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Forest fires rage across Portugal



Firefighters combat a forest fire in Casais de São Bento, Cardigos, Mação, Portugal, 22 July 2019 (Photo: EPA/Antonio Jose) Full story, see page 2

Algarve most "family friendly" destination. P6



Faster fines for rental car drivers. P10



Trás-os-Montes wine region "reborn". P14



Sousa climbs to 49th in world tennis ranking. P48



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Fires rage across Portugal

The fires in Central Portugal and the Algarve this week, which resulted in the declaration of the first major incidents of this year, demonstrate the ongoing battle to prevent and tackle fires in the country.



The fires in Portugal received international news coverage thanks to the sheer size of the blaze and the number of personnel involved, while a dense “cloud” of smoke also formed over the Extremadura area of Spain thanks to the burning in Portugal. The largest of the fires began in central Portugal in the Castelo Branco district early in the afternoon of 20 July. Two of the fires originated in Sertã and one in Vila de Rei, with the latter spreading on Saturday to the municipality of Mação, Santarém district, while in the Algarve over 200 firefighters and personnel tackled a blaze that began near Vale da Telha on 19 July but was under

control the following day. The fire in Vila de Rei and Mação has burnt more than 9,500 hectares of forest, about half of this year’s burned area, according to the European Forest Fire Information System (EFFIS). At the time of going to press the fire was considered to be “in resolution” but there were still more than 700 personnel involved in the operation and five aircraft. According to Paula Neto of the National Institute of Emergency Medical, the fire in central Portugal resulted in 41 people being assisted by the authorities, 17 of whom were considered to be injured, with one in a serious condition. Investigations into the cause of the fires in Castelo Branco are

already underway by PJ police who, according to *Lusa*, have already begun to collect evidence of a criminal nature regarding the fires, including artefacts that may have been at the source of the fire found in the area. The outbreak of three fires in such close proximity around the same time have been seen by police as suspicious. A spokesman from the Bombeiros told newspaper *Expresso*: “The fires all came at the same time and in the same area. This geographical continuity is a strange coincidence” Setting fire to forest areas on purpose is not a new phenomenon in Portugal and this was highlighted by the arrest of a 55 year old man on 21 July in the Castelo Branco area on suspicion of arson. A police statement said: “The suspect set a fire in a forest area with a direct flame, which would have caused serious problems if it hadn’t been for the quick intervention of the Castelo Branco firefighters”. While the authorities investigate the possibility of arson relating to the fires, experts have come forward to lament the “imposing position” of the government when it comes to enforcing land clearance laws to help prevent fires. Luciano Lourenço, from the research centre of forest fires of the University of Coimbra,



The outbreak of three fires in such close

told *Lusa* that the state has placed itself in an “enforceable position”, producing legislation and enforcing it “rather than working with citizens” who do not normally participate in the drafting of laws relating to them but suffer the consequences of the fires. In addition, citizens “often end up unable to understand their

WEATHER

Clear skies for next week

A cloudy weekend in most of Portugal will lead to a sunny week as clear skies return.

Lisbon: There will be a chance of rain in the capital on Saturday but this will clear as the weekend progresses leading to average highs in Lisbon of 30 degrees by the start of the new week, while northerly winds will help to keep it feeling fresh.

The South: Intermittent cloud cover over the weekend will see temperatures falling to highs of 29 degrees before rising again at

the start of the week to average highs of 32 degrees and nightly lows of 20 degrees as clear skies return.

The North: Rain is predicted in the North on Saturday and while the clouds will clear slightly on Sunday and Monday there will still be a slight chance of rain. By Tuesday the skies are to clear resulting in temperatures rising to average highs of 25 degrees.

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proximity around the same time have been seen by police as suspicious. (Photo: Lusa/Antonio Jose)

own legislation,” warned Luciano Lourenço, advocating awareness among the populations through the work of municipalities. “Forest fires are essentially a social problem, they are a social risk and that is where they have to be attacked. Until they are addressed in this way, we will most likely continue to

have forest fires and large forest fires, because without the involvement of populations, forest owners and forest agents we will not be able to find a way to manage forests against fires”, said the researcher who added that technological solutions are important but insufficient to solve the problem.

Fire ecology expert Joaquim Sande Silva has also called for a “revolution” in fighting fires in Portugal. He stressed that there is no short-term information regarding last weekend’s fire in Vila de Rei and that a report into the incident still needs to be concluded to ascertain the reasons why the fire

progressed as it did. However, he highlighted the fact that the firefighting system has not changed significantly since 2017, so different results cannot be expected. “The system has not really undergone a revolution,” he said, underlining that “the protagonists of fire fighting remain the same”, with “the same competencies, same attitude, the same discipline and the same organisation.” Sande Silva stressed that the creation of a more professional body was a proposal made in 2005, following the 2003 fires, “and was rejected”. “I think that sooner or later we have to evolve. The Spaniards have evolved their approach a long time ago and other countries have evolved accordingly,” he said. Meanwhile, David Thomas President of Safe Communities Portugal stated: “The fires demonstrated to me the new tactic of a “muscular” approach by using aerial means at the earliest stages has had an impact in extinguishing most of the fires at the earliest stages. The Government decision to increase the number of GIPS (Mountain Support Team) to over a 1,000 and increase the availability of aircraft and helicopters is therefore bearing some fruit. “However, should this not be successful, the fires can spread as we saw at an alarming speed, depending on wind, humidity and temperatures, not to mention the topography in the area concerned. In two days the Vale de Rei fire spread 25 kilometres from its originating point; that’s just over 10 seconds a metre”. He added: “During our monitoring of the situation the subject was raised that sometimes people do not see

fire fighters and are left to their own devices. In one case doubts over the official statistics were raised concerning the number of firefighters actually deployed according to ANEPC figures. It is important to bear in mind that these figures include: those who are taking much needed rest breaks; those withdrawn from the fire fronts as it is too dangerous, those rotating between shifts and those carrying out logistical support duties like drivers. In addition these figures include Civil Protection, GNR, INEM and other emergency personnel”. Civil Protection recommends that people adapt their behaviours and attitudes towards the dangers of rural fires by adopting necessary preventative and precautionary measures while also being aware about the possibility of rural fires developing locally. David stated “Because fire-fighting personnel cannot be everywhere, it is vitally important that people are aware of the self-protection measures namely the Safe Village - Safe People programme. There are many elderly people who have no access to the internet, so I would ask those in remote areas who have internet access, to print the details in Portuguese and the other languages available and share with them.” Continued high temperatures and low humidity levels have led to Portuguese Civil Protection to issue a warning to all citizens regarding the “worsening risk of fire” across the country. While current weather forecasts show a drop in temperature over the weekend in many parts of the country, temperatures are set to rise again by the beginning of the week.

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Sugar tax success

Consumption of sugar in soft drinks in Portugal continues to fall alongside the levels of childhood obesity

N ARIANE GOMES



In 2018, each Portuguese citizen consumed on average 60 litres of soft drinks, equivalent to 3.3 kilograms of sugar. (Photo: EPA/David Mariuz)

According to the 2019 report of the National Programme for the Promotion of Healthy Food (PNPAS), in 2018, each Portuguese citizen consumed on average 60 litres of soft drinks,

equivalent to 3.3 kilograms of sugar. This is lower than consumption for 2017 (75 litres, equivalent to 4.4kg of sugar) when the tax on these beverages was first introduced.

The report says that the reduction in the amount of sugar ingested is related both to a change in consumption habits and to the reformulation of the products. "Since the introduction of the tax, there has been a shift from

consumption of beverages with higher sugar contents (80 grs / litre) to beverages with lower amounts".

The average calorific content in soft drinks fell from 31 calories to 27.5 calories per 100 ml in 2016-17. In 2018, the trend continued, reaching 26.4 calories per 100 ml. Meanwhile, the Secretary of State for Health has announced that there has been a welcome reduction in the number of children that suffer from obesity in the country.

Raquel Duarte has welcomed the news, but she warns that even though numbers have decreased, work needs to continue as the country has to look at "threats such as regional asymmetries and the increase in prevalence with age," saying that even though the country has excellent results "we must not rest our laurels."

These figures were released recently by the data collected by COSI Portugal 2019, the nutritional surveillance system for school-age children (six to eight years old) which have indicated a consistent reduction in the last decade of the prevalence of childhood obesity in Portugal.

The latest figures collected by COSI have shown that 40 percent of teenagers drink soft drinks

daily, and more than half have consumed below the recommended level of fruit and vegetables.

"Education is not enough. We need to work together, the municipalities have to create parks, so children can play in the streets and schools need to promote physical activities," she adds.

The data has shown that between 2008 and 2019, the prevalence of childhood excess weight dropped from 37.9 percent to 29.6 percent and children's obesity levels fell from 15.3 percent to 12.0 percent in Portugal, a figure that has helped the country improve on the table of European states participating in the WHO/Europe Childhood Obesity Surveillance Initiative (COSI).

The Azores is the region with the highest prevalence's of overweight children, with one in three children being above the recommended weight.

"The DGS is extremely committed to this issue and two of our priorities are to encourage people to engage in more physical activity and to eat more healthy foods," said Graca Freitas, the Portuguese director of general health, who highlighted the collaboration between entities for the realisation of the COSI Portugal 2019.

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Street animal feeding proposal rejected

Parliament has rejected a bill from the PAN party (People-Animals-Nature) that aimed to legalise the feeding of street animals, which is prohibited in the majority of the municipalities.

PSD, CDS and PCP voted against, ENP had no vote and PS and BE voted in favour of PAN. When presenting the project in June of last year, PAN argued that "the vast majority of municipalities in Portugal establish through their own regulations a ban on feeding animals on public roads, ignoring any relevant circumstances, such as the colonies of the controlled by municipal sterilisation programmes."

PAN argues that "it does not make sense for the state to invest in sterilisation and treatment of animals while determining that they should be left to die of hunger" The party stressed that "it is not morally defensible, to command a sensitive and compassionate population to abstain from feeding an animal, calling into question one of the five basic freedoms of animal welfare: Hunger and thirst."

Sardine recovery plan needed

A group of environmental organisations has called for a recovery plan for Iberian sardines, complaining to the Ministry of the Sea about a "lack of dialogue and inclusion".

The Platform of Portuguese Non-Governmental Fisheries Organisations, which brings together eight associations, stated that it "regretted" not being included in the discussions on the new National Sea Strategy, namely regarding "the stock of Iberian sardines".

In a statement they say that this is "particularly worrying

and inconsistent at a time when public discourse and the mobilisation of society at large are clearly moving towards assuming and responding to environmental urgencies."

In the case of sardines, it has been "below safe biological limits" since 2009, they recall. The platform which is represented by a sardine monitoring committee calls for a "long term recovery and management plan" for the species with which "it has been very concerned".

This plan was formally

requested from the governments of Portugal and Spain to collaborate to ensure that there are still enough sardines. The Platform includes the Portuguese Association for the Study and Conservation of Elasmobranchs (APECE), Spatial Planning and Environment Study Group (GEOTA), League for Nature Protection (LPN), Quercus, Sciaena, Nature Association Portugal / World Wildlife Fund (APN/WWF), Azores Sea Observatory (OMA) and Portuguese Society for the Study of Birds (SPEA).

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Algarve voted most “family friendly” destination

The Algarve has taken the top spot as the most family friendly destination for Brits this summer.



The Algarve tops the leader board as the ultimate family-friendly destination with a score of 78 out of 100. (Photo: TPN)

Columbus Direct analysed popular holiday destinations within a five hour, or less, flight time from London to come up with the 20 best locations ideal for a family-friendly holiday.

In the survey, destinations were given an overall score out of 100 and were measured following various criteria including the number of family-friendly hotels they hosted, the number of child-friendly restaurants, the number of activities deemed good for kids, the flight time from London and the distance from the airport to the nearest holiday location.

The Algarve tops the leader board as the ultimate family-friendly destination with a score of 78 out of 100 - which is over 10 points higher than any other location. Known for its beaches, fishing towns and coastline, the region attracts around four million visitors each year.

Of all the destinations analysed, the Algarve also shows off the second-highest number of activities considered to be child-friendly by Columbus Direct, with various water parks, zoos, and boat trips to see wild

dolphins. In addition, the Algarve is also home to 275 hotels that are described as being family-friendly, and a further 2,529 resorts.

Cornwall in the UK, was found to be the second-best destination for a family-friendly holiday with the shortest flight time of just over 1 hour and the most child-friendly activities, while Spain and Greece hold the most family-friendly locations with the most popular areas including Majorca and Rhodes. Stuart Lloyd, Travel Insurance Expert at Columbus Direct said: “Booking a family holiday can be a challenge for parents as there are many different aspects to consider when finding the perfect destination. From choosing accommodation and restaurants to eat at that have experience in catering to children, combined with the need to choose a location that hosts plenty of activities that both children and the whole family can get involved in.

“It is great to see so many destinations provided by our European neighbours that cater to families on holiday and help make parents’ choice far easier and stress-free”

Recycling in Portugal up by 11%

According to the Sociedade Ponto Verde, a packaging waste management company, Portugal has seen an 11% increase in recycling in the first half of this year.

175 thousand tonnes of packaging were collected this year between January and June, equivalent to the weight of 450 commercial airplanes, with a “significant increase” in all materials collected.

Paper and carton collection increased by 16 percent, followed by aluminium which grew by 13 percent and glass which registered 10 percent more weight collected than in the first half year of 2018. The plastic presented a growth of 5 percent, a value that according to Ponto Verde is due to the decrease in its use.

“People are consuming less plastic and this is the result of a real and effective awareness-raising for conscious use” of this material, the executive director of the Sociedade Ponto Verde, Ana Isabel de Moraes, told Lusa. “People are adopting more responsible behaviour and the producers of the packaging that are being placed on the market are also more aware” since plastic is being replaced by other materials.

For the executive director of Sociedade Ponto Verde the increase in recycling reflects a greater concern of Portuguese citizens regarding environmental awareness.

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Portugal among top surf destinations fighting against climate change

N KIM SCHIFFMANN

Kalon Surf has released the findings from recent research showing which countries fight to preserve their beaches and work to minimise energy use, reduce emissions and use renewable energy.



Portugal is one of the top five surf destinations fighting against climate change

In hopes of raising awareness about climate change “Kalon Surf” a Costa Rican surf camp and resort, analysed coastal destinations to find out which ones are fighting climate change to save their beaches and which ones are not. Portugal is one of the top five surf destinations fighting against climate change. Just under Costa Rica and Morocco but above the United Kingdom and the Philippines.

The country has set some impressive goals for itself, wanting to phase out coal by 2030 and becoming carbon neutral by 2050. To further preserve its coast, Portugal has also

made plans for shoreline rehabilitation projects which are combating the issue of climate change related coastal erosions many popular beaches are affected by, with some shorelines retreating up to 100 metres.

Coastal Communities are affected by climate change in many different ways. Our oceans are the warmest they have been since humans have started tracking their temperatures. A rise in temperature severely affects marine life and ecosystems that are vital to this earth. But also rising sea levels, coastal flooding, storm surges, oceanic acidification, shoreline erosions and water pollution are

threatening our ocean life. Surfers and fishermen can see the effects on their beaches every day.

According to the 2019 Climate Change Performance Index, the five surfing countries doing the worst job at tackling climate change are the United States, Australia, South Africa, Indonesia and Ireland. As an individual there are many things you can do to help combat climate change related issues. Surf in countries fighting climate change, reduce food waste and reuse and recycle as many items as possible and, if financially feasible, support charities that preserve coastal ecosystems.

Portugal plastic ban from 2020

There will be a ban on plastic bags, cutlery and trays for bread, fruit and vegetables from 2020 across the country.

