is decades of neglect. This is a problem that is not exclusive to Barrancos, but all along the border with Spain”, the Barrancos Mayor slammed, adding the state

of the region’s roads “penalises us a lot because we are far from everything” and “every day” it faces great difficulties “to attract tourists or to establish companies that, later down the line, cannot distribute their products”.

The people of Barrancos “feel scorned for being isolated and unable to leave” the county “properly”, he said, reiterating: “The fact that we are remote and have few people does not mean we do not have the same rights as the rest of Portugal”.



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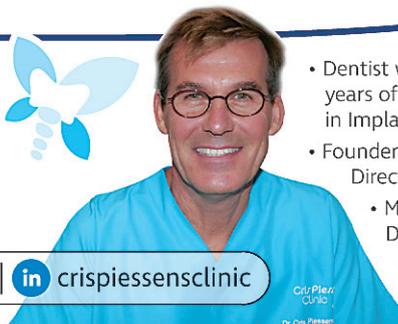
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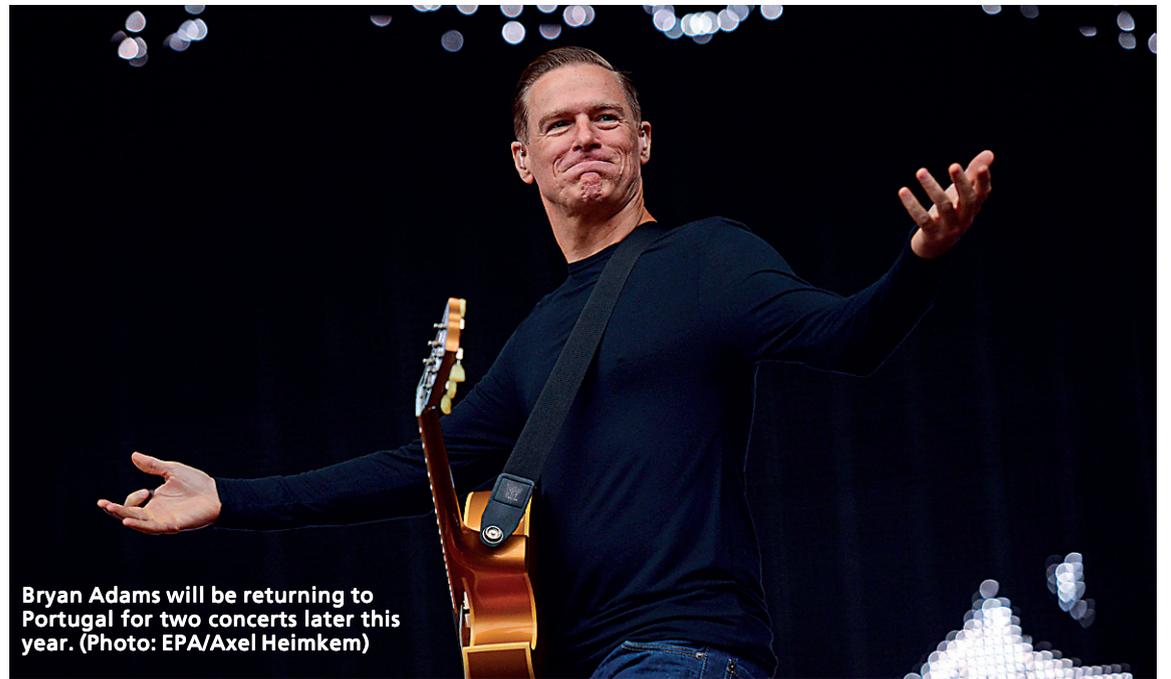
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Bryan Adams performing in Portugal in December

Canadian musician Bryan Adams will be performing in Portugal on two dates in December, in Lisbon and in Braga.

The acclaimed producer, philanthropist, photographer and activist is one of the best-known and internationally awarded Canadian artists. Adams, who has close personal and professional ties with Portugal, will be in the country in December for two concerts, on consecutive dates, in Lisbon and Braga, where he will showcase his latest album 'Shine a light', released this month. He will be performing at the Altice Arena in Lisbon on 6 December and at the Altice Braga Forum the day after, on 7 December. Released on 1 March, 'Shine a Light' is Bryan Adams' 14th career album and features guest stars including Jennifer Lopez on 'That's how strong our love is' and Ed Sheeran, who co-wrote the main track after which the album takes its name. The 59-year-old, who turns 60 in November, was last on Portuguese stages in 2016; two years earlier he

held an exhibition of his photography in Cascais, featuring around one hundred portraits of stars from the world of entertainment, culture and fashion. The singer, who is perhaps most famous for his power ballads '(Everything I Do) I Do It For You - the theme from the Robin Hood: Prince of Thieves blockbuster, which still holds the record for the most consecutive weeks at number one in the UK; - 'Heaven', and the rock classic 'Summer of 69', lived for four years in Portugal, having attended school in Portugal in the late 1960's under Salazar's dictatorial regime. In an in-depth interview with national flag-carrier TAP's onboard magazine UP from 2010, he recalled moving to Portugal after his father was posted to the country as a Canadian diplomat. The family lived near Cascais, and he retains fond memories of spending time in Lisbon,



Bryan Adams will be returning to Portugal for two concerts later this year. (Photo: EPA/Axel Heimkem)

listening to Fado, and enjoying summer days on Guincho beach. It is understood that he still

regularly visits Portugal for both personal and professional reasons.

Tickets for Bryan Adams' 'Shine a Light' tour go on sale in Portugal on Saturday, 23 March.

Domingos Pinho exhibit in Gondomar between 30 March and 8 May

An exhibit with 60 drawings from the 1960s from Portuguese artist Domingos Pinho is to open from 30 March to 8 May at Lugar do Desenho in Gondomar, a municipality east of Porto, the Júlio Resende Foundation announced earlier this week.

In a statement, the foundation said that the content of the exhibit will allow visitors to "explore the paths that drawing has opened in modern and contemporary art, reflecting on its relationship with

painting, debate its autonomy and witness all the derivations that its practice involves." Author of a work of "great intellectual sense" and a "profound connoisseur of the history of art",

Domingos Pinho "has worked in cycles recognisable for the coherence of his pretexts and his formal cohesion, aspects shown by the series of drawings." Pinho was born in Porto in 1937 and graduated in painting at the Faculty of Fine Arts of the University of Porto in 1963 where he became a teacher. The foundation said that the exhibit "has a very particular meaning," recalling that "there were many

moments when the artist met with Júlio Resende." "His [Pinho] path is linked

to the Faculty of Fine Arts of Porto, where he began to attend when Júlio Resend

began his career as a teacher," the statement read. *TPN/Lusa*

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World's second-biggest shark spotted off Algarve

coast A dwarf whale and a basking shark were both spotted off the Algarve coast on the same day last weekend.



A basking shark was spotted off Faro Island last weekend. (Photo: Lusa/Nuno Sá)

The basking shark, about seven metres long, was spotted off Faro Island on Saturday, during a leisurely boat trip being enjoyed by a group of friends during the recent spring-like weather. The animal is the second largest living shark in the world, after the whale shark, and one of three plankton-eating shark species, along with the whale shark and megamouth shark. Adults typically reach 6-8 metres in length and are usually greyish-brown, with mottled skin. Newspaper *Correio da Manhã* reported that the shark spotted off Faro island was “almost the size of the boat” in which the person who filmed it was travelling, at about seven metres. Marine biologist Élio Vicente explained that the basking shark

is “totally harmless to humans” and that “it is a natural and regular presence” in the waters of the sea off the Algarve coast. Also on Saturday, another ‘giant of the seas’ was sighted on the same coast, albeit in a different location. A dwarf whale was spotted off the lighthouse of Alanzina, near Carvoeiro, in the municipality of Lagoa. The mammal was sighted during a tourist boat trip aboard a whale-watching vessel and by coastal hikers. The captain of the boat estimated that the whale was at least “seven or eight metres long”. Biologist Élio Vicente explained that it is also normal for dwarf whales to pass along the Algarve coast, but stressed that “it is not easy to spot them”.

Portugal classifies Lines of Torres Vedras as national heritage

Portugal's government has classified the forts and military roads built over 200 years ago to safeguard Lisbon from the French invasions, also known as the Lines of Torres Vedras, as national heritage.

The law was approved at a cabinet meeting and is aimed at “preserving the memory of this defensive system, acknowledging its historical interest” during the Peninsular War, the government press release said.

“This decision should have been taken

earlier but we embrace it with great pleasure, because it is an added value to the preservation of this important heritage and will help us promote it as a touristic site”, the president of the association for the Lines of Torres Vedras told *Lusa News Agency*.

The government also announced the creation of a special protection area around each of the buildings.

The Lines of Torres Vedras are a military defence system that dictated the ultimate withdrawal of the Napoleonic army of Portugal, in what became known as the

3rd French invasion - one of the most remarkable episodes of Peninsular War.

In 2014, the Portuguese parliament established October 20 as the National Day of the Lines of Torres.

The Lines of Torres Vedras welcome 10,000 visitors every year. *TPN/Lusa*

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Portugal has once again been listed as a recipient of illegal timber from the DRC.

Portugal once again named as illegal timber importer

Ten European traders, including one from Portugal, could be importing illegal Congo timber worth millions, breaking EU legislation and wreaking havoc on climate-critical rainforests, a new report published by Global Witness claims.

Companies based in Portugal, France, Belgium, Spain, Italy and Poland have been importing timber from Industrie Forestière du Congo (IFCO) - a logging company which Global Witness accuses of flouting forest laws in the Democratic Republic of Congo (DRC).

Together, the ten companies placed more than 1,400m3 of IFCO's so-called high-risk timber on the EU market, with a value of approximately €2 million, in the space of five months during 2018.

IFCO is a recently created entity which has inherited logging operations previously belonging to Cotrefor.

Under the European Timber regulations (EUTR), companies must be able to show they have taken clear steps to reduce the risk that timber imported to the EU has been illegally harvested. Failure to do so can result in high penalties.

"It has been over six years since the EU Timber Regulation came into force, and this is yet another case of illegal or high-risk timber coming into EU ports, seemingly unchecked. Illegal logging is a serious contributor to climate change, and weak enforcement risks undermining the EU's efforts to combat it", said Colin Robertson of Global Witness.

This follows a detailed investigation published last summer by Global Witness,

which revealed systemic illegal logging by a major European company in the Democratic Republic of Congo, while Norway and France are on the brink of funding expansion of the country's industrial logging sector.

Global Witness said that a two-year investigation revealed that European company Norsudtimber was the biggest single owner of logging concessions covering over 40,000 km2 of rainforest in the Democratic Republic of Congo (DRC).

Portugal, China, Vietnam and France are also all said to be recipients of Norsudtimber's timber trading.

The majority of timber exports to Europe went to either Portugal or France. Almost 60 percent of the timber exported is said to come from endangered or vulnerable tree species. Global Witness also said in a statement that the report "Total Systems Failure" shows how a global web of secrecy is facilitating this illegal international trade whilst protecting Portuguese nationals, said to be at the head of the company, from scrutiny.

Back in 2009, the Portuguese branch of the environmental association WWF (World Wildlife Fund) called on the Government to implement legislation against the importation of wood that is of illegal origin after it published a report that highlights this country as one of the world's biggest

importers of tropical woods. Portugal was identified as being the Democratic Republic of Congo's most important client in terms of wood importation, as well as being the sixth biggest importer of tropical woods from Brazil, a target of environmentalists concerned about depleting rainforests.

According to WWF, the Iberian Peninsula ranks number one in Europe and the second region in the world regarding the importation of tropical woods.

Its report highlighted the non-existence in Portugal of national legislation to control this type of business.

"What we intend is that a clear difference is made between wood that we don't know from where it comes, and therefore to which there is an associated risk of it being from illegally felled trees, and wood that comes from controlled sources", said Luis Silva, head of WWF in Portugal. He added that "there is very poor control of where wood comes from", and therefore "associated risks are very high".

"We are very confident that a high percentage of wood entering Europe is illegal", he warned.

Portugal has also faced previous criticism from Global Witness, which a decade ago had already said the country was only behind China and France in terms of imports of timber from the DRC.



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Brazil handed Rodrigo Lapa murder proceedings

Proceedings in the case of a teenager who was allegedly killed by his stepfather in February 2016 in the Algarve city of Portimão now lie in the hands of Brazilian justice after they were delegated to the South American country - homeland of the suspected perpetrator - this week.

On Monday the Portimão Court Public Prosecutor said it had completed its investigation into the suspected murder of Rodrigo Lapa, and asked the Investigating Judge that the case be delegated to Brazilian courts. The transfer of the criminal procedure was granted under the Extradition Convention between the Member States of the Community of Portuguese Speaking Countries, given that the man suspected of Rodrigo Lapa's murder - his stepfather - is a Brazilian national and resides in Brazil. The facts date back to February 2016, when Rodrigo Lapa was 15-years-old, and was found dead near the house where he lived in Portimão.

According to *Lusa News Agency*, the Portuguese prosecutor's investigation concluded that it was the stepfather who killed Rodrigo Lapa in February 2016. The defendant, Joaquim Lara Pinto, of Brazilian nationality, travelled to Brazil days after the crime, where he currently resides. It is now up to Brazilian authorities to eventually arrest the accused, bring the final charges and conduct the trial, once the investigation is completed. Rodrigo Lapa disappeared just over three years ago on 22 February, 2016. His body was found a week later, on 2 March, on a plot of land near the house where he lived with his mother, his stepfather and baby sister. The young man's body was found in a remote spot near the

residence, between the Vendas and Malheiro neighbourhoods, next to one of the main in-roads into the city of Portimão. The Portuguese Public Prosecutor's investigation also concluded that the mother of the young man, heard during the investigation by the PJ Police always in the capacity of witness, had nothing to do with the disappearance and death of the child. The teen had been attending a cooking course in the nearby town of Lagoa, and had missed classes for three days before his mother informed the authorities of his disappearance on 22 February. The public prosecutor said Monday that Brazil had accepted the transfer of criminal proceedings.



Rodrigo Lapa's body was found on 2 March 2016, on a plot of land near the house where he lived with his family. (Photo: Supplied)

Attorney general calls for more action against domestic violence

Portugal's attorney general has said that "more and better" had to be accomplished in the fight against domestic violence, highlighting the need to protect children and saying the judiciary was not solely responsible for flaws in the system.

Lucilia Gago was speaking at the 7th Domestic Violence Seminar, organised by the police and the Victim Support Office.

Gago said preventive measures that

were "structured and consistent" were needed and that schools had to be aware of "signs of violence" in child victims.

The attorney general's office has warned about the risk of these children

replicating violent behaviours they were victims of and which they witnessed at home from a young age, saying that violence could later be manifested in romantic relationships, both among

adolescents and adults.

The police also said that 14 people had been killed this year and named them all to highlight that they were more than just numbers. *TPN/Lusa*

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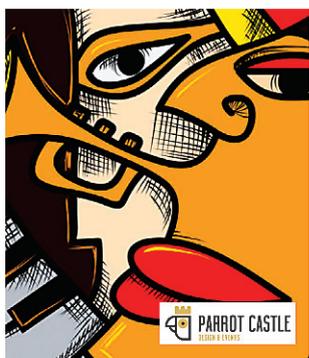
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EU disapproves tax exemptions in Madeira

The European Commission has criticised the tax exemptions granted by Portugal to companies established in the Madeira Free Zone (ZFM).