Portugal’s parliament has voted unanimously to approve legislation to end the use of plastic bags and trays for bread, fruit and vegetables and the sale of disposable plastic crockery.

In the last plenary session of the current parliament, all parties voted in favour of a bill tabled by the Greens that applies to “all commercial establishments that sell bread, vegetables and fruits”.

Under the legislation, from next year it will be forbidden to make available the transparent plastic bags currently common in fruit and vegetable sections, as well as the disposable trays, “usually wrapped in plastic or expanded polystyrene”, for those products.

Deputies also unanimously adopted a bill that combines initiatives by the Greens, Left Bloc, People-Animals-Nature and Communist Party, all of which are intended to prohibit the sale or use of disposable plastic crockery and cutlery in the restaurant trade, shops and at public events.

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More than two tonnes of rubbish removed from Culatra Island

Volunteers collected more than two tonnes of rubbish on the island of Culatra, Faro, during a cleanup action under the Ria Formosa campaign “without plastic”..

Promoted by the Association for the Study and Conservation of Oceans (AECO) the cleaning up was attended by more than 50 volunteers.

Speaking to Lusa, the project coordinator Sandra Godinho said that “they have been collecting mountains of things and it is difficult to quantify in tonnes the weight of the rubbish collected. You could say that it was more than 2 tonnes.” “From fishing nets, to batteries, to tires, the remains of boats, woods, plastics, a mountain of rubbish that was deposited in Culatra has been collected” she said.

The action took place between the harbour area and the recovo - a kind of inland lagoon - across an area of about four hectares on Culatra Island, one of the barrier islands of the Ria Formosa on the

Algarve coast on 21 July.

“There was so much rubbish concentrated in such a small area that it will be necessary to use tractors to transport it to the proper places.” said Sandra Godinho.

The campaign is part of the project “Ria Formosa without plastic” an initiative that won the international competition promoted by the European Outdoor Conservation Association (EOCA). It allowed the association to obtain funding to hire divers from the University of the Algarve for underwater cleaning of the island.

“Our goal is centred on behaviour change because we cannot continue to pretend that nothing is happening, to fold our arms and say it was not me. We must work together to reduce our ecological footprint in the future” concluded the project coordinator.

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Around 100,000 cars were rented in Portugal during peak season in 2018 and this number is expected to rise by 7 percent this year.

Faster fines for rental car drivers

Drivers of rental cars in Portugal who commit road traffic violations will now be issued fines more quickly according to the National Road Safety Authority (ANSR).

The ANSR has signed a protocol with leading car hire companies aimed at speeding up and simplifying the identification process of drivers who rent a car in the country.

The new protocol will allow the ANSR to consult a database provided by car rental companies to make it easier to identify car rental drivers, thus removing the entire chain of notifications by post.

According to the ANSR, this process will allow “for a reduction in the notification time of the offender” by half, and also reduce

“the costs in postal services”.

According to the Association of Driverless Car Hire Manufacturers (ARAC), car rental accounts for 24 percent of the purchases of light vehicles in Portugal, and by 2018 around 100,000 cars were rented during the peak season. This year ARAC expects to see this number rise by a further 7 percent.

Secretary of State for Civil Protection, José Artur Neves, told Lusa that it is currently difficult to contact drivers who rent cars and incur traffic fines or violations.

“There were cases of three notifications being needed to

reach the real vehicle user. It was almost always an ordeal, however now the process has been simplified,” he said.

The Secretary of State stressed that the issuing of notifications more quickly should help to encourage offenders “to avoid further successive violations”.

In the case of foreign tourists, José Neves said that this procedure will also make it easier to notify drivers quickly”.

According to the Secretary of State, the ANSR processes 28,000 requests for the location of drivers who rent cars and commit road traffic violations annually.

Crack down on drivers using phones

The Portuguese government has announced that there will be substantial changes made to the Highway Code which will see an increase in penalties for mobile phone use while driving and also a reduction in the notification period for fines.

“The changes are mainly related to offenses relating to the use of mobile phones,” said the Secretary of State for Civil Protection, José Artur Neves, without specifying details.

Currently, using a mobile phone while

driving is considered to be a serious offense, resulting in the driver losing two points off their license.

José Artur Neves stressed that the changes will involve mobile phone use rules but will also see “more structural” revisions related to the speeding up of the notifications of fines.

He said that with this amendment the notification period will be reduced so that “the offender, upon receiving the notification promptly, feels that he or she has made a mistake”, thereby preventing

The highway code in Portugal will be changing to reflect a stricter policy against the use of mobile phones while driving.

another offence shortly thereafter.

“Currently the process is very lengthy which often leads to the offender making several repeat infringements until receiving notification of the first infringement. This process tends to leave people feeling blameless and what we want is for everyone to be aware of the obligation to engage in non-risky behaviour on the roads,” he said.

Data from the National Road Safety Authority (ANSR) shows that the death toll on Portuguese roads increased in 2018

for the second consecutive year.

According to the ANSR, in 2016 445 people died, rising to 510 in 2017 and 513 in 2018, although the final report for last year is not yet available.

The latest data indicates that between 1 January and 15 July, 242 people died on the roads, the same as last year.

Up to July 15, there were 68,493 accidents, 63 fewer than in the same period of 2018, but serious injuries increased by 11 percent, with 1,089 people seriously injured this year.

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A warm welcome back for Portuguese emigrants

Portuguese citizens looking to return to the country are now able to take advantage of special fiscal conditions as the number of registrations for Portuguese citizens living in the UK reaches “significant” amounts.

The application process for Portuguese emigrants looking for support in returning to Portugal to live and work has officially begun. As of 22 July, applications can now be made online for any Portuguese citizen who left the country before the end of December 2015 and is looking to return in 2019 or 2020. The measures were set out during a press conference by the Secretary of State for Employment, Miguel Cabrita and the Secretary of State for Communities, José Luís Carneiro. “On the one hand there is a necessity in the country, while on the other hand there is a question of justice,” said Cabrita who added that many regions of Portugal have difficulties with recruitment. For José Luís Carneiro the programme is also hoped to help in the rebalancing of the demographics within the country that was affected during the “years of crisis” within Portugal, especially relating to younger, educated citizens who left the country in search of work. According to the government, this is a “strategic” programme which intends to reinforce “the attractiveness” of the country for workers while also supporting companies in Portugal by “eliminating recruitment

needs through the creation of new incentives to reduce the cost of returning workers”. The new programme is available to workers who left the country up until 31 December, 2015 who take up employment between 1 January, 2019 and 31 December, 2020 in Portugal. As long as these workers meet specific conditions, then they will be entitled to financial support of up to six times the Social Support Index (AIS) with a total of €6,536 available. Alongside the announcement of the incentives for returning workers to Portugal, Miguel Cabrita also announced the success of a portal designed for Portuguese citizens looking for work in Portugal before returning on a more permanent basis. Cabrita stated that the portal already had around 1,700 people from 72 different countries registered on the site. He added that Portuguese consulates across the globe had already been receiving requests for information about the new returning citizens programme with the highest number of requests coming from Portuguese citizens living in Macao, the United Kingdom, Switzerland, and Belgium. While the Portuguese government works to

encourage workers to come home, the latest statistics from the UK have shown that the number of Portuguese nationals who have requested resident status in the United Kingdom has been “very significant” since the announcement of Brexit. Between August 2018 and March 2019, around 18,100 Portuguese citizens submitted their application for settled status, with the months of April (34,300) and May (16,800) being the months with the highest number of citizens requesting resident status. Last month, there were 11,700 Portuguese citizens making the same request to the British authorities. Carneiro said that it was very significant that the Portuguese nationals who are in the United Kingdom are adhering so positively to the appeal from the British authorities, but also by the Portuguese consular and diplomatic authorities, to seek their settled status in the UK. He added that, however, there are no conditions to state how many citizens will benefit from the granting of the permanent or temporary settled status. Portugal is currently the fourth country whose citizens living in the United Kingdom most requested the status, behind Poland, Romania and Italy, he said. The British home secretary,



The President of the Republic, Marcelo Rebelo de Sousa (2-L), accompanied by Prime Minister António Costa (2-R), Foreign Minister Augusto Santos Silva (L) and the Portuguese Secretary of State for Portuguese Communities, José Luís Carneiro (R), during the First World Congress of Portuguese Diaspora Networks in Porto, 13 July, 2019. (Photo: Lusa/Estela Silva)

Sajid Javid, said that he was satisfied with progress in the settlement system for EU, Switzerland, Norway and Lichtenstein citizens, opened as part of the United Kingdom’s withdrawal process of from the EU.

Settled status in the UK is compulsory after Brexit and guarantees access to the labour market and public services, such as education, health and social services. The status is granted to

those with five consecutive years living in the UK, while those who have been in the UK for less than five years will have a pre-settled status until they have completed the required time.

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Minister hopes to avoid fuel truckers strike



The government is "concentrated on preparing" a "very robust" plan if the fuel tanker drivers strike does occur on 12 August. (Photo: Lusa)

The minister for the environment and energy stated that he believes that further negotiations will avoid August strike action by truckers.

Minister João Pedro Matos Fernandes told reporters: "What I want to believe is that before 12 August that the unions and employers will sit down at the table in order to reach an agreement and a solution that will work for both parties and to therefore avoid a strike". While the minister was optimistic about avoiding another strike he confirmed that the government has prepared a "very robust" plan that "goes far beyond filling stations" and that the state is "concentrated on preparing" a plan if the strike does occur on 12 August. When asked for further details about the emergency plan he

stated that "the government has prepared an emergency plan. Do we want to put it into practice? No. We still believe that there will be an agreement made." The unions representing the fuel drivers did not reach agreement with the National Association of Public Road Freight Transport (ANTRAM) and have delivered a strike notice, beginning on August 12, following a nearly five-hour meeting under mediation of the Ministry of Labour. The strike notice from the Independent Freight Drivers Union (SIMM) and the National Hazardous Goods Drivers Union (SNMMP) proposes minimum services of 25 percent nationwide.

Summer water shortages should be one-offs

João Pedro Matos Fernandes, Portugal's environment minister, said that the current drought situation is "less complex" than that of 2017.

If there are any problems with public water supplies, they will be one-offs and only happen in small towns which receive more visitors in the summer.

Should such problems arise, authorities will hire tankers to supply water to the

affected areas.

Although this year's drought is less severe than that of two years ago, the minister said that the government is completely aware that, because of global warming, "the trend is getting worse".

"We are in the Mediterranean basin, where the amount of rainfall is less than the amount of water we consume.

"The only long-term solution is really to save water and use it rationally," he said.

The minister was speaking to journalists after inaugurating two new treatment plants, one for wastewater and the other for public supply, an investment he

considered very important to make the entire water system in Beja reliable.

According to the most recent climate bulletin from the Portuguese Institute of the Sea and atmosphere, released on 4 July, 33.9 percent of mainland Portugal was in extreme or severe drought, 22.7 percent in moderate drought and 40.9 percent in slight drought. TPN/Lusa

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Trend reversing investment in northern Portugal

Public investment in northern municipalities increased by 42.4 percent in 2017

N KIM SCHIFFMANN



The investment of 42.4 percent in 2017, compared to the previous year, sees the reversing of the trend of "strong decline" between 2013 and 2016.

The investment of 42.4 percent in 2017, compared to the previous year, sees the reversing of the trend of "strong decline" between 2013 and 2016, reveals the North Structure report released on 22 July. "Following the downward trend that marked the period from 2013 to 2016, public investment by municipalities in the Northern region increased again in the most recent period, increasing by 42.4 percent in 2017," describes the document prepared by the Northern Regional Coordination and Development Commission (CCDR-N). Even so, the "financial dimension" of public investment by municipalities "is still small", since "on average" public investment "represented between 2010 and 2017 only 0.96 percent of the region's GDP [Gross Domestic Product]". The value is considered "manifestly small" given its potential impact "on economic growth and the real convergence processes of the territories". According to the report, the contribution of the aggregate value of public expenditure in 2017 was 3 percent in Cávado and 2.9

percent in the Porto Metropolitan Area, while the region's average was 3.9 percent. "In other cases, especially in low-density territories, public expenditure as a percentage of GDP is higher, exceeding in 2017 the 8 percent mark in the Upper Tâmega and Trás-os-Montes", the document states. In the various areas of the North, public investment by municipalities "was of greater economic importance in low-density territories, especially in the period of economic recession." The "most significant growth" occurred in Cávado (90.3 percent), Terras de Trás-os-Montes (72.9 percent) and Alto Tâmega (64.5 percent). According to CCDR-N, "the acquisition of goods and services" was the "largest component of public expenditure" of the region's municipalities in 2017, "representing about 27.5 percent of the total". "Personnel expenses accounted for almost the same weight, representing 27.4 percent of total expenditure". The acquisition of capital goods, commonly known as public investment, accounted for 18.7 percent of the total expenditures of the municipalities under study.

Trás-os-Montes wine region "reborn"

Francisco Pavão, president of the Trás-os-Montes Regional Wine Commission (CVRTM) said that this "region of contrast" extends from Montalegre (Vila

Real) to the Mirandese plateau (Bragança) and has vineyards planted at 200 to 700 metres altitude.

Ana Alves highlights the

"quality of wine grapes" as Trás-os-Montes' added value and explained that due to the climate, hot summers and cold winters, "there are fewer pests and

diseases in the vineyard".

The mayor of Valpaços, Amílcar Almeida said that in the municipality the wine represents a turnover of around €30 million

per year. To encourage production and quality, the CVRTM holds a competition that this year had the participation of 109 wines.

The Trás-os-Montes wine region produces about three million bottles of certified wine and is one of the smallest in the country. But now it is being rediscovered, attracting young producers, according to industry sources.

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Calls to limit night flights

Zero files complaint against excessive night air movement in Lisbon



KIM
SCHIFFMANN



Zero has filed a complaint with the National Civil Aviation Authority (ANAC) to denounce excess night air movements at Lisbon Airport. (Photo: Lusa/Tiago Petinga)

The environmental association Zero has filed a complaint with the National Civil Aviation Authority (ANAC) to denounce excess night air movements at Lisbon Airport which they claim reaches double the legal limit on a weekly basis. As part of the campaign to "alert and sensitise the impact of aircraft noise in the city of Lisbon" Zero monitored the number of aerial movements (landings and take-offs) at night, concluding that during ten days, seven were above the stipulated daily maximum. According to noise legislation published in 2000, between 12am and 6am it is forbidden to have any air movement at Lisbon airport but an exception regime published in 2004 allows a maximum of 91 weekly and 26 daily movements. However Zero affirms in a statement that in cooperation with the site flightradar24.com and with direct observation over ten days (between 5 July and 14 July 2019) seven of those days exceeded the daily maximum. Zero says "given the very significant

number of citizens affected by aircraft noise at Humberto Delgado Airport during the night, it must be completely restricted to any movements (except during an emergency) during a night time over six hours" Zero is asking for a more active position on this issue, recalling that at the beginning of the year the Portuguese Government signed a new agreement with ANA - Aeroportos de Portugal, which includes increasing the capacity at Humberto Delgado Airport in Lisbon with a significant increase in both the number of passengers (30 million to 42 million per year) and in the number of movements. "The next 40 years can't be decided irresponsibly. The function of the airport, serving the Lisbon region and the country, is too fundamental to the economy, tourism and development but also to the health of those who live nearby to be decided with so little thought. Zero requires that the subject be widely debated because silence is anything but what exists in the vicinity of Portela."

Subsidised Lisbon family travel pass now available

Greater Lisbon's new family travel pass, Navegante Família, can now be requested from service counters of transport operators involved or from portalviva.pt.

The Navegante Família pass, (for travel within one district or metropolitan area and for travel throughout all the districts of greater Lisbon) allows three or more family members, with proven residence in one of the 18 districts of greater Lisbon, to pay, at most, the value of two metropolitan passes (€80 monthly).

If the pass is for municipal Navegante Família, involving travel within only one district, the cost is €60.

In order to obtain the Navegante Família pass, the applicant and his/her extended family - ascendants, descendants and relatives (spouse or unmarried partner, grandfather, grandmother, father, mother, father-in-law, mother-in-law, children,

grandchildren and guardians) are considered members of the same household.

However, all members of the household must have a Lisboa VIVA public transport pass.

Requests for the new Navegante Família pass may take up to 10 days to process.

Relief in the prices of public transport began to be felt on 1 April, as part of the Tariff Reduction Programme, a measure that aims to reduce the use of individual transport.

A metropolitan pass was created, which allows travel throughout all districts of greater Lisbon for a maximum cost of €40 per month, and a municipal pass for those travelling within only one district, which costs €30.

TPN/Lusa



All members of a household must have a Lisboa VIVA public transport pass to be eligible for the Navegante Família pass

Government attempts to relaunch national railway system

The government has announced the appointment of a new board of directors for CP, the Portuguese Railway Company.

Aiming to "relaunch the national railway system", the Government has appointed Nuno Freitas as the new chairman of CP to succeed Carlos Nogueira, whose term of office ends at the end of this year.

Last month, the government announced an investment plan of €45 million to repair rolling stock and hire new staff for CP and EMEF, the rolling stock maintenance company.

EMEF will hire 67 new employees in addition to the

automatic replacement of workers who are retiring.

CP will take on another 120 employees (40 drivers, 40 ticket inspectors, 20 sales assistants and another 20 with jobs yet to be defined).

The government's railway recovery plan runs between 2019 and 2022 and starts in the second half of this year with a view to repairing "about 70 vehicles, including carriages, railcars and locomotives".

TPN/Lusa

Increase in Algarve public transport users

Reduced cost transport passes are being cited as the reason for the increase in public transport use in the Algarve.

The regions Intermunicipal Community (AMAL) has announced that the number of public transport users in the Algarve has increased by 25 percent between April and June with close to 5,700 passes being sold.

In a statement sent to Lusa, the association that includes the 16 municipalities of the Algarve, says that this increase "exceeded the expectations created with the entry into force of the new tariffs" which started to have a maximum value of €40.

"In June close to 5,700 passes were sold, an increase of around 1,200 tickets compared to April, with demand rising both in road and rail transport" AMAL said. The reduction of prices for public transport entered into force on 1 May, with passes now having a minimum value of €14 and a maximum of €40.

According to AMAL it is planned to start in September, the additional reduction of 20 percent in school passes, which were already subsidised by



In June close to 5,700 passes were sold with demand rising both in road and rail transport

municipalities at average rates of 50 percent.

The reduction of the price of public transport passes is supported by funds from the Environmental Fund of around €1 million (97.5 percent) and municipalities provide the remaining 2.5 percent. "This is another measure from the Intermunicipal Community of the

Algarve to increase the demand for public transport and a step towards the decarbonisation of the south of the country" said the entity representing the municipalities in the statement.

AMAL added that the model for the introduction of an intermodal pass to improve the quality of life and mobility in the Faro district is under study.

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Lisbon-Xi'an-Beijing flights to take off



As from 30 August, the airline is to run three flights weekly using Airbus A330 aircraft.

Beijing Capital Airlines is inaugurating flights between Lisbon-Xi'an-Beijing, as a result of diplomatic efforts between the two countries.

According to Portugal's internationalisation minister, Eurico Brilhante Dias, the new route will allow tourists, business people, researchers, professors and university students to travel easily between one territory and the another. As from 30 August, the airline is to run three flights weekly using Airbus A330 aircraft, with a maximum capacity of 440 passengers. The new route, announced last month by the company, replaces the direct link between Hangzhou, on China's east coast, and Lisbon, with a stop in Beijing, which was suspended in October last year.

Luis Araújo, the president of Turismo de Portugal, the national tourist board, highlighted the importance of the Portugal-China partnership, remembering that 2019 marks the 40th anniversary of the official establishment of diplomatic relations between the two countries. In 2018 Portugal received more than 315,000 Chinese tourists, with average annual growth over the last three years of 25 percent and up by 17.1 percent in the first five months of this year. The existence of good air connections is fundamental to increasing the number of tourists who visit, Araújo said.

Indebtedness of non-financial companies up

The indebtedness of non-financial companies in Portugal in May increased by 3.4 billion to €729.6 billion.

According to the bank of Portugal, of the May total, €328.5 billion related to public sector companies and €401.1 billion to the private sector.

In a statement, the bank said that the rise "resulted from the increase of 2.5 billion in the indebtedness of the public sector and of €900 million in the indebtedness of the private sector."

In relation to the increase in public sector indebtedness, the Bank of Portugal states that "it resulted, above all, from the

increase in indebtedness in relation to public administrations and the financial sector, which was partially offset by the decrease in indebtedness of the non-residential sector."

In the private sector, meanwhile, companies' indebtedness to the financial sector swelled by €500 million and to foreign creditors by €300 million, while the amount owed by individuals to the financial sector increased by €100 million.

€1.5million investment in new campsite

A new camping site in Ponte de Lima will cost €1.5 million and will create 24 jobs in a National Agriculture Reserve (RAN).

An order from the Secretaries of State for Tourism and Forestry and Rural Development published in Diário da República declares the "relevant public interest" of the investment in Ponte de Lima, in the district of Viana do Castelo.

The declaration makes it possible to occupy and area of 1,201 square metres covered by the National Agricultural Reserve (RAN) regime. The campsite will have a total capacity of 126 users through the restoration and adaptation of the premises of a former restaurant allowing for the creation of 14 bungalows and

three buildings for facilities and support equipment.

The enterprise has already been declared of municipal public interest by the Municipal Assembly of Ponte de Lima.

Turismo de Portugal emphasises that the investment is part of the Tourism Strategy 2027, namely for the project "to economically promote the

natural and rural heritage, ensuring its conservation and promote regeneration, urban development and the sustainable development of destinations."

The Regional Directorate for Agriculture and Fisheries of the North and the National Entity of the Agricultural Reserve also gave favourable opinions.

Azores promoted to Canadian market

The Government of the Azores has announced the opening of a public competition for tourism promotion of the Azores as a destination to the Canadian market.

The Canadian market has shown "very positive growth trends in the Azores" and is identified in the Azores Tourism Strategic and Marketing Plan as a market for "expansion, so it is important to promote its future" according to a press release from the regional executive.

According to the release "this is a market with economic and demographic characteristics that

project it as one that has great potential for tourists to issue, namely to the Azores, whose direct links between this foreign market have been around for decades."

The contest was published on 22 July in the Official Journal with a base cost of €2.55 million to be spent over an estimated duration of 24 months.



The enterprise has already been declared of municipal public interest by the Municipal Assembly of Ponte de Lima.

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Ukraine: The Third Revolution

N GWYNNE
DYER

“No promises, so no disappointments,” said Ukraine’s Volodymyr Zelensky during the election campaign that made him the president last May. It was a daring, even cynical thing for a politician to say, but then he’s not a politician.

Zelensky is a television comedian who really doesn’t have much in the way of policies yet - but he does represent a fresh start for Ukraine, and that’s what voters wanted. After two non-violent popular revolutions in 2004 and 2014 that promised change, twice the country ended up back in the hands of the same old corrupt post-Soviet oligarchs. Zelensky didn’t need to make promises. He just needed to be different.

He hasn’t actually done much since he got elected, but that’s because he doesn’t have a majority in the Rada (parliament). In fact, he doesn’t have anybody in the Rada, because his party, Servant of the People, was only formed last year. So his first priority had to be a fresh election for a new parliament. It’s happening next Sunday.

Nobody expects Zelensky to get the astounding 73 percent victory that he got in the presidential election, but the public has become a good deal more positive about the future since his election. An opinion poll last week showed that optimism was up from 39 percent late last year to 71 percent now.

If Zelensky’s party doesn’t win an absolute majority in the Rada, it will at least get 45-48 percent of the vote. Then he just has to pick a coalition partner from among four smaller parties that will get 10 percent or less. The likeliest would be Holos, the new party founded by rock-star Svyatoslav Vakarchuk.

Yes, I know. Two showbiz figures, complete novices in politics, trying to run a country of 44 million people (which, by the way, is in a proxy war with Russia). What could possibly go wrong? But if you are ready for generational turn-over, as Ukrainian voters obviously are, then by definition the politicians you back will be younger people - Zelensky is 41, and Vakarchuk is 44 - with little experience in politics. They do have experience

in other walks of life, though. Zelensky grew up in the mostly Russian-speaking steeltown of Krivoi Rog in the Ukrainian rustbelt, and managed to get a law degree before becoming a comedian and then building a successful TV production company. Vakarchuk is not just a singer. He also has a doctorate in theoretical physics - and after the Orange Revolution of 2004-05 he actually sat as a deputy in the Rada for a short time before quitting in disgust at the corruption and infighting. Most of the members of the new Rada will also be tyros. Vakarchuk’s party is so dedicated to changing the way things are done that it is not letting any member of the current parliament run on its list. Zelensky’s parliamentary list is more varied: about a one-third reformers, one-third people with personal or business ties to Zelensky - and one-third people with ties to Ihor Kolomoisky.

This is when the red lights start flashing, because Kolomoisky is a major oligarch who owns the TV channel that has been broadcasting Zelensky’s show, ‘Servant of the People’, for the past three years.

‘Servant of the People’ has a heart-warming plot in which Zelensky plays a high school teacher who is suddenly elevated to the presidency by the voters after his rant about the appalling state of Ukrainian politics, secretly taped by a student, goes viral. Now Zelensky leads a real political party with that name, and he is living out the same miracle. Or is he just following a cunning strategy that he and Kolomoisky settled on around four years ago? What did Kolomoisky stand to get out of it? Well, he was self-exiled in Israel because of a huge business and legal dispute with Petro Poroshenko, another oligarch who was president at the time and might send him to jail. Kolomoisky could only go home if Poroshenko lost



Ukraine’s President Volodymyr Zelensky speaks to the media at his party’s headquarters after the parliamentary elections in Kiev, Ukraine, 21 July 2019. (Photo. EPA/Tatyana Zenkovich)

the next election. But why would Zelensky play along with that? He was already very successful, and he could probably have sold that TV series to some other outlet. Did he just want to be president? And if so, did he really plan to do Kolomoisky’s bidding once he got the job? Thinking too hard about this can drive you crazy. For example, Zelensky has just appointed Andriy Bohdan, once Kolomoisky’s lawyer, to the key job of head of administration in the president’s office. That’s pretty suspicious. However, Bohdan has also served as lawyer to almost every other oligarch in the country, and he probably knows where all the bodies are buried. That would be very useful if Zelensky really plans to go after them all,

which he must do if he intends to change the way the country is run. You can argue it both ways with

equal plausibility. Right or wrong, however, most Ukrainians currently believe that Zelensky is the

real thing - and actually, so do I. Of course, I have been wrong a couple of times in the past.



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

ASK Kurt

All your computer questions answered



Common Computer Problems. Blue Screen of Death (BSOD)

The 'blue screen of death' is one of the most recognisable computer errors that can occur, and if you've ever used a PC there's a good chance that you might have encountered a blue screen of death error already.

What usually happens is that your PC will become unresponsive for a few seconds, and then the screen will turn completely blue and an error message (that's sometimes completely indecipherable) will appear. Your PC will then restart, and if you're lucky you won't have lost too much work.

While some blue screen of death errors are one offs, most of the time they are an indication that there's something wrong with your PC, and there are a number of reasons why you may get a blue screen of death error. Failing hardware, corrupted software, missing DLL files or problems with drivers can be the main culprits.

The way to fix a blue screen of death error will vary depending on what caused it to appear. When the blue screen of death error appears you should see a code. Quickly note that down, then type it into Google (or another search engine of your choice) and see what results you get.

The good news is that in Windows 10, Microsoft has made the blue screen of death error message more useful. There will also be a QR code that is displayed along with the error message. Use your smartphone to scan the QR code and you should be taken to a webpage that will explain the error message in more detail, and offer advice on how to fix it.

To be continued....

Email your questions to Kurt: kurt@algarvecomputercentre.com

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Re: Is your journey really necessary?

SIR, The Dutch KLM airline has taken a small but courageous step in the battle to reduce the 3% of man-made CO₂ emissions caused by global air travel. It suggests to its travellers that many voyages could be avoided by the use of video conferencing and Skype while excellent earth images and location photographs can provide all the information which may be gleaned from personal visits. And advice is given to travel shorter distances by train.

Global tourism has exploded in the 21st century to the extent that 1.4 billion arrivals were recorded in year 2018 at an estimated worth of €1.5 trillion or about 2% of global GDP. This is prescient of the looming disaster of biodiversity loss due to "climate change" and such logistical growth must be curbed if humanity is to survive this century.

Portugal does not need mass tourism to sustain its economy and expenditure intended for larger airports, bigger hotels and all the associated razzmatazz would be better invested in providing a stable, well educated population with affordable social housing, technical innovation and a sustainable agricultural economy.

ROBERT KNIGHT, Tomar

Fire

SIR, As you may have heard, we are experiencing many wild forest/brush fires in Portugal.

There was one within 500 yards of our house. Fortunately the wind was blowing away from us, and the local Bombeiros were quickly on the

Letters 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

scene.

The first I knew of it was a low flying chopper which landed close by. It then took off again with a "water bag" attached. It flew out to sea (maybe 7/800 yards away) and came back to 'dump' the water on the fire.

This went on for 8 or 9 circuits, after which the chopper landed again. A few minutes later, minus the "water bag", it took off again and headed off towards Lagos from where, I assume, it came.

The efficiency of the local (volunteer) firefighters was nothing short of amazing, and hopefully their swift action in dealing with this fire will show people how much we depend on them, and therefore swell the donations which they so desperately need to keep going. Locals please take note.

ALUN ROBERTS, By email

Re: Coming up Trumps in Portugal?

SIR, Having just moved to Portugal from South Africa I beg you not to invite Trump to mar this beautiful country with his bigoted speech and racist views. He is a disgrace to his country and the world.

DIVIENNE CONYNGHAM, Algarve, via www.theportugalnews.com

Re: Coming up Trumps in Portugal?(2)

SIR, Portugal has always played a low key, keep the door open to all sides game, even in WWII. Trump is odious, but de Sousa is a smooth statesman, and America is a huge market. Figure it out. Hate dictators, hate racists, hate misogynists. But acknowledge expediency and the need for world trade and immigration. The Creep in Chief will go home after a few days, and Portugal can fumigate - maybe with some nice, new deals in the bag.

JUDE IRWIN, Beiras, via www.theportugalnews.com

Re: Coming up Trumps (3)

SIR, While I understand that it is good manners and diplomacy on the part of Portugal to invite the evil toddler, it makes my skin crawl to think that he might darken our shores and poison our environment. He is the most disgusting excuse for a human being and everything he does and says is shameful. Having just left a country with leaders like him, I would hate to think that Portugal might now be on his radar! Please don't let him anywhere near this beautiful country!

JANINE WESTERWEEL, Lisbon, via www.theportugalnews.com

Tavira Bowls Club

For the past two months Tavira County Lawn Bowling Club has been holding it's in-house bowls competitions, consisting of men's singles, ladies' singles, pairs and triples, culminating in a finals day on Wednesday 17 July.

The morning saw Janeth Gil da Rocha win the ladies' singles and Joe Scott and Amadeu Gil da Rocha win the pairs.