“It is illegal aid, which is not in line with the Community market”, the commission said.

According to the preliminary conclusions of an in-depth investigation into Portugal's regional aid scheme, Brussels has doubts that “the company profits benefitting from the income tax reductions originated exclusively from activities carried out in Madeira” and “that the beneficiary companies actually created and maintained jobs in Madeira”.

Therefore, Brussels has asked Portugal to present, in a month's time, “every document, bit of information and data required to assess the compliance of the aid/measure”.

The European Commissioner for Competition, Margrethe Vestager, has sent a notice to the Portuguese minister for foreign affairs, Augusto Santos Silva, asking for “a complete list of all the companies registered in ZFM from 2007 to 2014, which should include the aid amounts received per year” and prove the companies' activities were carried out in Madeira and created jobs. “Every illegal benefit should be retrieved from the companies”, she recalled. In July 2018, Brussels opened an in-depth investigation to examine whether Portugal has applied the Madeira Free Zone regional aid scheme in conformity with the 2007 and 2013 Commission decisions

approving it.

The Commission approved successive versions of the ZFM regional aid scheme under EU state aid rules on several occasions between 1987 and 2014.

EU state aid rules provide ample scope for Member States to support the economic development of outermost regions, such as Madeira, and to address the structural challenges of companies active in such regions.

Under the approved ZFM regional aid scheme, the amount of aid granted to companies through corporate income tax reductions or other tax reductions is linked to the number of jobs that they create in Madeira.

TPN/Lusa

S&P up-grades Santander in Portugal's long, short-term credit rating

U.S. rating agency Standard & Poor's has raised bank Santander's long and short-term credit rating in Portugal, the bank said earlier this week.

S&P raised Santander's short-term rating to A-2 (“investment grade”) and its long-term rating to BBB, the statement added.

Santander's ratings are the highest among banks assessed in Portugal, which during the crisis remained focused on the “reduction of strong

exposure to non-performing loans,” while Santander can “strengthen” its commercial and financial profiles “even further,” according to the note.

Santander's rating comes after Portugal's rating was raised from BBB- to BBB in a note released late last week.

TPN/Lusa



European Commissioner Margrethe Vestager has spoken out against Madeira tax exemptions. (Photo: EPA/Piotr Nowak)

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Lisbon ‘should consolidate Atlantic’, become global hub - TAP chairman



TAP chairman Miguel Frasquilho. (Photo: Lusa/ Luís Forra)

The chairman of the board of TAP Air Portugal, Miguel Frasquilho, has said that if Lisbon wants to be a global hub it has to “consolidate the Atlantic.”

Frasquilho was speaking at the end of a lunch organised by the International Club of Portugal in Lisbon. He also regretted China’s HNA Group selling its stake in Portugal’s flag carrier TAP saying it was the airline’s “door to the East” and that Asia “could not be left behind.” Meanwhile, in related news, Miguel Frasquilho, has said that he had

“serious doubts” that Brexit would happen, which he said was “great” for the European and international economy. He said Brexit would have an “uncontrolled” impact “everywhere” and that it would also impact Portugal’s economy. Elsewhere, TAP confirmed it has started flying to Venezuela again as safety conditions have been guaranteed. “Caracas airport operations

are now back to normal, so our Saturday flight will take place as scheduled”, a company source told *Lusa News Agency*. Last Tuesday the Portuguese airline cancelled its flights to Venezuela due to unsafe conditions at Caracas airport. The company source explained “it has registered lower booking levels and for that reason TAP reduced the number of

weekly flights between July and September 2018”. The company “is carefully analysing the internal situation in Venezuela”, the source stressed. Currently, TAP has two weekly flights to Caracas, on Tuesdays and Saturdays. Many airlines have stopped flying to Venezuela while others have cancelled flights on specific days over security concerns. *TPN/Lusa*

Five hotels in Spain’s *Casual Hoteles*’ growth pipeline

Spanish hotel chain *Casual Hoteles* is planning to invest around €25 million in five hotels in Portugal, the company’s chief executive, Juan Carlos Sánjuan, has revealed.

The company plans to open hotels in Lisbon and also in the northern city of Porto by 2020, and to hire 12 employees for each hotel.

Investment in the first hotel, which will open in Lisbon later this month, is expected to amount to €7.8 million, according to Carlos Sánjuan. The

company will invest €18 million in the remaining sites.

The company aims to invoice around €7.5 million in Portugal per year, Carlos Sánjuan added.

In a note sent to media, *Casual Hoteles* announced it would go ahead with launching the hotel *Casual Belle Époque Lisboa* in March, its “first international hotel” located in downtown Lisbon in a historic and completely renovated building.

The *Casual Belle Époque Lisboa*

hotel will have 28 spacious rooms and will offer double rooms, twins, suites and also family rooms.

The chain plans to open another site in Lisbon, in a little over a year. Another hotel will be opened in Porto in April, and two more are scheduled for 2020.

The plan is part of the group’s internationalisation plan. By 2023, the chain aims to have 30 hotels and a turnover of around €50 million, the group said. *TPN/Lusa*

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When the rental contract is communicated, a tax bill is

issued. The landlord has to pay 10% of the monthly rent under the contract, of the stamp duty tax.

The lack of communication in time means that the Tax Authority can issue a fine, which can be ased from €100 to 2.500€. On the other hand, when the landlord fails his duty to issue a rent receipt, the law predicts a fine, whose value can be ased from €150 to €3.750.

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accommodation is done at the competent municipalities, and they are subject to **prior communication**, through the website *bde.portaldocidadao.pt*, the survey costs, as well as documentation to be presented are set by each municipality. And the property’s owner commits to comply with a certain number of requirements when submitting the registration.

It is predicted a fine amounting from €2.500 to 3.740,98€, for situations of local accommodation working

without previous registration at the competent Town Hall, in case of individuals, or from €25.000 to €35.000, in case of companies or similar entities.



See the full article on our website-publications or use the QR code above.

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afpop Events

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

Lunch at Alloro 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

Saturday 23 March -
Let's Walk from
Monchique

A moderately easy two hour walk through the valleys to the east of Monchique town. 1.30pm 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

Tuesday 26 March - Let's
Walk from Fontes de
Louseiros

An easy walk through country lanes, passing tiny hamlets and luscious orange groves, about two and a half hours 10am start - meet at Café Falcão in the centre of Louseiros. At Alcantarilha Gare on the road between Silves and Algoz, you cross the railway line signed for Fontes Louseiros and drive for about 4km when you come to the village, the cafe is on the right. Julie 965 753 033

All are very welcome, there is no need to book. Please wear shoes suitable for country walking, bring a sense of humour and be prepared 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)



St. Patricks Irish Society March Walk

Saturday, 30 March 10.30 am

Our walk takes us along the Lavada at Lagoa. A flat 2-hour walk in a relaxing rural environment We meet at Barco Velha restaurant at 10.30 am and return there for lunch.

Directions

From the west, turn right at the roundabout at Fatacil exhibition centre. The meeting point is at Barca Velha restaurant on the left-hand side about 250 metres from the roundabout. Coming from the east turn left when you reach the Fatacil roundabout.

Non-members welcome. Please confirm if you intend to participate contact John O Neill johnobocadorio@gmail.com

CHARITIES

APAA CHARITY SHOPS
- Dunas do Alvor: 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 Agrícola 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, AHSA 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 and help us make sandwiches and 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. watty100@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 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 Água. 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 Brás 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.

Balala 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. Chris Michie 28232255/916583418, robertmichie@sapo.pt

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

The Camping Problem

SIR, For more than 25 years we are coming to the Algarve. We love this area from Villa Real to the West-Coast. Because of the situation between Carvoeiro and Lagos, we choose Praia do Vau for our regular stay! The nature between Portimão and Alvor still exist, although mass tourism starts to put its negative stamp of destruction in those areas.

It should be officially forbidden in urban areas and this beachfront!

Campers of the whole European community parking their big trucks on the best areas in urban development, where there is no infrastructure to accommodate them. They do not pay any tax contribution and there is no economic interest for locals, such as restaurants or Hotel businesses. Even the public swimming pool is invaded! Some of them using four parking spaces to install themselves. Waste plastics, paper, public urinating, filling waste bins with toilet waste, noise from generators...stealing water... VIEW POLLUTION!! Camping tents in green protected areas.

The criticism lays not on the lack of infrastructure. It is not because of a "non existant" infrastructure that wild parking is admitted, only already in respect of an urban area where local and foreign people invest.

This phenomena scarily increased over the last 7 years!

At the parking in Alvor, we counted more than 200 Campers. Then there are all the green spots between Praia do Vau and Três Irmãos.

Same in Portimão on the Três Castelos, parking spaces are taken for long term stay.

Most of those Campers own two dogs (for their own security), they let them run free on the beaches and everywhere, with no sign of respect for the hygiene of the local community. Why can they bring in animals without quarantine or registration or taxation?

The Associations for Protection of Animals in the Algarve are already submerged by the misery of abandoned cats and dogs. We saw even pit bulls; classified as dangerous, running free - owned by foreign "marginal's" Campers.

It seems that the Camper mentality is...no sign of prohibition everything is possible and free of charge, parked in first line with sea view?!

VERFAILLIE ROLAND & STYL SONIA

Bowls Algarve - Finals Week

Wednesday 13 March was the first day of the Inter-Club Finals. What a fabulous day it was. The bowling was exceptional. We have very professional bowlers here on the Algarve, very capable of moving from grass to carpet and back again, showing no sign of any difficulty. The green at Valverde was exceptional, it bowled like velvet. "Thanks" must be passed to their green keeper for the excellent job of preparing the green, and "thanks" to the Club for the welcome and the hospitality.

The morning of day one Wednesday 13 saw both the Men's Pairs and Ladies Pairs matches. The bowling was of the highest standard and saw Mark Jackson and David Brooks of Floresta triumph over Jerry Kinane and Richard Fribbins of Floresta, whilst Sue Kinane and Karen Hargreaves of Floresta prevailed over Carol Williams and Greer Hogg of Floresta. The afternoon was the Mixed Fours game with Phil King, Peter Harris, Betty Harris and Thea Tushuizen of Pedras overcome Carol Williams, Richard Fribbins, Sue Kinane and Jerry Kinane of Floresta, a game which was so close it was equal after eighteen ends, making it necessary that

another end had to be played to determine the winner.

The second morning Thursday 14 saw George Humphreys, Ron Nutter and Geoff Hargreaves of Floresta fighting out the Triples game, finally succeeding over team mates Pat Derouane, Sheila Rapsey and Paul Johnson of Floresta. Playing at the same time were the Mixed Pairs game, with Carol Williams and Paul Sutton of Floresta prevailing over Greer Hogg and Norman Merritt. During the afternoon, the two games played were, the Men's Singles with Gerry Kinane of Floresta succeeding over John Kerr of Floresta, and the Open Fours game, with Mark Jackson, David Brooks, Bill Thompson and David Bridgewater of Floresta overcoming team mates Debbie Stewart, Karen Hargreaves, Geoff Hargreaves and Norman Merritt of Floresta.

A third day was utilised on Friday 15, for the Ladies Singles, due to illness. This was between Debbie Stewart of Floresta and Evelyn Oliver of CPO, which saw Debbie prevailing over Evelyn. Congratulations to all the winners and commiserations to all the runners up.

"Thanks" must be sent to Richard King, who has co-



ordinated all the competition, and to Flo and George and staff at the Don Camillo restaurant for the catering facilities over the Finals competition. An excellent competition, and I

believe I can speak for all the competitors when I say, we are all looking forward to next year's competition.

Miriam Hare, Bowls Algarve Press Officer

2019 Alvor Crown Green Bowls Tournament

Alvor Bowls Club ran its annual Crown Green Bowls Tournament from 25 February to 1 March with a total prize fund of €1500. Thirty two bowlers from across The Algarve and UK competed in the competition and a high standard of bowling was on display. Following an initial round-robin stage the bowlers were streamed into two groups - one group continuing in the main Tournament and the other in a subsidiary Shield.

The winner of the Tourna-

ment was Steve McManus and Lorraine Hirst won the Shield. The weather was beautiful throughout the Tournament and many new friendships were formed.

The Tournament is a participatory event in the Portimão European City of Sports 2019 and has received support from the accredited sponsors. The 2020 Tournament will run from 24 to 29 February and entry details will be available on the Club website www.alvorlawnbowls.com.



Algarve Bike Rides

There is still some time to sign up for our Transalgarvebike tour in May, details here :- <https://www.facebook.com/events/1287918618016011/>

Please contact me this week if interested

Here are this weeks rides :-
Saturday 23 March - Bike Ride starting in Benafim, we meet by the roundabout in the centre of the village at 9.15am ready for a 9.30am start. This will be a challenging ride with a café stop somewhere along the way.

Sunday 24 March - Bike Ride starting in Salir, we meet by the car park in the centre of the village at 9.15am ready for 9.30am start. This is a mostly flatish and easyish ride amongst the hills of around 35 to 40 km with a café break somewhere along the way (Alte).

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.

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In conjunction with Lagoa Humorfest 2019

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Ladies' Day

by Amanda Whittington
Directed by Angela Theobald

21, 22, 23 March 2019
Carlos do Carmo Auditorium
Lagoa. 7.45pm

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DINNER & DANCING

O CASEIRO RESTAURANTE

Saturday, 23 March 7:30pm
Arao (Odiaxiere)

FULL DINNER MENU

Couvets
Bacalhau c/natas with salad OR
Chicken curry and rice
Dessert and Wine, Beer, Water

25€

All Proceeds Benefit APAA
events.apaaportugal@gmail.com
Jenny: 919 041 903 Jackie: 912 651 819

APAA here to help

St Patrick's dinner



The feast day of Saint Patrick is 17 March and he is the patron saint of Ireland. On Saturday 16 March the St. Patrick's Society of the Algarve held a dinner dance at the Pestana Viking hotel in Armação de Pêra to celebrate the occasion. The event was widely acclaimed as a great success with 82 members and guests attending the party. This number well exceeded the last few years and would indicate a current resurgence of interest in the society and its activities, no doubt due to the sterling efforts of the Committee of Neil Rodgers, Teresa Ferreira and Mary Vaughan.

On the night, the Chairman of the society Damien Clarke gratefully acknowledged their hard work in the planning and execution of the event. He

also thanked Juliet Fortune and her sister Stella of Porches Pottery for their help in decorating the room (which greatly added to the atmosphere of the festivities) as well as the management and staff of the Viking hotel for providing a marvellous meal. The music was supplied by Vitor Talhadas and his excellent performance was another highlight of the night which enticed some guests on to the dance floor even before they had finished the meal.

The St. Patrick's Society organises various social events throughout the year. They are always on the lookout for new members (any nationality!) and anyone interested in joining can contact membership secretary Teresa Ferreira - email: membership.st.patricks.algarve@gmail.com

Associação Obrigado Bombeiros

Donation funds specialist equipment and clothing for firefighters

Associação Obrigado Bombeiros, now a legal charity, recently visited the Silves and Lagoa fire stations, where donations from the very successful auction held last September, have been used to fund lifesaving equipment and protective clothing for local firefighters.