After a break for lunch there followed the men's singles, the winner being Colin Le Poidevin and Joe Scott, Denis Meakin and Chris Wright won the triples.

The day was well attended by spectators, who were treated to some excellent bowling from all concerned.

Dianne Meakin



100% local Street Market Project

Loulé Câmara, in close coordination with the traditional trade promotion initiative of Loulé "7 Quintas", has started a campaign for "Local Production and Consumption".

The campaign starts in the Municipality on 1 August at 7pm in Praça da República with a street market where local producers will show the best of their goods to consumers.

The goal is to raise the value of local production and raise awareness of the current model of consumption that includes a threat to

the sustainability of the planet while also making the origin of what is consumed known.

The consumption of local and seasonal products contributes directly to the local economy. The 100% Local project, co financed by No Planet B by AMI, Instituto Camões and the European Union, also provides actions for street animation and information spaces in partnership with the Prato Certo project as well as expositions about the theme.

Algarve Bike Rides

Here are the details of this week's rides:

Saturday 27 July - No Ride this week, I have some other commitments.

Sunday 28 July - Bike ride starting in Estoi: We meet by the cemetery at at 9.15am. This will be a typical Sunday morning ride with a café stop somewhere along the way.

If you would like to come along to one of these rides, please do let me know either by text, email or by confirming on Facebook via the Activity Algarve Bike Rides page. If a ride has to be cancelled for any

reason, such as bad weather, notification will be via text. We reserve the right to cancel any ride if less than 5 people are signed up. Price for participation is €5 per rider per ride. For more information please contact Paul Beesley on tel: 913226954, email: paul@algarvebikesholidays.com



.com, Visit: www.algarvebikesholidays.com, or Facebook: [AlgarveBikeHolidays](https://www.facebook.com/AlgarveBikeHolidays).

Pink Ladies Golf Day

Serra de Monchique Golf Club would like to invite you to the second Pink Ladies Golf Day to be held at Silves Golf Course.

It will be a wonderful day with lots of fun, a goody bag, oncourse catering, prizes and a lovely healthy lunch after the game.

You will be able to purchase Mulligan tickets, raffle tickets and there will be a small auction after the game. All proceeds will be going to the Mobile Screening Unit of the Oncology Centre in Faro.

The Pink Ladies Golf Day will take place on Thursday, 5 September 2019 and will be a Shotgun start at 9am.

Entry fee for full Pestana members including lunch is 30 Euros. Entry fee for Pestana Pay & Play members and non-Pestana members includes lunch and is 55 Euros. A buggy will be an extra 25 Euros. Dress code is PINK!

Sign-up by emailing Serra de Monchique Golf Club pink.lady@serrademonchiquegolfclub.com Silvesmembers can sign up on-line!



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Charity Golf Tournament



Associação Obrigado Bombeiros held their first golf tournament on Saturday, 6 July raising €2,320 towards the Bombeiros de Silves Fire Truck Appeal.

The charity golf event took place at Gramacho Pestana Golf Resort and welcomed 42 players for an 18 hole, pairs stapleford competition, followed by lunch. 100% of the golf fees and 20% of the lunch price was donated, together with proceeds from the raffle and course competitions. A total of €2,320 was raised and has been transferred to the Bombeiros de Silves Fire Truck Appeal.

The tournament winners were Mrs D Lepaumier and Ms R Lepaumier. In 2nd place were Mr A Pacheco and Mr C Scartezini, and in 3rd place Mr

Mike Stevenson and Mr Morgan Stevenson. The "longest drive" for ladies competition was won by Christine Parry and the winner of the men's "longest drive" was Mr Amandio Pacheco. The "nearest the pin" competition winner was Barrie Sheehan.

The Association are now already hard at work organising their annual Charity Auction which will take place on 21 September. To find out more please visit the Facebook Page for more details.

If you would like more information about Associação Obrigado Bombeiros; if you would like to volunteer, attend the weekly quiz or donate money, please Tel: (+351) 964 877 032 or Email: obrigado.bombeiros@hotmail.com

Blessing of specially adapted van

The Santa Casa da Misericórdia de Loulé has a new van adapted to meet the needs of the community.

The blessing ceremony of the new van was celebrated by Father Carlos Aquino on 12 July at the Santa Casa da Misericórdia de Loulé.

At the invitation of Manuel Filipe Semião, the Vice-President of the Municipality of Loulé Dr. Pedro Pimpão was present at the blessing ceremony among other invited guests including the General Commander of the Territorial Office of Loulé.

The van will now be used to provide services to the users of the institution.



Lagos Câmara supports sports entities linked to Sailing and Adapted Sport



Three subsidies have been approved amounting to €48,000 to be attributed to sports entities in the region.

The most significant support (€46,000) was for the Sailing Club of Lagos and is intended for the acquisition of four vessels for the Sailing School and support for tests as well as maintenance.

Sailing was subject to another financial support attributed to the Clube Naval Gymnasium of Faro, for the 27th Sailing Tour of the Algarve.

The tour took place from 18 - 10 July from Barlavento to Sotavento, between the Marinas of Lagos and Tavira,

with stops in Faro, Culatra Island and Albufeira. It is an initiative that mobilises more than 250 participants and contributes to making the Algarve a destination of excellence for the practice of water sports.

Adapted Sport was also given financial support of €1,000, attributed to the Casa do Povo de S. Bartolomeu de Messines. This support comes as a contribution to the travel expenses of the wheelchair handball team to participate in National Championship matches since it is the only wheelchair handball team in the Algarve.

Celebrating summer at the Armação Beach Club

On 27 July summer will be well celebrated dancing with your feet in the sand and a refreshing cocktail in your hand!

From 10pm onwards, in Praia Dourada - Armação Beach Club, next to Praia dos Pescadores in Armação de Pera.

With free entrance, the Summer Party promises to go into the night with the talented Yarden Klayman (@yarden_saxophone) on the saxophone, joining the voice of Joana Lobo Anta (@loboanta) and to the rhythm of DJ Miss Lyl (@miss.lyl).

In addition to the musical diversity and along with the range of refreshing drinks, there will also be snacks served until 2am to replenish energies in the aftermath of the event.



Charity BBQ

Almancil International Rotary Club invites you for a fun evening of Country Music and a BBQ whilst helping to fund raise for their local children in need projects.

Mosey on down to the Pinetrees Riding Centre, Almancil, complete with your cowboy look, for a little line dancing with music by J.J. Johns, on Saturday, 3 August. There will also be games and a Raffle.

Almancil Wine & Co will keep

the wine flowing.

Places must be booked through Uschi Kuhn on email: uschikuhn46@hotmail.com (Tel: 916 357 718). Tickets cost €20 but children up to 10 are free.

The event starts off with a Pinetrees Birthday (34th) riding event at 4pm and flows on to the BBQ event at around 6pm. For more information on this event contact Pinetrees on email: riding@pinetrees.pt or see Pinetrees Riding on Facebook.

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Aljezur's Help For Heroes



West coast community association, Amovate, hosted a "Haven For Heroes" in Vale da Telha, Aljezur last weekend, as 200 bombeiros tackled the worst fires seen in the area for decades.

The association of expats and local Portuguese stepped in to provide an area of respite and refreshment as the fire fighters of Aljezur and surrounding areas battled the huge wild fires that, for a time, appeared to threaten lives and homes in Vale da Telha, Vales, Espartal and other adjoining areas.

It was an action that the organisation Brits In Portugal described as, "a splendid demonstration of the kindness, compassion and support of the community in Aljezur for their magnificent Bombeiros who bravely tackled the serious forest fire that raged at the end of the week".

As the fires took hold, Amovate's committee was contacted by the President of the Junta de Freguesia of Aljezur who asked if the Bombeiros could use the Amovate HQ, known as the Old School House as a feeding station and respite area for the fire fighters for the length and breadth of Portugal as they battled the blazes for more than 12 hours.

Amovate President Matt D'Arcy jnr told us: "Of course we—and the Petanca Clube de Vale da Telha who sublet the premises from Amovate—were more than happy to help the men and women who were risking their lives to help us".

Amovate and petanca club president Antonio Ramos, who did such a magnificent job through the evening and well into Saturday morning, quickly leapt into action.

The rest area and feeding station was rapidly set up so the tired men and women of the bombeiros were able to

"refuel", snatching some rest and refreshment before resuming their heroic efforts which eventually resulted in the outbreak being brought under control without loss of life or property.

Amovate committee member Kjell Motet and partner Cath Baker ran the bar all night, with support from president D'Arcy and administrator Steve Scott, who informed the petanca club that Amovate would foot the bill for all drinks consumed by the fire fighters.

It was a real team effort, as the ladies who volunteer at Aljezur Bombeiros brought up from their HQ large vats of cooked food and fruit to serve to their colleagues at the tables set up by Amovate around the building's car park and petanca court.

Aljezur Câmara Vice President António Carvalho was also in attendance throughout the day and evening, and Rui Miguel da Silva André the President of Monchique, an area which has suffered much from forest fires, also arrived to lend his support.

A spokesman for Amovate commented: "It was our absolute privilege to be asked, along with our friends in the Petanca Clube de Vale da Telha to play our part in assisting these wonderful men and women.

"We can only say well done once again to the brave and brilliant bombeiros of Aljezur and those colleagues from other areas who raced to their assistance.

"There were apparently 200 fire fighters, eight aircraft and 70 fire trucks involved, all of whom worked tirelessly for hour after hour in such difficult circumstances to avert what could have been a major tragedy.

"We owe them our grateful thanks and respect".

Loulé to be part of European Project "Healthy Cities"

The Healthy Cities project proposes to create a network of cities to deepen the relationship between health and the urban environment, develop policies that focus on improving the health status of the population and to develop an assessment of the health impact of those policies.

Cities may consider actions from a different point of view and through different policies but the global health perspective will provide a common framework and will allow developing methodologies of sharing.

Along with Loulé there are eight

other cities in the project. One of which is Vic in Spain, where the official start to the programme will begin on 23, 24 and 25 of September.

URBACT Monitoring Committee approved 23 Action Planning Networks which involve 26 countries and 203 partners. Within the life cycle of Action Planning Networks, all partners will produce an Integrated Action Plan. They will also have the opportunity to test some small-scale solutions in their cities, developing skills, bringing together local stakeholders and building transnational partnerships.



Please send your Club or Community news to: info@theportugalnews.com

CHARITIES

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

SUPPORT FOR FAMILIES in the Algarve receives items for families in need, Guia and surrounding areas. To donate or discuss concerns about a needy family contact Su Davis: 932 307 548, 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 Mon to Fri, 10am to 4pm. Sat 10am to 1pm. Supporting people in need, also Bombeiros, Soup kitchens, Riding for the disabled, AHS day care centre for the elderly and more. Contact Maggie Cook 917 707 808.

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 966 033 127.

CARVOEIRO CAT CHARITY ASSOCIAÇÃO. Located in Porches and run entirely by volunteers. We are looking for foster families for kittens until they are fully vaccinated and can be transferred to the shelter. Call 918 552 788. Email ccc.carvoeirocatcharity@gmail.com

ASMAA CHARITY and 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, Nº 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.

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

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 961 636 201 or Angelica.fash.co@gmail.com

THE NANDI CHARITY SHOP. Summer clothing now in store. Furniture can be collected within 30km Lagos. Tel: 912 741 857

MUSIC

Aljezur International Choir. Thursdays 2pm to 3.30pm. 914 285 640 or wattys100@hotmail.com,

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

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

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

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

SOCIAL

Royal British Legion Portugal (Algarve) the Central Area. Lunches on the 3rd Wednesday of each month at various venues. Non members welcome. Tel: 926908089 colinhearn998@gmail.com.

Royal British Legion Portugal (Algarve) the Eastern Area. Lunches on the 1st Sunday of each month at various venues. Non members welcome. rblportugalsecretary@gmail.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 289845561.

Chess Club. Eastern Algarve. chessalgarve@mail.com

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

Vilamoura Bridge Club. Tuesdays 1.45pm, Olhos de Água. Mary Moore 919 833 122.

Lagoa. Thursdays 1.45pm. 282 352 022 / 969 174 130.

Vale d'el Rei. Beginners 968457888.

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

Frank's Bridge. Thursday's 2.30pm duplicate bridge, Hotel Quinta Jacintina, Vale do Lobo. Frank Spelbos 937 802 110, spelbos@sapo.pt

Amigos do Museu Bridge. Friday's 2pm duplicate bridge, Museu do Trajo at São Brás de Alportel. Frank Spelbos 937 802 110, spelbos@sapo.pt

Quinta Jacintina. Mondays 2.30pm, Hotel Quinta Jacintina, Vale do Lobo. Contact Sally Roberts Tel: 289 350 090, sally@blanchworth.co.uk

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 and Fri. Joe Scott 963 997 582, joe.scott121@btinternet.com

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

Balaia Bowls Club, Tuesdays and Fridays 9.45am, Olhos de Água, Albufeira. Jill 935 701 155.

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

afpop - Badminton in Silves. Thursdays, 8pm to 10pm. 910 108 730. suesharman9@gmail.com,

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 and 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, strictlydancingcarvoeiro@hotmail.com

Art Classes: Botanical Art in Watercolours for beginners. Weekly from 12th March. Vale D'el Rei every Tuesday 13:45-16:15 €15 per class. Tel: 933669503 email: tonidade@yahoo.co.uk

afpop Events

26/07/2019 at 7.30pm afpop EA Summer Ball Summer Ball / Party Night under the stars at Faro Catering College. €30 for members & non-members. This is our annual "end of season" event. It is guaranteed to be a magical evening with Live entertainment. The students look after us during the evening - everyone loves this event... especially the students! Bookings with Linda Cree: eastalgarve@afpop.com or Tel: 289 798 374



First drive: Nissan Leaf e+

Nissan has introduced a more powerful, longer-range version of its electric Leaf. Ryan Hiron finds out what it's like.

What is it?

As far as European EV domination goes, Nissan is doing pretty well with the Leaf. Now in its second generation, the hatchback remains top dog across the continent's market for electric cars, with over 130,000 sold since its 2010 introduction - and it's easy to see why. The Leaf has always managed to make electric driving seem pretty normal, rather than go for the overly-futuristic edge some firms tend to take - despite it often failing to resonate with new car buyers. Nissan isn't resting on its laurels though and has now introduced this longer-range variant: The e+.

What's new?

The key difference to the now-range-topping Leaf e+ comes underneath the skin. A 62kWh battery pack has been introduced in place of the base car's 40kWh unit. This means more power - now 214bhp from 148bhp - but crucially, more range too. Nissan says the e+ is capable of 239 miles between charges, an impressive leap from the regular machine's 168-mile offering. Spotting a Leaf e+ from a regular car is nigh on impossible though, as no visual changes have been made - there isn't even any new badging. It does jump straight to the top of the Leaf line-up however, so there's plenty of equipment on board.

What's under the bonnet?

As mentioned, the Leaf e+ is all about that new battery pack. The 62kWh unit's 214bhp and 340Nm output is sent to the front wheels, resulting in a 0-60mph time of 6.7 seconds and a 98mph top speed. This power increase certainly makes a noticeable difference. Instant torque delivery will take you by surprise when putting your foot down and makes for easy merging and

overtaking on motorways. Nissan does claim a 239-mile range, though to achieve that you'd have to be sat in Eco mode with very gentle throttle usage and no air con. Realistically, expect to be able to cover 200-210 miles between charges - though this figure is still impressive and should prevent 'range anxiety' for most prospective buyers. As this is an EV, there are no CO2 emissions, either.

What's it like to drive?