The €7,300.00 raised in 2018 by *Associação Obrigado Bombeiros*, at their auction event at Casa Algarve in Porches, was split equally between Silves and Lagoa Bombeiros. The donation enabled Silves to buy equipment used to help free road traffic accident victims. In addition, Silves was able to purchase specialist boots and uniforms. Lagoa used its share of the donation to buy 52 pairs of specialist boots for its fire crews. The apparel was urgently needed following the terrible fires last summer in the region.

Some of the purchases were on display when *Associação Obrigado Bombeiros* visited the fire stations. Committee member, Elaine Evans commented: "We were made



Associação Obrigado Bombeiros at Lagoa fire station

to feel very welcome in both stations and given interesting guided tours of the facilities" she continued: "It was very heartening to see what had been bought with the money we raised and it has encouraged us to set our sights higher this year. In 2019 we aim to raise €12,000.00."

Associação Obrigado

Bombeiros is planning an exciting live music event, scheduled for 18 May 2019 at Carvoeiro Tennis Club. More information on this event will be published shortly.

Associação Obrigado Bombeiros is also continuing to run its popular Wednesday quiz night at The Quinta Bar in Silves. Check the Facebook

page for details and updates.

Contacts: Email: obrigado.bombeiros@hotmail.com, Tel: Clarissa Meca (+351) 964 877 032, Facebook: www.facebook.com/obrigadobombeiros lagoasilves, Instagram: https://www.instagram.com/obrigadobombeiros/

Goût de France at the Atlântico Restaurant

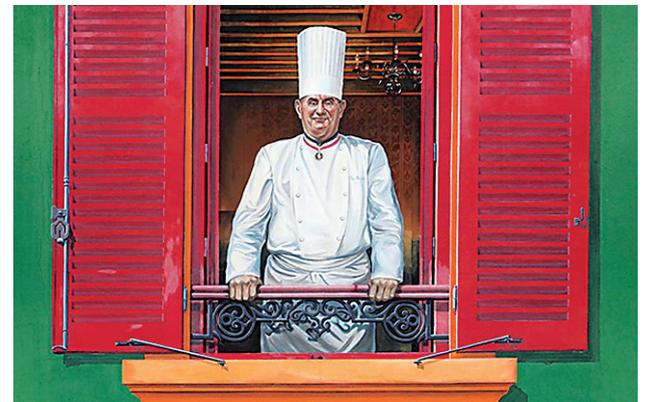
On the 21 March, the Atlântico Restaurant, located at VILA VITA Parc Resort & Spa, joins 5,000 chefs from all continents, participating in the 5th edition of the Goût de France gastronomic event - an invitation of the French Embassy in Portugal.

The event, founded in 2015 by Chef Alain Ducasse and the French Ministry for Europe and Foreign Affairs, following the declaration of the French cuisine as UNESCO's World Intangible Heritage, aims to celebrate French cuisine

throughout the world, by offering French-inspired menus at the participating restaurants.

This year, Chefs from around the world will work to create a French-style dinner, honouring and recognising Chef Paul Bocuse's contribution to French cuisine.

This is a unique opportunity to pay homage to the extraordinary French cuisine, in the sophisticated and elegant atmosphere of the Atlântico Restaurant, with a privileged view over the resorts' luxurious gardens and the Atlantic Ocean.



ANGLICAN CHURCH

Sain

Services of Holy Communion:

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10.30am ASCA
Almancil (next to Comunidades Garden)

SUNDAYS:
11am Convento de S. José Lagoa
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SUNDAY SCHOOL THIS WEEK

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Don't let your dog suffer in silence



The good news is you can help your dog learn that it's okay to be left alone and help your dog to feel calmer and happier while you're out.

The RSPCA has launched #DogKind to help dogs who find being away from their owners difficult.

A large number of dogs suffer in silence, without showing any clear signs that they're struggling to cope, meaning owners don't often realise that there's a problem. #DogKind from the RSPCA aims to raise awareness of this (often hidden) issue to help owners ensure their dogs are the happiest pooches on the block. #DogKind campaign manager Daisy Hopson said: "We know that owners are the centre of their dog's life. So, when you leave your dog for any period of time, it can be incredibly difficult for them. "It's nothing to do with their age, breed or where they've come from. Many dogs don't know how to cope when their owner isn't at home and so are often unhappy when left alone."

Research suggested that 85 percent of dogs may be struggling to cope when left alone. More worrying is the fact that many dogs won't show signs that they are struggling (50 percent of dogs according to one study). Therefore, separation anxiety is easy for owners to miss. In fact, 75 percent of owners surveyed were unaware that their dogs were finding it hard to cope when on their own.

Teaching your dog that it's okay to be left alone
RSPCA dog welfare expert,

Dr Samantha Gaines, said: "Some dogs who find it difficult to cope when on their own bark/howl or destroy things to show their feelings, others will simply sit there suffering in silence. Like people, dogs express their emotions in different ways, so you may not always know if there is a problem."

According to the RSPCA, the good news is you can help your dog learn that it's okay to be left alone and help your dog to feel calmer and happier while you're out. Even if you're unsure whether your dog is struggling, the RSPCA #DogKind information will guide you through the steps you can take to help discover if your dog is finding it difficult to cope and what you can do help. It's a really important part of any dog's training to teach them that being left alone isn't scary, and so we also have lots of advice on how to teach your puppy or new dog that being on their own isn't a bad thing.

Dr Gaines added: "There are lots of ways we can help our dogs if they're struggling to be home alone. If they need something to occupy them then it can be a great opportunity to provide enrichment and stimulation such as toys stuffed with treats or puzzle games."

If your dog struggles without company or you are out for longer periods of time then you could ask a neighbour, friend or relative to spend time with your dog or take them out for a walk. However, if you're concerned that your pet is displaying signs of separation related behaviour then the RSPCA would strongly recommend speaking to your vet or a clinical animal behaviourist for some specialist advice tailored to

his or her needs. Separation anxiety is preventable and treatable. The aim of the #DogKind campaign is to help owners better understand their dog's emotional needs and raise awareness of separation related behaviour (especially that it's preventable and treatable). Even if you don't think your dog is struggling, the RSPCA asks owners to try one of their #DogKind methods and see if they can improve their dog's experience of being home alone

PETS FOR ADOPTION



SCOTTY is 8 months old, castrated, vaccinated, chipped and loves walkies & cuddles. 7kg. Found on the road but now waiting for his forever home. Susan(SBAH)918435448



CASTANHA was born in 2016. A teddy-bear young female who loves all humans and is super affectionate. She will do best as an only dog. Large. Sterilised, microchipped and vaccinated. If you would like to meet her email: cadelaralota.comp@gmail.com

HOSPITAL VETERINÁRIO DO ALGARVE

For more information visit our website:
hospitalveterinariodoalgarve.pt

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Banishing garden myths

Gardening is, and always has been, a slightly superstitious art. For generations groundskeepers held on to the gratifyingly bonkers notion that plants grew faster if you talked to them, while the old wives' tale that potatoes should be planted on Good Friday occasionally crops up even today.

But while most of these myths have been confined to the annals of history, there are a few leafy misnomers still holding sway. Here are a few bits of gardening 'wisdom' our greenery could be better off without...

Young trees should be staked

This one is akin to a germophobic parent keeping their tiny children off public transport - sure, you don't want them licking the seats, but exposure to a small quantity of normal-strength dirt is essential for the development of their immune system. So it is with trees: Trunks and roots require a bit of natural wind movement to grow sturdy and strong, and over-coddling with stakes and guy ropes risks stunting their development.

Saplings exposed to steep gradients and particularly high winds may need to be staked to become established, and according to the RHS newly planted large trees, including fruit trees, can benefit, but otherwise, young, small trees tend to be happiest left au naturel.

Seal pruning cuts for protection

Nope, no you shouldn't. We do get where this one comes from though - pruning cuts can be susceptible to disease and decay, and coating them with a protective layer of tar or paint has been common practice in the past. However, this can do more harm than good. Such

'protections' can inhibit a tree's restorative processes and create a warm, moist environment perfect for fungi and rot.

The RHS says they "no longer recommend binding, wrapping or painting pruning cuts" and suggest the best thing to do is to let cuts heal naturally. To help limit any chance of infection or disease, make sure you use clean, well sharpened tools, too.

Natural pesticides are always safe

Now we're not having a go at organic gardening, but the 'natural' tag does not necessarily give a pesticide any moral or practical superiority over its synthetic brethren. Natural toxins can still be harmful to pets, people and the land if misused, while some can have nasty consequences for beneficial insects and other biodiversity.

The specifics are of course case-by-case, but the question you should be asking is how toxic and persistent a pesticide is. Many 'natural' products - including home-made brews - will come up smelling of roses, but by no means all.

Watering plants in the middle of the day leads to leaf burn

We all know to slap on some sun cream at the beach or the swimming pool, but leaves actually burning because of the magnifying effects of a water droplet? Fortunately for late-rising gardeners, this is indeed a myth, and the midday sun is no barrier to your watering can.

Tolerant is not the same as invincible, and this myth can be the kiss of death to a young sedum, succulent or echinacea. (Photo: PA)



While leaf scorch can occur due to excessive temperatures or water loss, it is often best to water plants around dawn or dusk, as less water will evaporate before it's been absorbed.

Drought tolerant plants don't need watering

Tolerant is not the same as invincible, and this myth can be the kiss of death to a young sedum, succulent or echinacea. All plants need watering during their first growing season, and without due care and attention, fledgling drought-tolerant plants will wither away just like any moisture-loving swamp flower. Once established, these plants become much more resilient, but again, they are only drought-tolerant - they still need watering, even if far less often than most.

Moss is a plague upon your garden

Moss has no roots and no vertical

growth, so cannot compete with your garden plants either above or below the ground. Indeed, because it thrives in moist soil with low footfall, it can be a useful cover to protect from weeds. You may not particularly like moss, but it's probably hurting your aesthetic more than your vegetation. Although, if it's covering your patio, there is a slight danger you'll slip on it yourself.

Lighten clay soil by adding sand

This one isn't just a time-waster - it can also turn your soil into an inhospitable slab of concrete not fit for even the most resourceful geranium. Clay soil can be infuriating - it drains poorly, goes hard as rock when dry, and stays cold long after winter - but you're much better off adding organic matter such as compost, manure or grass cuttings. This will lighten the composition while also

improving nutrient quality. Building raised beds and adopting a no-dig policy tend to improve the usability of clay soil too.

Ivy damages trees

Well, not really. Ivy isn't a parasite - its roots lie in the soil so it inflicts no inherent harm on the tree - but its presence can imply a tree is struggling in other ways. By piggybacking onto a tree in its quest to reach the light, ivy usually targets trees with weak canopies that let through enough sunlight for it to thrive, and if it makes it through that canopy, it can smother photosynthesising leaves.

On the other hand, it's a godsend for frostbitten wildlife struggling through a spartan winter. The berries are an ideal food source for many birds, small creatures can shelter in its leaves, and the many roots can help stop the ground from freezing.

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What's New

Spinnakers Bar

Anyone that visited Spinnakers Bar pre 2019 would recall diner style booths providing most of the seating options with squat stools lining the bar providing the remainder. A pool table dominated most of the floor space and a dart board that had long past its expiry date, hung in the back corner.



So what's new you ask. Well hold on to your hats while I paint a whole new picture! Now under new ownership and taking advantage of the staff holidays in January, we set about a long overdue renovation. Gone are the booths (much to the delight of our customers!). Gone are the stools, pool table and dart board. Replaced with bespoke furniture shipped from Ireland. Hand made solid high tables complimented with high backed, leather seated high chairs. For choice and variety we had added stylish low tables and comfortable chairs, creating an open, friendly, 'real-bar' atmosphere. We made a massive improvement to the bar by removing the glass front and installing sliding panel windows. Customers can now relax at one of our high tables and enjoy the sun and fresh air whilst soaking up the beautiful view

of the Lagos Marina. It is not an idle boast to say, at this moment in time, Spinnakers has three of the largest big screen tv's for all sporting events, Rugby, Soccer, GAA etc. In fact, the Cheltenham Races proved to be a big viewing success for us this year. And closing out March, we are delighted to welcome back, by popular demand, the brilliant Black Jack Davey - now I can promise you that is a night of fantastic music and hilarity!! Going forward, we plan on hosting many more live music nights and themed nights to add to the fun. Follow us on Face Book for advance notice of all upcoming events. We look forward to welcoming our regular customers and hopefully lots of new customers too! Please find us on Facebook: @Spinnakers Bar Lagos

A taste of Easter

While synonymous with Easter, these buns are too good to only enjoy over one weekend!

Whether you celebrate Easter or not, hot cross buns are a delicious treat that the entire family can enjoy. Making the buns is quick and easy enough for even novices in the kitchen to be able to complete and while it requires little effort to pick up a pack from your local supermarket, just the smell of the buns as they bake in the oven is enough to encourage anyone to roll up their sleeves and get baking. You can add your own twists to the recipe but for a basic hot cross bun you can't go wrong with keeping it simple.



For the buns:
625g white flour
45g unsalted butter
85g caster sugar
1 medium egg
275ml room temperature milk
125g mixed dried fruit
1 1/2 tsp fast action yeast
1 tsp salt
2 1/2 tsp ground mixed spice
Zest of 1 lemon

For the topping:
2 tbsp plain flour
1 tbsp golden syrup

Method
In a large bowl sieve the flour, salt and ground mixed and then rub in the butter. Then add the yeast, sugar and lemon zest. Beat the egg and add to the flour, followed by the room temperature milk and mix to form a dough. On a floured surface work the dough until it is well combined and knead until it is smooth.

Grease a large mixing bowl with butter. Shape the dough into a ball and place it into the bowl and then leave it to prove for an hour with a tea towel over the top. Once the dough has proved, knead it again then return it to the covered bowl for a further half an hour. Turn out the dough onto a lightly floured work surface and divide it into 12 equal pieces. Roll each piece into a ball, then flatten slightly into a bun shape using the palms of your hands. Cover the buns again with the tea towel and set aside to rest for 5-10 minutes. Grease a baking tray with butter and transfer the buns. Wrap the tray with the buns on it loosely in greaseproof paper, then place inside a large polythene bag. Tie the end of the bag tightly and set aside in a warm place for a further 40 minutes to rise. Now prepare the topping by mixing the flour with water to make a smooth paste. Once the buns have risen again pipe the flour mixture into a cross on each bun. Bake the buns in an oven preheated to 240C/220C Fan/Gas 8 for between 8 and 12 minutes (depending on their size). Remove the golden buns and brush with warm golden syrup to glaze. Allow to cool before eating!

How to

Used as a rich backdrop, blue allows other colours to sing, and is a brilliant choice if you're looking for a bit of a spring shake-up indoors, or simply want to lift the mood with 'pops' of colour. And like green, blue taps into our love of nature-inspired decor - we are, after all, called the 'Blue Planet'. Plunge into deep shades reminiscent of stormy oceans, brighten the outlook with sunny-sky hues, or flirt with subtle, moody tones. If you need more encouragement to dabble with blues, science categorises blue as a 'cool' colour, which studies have found can create a calming and tranquil atmosphere, and even help lower blood pressure and heart rate. So there you have it - conjure a cool decor update and a serene space all at once. Ready to bring on the blues? Here, three experts reveal their take on styling the shade...

Super natural
"We live on a blue planet and are immersed in [this colour] every day, from the blue of the sky to the endless blue oceans, so it's no wonder that blue is the world's favourite colour," declares Dulux creative director, Marianne Shillingford. "Historically, blue was an elusive and difficult colour to create in pigment and dyes with any vibrancy, and so early forms of it were originally highly expensive

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style the boldest blues

and highly prized. "But it's probably the familiarity and reliability of blue that accounts for its popularity. After all, 35% of the world's population wear some form of blue denim every day, and it's a colour that seems to work for everyone. It connects us somehow fundamentally with the planet we live on." For painting, Shillingford recommends choosing gutsy, velvety blues - like Indigo or Sapphire. "Both love to be seen in a warm candle glow, so consider vintage-style bulbs in the light fittings, and add orange ember and golden shades to the accessories." **DECOR TIP:** Blue, Shillingford believes, can be used very successfully as a wraparound colour. But if a full immersion is too OTT, you can enjoy the calming essence of the colour by teaming a mid-blue, like Dulux shades Stonewashed Blue or Cornflower Blue, with warm, stone neutrals, like Egyptian Cotton and Nutmeg White.

DECOR TIP: Blue can look cold in dark, north-facing rooms, but Shillingford notes: "If you use these rooms predominantly in the evening and add layered lighting in table and floor lamps, the effect is utterly seductive and gorgeous."

Dive right in

"The energising power of translucent water was the starting point for our 'Immersed' palette," explains Neville Knott, Crown Paints colour consultant. "The aqua spectrum drifts from a midnight blue to a light fog, carrying with it a depth of tranquillity that helps us to imagine home as a get-away. "Shimmering and reflective, it blurs the structures of any space, bringing light and tranquillity. A dark navy blue adds depth and anchors the palette, and I love the use of aqua that gives a slightly retro, Fifties mood."

DECOR TIP: If decorating a

whole room blue feels like a step too far, simply feature a few deep blue accessories. In navy or indigo, they're guaranteed to bring drama and life to a space - especially one with a predominantly white/neutral setting.

Moody touches

"Whether it's light, airy tones, or dark, bold hues, blue's enduring popularity lies in its versatility to adapt to any part of the home," says Rebecca Snowden, interior style advisor at Furniture Choice. "Opting for dark blue and white offers a beautiful alternative to a monochromatic space. Compared to black, dark blue is a more subtle choice, and this dark yet elegant shade brings out the distinctive lines and unique details of white furniture for maximum effect.

"It's all about styling smart and showing off statement furniture - unique details like tufted backs, rolled arms and rounded edges get to shine without

Get ready to banish the bland and boring. White and grey (yes, really) have a rival on the decor block, as blue is emerging as the new neutral for 2019.



The aqua spectrum drifts from a midnight blue to a light fog, carrying with it a depth of tranquillity that helps us to imagine home as a get-away. (Photo: Crown/PA)

overpowering each other. Experiment with edgy side tables, or slip in smaller accents in the form of vases and candles for a polished, chic touch." **DECOR TIP:** If used in small doses, blue works well as an accent shade,

Snowden notes, because it provides a pop of something extra to neutral spaces. "This is the perfect chance to highlight distinctive furniture such as a chic armchair or sofa, while showcasing different textures," she suggests.

DECOR TIP: For a more contemporary take, light blue and white make an ideal pairing, especially for a modern farmhouse look, as they play off one another for an airy, sophisticated effect," says Snowden.

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Picture perfect Amsterdam

The Dutch city celebrates 350 years since the death of Rembrandt. Gabrielle Fagan goes in search of the original selfie.



Evening view of Amsterdam's typical canal side houses with modern architecture behind them. (Photo: iStock/PA)

I'm wobbling along cobbled streets on a bicycle, on my way to visit someone who could be regarded as the world's first Instagrammer. Being on a bike for the first time in 20 years is an event for me; in cycle-mad Amsterdam, it's the most authentic way to travel. But far more extraordinary is discovering that the social media pioneer is iconic artist Rembrandt, who died centuries before the photo-sharing site was even a twinkle in anyone's eye. The way he sowed the seeds for one of the most popular ways to communicate today is revealed for the first time in the new All The Rembrandts exhibition at the Rijksmuseum (until June 10, 2019), which I'm going to view.

Marking the 350th anniversary of the painter's death, part of a year of celebrations in the Netherlands, it shows the 17th century Dutch miller's son was not only obsessed with self-portraits - akin to our 'selfies' - but way ahead of his time in chronicling, through drawings and sketches, his daily life, family, and friends, for his and their enjoyment. It's a habit that would be entirely recognisable to the online 'posters and boosters' of today. "Rembrandt was the first artist in history - the first Instagrammer, one could even say, and that's not trying to be popular - to really capture the world around him," declares Taco Dibbits, director of the museum.

"No artist before the 20th century made as many self-portraits as he did. He painted his family, he drew his friends, he went out into the streets, the countryside and he even lets us enter his own bedroom, where his sick wife was stretched out. He was a rebel who did not abide by rules of art, and consequently, we're brought into his private world." The Old Master, who dominated the Golden Age of Dutch painting in the 17th century, could never have dreamt of his legacy being so influential on those using 21st century mobiles. But Taco insists: "If I use words like 'selfie' and 'Instagram', it's because he fashioned the way we look at the world, and the way we take photographs. "He's the first person to

register the life around him and make it personal. He never idealises, so he really portrays people how they are. Without him, we would still be painting - or trying to paint - pictures of gods and goddesses, and scenes from antiquity." For the first time in history, the museum is showing every Rembrandt it owns. "Light makes the drawings fade, so we almost never show them. An exhibition like this only happens once in a generation," promises Taco. Twenty-two paintings, 300 sketches and 60 drawings, many of which are normally hidden away in climate-controlled storage, show a fresh-faced young man rocketing to worldwide success, but whose life is marred by tragedy. He was devastated by the death of his wife, Saskia, who outlived all those closest to him, including his four children, and struggled in old age with poverty and loneliness. It's also the last chance for a while to see the one painting not in the exhibition, his masterpiece and huge tableau, Night Watch, which has pride of place in the museum's Gallery of Honor, but will be obscured when work on restoring it begins in July. Gaining an insight into this artistic genius is just one highlight of a three-day visit to a city which boasts more canals than Venice and where I discover, as a keen amateur artist, it's possible

to easily immerse yourself in art. My base is luxury boutique hotel, The Dylan. Built on the site of the city's first theatre, where Vivaldi once conducted an orchestra, it's an elegant fusion of old and new. Historic wood-panelled walls and rafters harmonise perfectly with contemporary pared-back decor. It's a treat for gourmets, with a brasserie and Michelin-starred Vinkeles restaurant. Crucially, it provides the ultimate in 21st century comfort; my room even has a bed which automatically adjusts itself to my body temperature. Location is all - particularly when time's limited - and The Dylan is well placed in the fashionable heart of city, beside the small boutiques, art galleries, bars, and restaurants of the famed Nine Streets (De Negen Straatjes), and overlooking the famous Emperor's canal - one of the three prime waterways. Most importantly, I'm only a 10-minute bike ride (the hotel has cycles for hire) or a short walk away from Museumplein, the city's largest square. It has a stellar choice of art venues. As well as The Rijksmuseum, there's the wonderful Van Gogh Museum, currently showing the works of British artist David Hockney (until May 26, 2019), the Stedelijk Museum, for contemporary and modern

art, and the MOCO Museum, currently exhibiting works by English street artist Banksy. Another nearby must-see is Rembrandt's House, now fully-restored and a museum, which gives brilliant demonstrations of his paint mixing and etching techniques. Its latest exhibition, Rembrandt's Social Network, focuses on his relationships with his friends and family, further burnishing his credentials for engaging in a modern way. To refresh my palate, I step away from the galleries and frames, for lunch and a tour aboard a private canal boat. Travelling along part of the city's 75 kilometres of waterways with Captain Maarten Van Vliet of Classic Boat Dinners is fascinating, as he's a fund of knowledge on the area, history and key landmarks. This is a relaxing way to view the city and enjoy a panorama of its richly diverse architecture, ranging from the ultra-modern to the signature canal-side houses, and their charming, gabled facades. It may have been a whistle-stop visit, but by following in Rembrandt's footsteps, I've found this city - whose life and residents he captured on canvas and paper - is a feast for the eyes on every level. As an aspiring artist, what more could you ask of a destination? PA/TPN ■

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Beat the binge eating cycle



Binge eating can be a form of an eating disorder - and if you are struggling with disordered eating patterns, it's advisable to seek professional support and speak to a doctor. (Photo: PA)

This can lead to weight gain, which brings with it a whole host of associated health risks (such as Type 2 diabetes and heart disease), and can also have a big impact on psychological wellbeing too. While obesity isn't always as straightforward as simply eating too much, Alexia Dempsey, a specialist eating disorders dietitian at the Priory Hospital, says overeating can be a key contributor - and this can often be dictated by emotions.

This emotional eating can then become a "regular, daily demon" that fuels low self-worth. "Emotional or stress eating is something that affects us all on some level. Daily life can lead to negative emotions like stress, anger, sadness, fear, boredom, and loneliness and, in turn, to emotional eating," she explains. The occasional glass of wine after a 'long day', or rare tub of ice-cream after a break-up isn't a major worry. Rather, it's when emotional eating feels out of control, that Dempsey flags as a

cause for concern. "Emotional eating often comes on suddenly and feels like it needs to be satisfied immediately," she says. "It happens as a way of suppressing or distracting negative thoughts and feelings, and is a form of self-soothing. In the short-term, it can feel functional, but in the long-term it can support a cycle of difficult and distressing feelings." Sound familiar? Remember, binge eating can also be a form of an eating disorder - and if you are struggling with disordered eating patterns, it's advisable to seek professional support and speak to a doctor. There's lots you can do to help tackle the patterns yourself too. Here, Dempsey shares eight tips to help curb the binge-eating cycle...

Have a plan
"Overeating can often be a result of 'passive' restriction. You might be running late so you skip breakfast, and then you find yourself too busy for lunch, leading you to rely on 'grab and go' snacks. The problem with doing this is that you feel hungry later in the day so you end up bingeing. To avoid falling into this habit, make sure to plan your food for the day to ensure you have regular meals."

While there's nothing wrong with enjoying the odd bit of comfort food, emotional eating can become problematic for many people, who find themselves battling powerful binge-eating cycles.

Have balanced meals
"Always try to make sure that there is an adequate balance in your meals, including all of the major food groups - carbohydrates, protein, veggies and fats. This will help you feel full and encourage slow gastric emptying and prolonged satiety."

Don't restrict
"Restricting can lead to bingeing. This includes restricting food groups as well as missing meals. In my experience, the moment you decide to ban chocolate, crisps or carbohydrates completely, you introduce the idea of these food products to your consciousness."

Avoid distractions when eating
"Eating and watching TV, or using laptops and phones, means that you are not engaging with your food and are likely to miss your initial biological cues that you are satisfied with how much you have eaten."

Change your environment
"If you feel like bingeing or are worried that you are about to engage in a binge, try and change your environment. If you

usually binge in your front room, get up and move to a different area or head out for a brisk walk."

Hydrate
"Being dehydrated can cause tiredness, sluggishness, poor concentration and irritability. Hunger can also cause this. It's easy for us to mistake dehydration for hunger, so ensure you are drinking enough during the day. Aim for around 1.5-2 litres a day of fluid."

Plan how to manage the feeling
"Sometimes, we need to distract ourselves from a feeling of wanting to binge. If your trigger time is straight after work, plan an activity or meet up with friends. If it's late at night, when the kids are in bed or you are alone, have a list of pleasurable activities ready, such as a funny film or box set, have a bath or call a friend for a chat."

Seek support
"Overeating or emotional eating can be highly distressing for an individual. If you are worried about your eating, seek support from a registered specialist professional." PA/TPN



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Embrace some alone time

When was the last time you took a long walk all by yourself? Sometimes finding the time to even have a long bath can feel like a rare treat - especially if you have a busy job, a family and a home to take care of.



When we experience stress and anxiety, it is our 'fight or flight' system that has been triggered. (Photo: PA)

Between being in the company of colleagues at work, a partner and/or kids at home, and friends the rest of the time, modern life can mean we're rarely alone - even fitness is more of a group affair than a solo one for many people. And when we are all by ourselves, we're either rushing around, ticking items off a to-do list or constantly connected to other people online. But is this taking a toll on our wellbeing? And should we be making more time for real periods to be completely alone, slow down and just 'be'? Psychologist Dr Vanessa Moulton, says the demands of our "hyper-connected" world means "our brain is constantly 'online' and alert". So, whether it's going for a walk in a park, or a coffee with only yourself for company (try not to turn to Netflix, that's more stimulus), here's why

making some quiet time to spend alone is important and what it can do for your wellbeing.

Your brain needs rest time so it can perform well

Dr Moulton, who heads up Mindflex Group, says: "Although we are social animals, and we require social support for our psychological health, always being around others means we are having to process additional distractions and demands." The brain is like a muscle, she says, and in the same way that our biceps and abs need rest days from the gym to recover and strengthen, our minds need a similar type of break. "Our brains are constantly bombarded with millions of bits of information which is processed consciously and unconsciously every second. Your brain has tricks to deal with all this info, like taking shortcuts, but having alone time is a

conscious effort you can make to help it perform at its best," she says.

Alone time can help us deal with times of stress and anxiety

Moulton explains that spending time alone helps calm the primitive 'fight or flight' part of our brains, which is often triggered by living life at a frantic pace and "overload of stimulus" (unless you are someone who finds being alone uncomfortable in itself). "When we experience stress and anxiety, it is our 'fight or flight' system that has been triggered," she says. "Active, chosen alone time means you're actually doing something - which is self-compassion. The more self-compassionate we can be, the more psychologically fit we can become, as it stimulates our 'soothing emotional' system and helps calm down our 'fight or flight' system."