Fortunately, the overall driving experience hasn't changed dramatically with the introduction of a larger battery pack. Navigating through town is just as easy thanks to lightly-set steering and decent visibility, and is only helped by the increased power which makes darting around a little bit quicker. The story is the same on the motorway. Road noise is fairly low - albeit more noticeable than internal combustion engine cars simply because of the near-silence from the electric motor - and it rides fairly comfortably too. We're also huge fans of the e-pedal technology, allowing for accelerating and braking to be controlled by a single pedal. It takes some getting used to but is fun once you have the hang of it. Where the real difference comes is under harder driving. The extra weight from the larger batteries is noticeable through corners and does compromise the balance of the car.

How does it look?

Nissan hasn't opted to change the Leaf's looks with the e+ and we think that's for the best. It remains a sharp-looking car that doesn't stray too far from what a 'normal' hatchback would look like. It's not a beautiful thing but it's definitely not bad; we feel that's enough to keep most buyers happy.



What's it like inside?

The Leaf e+ hasn't changed inside either. Controls and screens remain the same - though to our eyes they seem a little bit outdated and cheap-looking compared with more digital solutions offered by rivals. Everything feels solidly-built too, with a good amount of soft-touch materials deployed throughout the cabin. There are scratchy plastics to be found, but they're in areas that drivers will rarely come into contact with. Five can be seated in comfort, while a 405-litre boot capacity means it offers more space than even internal combustion rivals such as the Ford Focus (375 litres) and Volkswagen Golf (380 litres).

What's the spec like?

As the Leaf's new range-topper, the e+ comes with a high level of equipment. Available only in Tekna grade, standard luxury

items include automatic full LED headlights, rain-sensing headlights a seven-speaker Bose audio system, an eight-inch touchscreen infotainment system with support for both Apple CarPlay and Android Auto, 17-inch alloy wheels and a leather/suede combination interior upholstery. There's also Nissan's ProPilot safety package as standard, including adaptive cruise control, lane keep assistance, steering assist, self-parking and blind spot monitoring, while every Leaf also includes the impressive e-pedal tech.

Verdict

With more range, more performance and a high level of equipment, the Nissan Leaf e+ only adds to the appeal of EV ownership - as long as it can suit your lifestyle too. A more-realistic 200ish miles of range will suit the daily needs of most

drivers, and the Leaf's approach to keeping the experience as familiar as possible means it won't alienate any newcomers to an alternatively-fuelled world. Its sticking point is its high starting price. Rivals from South Korea offer just as much at a slightly lower price - though you're set to wait at least six months if you were to order a Kia e-Niro or Hyundai Kona Electric today, which might just be enough to make the Leaf's quick availability appealing enough by itself.

Facts at a glance
 Model: Nissan Leaf e+ Tekna
 Powertrain: 62kWh electric motor
 Power (bhp): 214
 Torque (Nm): 340
 Max speed (mph): 98
 0-60mph: 6.7 seconds
 Range: 239 miles.

PATPN



Grow your own

With a little bit of thought and some clever ideas, everyone can grow their own.



Chillies love a bedroom windowsill, (Photo: iStock/PA)

green-fingered, space-maximising tricks...

Kit you need and kit you can live without

If you're short on outdoor space, the likelihood is, you'll be short on indoor space too. Hands up if you definitely don't have a shed or greenhouse for storing your gardening gear in. For those just starting out though, you really don't need a load of bulky spades, pots and hi-tech hydroponics to grow your own in a small space. In fact, you can go ultra low-key and use up stuff you probably already have lying around. From your recycling bin, dig out cardboard egg boxes, which make ideal pods for chitting potatoes; washed out yoghurt pots and jam jars work well as starter plant pots (although drainage will be a problem longer term), and you can plant seedlings in used toilet roll tubes. Old crockery and plates from charity shops are a good substitute too if you haven't got the surface area for terracotta plant trays indoors.

There are certain items that are worth investing in though. One or two plastic seedling trays the size of an A4 sheet of paper (although coir - coconut husks - makes for a more eco-friendly option), a trowel (although hands work fine), gardening gloves (if you want to look the part) and compost - which will be essential. Secateurs are optional - after all, there's not much a

pair of kitchen scissors can't do.

Utilise your kitchen windowsill

With kitchen gardening, the first step is to accept that some things will take up too much space, need too much light, and won't yield all that much when home-grown. So, when it comes to dill, coriander and tarragon, for instance, you're generally better off buying bunches (preferably plastic-free) from the grocery store instead.

Your everyday staples though, like basil, parsley, rosemary and sage, all deserve a spot on the sill (cleaned tomato cans will do for pots) and won't dominate your kitchen. Growing your own also offers a chance to eat things you can't usually get in the supermarket - chervil, lovage and sorrel are all easy to grow from seed and are hard to find for sale full-grown. Among your herbs, clear a gap for a tray in which you can sow 'cut and come again' crops of lettuce leaves, spinach and rocket.

Put veg on the step

When it comes to your front step, realistically you're likely to have three patches of space: One on either side of the door and potentially space for a hanging plant above. Most people fill these gaps with topiary and pots of lavender, but if you want veg instead, here's what you could replace them with:

1. A heavy duty grow bag (the size of a bucket) full of potato plants. All the better if it's got handles so you can easily move its position if need be.
2. A courgette plant in a pot (one well pollinated plant can provide you with courgettes all summer), it'll hang prettily over the sides - and double whammy, you can eat the flowers as well as the fruits.
3. A bay tree in a pot (add the leaves to stews and bechamel sauce - plus, it provides structure to your step).
4. Fill a hanging tub or basket with a tumbling variety of tomatoes. Courgettes, tomatoes and bay not your thing? Strawberries love life in a pot, as do leeks, cabbages and onions - in fact, practically any veg will survive in a container with the proper amount of light, drainage and watering.

Chillies love a bedroom windowsill

You don't want home-grown cherry tomatoes rolling around your bedroom floor, so save this space for edible flowers and chilli plants. We're talking one pot for a plant that produces small hot red chillies, and one jalapeno pepper - placed either end of the windowsill. Then fill the gap in the middle with a mixed tray of violets, marigolds and nasturtiums, the latter of which you can eat the velvety orange flowers, as well as the seed pods, which taste really peppery.

PA/TPN

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Time to go al fresco

There's something about eating outdoors. A generous helping of fresh air and (hopefully) sunshine can magically make even the simplest meal taste delicious.

That's all to the good, because summer's no time to be slaving over a hot stove indoors - but that doesn't mean you shouldn't take a little time and trouble over the table. By giving a setting a real sense of occasion, maybe opting for a theme, you'll not only make it memorable but you could ramp up the fun - a few drinks could turn into a party and a supper into a celebration. "Having lunch and supper parties outside is one of the real joys of summer," enthuses interior designer, Joanna Wood. "I really like using unusual nature-inspired dishes in the shapes of leaves, and I like to work to a theme and pick a different one each year." This year she's creating her own 'Midsummer Night's Dream' al fresco setting, to give a patio area a theatrical touch. "A theme allows you to be creative and you can incorporate flowers, candles and maybe floating flower

heads with tea lights for evening parties," she says. "It's all about a bit of imagination and planning that will result in something you can enjoy for the whole season." So turn the tables on dull dining and instead experiment with one of these three themes: Love Island style, a fun festival vibe, or a little slice of calm with country cool...

Dine like a Love Islander

If you envy those fit reality TV show residents in their sun-drenched Mallorcan villa, create your own sizzling Mediterranean hotspot. It could be perfect for leisurely meals and chilling (romancing optional!). Group potted palms, ferns and other tall foliage around simple seating. Low benches or boxes made comfy with foam rectangles wrapped in bright fabric will do nicely. Finally, inject another zip of sunshine colour with outdoor rugs and cushions. Then sit back

and enjoy the banter! Mix a decor cocktail and pick up on Love Island style with slogans and beach style accessories - pool blue and flamingo pink rules!

Go full-on festival

Festival season's arrived. No tickets - no problem! Simply give a table setting a boho, laid-back vibe, turn on the sound system, and have your own personal 'festival' - without the mud, wellies or sagging tents. This look is all about personality - pops of colour, mismatched china, and lots of freshly cut flowers and foliage. Don't take it too seriously - there's no room for formality here - just give it a bit of hippy-dippy character that makes it kick-off-your-shoes relaxing. Feel free to pile on the paper lanterns and garlands - use solar lights for when the sun's gone down - and add jewel-coloured glassware for a dash of glamour.

Conjure country cool

The beauty of a rustic scene is its simplicity. All that's needed are a wooden table and chairs, a linen runner and napkins, and plenty of lanterns and candles. Don't forget to cater for chilly nights by putting a throw or a blanket on each chair. "I live on a farm in the glorious West Country, so I really enjoy the chance to make the most of time outdoors with friends and family. And come the summer months, there is nothing I love more than a picnic or eating al fresco," says Liz Earle, founder of Liz Earle Wellbeing magazine. "Picnics and meals outdoors are a great way of enjoying the great outdoors and making the most of nature's beauty, but they don't just have to be daytime affairs. There's nothing nicer than lingering over a meal on a sultry evening and pretty lighting will transform a setting." Battery operated tea lights,



Picnics and meals outdoors are a great way of enjoying the great outdoors and making the most of nature's beauty. (Photo: Lights4Fun/PA)

which will twinkle into the night, are a pretty and safe way to add enchantment, Earle says. "Perch them atop jam jars or logs to give them a bit more height, or use them in hanging glass lanterns above a table to turn it into a focal point," she

suggests. The closer you get to echoing your indoor taste outside in your garden 'room', the more successful the result will be. Opt for accessories that would look just as good in a living room as on a terrace. **PA/TPN**

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Introducing the Kunekune pig

The search for new pigs for her small holding in Silves led Femke to discover the beauty of the Kunekune pig breed.



One of the nice things about this breed is that it is the only pig breed that can live solely on grass. (Photo: Supplied)

when going home. As is life, lot's of things good and bad, have since happened and since 2006 I have been living in the hills above Silves. Being self sufficient in electricity and water and slowly but surely creating a small piece of heaven with lots of animals, which was always a childhood dream of mine. Since living in Silves I have had many pigs, mostly as pets (and occasionally for slaughter). Once I got two piglets, and one was so gorgeous I called her Marie-Antoinette, which meant she was not for the pot (the others were called 'chops' or similar). When one of the two remaining died last year (of old age!), Marie-Antoinette was left by herself which is not good for pigs because they are extremely social animals.

On the internet I came across the Kunekune breed and fell in love. After some research I found out that the nearest place for me to see them in real life was the Netherlands or the UK as there are no Kunekune's in Portugal or Spain I travelled to the Netherlands to meet a breeder and her Kunekune's and that's when I fell head over heels for this breed of pig. I knew that somehow I had to get some Kune's to Portugal to complete my menagerie of pets. I got into contact with a lady in the UK and she sought out five Kunekunes for me and last October, after a journey by ferry and land and lots of paperwork, they finally

arrived here at my farm: one boar and 4 females (Chris, Maggie, Candy, Mavis and Mini). One of the nice things about this breed is that it is the only pig breed that can live solely on grass and I can do with a little help with this. I have not yet let them loose but the Maori's in New Zealand would have them pottering around the house because they do not wander off. In New Zealand, where the Kunekune's originate, a big winery will have them living in their vineyards to keep the grass short, this saves labour and manures the land. Some people choose to keep them in the house like dogs, intelligence wise they can compete with dogs easily and you can teach them the same "tricks". Very recently one of my sows had her first piglets, the very first to be born in Portugal (and Spain).

In total eight were born. I was present at the birth but there was no need (as usual) to intervene. All eight are still at my farm as they are only six weeks old. Two of them have been sold to a lady in Grenada and they will be able to go to their new home at the beginning of August.

These pigs make me smile because they tend to behave like dogs and they follow you around, they know your voice and they are very communicative and last but not least: it's their faces... If you would like to know any more about Kunekune pigs then please contact Femke by emailing kunekunealgarve@gmail.com or follow the pigs on Instagram at [kunekunealgarve](https://www.instagram.com/kunekunealgarve)

Naturism

Have you accidentally stumbled across naturists (nudists) on a beach? Have you even considered trying it out yourself? In Portugal the chances of the former are high and there are plenty of opportunities for the latter.

What is naturism?

The International Naturist Federation. (INF) defines naturism as "A way of life in harmony with nature characterised by the practice of communal nudity with the intention of encouraging self-respect, respect for others and the environment." While "naturism" and "nudism" are interchangeable, "nudism" is used more in North America than in Europe. A major factor with many people is the freedom to avoid wearing a soggy piece of textile (swimwear) soaked in sand and salty water and just let the sun and air get at your skin. Non-naturists are often referred to as "textiles" by naturists for this reason. Note - it has nothing to do with S-E-X!

What are our qualifications on the subject?

Although we live in the UK, we have been visiting Portugal for over two decades and have had a property here since 2005. We also happen to be the Holiday Advisors for Portugal for British Naturism (BN for short www.bn.org.uk) which is the national organisation for naturism in the UK. The post involves giving free advice to members who want to know more about Portuguese naturist destinations and facilities.

Are there many naturists in Portugal?

Yes. Naturism is gaining popularity amongst the Portuguese. However, most naturists in Portugal will be visitors from abroad, with the Brits topping the league. In 2018 12.8 million people visited Portugal with about 23 percent being Brits. British Naturism estimates that 3.7 million of the 67 million Brits are naturists (5 percent). Using these figures about 163,000 UK naturists visit Portugal

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“ My name is Femke and 18 years ago I moved to Portugal to give my twins a youth that I would never have been able to give them in the Netherlands. Not just the weather and the beaches and the relaxed atmosphere in daily life, but small class rooms (Portuguese school) where the teacher would give every child a kiss on the cheek when they arrived in the morning and once again



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n in Portugal (Part 1)

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annually. In Europe it is estimated that there are 20 million naturists. We have personally seen a general increase in visitors to Portugal from France and Spain in recent years. The Germans and Dutch have been coming here for years. All these nationalities are keener on

naturism that the Brits which all adds up to a substantial number of naturists.

Is naturism legal in Portugal?