It's important for self-development

If you've ever spent a meaningful length of time alone, through travelling solo or living alone, as well as physical space from other people, you might have noticed how much extra head space it gives you, to really think deeply or work through emotions. "Alone time is critical for self-development and self-discovery, as it gives us the opportunity to get in touch with ourselves," says Moulton. Not to mention the fact physically achieving things alone can make you feel all the more empowered and help you to trust your own judgement. "Spending time on our own gives our brains the evidence we sometimes need to prove we can do and achieve things by ourselves. This boosts

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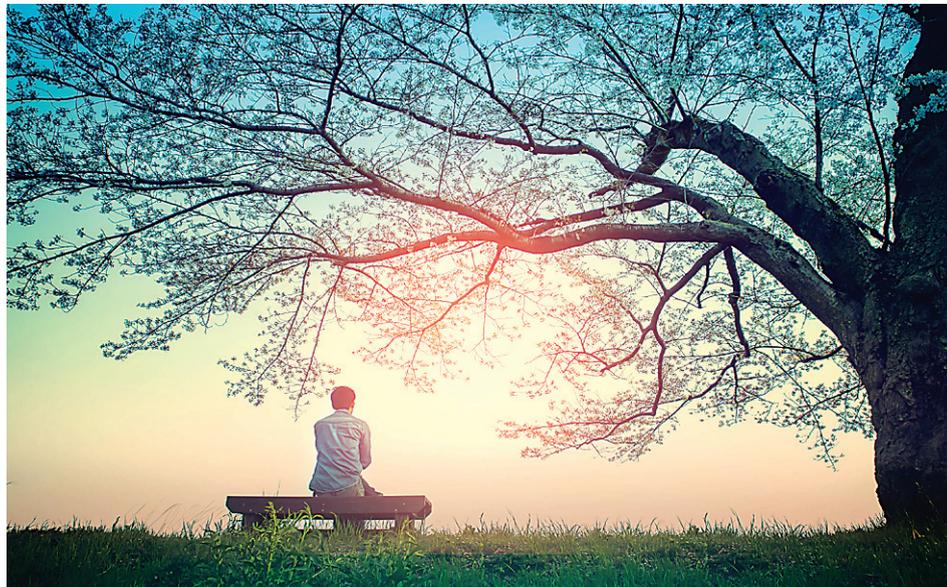
independence, confidence and self-efficacy, which is critical to our happiness and 'psychological fitness', she says. "When you are alone, you remove the distractions around you, creating a more conducive environment for focused attention. Also, when we problem solve on our own, we have to listen to and trust in our own judgements and opinions."

It can improve how you relate to other people

Constant contact with other people can feel like social burnout, and a break can actually help you make the time you do spend with others more meaningful. "When we can manoeuvre ourselves away from our context, we also have more of an opportunity to see how others, and our world, are impacting us," says Moulton. "This enables us to be inward focused as opposed to constantly focusing on our external world. This means we can actually think about what makes us happy and what we want and desire from life, others and our relationships. So ironically, it can enhance our relationships by being away from people."

Self-reflection is a good thing, even if you might avoid it

If you don't like your own company, it might be time to evaluate why. Moulton says always being with people can be a "coping



When you are alone, you remove the distractions around you, creating a more conducive environment for focused attention. (Photos: PA)

strategy" to avoid being with ourselves. "If we are struggling psychologically, one of the most important things I encourage my clients to do is learn how to sit with themselves, with the quiet. If it is uncomfortable, sit with it and see what comes up. You will learn a lot about yourself when there are no other distractions around. So, from this perspective it can be very therapeutic, allowing deeper reflection time," she says.

It gives you space to look at the bigger picture

How often do you think about your hopes, values and ambitions beyond the daily to-do list? "It's easy to get lost in all the things that have to get done in one day (including the demands of others)," says Moulton. "Being on our own provides a level of space we all need

sometimes to consider the bigger things in life and reconnect to values and

things you might be passionate about."

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For 24 years now, MALO CLINIC has been elevating Dental Medicine to an Art. Twenty-four years creating and re-creating smiles. Twenty-four years changing lives. The connection with people who have also always passionately embraced their arts was inevitable. Unique, honest and generous people, for whom excellence and sharing are a way of living. People like actors Alexandra Lencastre, José Raposo, Paulo Pires and Sara Matos, singer Rui Veloso, TV host Manuel Luís Goucha, Chef Kiko Martins or Garrett McNamara, the giant wave surfer who showed the wonders of Nazaré to the world.

These are the MALO CLINIC brand ambassadors. The ambassadors of the Art of Creating Smiles! They share the same values and they identify themselves with the brand's DNA. And MALO CLINIC is honoured to have them by its side and to hear them say: "We trust MALO CLINIC!"

That's because trust is the cornerstone of everything. It's a precious gift, which we only give to those who deserve it. Trust

comes from total commitment from one part to another and from that trust strong relationships are born, relationships that are fuelled by the sharing of values and knowledge. Trust is vital when it comes to creating a healthy and captivating smile. And smiling with confidence, to those around us and to the future, is a unique sensation that everyone deserves to experience.

From trust comes love, happiness and wholeness. And with it smiles that open doors around the world are born. Smiles that have the power to change lives. Smiles that will be remembered forever ... Smiles like yours!

To trust MALO CLINIC is to trust in the strength of your smile. It's trusting in the Art of Creating Smiles.

A 100% Portuguese brand present in 22 countries and considered a benchmark and even a case study worldwide, MALO CLINIC has a total of 16 clinics in Portugal, covering the entire national territory. Three of those clinics are located in Algarve: Faro, Portimão and Loulé.

Prepare your property for
summer with the Algarve's most
stylish fly screens

The warmer weather is finally upon us, bringing with it beautiful balmy evenings, the first barbecues of the season and - not quite so enjoyably - bugs. Lots of bugs. Which is precisely why now is the ideal time to protect your home from pesky flies and mosquitos with the installation of flyscreens from SimplyScreens.

Established in 2008 (making it the longest-standing fly screen business on the Algarve), SimplyScreens has a long history in providing its customers with a perfect balance of quality, aesthetic appeal and value for money - and this year is no exception.

The family-run company continues to offer the widest range of both manual and electric retractable door and window screens, as well as fixed panel options, so wherever you live - be it a villa, townhouse, apartment or otherwise - they can fit screens to suit. Sourced from suppliers in

Italy, all of their screens promise to complement the beauty of your home in a discreet, visually-pleasing manner, no matter which system you choose.

The company also offers a repair service for existing flat or retractable screens - with repair costs starting from as little as €50. Do not delay in getting these repairs as the busy season is just around the corner!

Want to discover how fly screens could transform your home? SimplyScreens offer a free, friendly, no-obligation visit to your property, during which they will discuss the types of screen available, complete a full site survey, and help you to choose the right screens for your home, along with providing a no-hidden-fees quote.

To arrange your free consultation or for more information, call the SimplyScreens team or drop them an email. The team look forward to chatting with you soon.

Property Health Check



Thinking of selling your Portuguese property?

Sovereign offer a Property Health Check - a thorough search of the title to your property to establish it is in good order or discover in advance any defects that could be a bar to a successful sale and give you time to put them right.

Unfortunately some vendors suddenly find that they do not have the correct documentation for their property or worse, find that there are discrepancies between the property itself and the registered documents! Land areas registered at the tax department often differ from those at the land registry, the actual number of bedrooms differs from those registered or the granny annex is actually registered as a garage!

These are just a few of the problems that only come to light when a potential sale is in progress and which may result in the loss of a sale as resolving any problem can take time and delay completion.

An earlier "Property Health Check", organised by Sovereign, could have avoided this, or at least given time to resolve the problems, which are common

place especially amongst older properties. The Property Health Check will also confirm the registration of boreholes or septic tanks where the client indicates the existence of one.

Sovereign's service includes providing you with a complete dossier of the documents you will need to produce for either a real estate agent or a buyer's lawyer when you come to sell. These include:

- Property Plans
- Certified copy of the Deed of Purchase
- Land Registry Certificate
- Habitation Permit
- Ficha Técnica de Habitação (copy & only in respect of properties constructed after 30.03.2004)
- Caderneta Predial (extract from Tax Department registration)
- Plus a detailed report on the property explaining any anomalies discovered.

Contact **Sovereign** first to save time later! Don't be caught out at sale time - put your property in order NOW! Ask for details of this cost effective service and have peace of mind that your property is in "good health".

Making your house a home



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

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

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

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

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

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

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

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

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

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

Charming 3 Bedroom Villa with Heated Pool and Central Heating

Exclusively for sale with ABACCOZ, this charming villa with 3 bedrooms is located in a very nice and peaceful country setting, but still only approximately 5 minutes by car to Lagos centre, the nearest beach and the golf course.

On the ground floor you find the open plan living room with fireplace and with sliding doors onto the front terrace. A modern and fully fitted kitchen and 2 bedrooms with fitted wardrobes and A/C. These 2 bedrooms share a family bathroom. First floor, here is the master bedroom with en-suite bathroom, fitted wardrobes, aircon and with access to a balcony, overlooking the front

garden and the countryside. At the back of the villa is the heated swimming pool, a spacious terrace and a storage space. The backyard is fully fenced and offers a lot of privacy. This villa is very suitable as a permanent residence, holiday home and/or a good rental investment. Don't miss this rare opportunity to obtain an amazing property for an amazing price!

For further information or to arrange a viewing of this superb property (Ref:AV-604SM -Bensafrim), priced at €375,000, do not hesitate to contact Abacoz Algarve, tel: (+351) 282044886, email: info@abacoz-properties.com or visit: www.abacoz-properties.com



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Vilamoura €250.000
***** New Listing *****
A Very spacious top floor 2 bedroom / 2 bathroom duplex apartment. Situated in a residential area of Vilamoura. The apartment has 2 good size south facing balconies which overlooks the communal swimming pool and landscaped gardens.



Fonte Santa €255.000
***** New Listing *****
A partly refurbished two bedroom townhouse situated in a friendly and well established residential area within walking distance the beach in Fonte Santa. The property is laid out over two floors and enjoys a beautiful secluded back garden. A must see!



Vilamoura €615.000
***** Great Opportunity *****
A well located 4 bedroom / 3 bathroom detached villa close to surrounding bars and restaurants. A large south facing swimming pool and a beautiful garden. This property would suit someone who is happy to renovate to upgrade this property.



Vilamoura €345,000
***** Stunning Property *****
3 bedroom / 2 bathroom apartment located in a private condominium in a peaceful area of Vilamoura. In walking distance to the marina and beach. This spacious apartment has a large south facing terrace with lovely views of the pool and communal gardens.



Vilamoura €255.000
***** Good Investment *****
2 bedroom / 2 bathroom top floor apartment situated in a residential area of Vilamoura and within walking distance of the Marina and amenities. With large south - west facing balcony overlooking the communal swimming pool. Comes fully furnished



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GOLDRA - 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



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Tavira
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Ref: LHA-1459 Price: €335,000



Tavira
Tavira centre! 3 bedroom / 2 bathroom townhouse (95 m2) in immaculate condition with large 77 m2 courtyard. Log burner & A/C. Car parking space.
EC: B-
Ref: LHT-1043 Price: €295,000



Tavira
Well-presented 2 bedroom / 3 bathroom townhouse (130 m2) in green upmarket area enjoying large communal pool & terrace. A/C, fireplace. Nice views.
EC: C
Ref: LHT-1042 Price: €235,000



Tavira
Immaculate 2 bedroom apartment (88 m2) with south facing terrace, private parking space & access to communal pool. A/C. Popular residential area.
EC: B-
Ref: LHA-1460 Price: €168,500



Cabanas de Tavira
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EC: E
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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

Land with amazing views and permission to build 255sqm Villa

Superb plot of 17,080sqm with permission to build a 255sqm villa, very well located on top of a hill overlooking Paderne village with stunning countryside views that stretch to Monchique mountains. With good road access and in easy reach of mains water, electricity and telephone lines, this plot has 2 ruins with permission to build a 255sqm

villa with 2 floors and a basement. The construction of a swimming pool should also be allowed. Furthermore, the plot boasts space and privacy, and most definitely views. The plot has several trees such as olive, almonds and carob trees. The plot also has 2 still standing existing walls located on the surrounding of the perimeter dating back hundreds of

years. This plot has to be seen to truly understand its beauty. Within 500 meters walking from this plot you can find yourself in the centre of Paderne, where you will find several fantastic restaurants, health centre (centro de saude), gym and football club, all year round activities, one of the friendliest villages in the Algarve, several yearly festivals such as medieval and

carnival and for sure one of the most well kept traditional villages in the whole of Portugal. Viewing is highly recommended! Property Ref: ST799 Price: €215,000 For more information or to arrange a viewing, contact Divine Home (Albufeira office) on: (+351) 289 501 664, email us: info@divine-home.eu or visit www.divine-home.eu

Property Highlight



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SATURDAY 23/03/19

BBC One	09.30 James Martin's Saturday Morning.
06.00 Breakfast.	11.40 Ainsley's Caribbean Kitchen.
10.00 Saturday Kitchen Live.	12.40 ITV News and Weather; Weather.
11.30 Mary Berry's Quick Cooking.	12.50 FILM: On Her Majesty's Secret Service (1969).
12.00 Football Focus.	15.35 Tipping Point.
12.30 Money for Nothing.	16.35 The Chase.
13.00 BBC News; Weather.	17.40 ITV News and Weather.
13.15 Gymnastics: World Cup.	18.00 ITV News London; Weather.
16.00 Escape to the Country.	18.10 FILM: Despicable Me 2 (2013).
17.00 Impossible Celebrities.	20.00 The Voice UK.
17.50 BBC News.	22.00 The Jonathan Ross Show.
18.00 BBC Regional News; Weather; Weather.	23.05 ITV News and Weather; Weather.
18.10 Pointless: The Good, the Bad & the Bloopers.	23.25 FILM: Hard Target (1993).
18.50 Catchpoint.	01.05 Jackpot247.
19.20 All Together Now.	03.00 WOS Wrestling.
20.25 Casualty.	
21.15 All Round to Mrs Brown's.	
22.15 BBC News; Weather;	
22.30 National Lottery Update.	
22.35 FILM: Little Fockers (2010).	
00.05 Weather for the Week Ahead.	
00.10 BBC News.	
BBC Two England	
06.45 All Over the Place: Asia.	
07.15 Wild & Weird.	
07.30 Absolute Genius with Dick & Dom.	
08.00 Top Class.	
08.30 The Dog Ate My Homework.	
09.00 Deadly on a Mission: Pole to Pole.	
09.30 Nature's Microworlds.	
10.00 Queen of Tigers: Natural World Special.	
11.00 Homes Under the Hammer.	
12.00 Rick Stein's Long Weekends.	
13.00 Nigellissima.	
13.30 Hitchcock's Leading Actors: Talking Pictures.	
14.05 FILM: The 39 Steps (1935).	
15.30 Nature's Great Events.	
16.30 Pilgrimage: The Road to Santiago.	
17.30 James May's Cars of the People.	
18.30 The Great British Sewing Bee.	
19.30 Race Across the World.	
20.30 Dad's Army.	
21.00 FILM: A United Kingdom (2016).	
22.45 Live at the Apollo.	
23.15 Pose.	
00.30 FILM: Passion (2012).	
ITV London	
06.00 CITV.	
07.30 Scrambled!: Scrambled!	
07.35 Scrambled!: The Tom and Jerry Show.	
07.50 Scrambled!: The Powerpuff Girls.	
08.10 Scrambled!: ToonMarty.	
08.30 Scrambled!: Robozuna.	
09.05 Scrambled!: Teen Titans Go!	
09.25 ITV News.	

SUNDAY 24/03/19

BBC One	10.30 This Morning - On Sunday.
06.00 Breakfast.	11.30 Ainsley's Caribbean Kitchen.
09.00 BBC News.	12.35 Australia with Julia Bradbury.
10.00 The Andrew Marr Show.	13.00 ITV News and Weather; Weather.
11.00 Sunday Politics.	13.15 The Voice UK.
11.30 Walks of Life.	15.15 FILM: Diamonds Are Forever (1971).
12.30 Homes Under the Hammer.	17.30 ITV News and Weather.
13.00 BBC News; Weather.	17.50 ITV News London; Weather.
13.15 Songs of Praise.	18.00 The Family Chase.
13.50 Lifeline.	19.00 What Would Your Kid Do?
14.00 Bargain Hunt.	20.00 Coronation Street.
15.00 Money for Nothing.	21.00 Victoria.
15.45 Escape to the Country.	22.00 ITV News and Weather; Weather.
16.45 Pointless Celebrities.	22.20 Joanna Lumley's India.
17.35 BBC News.	23.15 The Bay.
17.50 BBC Regional News; Weather; Weather.	00.10 Jackpot247.
18.00 Countryfile.	
19.00 Antiques Roadshow.	
20.00 Blue Planet Live.	
21.00 Baptiste.	
22.00 BBC News.	
22.20 BBC Regional News; Weather; Weather.	
22.30 FILM: Pirates of the Caribbean: On Stranger Tides (2011).	
00.35 The Celebrity Apprentice USA.	
01.20 The Celebrity Apprentice USA.	
BBC Two England	
06.20 A to Z of TV Gardening.	
07.05 Great British Garden Revival.	
08.05 The Edible Garden.	
08.35 Gardeners' World.	
09.05 Countryfile.	
10.00 Saturday Kitchen Best Bites.	
11.30 The Hairy Bikers' Chicken and Egg.	
12.30 My Mediterranean with Adrian Chiles.	
13.30 Gymnastics: World Cup.	
15.00 Figure Skating: World Championships Highlights.	
17.00 World's Busiest Cities: Mexico City.	
18.00 Australia: Earth's Magical Kingdom.	
19.00 Inside the Factory.	
20.00 Dragons' Den.	
21.00 Race Across the World.	
22.00 The Misadventures of Romesh Ranganathan.	
23.00 White Gold.	
23.30 FILM: The Reluctant Fundamentalist (2012).	
ITV London	
06.00 CITV.	
07.30 Scrambled!: Scrambled!	
07.35 Scrambled!: The Tom and Jerry Show.	
07.50 Scrambled!: The Bagel and Becky Show.	
08.10 Scrambled!: Mr Bean: The Animated Series.	
08.30 Scrambled!: Project Z.	
09.05 Scrambled!: Teen Titans Go!	
09.25 ITV News.	
09.30 Parveen's Indian Kitchen.	

MONDAY 25/03/19

BBC One	Weather.
06.00 Breakfast.	13.55 ITV News London; Weather.
09.15 Murder, Mystery and My Family.	14.00 Judge Rinder.
10.00 Homes Under the Hammer.	15.00 Tenable.
11.00 The Sheriffs Are Coming.	15.59 ITV London Weather.
11.45 Dom on the Spot.	16.00 Tipping Point.
12.15 Bargain Hunt.	17.00 The Chase.
13.00 BBC News at One; Weather.	18.00 ITV News London; Weather.
13.30 BBC Regional News and Weather.	18.30 ITV Evening News; Weather.
13.45 Doctors.	19.00 Euro 2020 Qualifier Live.
14.15 Pitching In.	22.00 ITV News at Ten; Weather.
15.00 Escape to the Country.	22.30 ITV News London; Weather.
15.45 Money for Nothing.	22.45 Euro 2020 Qualifier Highlights.
16.30 Blue Planet UK.	23.45 Bear's Mission with Gareth Southgate.
17.15 Pointless.	00.35 Football Genius.
18.00 BBC News at Six; Weather.	01.00 Jackpot247.
18.30 BBC Regional News and Weather.	03.00 The Jeremy Kyle Show.
19.00 The One Show.	03.55 ITV Nightscreen.
19.30 Fake Britain.	05.05 The Jeremy Kyle Show.
20.00 EastEnders.	
20.30 The Academy Schools Scandal - Panorama.	
21.00 Warren.	
21.30 This Time with Alan Partridge.	
22.00 BBC News at Ten.	
22.25 BBC Regional News and Weather; Weather.	
22.35 Fleabag.	
23.05 Jerk.	
23.25 Live at the Apollo.	
00.10 Weather for the Week Ahead.	
00.15 BBC News.	
BBC Two England	
06.00 Good Morning Dagenham.	
06.45 Money for Nothing.	
07.30 Sign Zone: Great British Menu: The Finals.	
08.30 The Week in Parliament.	
09.00 BBC News at 9.	
10.00 Victoria Derbyshire.	
11.00 BBC Newsroom Live.	
12.15 Politics Live.	
13.00 Eggheads.	
13.30 Royal Recipes.	
13.45 The Manor Reborn.	
14.45 Street Auction.	
15.30 Shark.	
16.30 Going Back, Giving Back.	
17.15 Put Your Money Where Your Mouth Is.	
18.00 Richard Osman's House of Games.	
18.30 Britain in Bloom.	
19.00 The Chronicles of Mournie.	
19.30 Only Connect.	
20.00 University Challenge.	
20.30 Mary Berry's Quick Cooking.	
21.00 Expenses: The Scandal That Changed Britain.	
22.00 The Mash Report.	
22.30 Newsnight.	
23.10 Weather.	
23.15 Sicily: Wonder of the Mediterranean.	
00.15 Sicily: Wonder of the Mediterranean.	
01.15 Sign Zone: Celebrity Apprentice for Comic Relief.	
01.45 Sign Zone: MasterChef.	
02.15 Sign Zone: Countryfile.	
03.10 This Is BBC Two.	
ITV London	
06.00 Good Morning Britain.	
08.30 Lorraine.	
09.25 The Jeremy Kyle Show.	
10.30 This Morning.	
12.30 Loose Women.	
13.30 ITV Lunchtime News;	

TUESDAY

BBC One	06.00 Breakfast.
09.15 Murder, Mystery and My Family.	11.45 Dom on the Spot.
10.00 Homes Under the Hammer.	12.15 Bargain Hunt.
11.00 The Sheriffs Are Coming.	13.00 BBC News at One; Weather.
11.45 Dom on the Spot.	13.30 BBC Regional News and Weather.
12.15 Bargain Hunt.	13.45 Doctors.
13.00 BBC News at One; Weather.	14.15 Pitching In.
13.30 BBC Regional News and Weather.	15.00 Escape to the Country.
14.15 Pitching In.	15.45 Money for Nothing.
15.00 Escape to the Country.	16.30 Blue Planet UK.
15.45 Money for Nothing.	17.15 Pointless.
16.30 Blue Planet UK.	18.00 BBC News at Six; Weather.
17.15 Pointless.	18.30 BBC Regional News and Weather.
18.00 BBC News at Six; Weather.	19.00 The One Show.
18.30 BBC Regional News and Weather.	19.30 EastEnders.
19.00 The One Show.	20.00 Holby City.
19.30 EastEnders.	21.00 MasterChef: The Finals.
20.00 Holby City.	22.00 BBC News at Ten.
21.00 MasterChef: The Finals.	22.25 BBC Regional News and Weather; Weather;
22.00 BBC News at Ten.	22.30 National Lottery Update.
22.25 BBC Regional News and Weather; Weather;	22.35 Eating with My Ex.
22.30 National Lottery Update.	23.05 Ugly Me: My Life with Body Dysmorphia.
22.35 Eating with My Ex.	00.05 Weather for the Week Ahead.
23.05 Ugly Me: My Life with Body Dysmorphia.	00.10 BBC News.
00.05 Weather for the Week Ahead.	
00.10 BBC News.	
BBC Two England	
06.30 Murder, Mystery and My Family.	
07.15 Money for Nothing.	
08.00 Sign Zone: Gardeners' World.	
08.30 Sign Zone: Great Canadian Railway Journeys.	
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 Manor Reborn.	
14.45 Street Auction.	
15.30 Shark.	
16.30 Going Back, Giving Back.	
17.15 Put Your Money Where Your Mouth Is.	
18.00 Richard Osman's House of Games.	
18.30 Britain in Bloom.	
19.00 Antiques Road Trip.	
20.00 Inside the Factory.	
21.00 The Great British Sewing Bee.	
22.00 Road to Brexit.	
22.30 Newsnight.	
23.10 Weather.	
23.15 Frankie Goes to Russia.	
00.15 Frankie Goes to Russia.	
01.15 Sign Zone: MasterChef.	
01.45 Sign Zone: Louis Theroux: The Night in Question.	
02.45 Sign Zone: Inside the Factory.	
03.45 This Is BBC Two.	
ITV London	
06.00 Good Morning Britain.	
08.30 Lorraine.	
09.25 The Jeremy Kyle Show.	
10.30 This Morning.	
12.30 Loose Women.	
13.30 ITV Lunchtime News; Weather.	
13.55 ITV News London; Weather.	
14.00 Judge Rinder.	
15.00 Tenable.	
15.59 ITV London Weather.	
16.00 Tipping Point.	

Must See TV

Catchpoint (Saturday BBC1, 6.50pm)

He has recently taken over from Fearne Cotton as a captain on Celebrity Juice alongside his pal Keith Lemon, and will be hosting the new series of Top Gear with Freddie Flintoff when it returns to our screens in the autumn. But Paddy McGuinness's assault on the TV schedules hasn't finished there - he's the host of this new physical game show, from the producers of The Weakest Link and 5 Gold Rings. Contestants attempt to win a cash prize using their brains and balls, as they answer a series of questions before trying to catch balls of various sizes which will be dropped from the studio ceiling.

26/03/19

17.00 The Chase.
18.00 ITV News London;
Weather.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
20.00 Vera.
22.00 ITV News at Ten;
Weather.
22.30 ITV News London;
Weather.
22.45 Fraud: How They Steal
Your Bank Account.
23.40 Tenable.
00.35 Jackpot247.
03.00 All Star Family Fortunes.
03.45 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

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 Kitchen
Nightmares USA.
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 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 George Clarke's Amazing
Garden Rooms.
02.10 Grand Designs.
03.05 Walks with My Dog.
04.00 Coast vs Country.

BBC Four

19.00 Beyond 100 Days;
Weather.
19.30 Handmade in Japan: The
Kimono.
20.00 The Art of Japanese Life.
21.00 The Yorkshire Ripper
Files: A Very British Crime
Story.
22.00 PQ17: An Arctic Convoy
Disaster.
23.00 Don McCullin: Looking for
England.
00.00 England's Reformation:
Three Books That
Changed a Nation.
01.00 West Side Stories - The
Making of a Classic.
02.00 Romancing the Stone:
The Golden Ages of
British Sculpture.

WEDNESDAY 27/03/19

BBC One

06.00 Breakfast.
09.15 Murder, Mystery and My
Family.
10.00 Homes Under the
Hammer.
11.00 The Sheriffs Are Coming.
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 Pitching In.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Blue Planet UK.
17.15 Pointless.
18.00 BBC News at Six;
Weather.
18.30 BBC Regional News and
Weather.
19.00 The One Show.
20.00 Blue Planet Live.
21.00 MasterChef: The Finals.
22.00 BBC News at Ten.
22.25 BBC Regional News and
Weather; Weather.
22.30 National Lottery Update.
22.35 Glow Up: Britain's Next
Make-Up Star.
23.35 A Question of Sport.
00.05 Weather for the Week
Ahead.
00.10 BBC News.

BBC Two England

06.30 Murder, Mystery and My
Family.
07.15 Money for Nothing.
08.00 Sign Zone: Mary Berry's
Quick Cooking.
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.
13.05 Eggheads.
13.35 Lifeline.
13.45 The Manor Reborn.
14.45 Street Auction.
15.30 Shark: Beneath the
Surface.
16.30 Going Back, Giving Back.
17.15 Put Your Money Where
Your Mouth Is.
18.00 Richard Osman's House
of Games.
18.30 Britain in Bloom.
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 Lucy Worsley's Nights at
the Opera.
00.15 Lucy Worsley's Nights at
the Opera.

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 Tenable.
00.30 Jackpot247.
03.00 Lethal Weapon.
03.45 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

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 Kitchen
Nightmares USA.
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 Supert: Noel
Fitzpatrick.
21.00 Married at First Sight.
22.00 Mums Make Porn.
23.00 Derry Girls.
23.35 Gogglebox.
00.35 The Crystal Maze.
01.30 FILM: Night Moves (2013).

BBC Four

19.00 Beyond 100 Days;
Weather.
19.30 Handmade in Japan:
Pottery.
20.00 The Mekong River with
Sue Perkins.
21.00 The Yorkshire Ripper
Files: A Very British Crime
Story.
22.00 The Vikings: Foe or
Friend? A Timewatch
Guide.
23.00 Hull's Headscarf Heroes.
00.00 How to Be a Surrealist
with Philippa Perry.
01.00 Make! Craft Britain.
02.00 Romancing the Stone:
The Golden Ages of
British Sculpture.

THURSDAY 28/03/19

BBC One

06.00 Breakfast.
09.15 Murder, Mystery and My
Family.
10.00 Homes Under the
Hammer.
11.00 The Sheriffs Are Coming.
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 Pitching In.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Blue Planet UK.
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 Blue Planet Live.
21.00 MasterChef: The Finals.
22.00 BBC News at Ten.
22.25 BBC Regional News and
Weather; Weather.
22.35 Question Time.
23.35 This Week.
00.20 Weather for the Week
Ahead.
00.25 BBC News.

BBC Two England

06.30 Murder, Mystery and My
Family.
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 Eggheads.
13.30 Royal Recipes.
13.45 The Manor Reborn.
14.45 Street Auction.
15.30 Ocean Giants.
16.30 Going Back, Giving Back.
17.15 Put Your Money Where
Your Mouth Is.
18.00 Richard Osman's House
of Games.
18.30 Britain in Bloom.
19.00 MOTD: The Premier
League Show.
19.30 Mortimer & Whitehouse:
Gone Fishing.
20.00 Great British Menu.
21.00 Pose.
22.10 Strike a Pose!
22.30 Newsnight.
23.10 Weather.
23.15 Race Across the World.
00.15 Reformation: Europe's
Holy War.

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 Brexit: The Endgame -
Tonight.
20.00 Emmerdale.
20.30 Australia with Julia
Bradbury.
21.00 Babes in the Wood.
22.00 ITV News at Ten;
Weather.
22.30 ITV News London;
Weather.
22.45 Weather from Hell:
Caught on Camera.
23.45 Tenable.
00.35 Jackpot247.
03.00 Brexit: The Endgame -
Tonight.
03.25 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

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 Kitchen
Nightmares USA.
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 Ugly House to Lovely
House with George
Clarke.
21.00 60 Days on the Streets.
22.00 24 Hours in Police
Custody.
23.05 Married at First Sight.
00.05 The Supert: Noel
Fitzpatrick.
01.00 Can I Improve My
Memory?

BBC Four

19.00 Beyond 100 Days;
Weather.
19.30 Top of the Pops: 1987.
20.00 The Crusades.
21.00 The Yorkshire Ripper
Files: A Very British Crime
Story.
22.00 British Sitcom: 60 Years of
Laughing at Ourselves.
23.00 Lisbon: An Art Lovers'
Guide.
00.00 Top of the Pops: 1987.
00.35 TOTP2.
01.05 Biggest Band Break-Ups
and Make-Ups.