Yes, and there are eight official beaches. However, nudity is not compulsory on any of them. These are

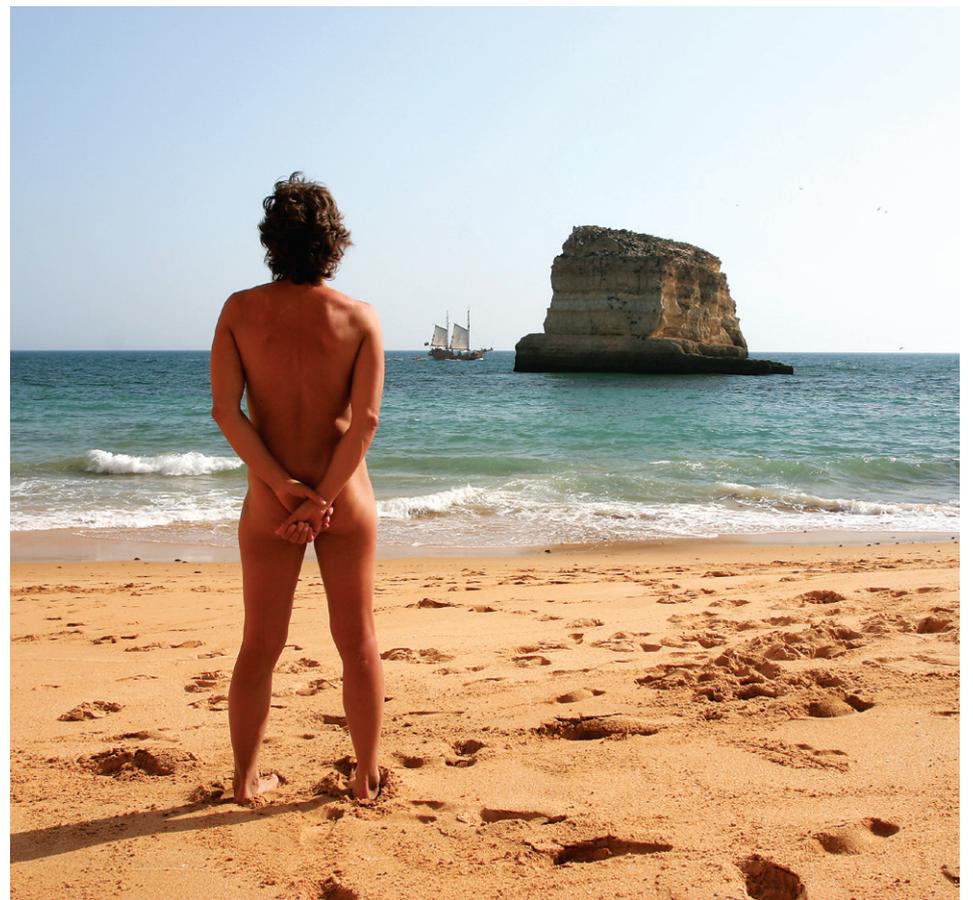
Meco near Sesimbra, Bela Vista near Caparica south of Lisbon, Salto near Porto Covo, Adegas near Odeceixe, Alteirinhos near Zambujeira do Mar, Tavira and Ilha Deserta (also called Barreta) near Faro and Meia Praia near Lagos. However, there are over 60 other beaches which are not official but where naturism is traditionally tolerated.

What are the benefits of naturism?

Many people feel better after a dose of sunshine and fresh air. Many like the appearance of an all over tan (while sensibly avoiding sunburn). Sunshine builds up vitamin D which is very important for healthy bones. Psychologically many feel a more positive body image when they realise they are not alone in not possessing a perfect body. Some people feel it reduces their stress generally. Last but not least is the communal pleasure of enjoying social and recreational nudity in the presence of other like-minded people.

Where and how does a newbie start?

We are fully aware of the apprehension people will feel when considering going naked for the first time on a beach. It is possible to build up to it slowly by yourself. To get an idea of the feel naturism entails, try wandering about your heated house or



apartment naked. If you have a secluded spot in your garden this is ideal if it's warm outside or find yourself a secluded beach. It is possible that your holiday rental in Portugal has a secluded spot by the pool/patio then seize this opportunity. When it comes to taking the plunge on a naturist beach be reassured that nakedness is NOT compulsory and you can just go and have a look initially and see how it goes. Try to suss out which

part of the beach is used by naturists. The internet will be a very useful for this. Low holiday season and weekdays will generally have less people. At a recent visit to Zavial beach near Sagres the naturists gathered at the eastern end where naturists and textiles co-existed happily. One family was composed of a naked father, a topless mother and twin young daughters in swimsuits and hats exposing just the forearms and lower legs!

Some naturist beaches are off the beaten track and factors to consider are the facilities such as the availability of food, drink and toilets. You may have to carry all the stuff you need for the day. Accessibility is also a factor to consider. Are you fit enough for a long walk in the sun or a scramble down a path? In the next article there will be some information about beaches, various accommodation types and naturist etiquette.



Photos supplied by Mel and Awen Jones

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Get ready to rumble!

Dark, spicy flavours are making a splash this summer.



Rum has been growing steadily over the past five years, and is no longer the poor relation of the spirits world. (Photo: iStock/PA)

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Rum is on a roll. Not the 'party hardy' white stuff we sink on holiday when we're feeling free-spirited, tapping into island life and want a dose of the local grog.

We're talking a shade darker, whether it's a dark bronze with reddish highlights, a gold as fine as the sand, or a sweet measure that's exotically spiced with a luxurious richness that's good for sipping as well as mixing - and really makes you want to champion this pirate spirit.

Rum has, in fact, been growing steadily over the past five years, and is no longer the poor relation of the spirits world.

"We're seeing drinkers explore darker rums with real enthusiasm - our top

25 selling rums are currently all dark, golden or spiced," says Amy Matthews, senior brand and content manager, 31DOVER.

Punching up

"The best rum producers are getting seriously creative with their branding, putting time and effort into telling the stories behind the drinks, and convincing people of the quality of what's inside the bottle," she adds.

Matthews links the growth in rum to rapidly expanding opportunities for drinkers to explore for themselves: "The choice of rum style and origin is more diverse than ever - our five most successful rums include bottles from the Philippines and Cornwall as well as the Caribbean.

"Thanks to some of the best bars showcasing top rums, drinkers aren't afraid to experiment with drinking rums in fresh new cocktails, as well as the perennial favourites (Mojito, Dark & Stormy) - and, of course, neat.

"The Hoxton Banana Rum is a great example of a fresh, modern flavoured rum from London," Matthews continues.

"And the Spytail Black Ginger Rum is a French take on warming, spiced ginger rum," she adds. Distilled from sugarcane, rum is made all over the world, expressing different types and styles depending on location and local climate. Origin and treatment of the cane, and types and lengths of cask ageing also have a say in the final taste.

Rum spells flavour and

heritage and there's much more to this exotic offering than a retro Pina Colada, or quietly dangerous summer punch. And the trend for flavoured rums is unlocking a whole new world of flavours.

"For example - an Espresso Martini is normally made with a plain vodka, but if you make it with hazelnut rum and also add a splash of salted caramel syrup, it takes the drink to a whole new level," says Edmund Wood, founder of Belgrove

Hazelnut Rum.

"The rum itself adds a complex yet smooth flavour profile to the drink, the salted caramel brings out the hazelnut, and the espresso pairs with the chocolate undertones in the rum. Just like in the culinary world, when you start to combine complementary flavours you create incredible drinks," says Wood.

Spice of life

Whether you prefer your rum flavoured or spiced, some rum connoisseurs suggest the idea that 'rum is the next big thing' has been headlining for the last eight years.

Jack Denley, brand executive for Spice Hunter, says they saw the opportunity to create a genuinely spiced rum "that once mixed didn't get washed out, and wasn't too sweet for a proper spiced rum and cola". Denley adds: "Instead, the spices could shine with a real rum backbone holding it all together. That's why we brought authentic, aged Mauritian rum together

with 13 spices to create Spice Hunter Spiced Rum, Mauritius, a truly bold spiced rum."

3 more rums to stir the imagination - warm breezes and swaying palm trees optional...

XO Bajan Estate Rum, Barbados

Distilled in Barbados, where it's tropically aged in bourbon casks, the rum is then finished and blended in oak brandy barrels in France. Rich in exotic fruits with hints of coconut, candied orange honey and caramel, it's delightful to sip and has enough depth to hold its own in a cocktail.

Diplomatico Mantuano, Venezuela

A luxurious sipping rum and a real treat - rich and rounded with notes of cinnamon, nutmeg, buttered caramel, toffee and milk chocolate, polished off with a silky smooth finish. Aged for up to eight years, it replaces Diplomatico's Reserva Rum and a real taste of the tropics.

Ableforth's Rumbullion

Taking its inspiration from Royal Navy 'Grog Tubs' with an illustrated barrel on the label, this Caribbean spiced rum (blended in England) is deliciously dark and complex and offers distinct notes of zesty orange, cloves, toffee apples, exotic spices and sweet vanilla notes. Shipshape, it's wrapped in brown paper, wound with twine, sealed with black wax and tastes rumberlicious!



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(Photo: PA Photo/Spice Hunter)

Combat joint pain

Joint pain can be irritating at best and crippling at worse, and it's certainly no fun to deal with in the summer heat.



There are ways in which you can help improve your movement, with lifestyle changes and solutions to support and protect the joints. (Photo: iStock/PA)

“Joint pain affects individuals all year round, despite the common myth that it becomes worse in winter,” says LloydsPharmacy pharmacist Anshu Kaura. “It can affect both your emotional and physical wellbeing, often causing a lack of mobility - however, there are ways in which you can help improve your movement, with lifestyle changes and solutions to support and protect the joints.”

Here, Kaura recommends her top drug-free alternatives to help manage joint pain when all you want to do is get outside and enjoy the good weather...

Take a hike
It might sound counter-intuitive, but a bit of light exercise may help to relieve some of the annoying symptoms of joint troubles. “Walking is a great way to get physically active and enjoy the warm weather during the summer,” says Kaura, “and it can

also help to increase muscle strength, particularly in the lower body.”

To reap the benefits of exercise without putting you at risk of injury, Kaura suggests trying Nordic walking. This type of low-impact fitness involves using specially designed walking poles to help propel you forward as you walk, which takes the pressure off the knees and joints.

“Nordic walking has been shown to be particularly effective in helping those with balance or joint conditions,” notes Kaura. “Plus, the poles absorb some of the ground impact, reducing any negative bearing on the knees.”

Try drug-free pain relief

If you feel a sore knee flaring up, it's tempting to raid the medicine cabinet for some respite. However, Kaura recommends seeking out more gentle methods before resorting to the strong stuff.

“You shouldn't have to always turn to painkillers to provide relief, and it's important to remember that whilst painkillers may alleviate the pain, they won't necessarily enhance your movement or help protect your joints,” she warns.

“Topical gels can be very effective at alleviating the pain, and the active ingredients can even help

your joints move more freely,” she says.

“Topically applied to joints, it delivers deep, penetrating lubricants, helping to support joint health.”

Go Mediterranean

“Leading a healthy diet and trying to lose a little weight through light exercise may pay dividends in reducing your joint pain and increasing your ability to stay active,” says Kaura.

“There's a strong link between diet and joint pain; both in maintaining a healthy weight and obtaining beneficial nutrients,” she explains, adding that excess fat around the joints can put strain on the body and can sometimes increase inflammation. Kaura says that studies have found that diets rich in fruit and vegetables, such as the Mediterranean diet, have a number of health benefits, including improved mobility in the lower body and less arthritis-related pain.

“Mediterranean diets are typically high in omega-3 fats found in oily fish, which have anti-inflammatory properties that can help ease symptoms,” she notes. “Vitamin K is another nutrient shown to support the bone cartilage to reduce symptoms of joint pain. Good sources are

typically found in leafy vegetables and cereals.”

Make a splash

Is there anything more refreshing than going for a swim on a hot summer's day? As well as helping you to cool off, it could help to support your joints in the long-run. “Swimming has many benefits on the body, particularly if you experience joint-pain on your knees,” says Kaura. Essentially, the water supports your body, allowing you to float, meaning that there's less impact on the skeletal system, including your joints.

“Gentle swimming or water aerobics can help strengthen your muscles around your joints, reducing the impact of pain,” adds Kaura.

“Not only is swimming a pain-free way to keep moving, but strengthening your muscles can help reduce the degenerative impact of joint pain.

She says: “Warm pools are particularly beneficial, as the heat can help to loosen stiff joints, supporting flexibility. “Beyond supporting the joints, swimming offers a number of other health benefits, including improved circulation and breathing, lower heart rates and healthier blood pressure.”

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How to avoid ingrown hairs



Ahead of shaving, make sure you wet your skin with warm water and use a cream or gel for lubrication. Never shave dry skin! (Photo: iStock/PA)

With the weather hotting up many of us will be thinking about baring our legs. But if you're sporting pesky ingrown hairs on your calves or thighs, the thought of taking your tights off can make you cringe with horror.

possible, and avoid any risk of further irritation or infection occurring. Here, we've rounded up some handy tips and advice for beating the bumps.

Why do ingrown hairs happen?

Ingrown hairs are simply body hairs that have curled round and grown back into your skin, instead of rising up from it.

The can often look like red, irritated pimples, but if you look closely, you can often see the hair outline underneath the skin surface. Ingrown hairs can be a particular problem if you have curly hair, or they're growing in areas where you've recently shaved, as the hair that grows back has a sharper tip that can pierce back into the skin. Common areas of concern include the legs, armpits and pubic area in women,

as well as the chin area for men.

What should I do if I spot one?

It is recommended, where possible, that you should leave an ingrown hair to heal, as quite often they will resolve themselves without any intervention.

It's tempting to pick at the area to try and remove the hair, but this can encourage bacteria to enter the skin, increasing your chance of an infection. Often an ingrown hair may also be surrounded by what looks like a white pus-filled spot, where the hair follicles have become inflamed. This is known as folliculitis. It's advisable not to scratch or squeeze at the spot as you might make the situation worse.

If the hair is lying at the surface of the skin (you should be able to see it if this is the case), the NHS says that you can use a pair of sterile tweezers to gently tease it out. But if it's deep under the skin's surface, don't try digging at the area as this will likely cause further aggravation.

The first course of action is to try not shaving for a few days and see if it gets better by itself. The NHS says a mild antiseptic, such as tea

tree oil, applied to the affected area can also help.

If the issue persists and you have particularly bothersome ingrown hairs that are not healing, speak to your GP. They may be able to remove the ingrown hair using a sterile needle.

How can I avoid them?

The easiest way to stop ingrowing hairs in their tracks is to put down the razor. If you don't fancy letting your leg hair roam free though, you could try other hair removal methods such as depilatory creams, waxing or laser hair removal.

If shaving is your method of choice, there are things you can do to reduce the chances of ingrown hairs plaguing you all summer. Ahead of shaving, make sure you wet your skin with warm water and use a cream or gel for lubrication. Never shave dry skin! Use a sharp, good quality, clean single-blade razor and shave in the direction of the hair growth, rather than against it. Finally, using fewer strokes means less irritation and you should also make sure to rinse the the razor between every stroke.

PA/TPN

Although they're annoying to deal with, ingrown hairs are generally not harmful - so there's no need to panic if you spot one for the first time. However, there are actions you can take to limit or avoid them. Also, knowing how to deal with them can be important in order to help them heal as quickly as



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Keeping children summer skin safe

Before you enjoy a sunshine holiday, make sure you're familiar with these vital sun protection tips from a dermatologist.

Dermatologist Dr Sweta Rai from BAD appears on Disney Junior UK's Parenting Hacks podcast, offering parents advice on sun safety.

Dr Rai stresses: "Children's skin can burn easily, and this will predispose them to developing skin cancer later. One single episode of sunburn under the age of 20 can increase the risk of skin cancer in later life so it's really important to get kids into good habits from a young age." She offers these sun safety tips:

Avoid the midday sun

The sun is strongest and its UV rays the most intense between 11am and 3pm, so the best way to protect children's skin then is to avoid direct sunlight and seek shade.

Cover kids up

Dressing children in loose-fitting clothing, a sun hat and sunglasses is one of the best ways to keep their skin safe. Many rash vests or guards provide protection against UV, as well as children's hats and shades.

The level of UV protection these garments provide is indicated using a system called Unit Protection Factor (UPF), and it takes into account the type, weave and colour of the fabric. Look for a UPF of 40 or above on clothing labels.

Sunscreen expires

Like any skin creams, sunscreens do expire. Their efficacy lasts a certain time so

check the expiry date when you find it in the back of the cupboard.

Use sunscreen on all exposed skin

If avoiding direct sun isn't possible, cover all exposed areas of your child's skin with sunscreen containing SPF 30 or above, which also has high UVA protection.

"It's important to cover all exposed areas, particularly the face, trunk and arms, and for those with sparse or no hair the scalp is important," says Rai. "And don't forget the back, ears and back of the neck. People often get burned on their backs as it's an area where sunscreen application is quite difficult."