FRIDAY 29/03/19

BBC One

06.00 Breakfast.
09.15 Murder, Mystery and My
Family.
10.00 Homes Under the
Hammer.
11.00 The Sheriffs Are Coming.
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 Pitching In.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Blue Planet UK.
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: The Finals.
21.30 BBC News Special.
22.00 BBC News at Ten.
22.25 BBC Regional News and
Weather; Weather.
22.30 National Lottery Update.
22.35 BBC News Special.
23.35 FILM: Sliding Doors (1998).
01.10 Weather for the Week
Ahead.
01.15 BBC News.

BBC Two England

06.30 Murder, Mystery and My
Family.
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 Eggheads.
13.30 Royal Recipes.
13.45 Coast.
14.45 Street Auction.
15.30 Ocean Giants.
16.30 Going Back, Giving Back.
17.15 Put Your Money Where
Your Mouth Is.
18.00 Richard Osman's House
of Games.
18.30 Britain in Bloom.
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 Frankie Boyle's New
World Order.
22.30 Newsnight.
23.30 Weather.
23.35 FILM: Louis Theroux: My
Scientology Movie
(2015).
01.10 Sign Zone: The Academy
Schools Scandal -
Panorama.

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.
20.30 Midsomer Murders.
22.30 ITV News; Weather.
23.00 ITV News London;
Weather.
23.15 The Jonathan Ross
Show.
00.15 Tenable.
01.05 Jackpot247.
03.00 All Star Mr & Mrs.
03.50 ITV Nightscreen.

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 Kitchen
Nightmares USA.
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 Kirstie and Phil's Love It
or List It.
21.00 Gogglebox.
22.00 The Last Leg.
23.05 The Big Narstie Show.
00.10 FILM: 30 Days of Night
(2007).
02.00 Home.
02.30 Traitors.

BBC Four

19.00 World News Today;
Weather.
19.30 Top of the Pops: 1987.
20.00 Fleetwood Mac: A Musical
History.
21.00 The Beatles: Made on
Merseyside.
22.25 Sgt Pepper's Musical
Revolution - with Howard
Goodall.
23.25 Classic Albums: Paul
Simon - Graceland.
00.25 Top of the Pops: 1987.
00.55 Primal Scream: The Lost
Memphis Tapes.
01.55 Fleetwood Mac: A Musical
History.

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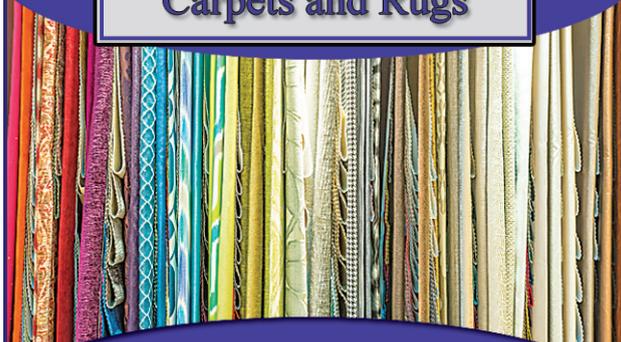
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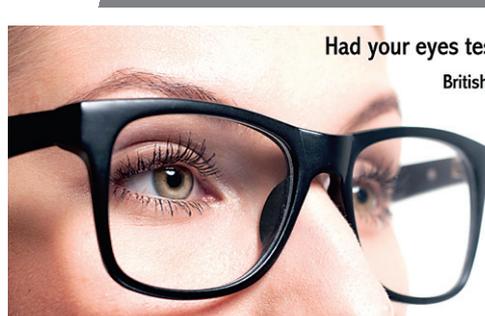
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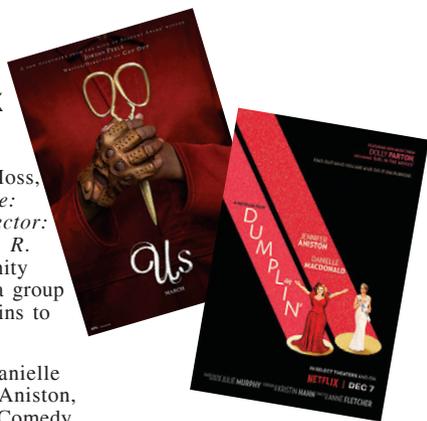
Cinema

NEW THIS WEEK

Us - Stars: Lupita Nyong'o, Elisabeth Moss, Winston Duke. **Genre:** Horror, Thriller. **Director:** Jordan Peele. **Rating:** R. **Plot:** A family's serenity turns to chaos when a group of doppelgängers begins to terrorize them.

Dumplin' - Stars: Danielle Macdonald, Jennifer Aniston, Odeya Rush. **Genre:** Comedy, Drama, Musical. **Director:** Anne Fletcher. **Rating:** PG13. **Plot:** Willowdean ('Dumplin'), the plus-size teenage daughter of a former beauty queen, signs up for her mom's Miss Teen

Bluebonnet pageant as a protest that escalates when other contestants follow her footsteps, revolutionizing the pageant and their small Texas town.



Cinema Listings

NOS Forum Algarve - Faro
Dragon Ball Super: Broly; Gabriel; Snu; How to Train Your Dragon: The Hidden World (PV); Captain Marvel; Us; Ladrões de Tuta e Meia.

NOS Mar Shopping - Loulé
Captain Marvel; How to Train Your Dragon: The Hidden World (PV); Dumplin'; Us; Replicas; Dragon Ball Super: Broly (PV & OV).

Gran-Plaza NOS - Tavira
Captain Marvel; How to Train Your Dragon: The Hidden World (PV); Dumplin'; Dragon Ball Super: Broly (PV); Alita: Battle Angel; The Mule.

Algarcine - Portimão
Us; Captain Marvel; Marnie's World (PV); Snu; Ladrões de Tuta e Meia.

Algarcine Ria Shopping - Olhão
Us; 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
Us; Captain Marvel; Marnie's World (PV); Ladrões de Tuta e Meia.

Cineplace Algarve Shopping - Guia
Captain Marvel; Replicas; Lego Movie 2 (PV); Dragon Ball Super: Broly (OV & PV); Green Book; Welcome to Acapulco; Marnie's World (PV); Ladrões de Tuta e Meia; How to Train Your Dragon: The Hidden World (ov & PV); Snu; The Prodigy; Rosie; Dumplin'; Us; Gabriel; O Poder da Palavra.

Cineplace - Portimão
Us; Dumplin'; Captain Marvel; Replicas; Lego Movie 2 (PV); Dragon Ball Super: Broly (OV & PV); Marnie's World (PV); Ladrões de Tuta e Meia; How to Train Your Dragon: The Hidden World (PV).

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

Cineplace Leiria Shopping
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Cineplace Riosul - Seixal
Us; Gabriel; Welcome to Acapulco; Captain Marvel; Replicas; Dragon Ball Super: Broly (PV); Lego Movie 2 (PV); 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
Us; Snu; Captain Marvel; Replicas; Lego Movie 2 (PV); Dragon Ball Super: Broly (PV); Marnie's World (PV); Ladrões de Tuta e Meia; How to Train Your Dragon: The Hidden World (PV).

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Until 20 May. MAAT, Lisbon.
www.maat.pt

Muro - Urban Art Festival LX 19. 23 May - 26 May, various locations, free entry.
gau.cm-lisboa.pt/galleria.html



A Striking story. Until 26 Mar, Lisbon.

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 - 6pm. 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

BoCA 2019 - William Forsythe. Until 30 April, from 10am - 6pm, Museu Nacional Soares dos Reis, Porto. www.bocaienl.org

Lisbon under the stars. 2 May - 17 July, various locations and times in Lisbon. Narration in Portuguese and English.
www.lisbonunderthestars.com

Photo Ark, exhibition by Joel Sartore. Until 5 May, Monday - Friday, 10am - 7pm. Cordoaria Nacional, Avenida da Índia, Lisbon. Tickets from €7.
www.natgeo.pt/photoark

Carlos Bunga Exhibition - The architecture of Life.

Joan Jonas Exhibition. 25 May - 1 September, Serralves, Porto.
www.serralves.pt

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

FAIRS & FESTIVALS

Vinos em Cena - Art, wine and performing arts. 23 & 24 March, from 3pm, Teatro Tivoli BBVA 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

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

FIMI Festival of the Iberian Mask. 16 - 19 May, Praça do Império, Lisbon. www.fimi.pt

VOA Heavy Rock Festival. 4 - 5 July, Estádio do Restelo, Lisbon. Tickets from €50.
www.voa.rocks
ticketline@ticketline.pt

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/mercadinhodobotanicocoimbra

CCB Market - 1st 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.

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

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

Benfica Handicrafts Market. 1st 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 €42. www.everythingsnews.pt

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

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

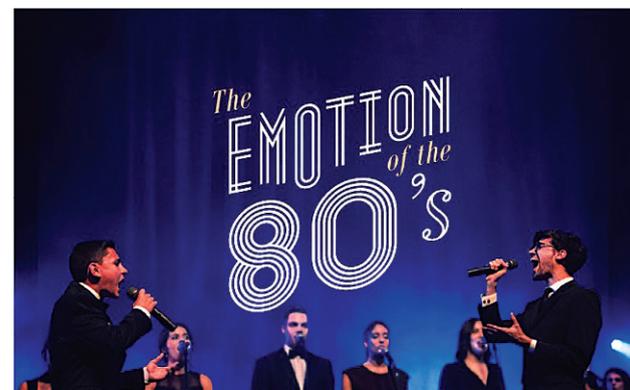
Mark Knopfler. 30 April, 9pm, Altice Arena Lisbon. Tickets from €32. 213 933 770 geral@everythingisnew.pt

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

Ennio Morricone. 6 May, Altice Arena, Lisbon. Tickets from €45. www.everythingsnews.pt

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

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



The EMOTION of the 80's. 2 & 3 April, Estoril.

Handicraft and Antiques Market. Saturdays 10am until 7pm. Mercado de Ribeira, Lisbon

Antique Book Fair. Every Saturday 10am until 5pm. Rua Anchieta, Chiado, Lisbon

Handicrafts Market. Saturdays, Praça da Galiza, Vila Nova de Cerveira

Mercado de Santana. The largest Open Air Market in Portugal. Sundays, 8am until 1pm. Caldas da Rainha

MUSIC

Shawn Mendes Live. 28 March Altice Arena 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.

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

THEATRE & DANCE

Disney on Ice "Dare to Dream", Altice Arena 21 to 24 March. Tickets from €20. www.arena.altice.pt

National Ballet of China. 30 & 31 March, Saturday from 6.30pm, Sunday from 4pm, Teatro Camões, Lisbon. Tickets from €9. www.cnb.pt

RuPaul's Drag Race Werq The World Tour. 2 April, 8pm, Teatro Tivoli BBVA, Lisbon. www.teatroativolibbva.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

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

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.

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



from €10. 213 572 025, bilheteira.tivolibbva@uau.pt

A Midsummer Night's Dream – The Musical. 23 May – 2 June, Teatro Tivoli BBVA, Lisbon. Tickets from €17.50. www.teatroativolibbva.pt

WORKSHOPS & COURSES

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

Photography workshop. 25 March – 29 March, 7pm – 10pm, Casa d'artes e oficinas, Viseu. Cost €110. info@trilhosdaterra.com 919 633 178

Feng Shui Workshop. 27 March, 3, 10, 17 April, 3pm – 6pm. Museu do Oriente, Lisbon www.museudooriente.pt

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

Dance K-Pop Workshop. 28 March – 12 April, Thursdays and Saturdays. Museu do Oriente, Lisbon. www.museudooriente.pt

Lettering Workshop. 30 March, 10am – 7pm, Fusion Cowork, Averio. Cost €75. amanda@aldrichbonani.com

Puppet Construction Workshop. 30 March, 11am. Fórum Arte Cultura Espinho. Free entry. www.portal.cm-espinho.pt

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

Experimental Dance Class. 1 April, 8.30pm – 10pm, Noé Dance Studios, Porto. Free entry. 926 651 299 noedancestudios@gmail.com

Bonsai Workshop. 6 April, 10am – 6pm, Museu do Oriente. Cost €60 including bonsai. www.museudooriente.pt

Easter Break Art Workshops. 8 – 12 April, 10am – 1pm & 2.30pm – 5.30pm, MAAT, Lisbon. For children between 7 – 11 years old. www.maat.pt

Circus Workshop for children. 8 – 12 April, 9.30am – 5pm, Perfolie Art, Aboboda. For children age 8 – 11. Cost from €125. 925 842 894 info@perfoliearte.pt

SPORTS

Grande Rota da Liberdade/ 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.meiamaratona.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

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

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

Kolkata the streets of Hope – Exhibition by Márcia Barradas. Until 3 May, Espaço Portas do Sol, Sítio da

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

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

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

Spring Power Open Day. 30 March, from 10.30am. Parrot Castle Ferragudo.

Open Door at Quinta dos Vales. 7 April, 11am – 7pm. Quinta dos Vales Estômar. www.quintadosvales.eu

Flower Torches Festival. 21 April. Parish church and São Sebastião Square, São Brás 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

Sita Carnival & Street Party. 11 May, 3pm – 11pm. Alvor.

International Algarve Fair. 8-9 June, 10am – 6pm, Fatacil, Lagoa. www.algarvefair.com 282 380 317, sales@algarvefair.com



Smugglers Festival. 9 – 31 March, Alcoutim.

MARKETS

São Bartolomeu de Messines - 4th Monday of the month

Loulé - Every Saturday

Almancil - 1st and 4th Sunday of the month

Quarteira - Every Wednesday

Azinhãl - Last Saturday of the month

Querença - Last Sunday of the month

Boliqueime - Last Thursday of the month

Lift Market Lagos - Every Saturday

Ferreiras - 2nd and 4th Tuesday of the month

Areias de São João Flea Market - 4th Saturday of the month

Quelfes - 4th and 5th Sunday of the month

Quelfes Flea Market - 4th and 5th Sunday of the month

Lagoa Flea Market Precinct of the FATACIL - 4th Sunday of the month

Pereiro - 4th Sunday of the month

Santa Catarina - 4th Sunday of the month



3rd Algarve Box Cup. 29 – 31 March, Portimão.

MUSIC

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

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

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

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

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

Iron Beast – Iron Maiden Tribute. 13 April, 11pm – 2am, Bar Marginália, Portimão

Easter Parade by the Lucky Duckies. 20 April, from 8.30pm, Vale do Lobo Auditorium. 282 353 322 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

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

Sport for all. 6 April. 10am – 4pm, Praia da Rocha. Free workshops and classes throughout the day. Sign up

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

Painting in Oil and Acrylics Workshop. Wednesday & Friday, 10am – 12pm, Escola de Artes Fernando Rodrigues, Lagoa. 965 594 511

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

Creative cooking class. 23 March, Casado Palmeiral, Montes de Cima. suryabyisa@gmail.com 911 973 616

Yoga & Lunch. 24 March, from 11am, Casa do Palmeiral, Montes de Cima.