Check easily missed areas

With squirmy children, it's easy to miss patches when applying sunscreen. Don't forget to check easy-to-miss areas such as the ears, tops of feet and hands, scalp and back of neck. Rai says: "In clinical practice, I most commonly see sun damage on the scalp, eyes, ears, behind the ears and the backs of necks. These are all common sites for skin cancer. It's important not to forget lips either, and there are UV protective and water-resistant lip balms available. Although you can use sunscreen on lips, lip balms can be more practical."

Reapply frequently

Applying a second coat of sunscreen about 15 minutes after the first helps cover any patches missed initially. Make



If avoiding direct sun isn't possible, cover all exposed areas of your child's skin with sunscreen containing SPF 30 or above, which also has high UVA protection. (Photo: iStock/PA)

sure you reapply sunscreen every two hours, and straight after children have been in water. "There's no such thing as waterproof sunscreen," warns Rai, "so it's really important to reapply more regularly if you're swimming, and particularly if you're towel drying, as this will rub away the sunscreen. Sunscreen doesn't last all day, and you can miss patches of skin the first time you apply it, so reapplication is key in protecting yourself and kids from the sun's harmful rays."

Make it fun

To make sunscreen application more fun for young children, try drawing a picture or writing a word as you squeeze the sunscreen onto their skin, maybe one letter on each limb, torso etc. Then ask them to guess what the picture or word is, and tell them

they can help rub it out (i.e. spread it onto their skin). Alternatively, do a 'join the dots' with the sunscreen, letting them spread the cream from one dot to the next.

"Applying sunscreen should be built into family routines when kids are growing up, to help create habits that last a lifetime," says Rai.

You can get sunburned in the shade

Research found 57% of parents don't apply sunscreen to their children when it's cloudy, but children can burn in the shade. Rai warns: "Even if you're sitting in the shade, depending on the thickness of cover, UV light can still penetrate through and it's possible to burn. UV rays can also reflect off other surfaces and cause sun damage. Children's

skin is thinner with less weathering than that of an adult, so is more likely to get sunburned in the shade."

Lead by example

Children learn by example, so make sure they see you putting on sunscreen, say how nice it feels on your skin, and explain why you're putting it on.

It's not just burning that's dangerous

Burning and tanning are both harmful to the skin. Rai explains: "I see a lot of skin cancers as a result of chronic low-grade sun exposure which can come from sun tanning. Even if you're not being burned, suntan is a sign of skin damage, which can lead to skin cancer, so it's important to protect yourself properly." PA/TPN

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One Select Properties for your property needs



Portuguese property sales in the Algarve present exciting opportunities. So, if you are seeking a new lifestyle or an investment, One Select Properties is here to help.

One Select Properties was founded on a love for the Algarve, and determination to share our passion for this stunning region of Portugal. We do more than simply help you buy and sell real estate. As an independent real estate agent we provide a personal service for property in the Algarve that makes the One Select Properties team a pleasure for you to do business with - whether you are a buyer or a vendor.

Our founder José Carvalho has spent his entire career spanning nearly thirty years in real estate. Driven by a vision to position the Algarve as a leading global destination for living, retirement and investment, he contributed to the success of the prestigious resort of Quinta do Lago since its very early days. For many years, José dreamed of pursuing this vision independently, and in 2015, this dream became reality when he

launched One Select Properties.

Whether it is a family home, a special place for magical holidays, the location for a happy retirement - or even if it is a carefully considered investment - the house or villa that you choose is personal to you. So as part of our service we work to get to know what you are looking for in a location, the design and quality of build you prefer, the level of exclusivity and cost.

We know that people prefer to do business with those they like and trust. Many of our clients from around the world who come to us to talk about Algarve property remain friends long after their sale or purchase has been successfully concluded. We believe that the strength and length of our relationships is the true measure of our success, rather than the number of villas and houses we sell. Our knowledge of local business and familiarity with the operation of schemes and residency options can be an important asset, helping you take full advantage of the benefits available.

Passion in the sky!

Skydive Algarve, located at Portimão Municipal airfield near Alvor, has in recent years grown from strength to strength. Skydive Algarve are 100% passionate about their business and there are many reasons why.

At Skydive Algarve we get to give something special to strangers: an experience of a lifetime. It's amazing to meet our customers when they arrive to do their first ever tandem skydive. We do not know them so we are

unable to read their facial expression to know how they are feeling at the time - but 9 out of 10 they are usually pretty nervous. The change in these people after they've jumped is extraordinary - the elation is clear across their faces and in their body language. We've only known them for a few hours but we've been lucky enough to witness them at their most vulnerable state to their most euphoric. We see people's lives changing in just a few minutes and we're privileged to have shared such a special time in their lives.

The Algarve is beautiful, and here at Skydive Algarve we fly our tandem passengers to 15,000ft above this stunning location numerous times a day - 365 days a year. There are few places in Europe where you can get to experience this activity with such an amazing view of



the surrounding area.

We're offering something that goes beyond an experience; it becomes a lifelong memory. People will talk about the day they performed a tandem skydive at Skydive Algarve in years to come with their children and grandchildren. Such a unique experience is impossible to forget.

Another reason we are so passionate about our business is we get to be a part of special moments in people's lives. Unique moments such as proposals of marriage, birthdays, or even people performing a skydive to celebrate cancer recovery.

People trust in us and we hold it high to be trusted and deliver something so special. We witness people push through their fears and come out on the other side celebrating their experience and intensely happy.

A personalised service for property owners and guests

When it comes to placing your property in the hands of a management company, owners can rest assured that the team at Algarve Hidden Gems will provide a truly personalised service.

If you own a home in the Algarve and would like to make your property work for you, contact Algarve Hidden Gems, a company specialising in bespoke rental and management services across the Algarve.

Former tour operator Emma from Algarve Hidden Gems, explained that home owners choosing their company can expect a complete package for their home - from marketing, all the way through to organising the rentals and then full property management.

"We are able to work with clients to ensure their property is suitable for rentals and work with partners to arrange licensing, paperwork and even renovations or improvements to the property if it is required," said Emma.

Since first launching in April last year the Algarve Hidden Gems team has grown to accommodate the needs of the growing list of property owners who have chosen to make the most of the added value that the team provides when it comes managing their property and also looking after guests throughout the year.

Algarve Hidden Gems offers a fully personalised service for clients and it



doesn't matter if you are looking to rent your small apartment or a large villa, the professional team are able to handle every element.

"We offer an old school style of service, based on the teams background in working as tour operators and this allows us to provide an exceptional level of service for both the property owner and the holiday clients who are staying in the property," added Emma.

Algarve Hidden Gems already works with properties all along the Algarve, from Praia da Luz across to Tavira, and are looking for new properties to add to their books to meet the increasing demand from visitors looking for quality holiday accommodation in the Algarve.

Algarve Hidden Gems will also be moving into a new office in Albufeira in mid August, providing the perfect base to be able to serve clients from one end of the Algarve to the other.

Stunning 3 Bed, 2 bath, corner apartment with pool near Lagos Marina

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If you would like more information about this beautiful property (Ref: A1712), priced at €299,000, please contact Marcela Properties on Tel: +351 282 768 428, email: info@marcelaproperties.com or visit: www.marcelaproperties.com



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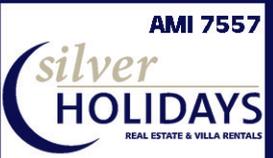
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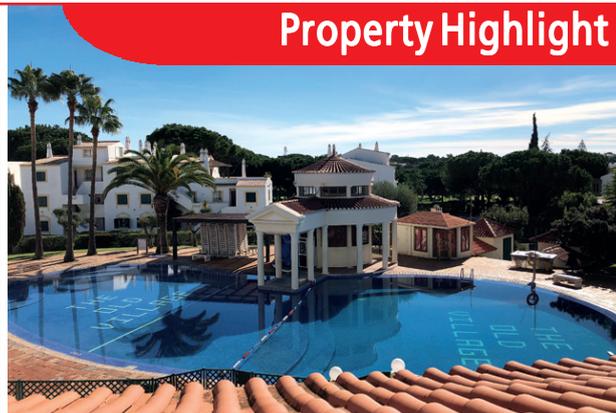
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FABULOUS 3 BED 2 BATH VILLA IN RURAL VILLAGE, LAGOS | REF: C3291

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Spacious 3 bedroom apartment

This spacious 3 bedroom apartment is located in the Old Village of Vilamoura. The apartment is overlooking the main swimming pool of the Resort. Old Village is renowned for its unique architectural design and well maintained surrounding. The apartment is on two floors with a side and a roof terrace. It has a large dining room through lounge and is nicely decorated. There is a fire place and the apartment has full air conditioning. Well equipped kitchen, south-east facing terrace with sun almost all day.



Property Highlight

Master bedroom with ensuite bathroom and walk in closet. The other two bedrooms have twin beds and wardrobes. The apartment is for sale with all the furniture and fittings. Walking distance to supermarket, numerous cafes, restaurants and the famous Vilamoura Marina

and beach. Good opportunity as a holiday home or investment. Ref: FS132 Price: €380,000 For more information visit www.fivestarcvilamoura.com email info@fivestarcvilamoura.com or call 289 302 762.

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AMI 10185

STAR PROPERTY - Vilamoura

1bedroom, ground floor apartment with terrace direct to the swimming pool in Prestige (next to the Old Village). Wonderful location. Good as a holiday home or investment.

Ref: FS108 Price: 165,000€





This is a 1 bedroom ground floor apartment with a lovely terrace – direct access to the resort's swimming pool in Vilamoura. It has a well equipped kitchen, secured underground parking and storage room. A good size bedroom, 1 bathroom, airy lounge and dining area. Prestige is within walking distance to the Old Village and Vilamoura Marina. It has numerous restaurants, bars and supermarket. Fantastic location. Total area 74.6 m2

www.fivestar-vilamoura.com Email: info@fivestar-vilamoura.com
Tel: 289302762, Mob: 969190361 / 965392755
Office: 7A Church Square, Old Village, Vilamoura 8125-429

Property Highlight

Fabulous panoramic views

Beautiful detached villa situated in Estoi, on very private plot, with the tranquility of the countryside and excellent views over the coast. A traditional Portuguese style exterior with tiled floor and exposed beams inside. It consists of 3 spacious bedrooms with fitted wardrobes and 3 upgraded bathrooms over the two floors. The main living space has a mezzanine level and fireplace, there is an equipped kitchen, pantry and terraces. Outside there is a barbecue and



dining area, swimming pool, large gated driveway, decked patio and well maintained garden. Construction area - 200 sq.m. Plot with 2,400 sq.m. Energy class - C Price - 394.900 EUROS

Ref.V12538
For more information on this property please contact +351289314486, email sales@vendavilla.com or visit the website www.vendavilla.com.

SATURDAY 27

BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 Nadiya's Time to Eat.
12.00 Homes Under the Hammer.
13.00 BBC News; Weather.
13.15 Live Challenge Cup Rugby League.
16.00 Escape to the Country.
16.45 Wallace & Gromit: The Wrong Trousers.
17.15 **FILM:** Madagascar: Escape 2 Africa (2008).
18.35 BBC News.
18.55 Who Dares Wins.
19.35 Pointless Celebrities.
20.25 Casually.
21.15 Killing Eve.
22.00 BBC News; Weather.
22.15 National Lottery Update.
22.20 **FILM:** Avengers: Age of Ultron (2015).
00.30 **FILM:** Now Is Good (2012).
02.10 Weather for the Week Ahead.
02.15 BBC News.

BBC Two

06.30 All Over the Place: UK.
07.00 The Dog Ate My Homework.
07.30 The Dengineers.
08.00 Mustangs FC.
08.25 Deadly Top 10.
08.55 Shaun the Sheep.
09.00 Shaun the Sheep.
09.10 **FILM:** Shaun the Sheep Movie (2015).
10.30 The Wonder of Animals.
11.00 Monkey Planet.
12.00 All-Star Netball for Sport Relief.
13.00 Hairy Bikers' Best of British.
13.45 Holiday of My Lifetime with Len Goodman.
14.15 Flog It!
15.00 Swimming World Championships Highlights.
16.00 Live Challenge Cup Rugby League.
18.30 The Repair Shop.
19.00 Proms Encore.
19.30 Hippos: Africa's River Giants.
20.30 Dad's Army.
21.00 A Fresh Guide to Florence with Fab 5 Freddy.
22.00 Atlanta: Robbin' Season.
23.00 **FILM:** Midnight Special (2016).
00.45 Heimat Home from Home: Chronicle of a Vision - Part One.

ITV London

06.00 CITV.
08.25 ITV News.
08.30 The Sara Cox Show.
09.25 James Martin's Saturday Morning.
11.35 John and Lisa's Weekend Kitchen.
12.35 Save Money: Good Diet.
13.05 ITV News and Weather.
13.25 ITV Racing: Live from Ascot.
16.00 You've Been Framed! Gold.
16.30 Tipping Point.
17.30 The Chase.
18.25 ITV News and Weather.
18.45 Zone of Champions.
19.15 Catchphrase.
20.00 The Voice Kids Final.
21.45 ITV News and Weather.
22.05 **FILM:** Die Another Day (2002).
00.35 Tour de France Highlights.
01.25 5 Gold Rings.

Channel 4

06.00 The King of Queens.
06.50 Frasier.
07.40 The Big Bang Theory.
08.55 Young Sheldon.
10.20 The Simpsons.
11.50 Four in a Bed.
14.30 A Place in the Sun: Winter Sun.
15.00 A Place in the Sun.
16.00 Location, Location, Location.
17.00 Portrait Artist of the Year 2019.
18.00 Channel 4 News.
18.30 F1 German Grand Prix Qualifying Highlights.
20.00 **FILM:** Teenage Mutant Ninja Turtles: Out of the Shadows (2016).
22.10 **FILM:** Pitch Perfect 2 (2015).
22.05 **FILM:** The Visit (2015).

BBC Four

19.00 The Last Seabird Summer? Madame Tussaud: A Legend in Wax.
21.00 Inspector Montalbano.
22.50 **FILM:** Hello Quo (2012).
00.10 Sinatra: All or Nothing at All.
01.10 Peaky Blinders.

SUNDAY 28

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 Sunday Morning Live.
11.00 Homes Under the Hammer.
12.00 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Songs of Praise.
13.50 Lifeline.
14.00 Escape to the Country.
15.00 Money for Nothing.
15.45 Shop Well for Less?
16.45 Fake or Fortune?
17.45 Pointless Celebrities.
18.35 BBC News.
19.00 Countryfile.
20.00 Antiques Roadshow.
21.00 Poldark.
22.00 BBC News.
22.30 Imagine - Olafur Eliasson: Miracles of Rare Device. A Question of Sport.
23.30 The Last Showmen - Our Lives.
00.30 Weather for the Week Ahead.
00.35 BBC News.

BBC Two

06.30 Gardeners' World.
07.30 Countryfile.
08.25 Beechgrove.
08.55 Saturday Kitchen Best Bites.
10.25 A Cook Abroad: Rick Stein's Australia.
11.25 Nigella: At My Table.
11.55 Orson Welles: Talking Pictures.
12.40 **FILM:** The Third Man (1949).
14.20 BMX World Championship Highlights.
15.30 Swimming World Championships Highlights.
17.00 World's Busiest Cities: Hong Kong.
18.00 Mediterranean with Simon Reeve.
19.00 Remarkable Places to Eat.
20.00 Animals at Play.
21.00 The Misadventures of Romesh Ranganathan.
22.00 Mandy.
22.15 Sorry.
22.30 Louis Theroux's Altered States: Choosing Death.
23.35 The 250 Million Pound Cancer Cure.
00.35 TV's Black Renaissance: Reggie Yates in Hollywood.
01.35 Holby City.
02.35 This Is BBC Two.