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

Bio Construction Workshop. 20 – 31 March. Lagos. Workshop with Mário Roriz, trained by Michael Reynolds. Ebp.mario@hotmail.com

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



Painting in Oil and Acrylics Workshop. Wednesday & Friday, Lagoa

Classified Ads

DEADLINE

5PM

MONDAY

FOR following EDITION

Announcements

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.

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

Auctions

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Saturday, 6 April 2019
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Business Connections

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Caravans & Motor Homes

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Thanks!

Charities

CC ASSOCIAÇÃO DE CARIDADE MÃOS de Ajuda. Helping Hands Charity Shop, 13A Avenida Dr. Eduardo Mansinho, Tavira. 100 metres from Porta Nova Post Office. Open Monday, Wednesday, Saturday 10am to 1pm. Help us to Help others in the Tavira Area. 963558138

CC FRENCH LANGUAGE Following the French Government's initiative to expand the French language, we are looking for **VOLUNTEERS** to teach French in Albufeira or Olhos de Água to children and adults. No experience or qualifications necessary, just fluency in French and a passion to meet and help others learn this beautiful language. Please contact Angelica fash.co@gmail.com or 961636201.

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

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Education

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CC

CC stands for Community Care. Our CC ads that are provided free of charge by **The Portugal News** to help the various charities involved are now located in our community section.

PORTUGUESE ENGLISH Bilingual Bible in Six Volumes. King James Version Almeida Recebida. Igreja Portuguesa.com

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Entertainment & Leisure

ALGARVE WEEKEND walkers. Join us for professionally guided walks through the lovely Algarve countryside. March 24th Santa Catarina. 10.30 start, €5 donation. Contact: algarveweekendwalkers@gmail.com

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ASK Kurt All your computer questions answered

What is Apple Music?

Apple Music, which launched in June of 2015, is Apple's most ambitious music project since the original iTunes Store launched in 2003. But unlike the company's famous digital storefront, Apple Music won't be selling users individual songs or albums. Instead, customers will pay a monthly subscription fee of €9.99 per month for access to tens of millions of songs. It's a way of listening to music that's fast becoming the norm thanks to similar offerings by competitors such as Spotify and Google. Though Apple is years late to the party, the company's arrival signals that streaming is here to stay.

What does Apple Music offer?
Apple Music lets users stream songs from Apple's massive library whenever they want. Users can make playlists or listen to existing playlists. Tracks can also be downloaded for offline listening. While these are all standard features of most subscription services, Apple is also trying to make it easier for users to seamlessly switch between music in their personal libraries and songs on Apple's service. Apple Music will automatically upload any tracks in a user's library that aren't available on the service to an iCloud account, so they can be streamed from any device — meaning users won't have to use up lots of space on their phones. Users will be able to store up to 25,000 of their own songs in the cloud; Apple has plans to increase that limit to 100,000.

Which devices does Apple Music support?
Apple Music supports PC, Mac, Apple Watch and iOS devices that can run iOS 8 or newer and an Android version was released in November of 2015.
Email your questions to Kurt: kurt@algarvecomputercentre.com

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Places of Worship

Lisbon

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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 cesboaa@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. 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.
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The Algarve

JEWSH COMMUNITY OF SOUTH PORTUGAL Shabbat services. Call 922206333.
ALL SAINTS ANGLICAN CHURCH, ALGARVE Holy Communion every Sunday. Alancil 10.30am Alancil 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 & Alancil; 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 icc-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 Basilio 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 m eters/house on right corner. tavrachristiancentre.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.
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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.
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Verse of the Week

"The name of the Lord is a fortified tower; the righteous run to it and are safe."

Proverbs 18:10, New International Version

Ryder Cup captain Harrington plans July return

Padraig Harrington will return to Lahinch Golf Club for this July's Dubai Duty Free Irish Open, the three-time Major winner and 2020 Ryder Cup Captain making his first appearance on the famous County Clare links since winning there as an amateur in 1995.

The Dubliner, who has been out of action since November due to injury, will join a strong field for this year's Dubai Duty Free Irish Open - the second of eight Rolex Series events on the European Tour's 2019 Race to Dubai, which is hosted by his old friend Paul McGinley and takes place from July 4-7.

Among those who have already confirmed their participation for the 2019 edition of the historic event are 2017 Race to Dubai champion Tommy Fleetwood, Irish hero Shane Lowry, former World Number One Lee Westwood and 2016 Masters Tournament winner Danny Willett.

Lahinch Golf Club has a remarkable history of amateur winners, with Major champions Darren Clarke, Harrington and Graeme McDowell - as well as host McGinley - having all won there in the early years of their careers.

Of that star-studded list, Harrington is the only one to have claimed the Irish Amateur Close Championship on the Old Course, with the other three having triumphed in the South of Ireland Championship - an event which Lahinch has hosted since its inception in 1895.

The 15-time European Tour winner returns to action this week in Malaysia following a wrist injury but he has already got one eye on and the summer and his national Open, which he famously won in 2007 before going on to claim a maiden Major Championship at The Open Championship two months later.

"I'm looking forward to returning to Lahinch for the Dubai Duty Free Irish Open," said Harrington. "It's one of the great Irish links courses and I think it was an excellent decision by Paul McGinley, the European Tour and Dubai Duty Free to take the tournament down there this year."

"The last time I played there I won the Irish Amateur back in 1995, shortly before I entered the professional ranks."

"I'm sure the venue will help generate a fantastic festival atmosphere with the golf course situated in the heart of the village." The 2018 Dubai Duty Free Irish Open provided one of the most dramatic finales in the tournament's 91-year history, as Russell Knox holed a 40-foot birdie putt on the 72nd hole to clinch a place in a play-off alongside New Zealander Ryan Fox.

The Scot then sank an almost identical putt on the first play-off hole to seal his maiden Rolex Series title and send the huge Irish crowds into raptures.

With blazing sunshine and a star-studded field including the 2017 champion Jon Rahm, a total of 94,239 people attended the event at Ballyliffin Golf Club. Tickets for the 2019 Dubai Duty Free Irish Open are on sale at www.dubaidutyfreeirishopen.com and begin at €23 for Pro-Am Wednesday, with single tickets for Thursday or Friday costing €30 and day tickets for each weekend day costing €35 each. An adult season ticket, which covers five days of world-class golf from Wednesday to Sunday, begins at a special price of just €110.

Children under 12 years of age are entitled to free entry when accompanied by an adult, day junior tickets for those between 12 and 17 years of age are €10 (€30 for a season ticket) while those aged between 18 and 21, as well as students with valid student cards and over 60s, can avail of a concession ticket - €20 for a day (€80 for a season).

The only official sales channel to purchase tickets for this year's Dubai Duty Free Irish Open is via the ticketing platform Eventbrite.



Ryder Cup captain, Padraig Harrington

The resale of Dubai Duty Free Irish Open tickets on unofficial platforms contravenes the

European Tour's ticket terms and conditions and such sales render the ticket void.

Players pay respects for plane crash victims at Kenya Open

Silence fell upon Karen Country Club at 8.44am last Thursday morning as the players paid their respects to the victims of Ethiopian Airlines Flight 302.

The flight left Addis Ababa for Nairobi at 8.38am on Sunday morning but lost contact with the control tower six minutes later, with all 157 passengers and crew on board sadly losing their lives.

The field at the Magical Kenya Open presented by Absa observed a minute's silence in their memory and all players wore black ribbons on their hats.

Kenya's Dismas Indiza appeared emotional during the minute's silence, and the 50 year old admitted that he temporarily became distracted after paying his respects - he would however go on to post a two under par 69 to lead the

home charge for his country.

"I was two under before the minute's silence. After that I hit the ball far to the right and made three bogeys in a row," he said.

"Looking back, I think I was thinking about all of the people who lost their lives as it made me feel really bad."

"You feel it from the bottom of your heart, and it is so sad what has happened for our country."

At the European Tour's offices in Wentworth, England, this week, the flags of the European Tour, European Challenge Tour and Staysure Tour were held at half-mast as a mark of respect to those who lost their lives in the crash.

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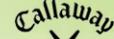
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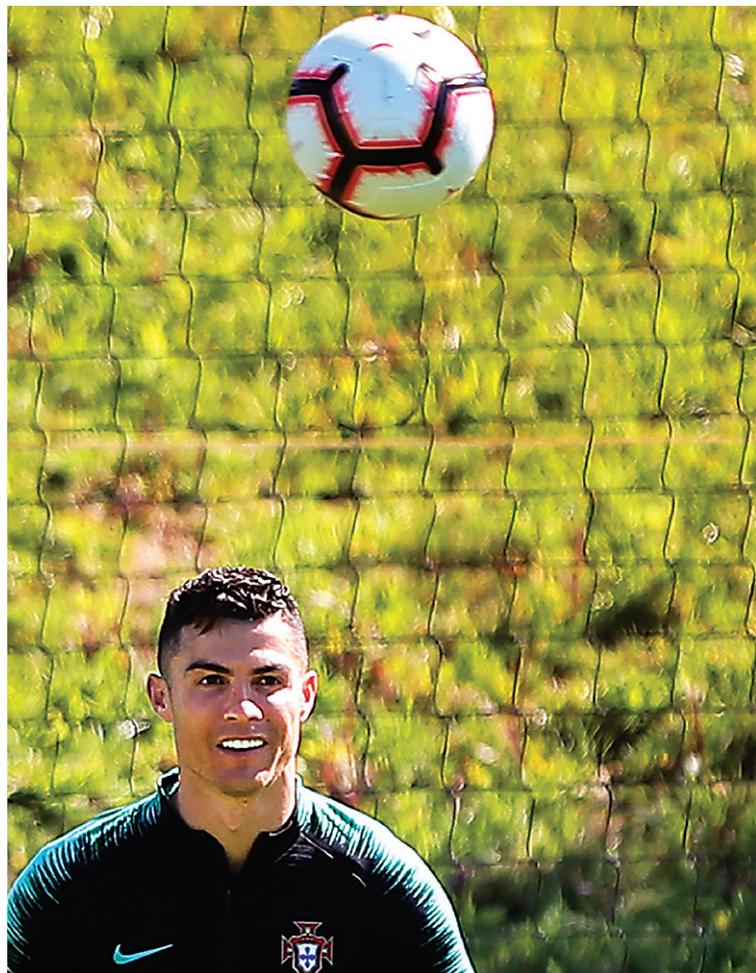
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Portugal captain Cristiano Ronaldo returned for training with the national team this week after a six-game absence. (Photo:EPA/Mario Cruz)

Ronaldo returns

Cristiano Ronaldo, 34, has returned to the Portugal squad after an absence of six games. He last played for his country in their disappointing 2018 FIFA World Cup campaign which saw them eliminated by Uruguay in the last sixteen.

The Juventus superstar, who scored a spectacular hat-trick to overturn a two goal deficit against Atlético Madrid in the Champions League, was allowed to miss the international get-together in September plus the matches in October and November, as he settled into life at his new club. Portugal did not suffer without him, going undefeated as they recorded three wins in six matches, qualifying for the UEFA Nations League Finals in the process. With the EURO 2020 qualifying campaign set to start, Ronaldo is back. Tonight the Seleção face Ukraine and on Monday Serbia provide the opposition with both games being played at Lisbon's Estádio da Luz. Coach Fernando Santos has also selected two uncapped forwards

N CHRIS WRIGHT

in Benfica teenager prodigy João Felix and SC Braga's Brazilian-born Dyego Sousa. Wolverhampton Wanderers, who reached the English FA Cup semi-finals last weekend at the expense of Manchester United, provide four of the squad equal with Benfica who also have a quartet in the twenty-six man squad. Wolves are having a tremendous first season back in the Premier League and have only used nineteen players, a fitting tribute to the backroom fitness staff including Rehabilitation Coach João Lapa who was born in Tavira and spent time working with SC Olhanense. Only eight of the international squad play their

football in Portugal. Portugal squad: Beto (Goztepe, Turkey), José Sá (Olympiacos, Greece), Rui Patrício (Wolverhampton Wanderers); João Cancelo (Juventus), Nelson Semedo (Barcelona), Jose Fonte (Lille), Pepe (Porto), Ruben Dias (Benfica), Mário Rui (Napoli), Raphael Guerreiro (Borussia Dortmund); Danilo Pereira (Porto), Ruben Neves (Wolverhampton Wanderers), William Carvalho (Real Betis), Bruno Fernandes (Sporting), João Mario (Inter Milan), Joao Moutinho (Wolverhampton Wanderers), Pizzi (Benfica); Bernardo Silva (Manchester City), Gonçalo Guedes (Valencia), Rafa Silva (Benfica), Andre Silva (Sevilla, on loan from AC Milan), Cristiano Ronaldo (Juventus), Diogo Jota (Wolverhampton Wanderers), Dyego Sousa (SC Braga), João Felix (Benfica).

Sporting lift League Cup

The unusual format of playing the two semi-finals on successive days at Braga's showpiece stadium produced some electrifying football, but regrettably were marred by virulent verbal reactions to refereeing controversies which completely overshadowed the actual football.

FC Porto beat Benfica 3-1 thanks to goals from Brahimi (penalty), Marega and Fernando Andrade with Rafa scoring the Eagles goal. Benfica president Luís Filipe Vieira launched a ferocious tirade against referee Fábio Veríssimo, saying "this man should never officiate again." Coincidence or not, the very next day Verissimo requested

N CHRIS WRIGHT

leave from refereeing duties. In the other semi Sporting squeezed through against SC Braga in a penalty shoot-out after a 1-1 draw in normal time. Worryingly a paltry crowd of just 10,000 spectators turned up for a

supposed showpiece occasion in the football calendar at the home of one of the competing teams! The final between holders Sporting and FC Porto was marked by two injuries early in the second-half as André Pinto clashed heads with Moussa Marega that lead to a broken nose for the Sporting defender. Pinto tried to continue but had

to be replaced by Radosav Petrovic, the Serbian midfielder. Sporting keeper Renan Ribeiro then went from zero to hero as they edged out FC Porto. Héctor Herrera did well to find space and shoot at Renan from outside the box. The Brazilian goalkeeper, who had been the hero in the shootout against Braga, fumbled the ball which led to it bouncing

gratefully for Fernando Andrade to put Porto ahead after seventy-nine minutes. Sporting levelled the final deep into stoppage time as a Bas Dost spot-kick, assisted by a VAR replay, took the game to a penalty shootout. Renan's save from Hernani and Felipe's miss gave the first silverware of the season to Sporting.

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Ronaldo charged by UEFA for 'obscenity'

Cristiano Ronaldo has been charged with improper conduct by UEFA after his goal celebration in Juventus' Champions League win over Atlético Madrid.

The Portugal international was seen gesturing towards fans - mimicking Diego Simeone from the first leg after which the Atlético manager was fined €20,000 for an "obscene" celebration. It came after Ronaldo converted a late penalty for his hat-trick and a 3-0 victory which sent the Serie A side through on aggregate. "Disciplinary proceedings have been

opened following the UEFA Champions League round of 16 match between Juventus Football Club and Club Atlético de Madrid, played on 12 March in Italy," said a UEFA statement. "Charges against Juventus Football Club: Improper conduct of player Cristiano Ronaldo." The case will be heard by the UEFA control, ethics and disciplinary body. TPN/PA