ITV London

06.00 CITV.
08.25 ITV News.
08.30 The Sara Cox Show.
09.25 John and Lisa's Weekend Kitchen.
11.20 Midsomer Murders.
13.15 ITV News and Weather.
13.25 **FILM:** Death Becomes Her (1992).
15.15 Zone of Champions.
15.45 **FILM:** Star Wars: Episode VI - Return of the Jedi (1983).
18.15 ITV News and Weather.
18.30 Tipping Point: Lucky Stars.
19.30 The Comedy Years.
20.30 Vera.
22.30 ITV News and Weather.
22.45 Inside the Ritz Hotel.
23.15 Yorkshire Airport.
23.45 Love Your Garden.
00.15 The Voice Kids Final.

Channel 4

06.00 The King of Queens.
07.15 Everybody Loves Raymond.
08.00 The Simpsons.
09.30 Sunday Brunch.
12.30 The Simpsons.
14.30 The Secret Life of the Zoo.
15.30 A Place in the Sun.
16.30 Coast vs Country.
17.30 The Yorkshire Dales and the Lakes.
18.30 Channel 4 News.
19.00 Formula 1 German Grand Prix Highlights.
21.00 The Handmaid's Tale. First Dates.
22.00 **FILM:** Transformers: Dark of the Moon (2011).

BBC Four

19.00 BBC Proms: Nicola Benedetti with NYO.
21.05 Cindy Sherman untitled.
22.05 Captain Jack and the Furious Few.
23.05 Schama on Rembrandt: Masterpieces of the Late Years.
00.05 Britain's Most Fragile Treasure.
01.05 Yo-Yo Ma and the Silk Road Ensemble.

MONDAY 29

BBC One

06.00 Breakfast.
09.15 Wanted Down Under.
10.00 Homes Under the Hammer.
11.00 Food: Truth or Scare.
11.45 Armchair Britain.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 800 Words.
14.30 Escape to the Country.
15.30 Make Me a Dealer.
16.15 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Taking on the Irish Sea - Our Lives.
20.00 EastEnders.
20.30 Boeing's Killer Planes - Panorama.
21.00 Who Do You Think You Are?
22.00 BBC News at Ten.
22.35 This Country.
23.00 Have I Got a Bit More Old News for You.
23.45 The Truth About Meat.
00.45 Weather for the Week Ahead.
00.50 BBC News.

BBC Two

06.30 An Island Parish: Falklands.
07.30 Britain in Bloom.
08.00 Great British Railway Journeys.
08.30 The Week in Parliament.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
13.00 Curious Creatures.
13.30 Getting the Builders In.
14.15 Best Bakes Ever.
15.00 Hairy Bikers' Best of British.
15.45 More Creatures Great and Small.
16.15 Elephant Family & Me.
17.15 Antiques Road Trip.
18.00 The Customer Is Always Right.
18.30 The Repair Shop.
19.00 Inside the Factory.
20.00 The Chefs' Brigade.
21.00 Mock the Week.
22.30 Newsnight.
23.15 The Misadventures of Romesh Ranganathan.
00.15 Inside the Social Network: Facebook's Difficult Year.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.00 ITV Lunchtime News.
13.30 ITV Racing Live: Glorious Goodwood.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Ainsley's Caribbean Kitchen.
20.30 Coronation Street.
21.00 Long Lost Family: What Happened Next.
22.00 ITV News at Ten; Weather.
22.45 Daylight Robbery: Caught on Camera.
23.45 Tenable.
00.35 Tour de France Highlights.

Channel 4

06.25 Cheers.
07.45 Everybody Loves Raymond.
09.10 Frasier.
10.10 The Big Bang Theory.
11.00 The Simpsons.
12.05 A New Life in the Sun.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 The #100k Drop.
17.00 Come Dine with Me.
17.30 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Young, British and Depressed: Dispatches.
20.30 The #1 Houses: Britain's Cheapest Street.
21.00 24 Hours in Police Custody.
22.00 8 Out of 10 Cats Does Countdown.
23.05 Celebrity Gogglebox.
00.10 Generation Porn.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Venice 24/7.
20.00 Life.
21.00 The British Garden: Life and Death on Your Lawn.
22.30 The Joy of Winning.
23.30 Blackadder II.
00.00 Blackadder II.
00.30 Blackadder II.
01.00 The Ottomans: Europe's Muslim Emperors.

TUESDAY 30

BBC One

06.00 Breakfast.
09.15 Wanted Down Under Revisited.
10.00 Homes Under the Hammer.
11.00 Food: Truth or Scare.
11.45 Armchair Britain.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 800 Words.
14.30 Escape to the Country.
15.30 Make Me a Dealer.
16.15 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Holby City.
21.00 Keeping Faith.
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 Clique.
23.20 Big in the Valleys.
23.55 Rent for Sex: Ellie Undercover.
00.25 Weather for the Week Ahead.
00.30 BBC News.

BBC Two

06.15 An Island Parish: Falklands.
07.15 Bargain Hunt.
08.00 Dom on the Spot.
08.30 Dame Kelly: The Power of Parkrun - Our Lives.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
13.00 Curious Creatures.
13.30 Getting the Builders In.
14.15 Best Bakes Ever.
15.00 Hairy Bikers' Best of British.
15.45 More Creatures Great and Small.
16.15 Elephant Family & Me.
17.15 Antiques Road Trip.
18.00 Celebrity Eggheads.
18.30 The Customer Is Always Right.
19.00 The Repair Shop.
20.00 Inside the Factory.
21.00 The Chefs' Brigade.
22.00 Mock the Week.
22.30 Newsnight.
23.15 The Misadventures of Romesh Ranganathan.
00.15 Inside the Social Network: Facebook's Difficult Year.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.00 ITV Lunchtime News.
13.30 ITV Racing Live: Glorious Goodwood.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Save Money: Good Diet.
20.00 Emmerdale.
20.30 Yorkshire Airport.
21.00 Counting Tigers: A Survival Special.
22.00 ITV News at Ten; Weather.
22.45 Ross Kemp: Living with Homelessness.
23.10 Lethal Weapon.
00.00 Tenable.
00.50 James Martin's French Adventure.

Channel 4

06.30 Mike & Molly.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 The Big Bang Theory.
11.00 The Simpsons.
12.05 A New Life in the Sun.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 The #100k Drop.
17.00 Come Dine with Me.
17.30 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Orantutan Jungle School.
21.00 George Clarke's Council House Scandal.
22.00 GameFace.
22.35 24 Hours in A&E.
23.35 Emergency Helicopter Medics.
00.35 Ramsay's Kitchen Nightmares USA.
00.55 Ramsay's Kitchen Nightmares USA.
01.30 Celebrity Crystal Maze.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Venice 24/7.
20.00 SAS: Rogue Warriors.
21.00 Revolutions: The Ideas That Changed the World.
22.00 Art, Passion & Power: The Story of the Royal Collection.
23.00 The Extraordinary Collector.
00.00 Blackadder II.
01.30 SAS: Rogue Warriors.

WEDNESDAY 31

BBC One

06.00 Breakfast.
09.15 Wanted Down Under Revisited.
10.00 Homes Under the Hammer.
11.00 Food: Truth or Scare.
11.45 Armchair Britain.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 800 Words.
14.30 Escape to the Country.
15.30 Make Me a Dealer.
16.15 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Fake Britain.
20.00 Shop Well for Less?
21.00 Our Cops in the North.
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 Inside the Secret World of Incels.
23.25 Serengeti.
00.25 Weather for the Week Ahead.
00.30 BBC News.

BBC Two

06.15 An Island Parish: Falklands.
07.15 Bargain Hunt.
08.00 Britain in Bloom.
08.30 Great British Railway Journeys.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.50 Lifeline.
13.00 Curious Creatures.
13.30 Getting the Builders In.
14.15 Best Bakes Ever.
15.00 Hairy Bikers' Best of British.
15.45 More Creatures Great and Small.
16.15 Gorilla Family and Me.
17.15 Antiques Road Trip.
18.00 Celebrity Eggheads.
18.30 The Customer Is Always Right.
19.00 The Repair Shop.
20.00 Remarkable Places to Eat.
21.00 Animal Babies: First Year on Earth.
22.00 Better Things.
22.25 Rick Stein's Long Weekends.
22.30 Newsnight.
23.15 The Chefs' Brigade.
00.15 Remarkable Places to Eat.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.00 ITV Lunchtime News.
13.30 ITV Racing Live: Glorious Goodwood.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 The Best Little Prison in Britain?
20.30 Coronation Street.
21.00 The Widower.
22.00 ITV News at Ten; Weather.
22.45 Sewer Men.

Channel 4

06.30 Mike & Molly.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 The Big Bang Theory.
11.00 The Simpsons.
12.05 A New Life in the Sun.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 The #100k Drop.
17.00 Come Dine with Me.
17.30 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 George Clarke's Council House Scandal.
22.00 GameFace.
22.35 24 Hours in A&E.
23.35 Emergency Helicopter Medics.
00.35 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Venice 24/7.
20.00 The Tea Trail with Simon Reeve.
21.00 The First Georgians: The German Kings Who Made Britain.
22.00 Mary Beard's Ultimate Rome: Empire Without Limit.
23.00 Size Matters.
00.00 Tomorrow's Worlds: The Unearthly History of Science Fiction.

THURSDAY 01

BBC One

06.00 Breakfast.
09.15 Wanted Down Under Revisited.
10.00 Homes Under the Hammer.
11.00 Food: Truth or Scare.
11.45 Armchair Britain.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 800 Words.
14.30 Escape to the Country.
15.30 Make Me a Dealer.
16.15 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Serengeti.
21.00 Fake or Fortune?
22.00 BBC News at Ten.
22.35 Murdered by My Boyfriend.
23.35 Who Do You Think You Are?
00.35 Weather for the Week Ahead.
00.40 BBC News.

BBC Two

06.30 The Secret History of the British Garden.
07.30 An Island Parish: Falklands.
08.00 Britain in Bloom.
08.30 Great British Railway Journeys.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
13.00 Curious Creatures.
13.30 Getting the Builders In.
14.15 Best Bakes Ever.
15.00 Hairy Bikers' Best of British.
15.45 More Creatures Great and Small.
16.15 Gorilla Family and Me.
17.15 Antiques Road Trip.
18.00 Celebrity Eggheads.
18.30 The Customer Is Always Right.
19.00 The Repair Shop.
20.00 This Farming Life.
21.00 Broke.
22.00 Vic & Bob's Big Night Out.
22.30 Newsnight.
23.15 Golf: Women's Open Highlights.
00.15 Louis Theroux: Surviving America's Most Hated Family.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.00 ITV Lunchtime News.
13.30 ITV Racing Live: Glorious Goodwood.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Ross Kemp Living with Young Carers.
20.00 Emmerdale.
20.30 Eat, Shop, Save.
21.00 Sewer Men.
22.00 ITV News at Ten; Weather.
22.45 Long Lost Family: What Happened Next.
23.40 Tenable.

Channel 4

06.30 Mike & Molly.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 The Big Bang Theory.
11.00 The Simpsons.
12.05 A New Life in the Sun.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 The #100k Drop.
17.00 Come Dine with Me.
17.30 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 George Clarke's Old House, New Home.
21.00 Britain's Giant Pet Food Factory.
22.00 Homes from Hell: Caught on Camera.
23.05 The Tez O'Clock Show.
00.05 First Dates.
01.00 **FILM:** The Diary of a Teenage Girl (2015).

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Top of the Pops: 1988.
20.00 Skies Above Britain.
21.00 The Secret Life of Rockpools.
22.00 Woolly Mammoth: Secrets from the Ice.
23.00 Size Matters.
00.00 Top of the Pops: 1988.
00.30 The Secret History of My Family.

FRIDAY 02

BBC One

06.00 Breakfast.
09.15 Wanted Down Under Revisited.
10.00 Homes Under the Hammer.
11.00 Food: Truth or Scare.
11.45 Armchair Britain.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 800 Words.
14.30 Escape to the Country.
15.30 Make Me a Dealer.
16.15 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Garden Rescue.
20.00 EastEnders.
20.30 A Question of Sport.
21.00 Hold the Sunset.
21.30 Still Game.
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 Killing Eve.
23.20 New Tricks.
00.20 **FILM:** 8 Minutes Idle (2012).

BBC Two

06.30 The Secret History of the British Garden.
07.30 An Island Parish: Falklands.
08.00 Gardeners' World.
08.00 BBC News at 9.
09.00 Victoria Derbyshire.
10.00 BBC Newsroom Live.
13.00 Curious Creatures.
13.30 Getting the Builders In.
14.15 Best Bakes Ever.
15.00 Hairy Bikers' Best of British.
15.45 More Creatures Great and Small.
16.15 Meet the Moose Family: Natural World.
17.15 Antiques Road Trip.
18.00 Celebrity Eggheads.
18.30 The Customer Is Always Right.
19.00 Hidden Wales with Will Millard.
20.00 Mortimer & Whitehouse: Gone Fishing.
20.30 Gardeners' World.
21.00 Fosse/Verdon.
22.30 Newsnight.
23.05 Golf: Women's Open Highlights.
00.05 A Fresh Guide to Florence with Fab 5 Freddy.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.00 ITV Lunchtime News.
13.30 ITV Racing Live: Glorious Goodwood.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Rescue: River Deep, Mountain High.
20.30 Coronation Street.
21.00 Lethal Weapon.
22.00 ITV News at Ten; Weather.
22.45 **FILM:** Lethal Weapon 3.

Channel 4

06.25 Mike & Molly.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 The Big Bang Theory.
11.00 The Simpsons.
12.05 A New Life in the Sun.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 The #100k Drop.
17.00 Come Dine with Me.
17.30 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Grand Designs.
21.00 8 Out of 10 Cats Does Countdown.
22.00 The Lateish Show with Mo Gilligan.
23.05 Friday Night Dinner.
00.05 Shipmates.
01.00 **FILM:** Sin City: A Dame to Kill For (2014).

BBC Four

19.00 World News Today; Weather.
19.30 BBC Proms: Britten and Mahler.
21.30 Top of the Pops: 1988.
22.00 **FILM:** Ibiza: The Silent Movie (2019).
23.35 Everybody in the Place: An Incomplete History of Britain 1984-1992.
00.35 Can You Feel It - How Dance Music Conquered the World.

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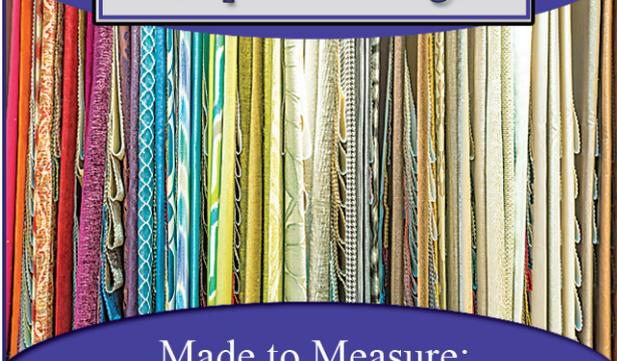
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Tony (Portuguese) - Stars: Tony Carreira. Genre: Biography, Documentary. Director: Jorge Pelicano. Rating: PG13. Plot: Looking into the life of one of the most successful Portuguese singers. With exclusive revelations about the controversies, the disappointments, the unconfessed dreams, his troubled relationship with the media, his affection for the fans and what makes Tony Carreira happy.

Domino - Stars: Carice van Houten, Nikolaj Coster-Waldau, Guy Pearce. Genre: Crime, Thriller. Director: Brian De Palma. Rating: R. Plot: A Copenhagen police officer seeks justice for his partner's murder by a

criminal, who was left unpunished. The hero wants to fill this gap and get revenge on the killer. First he needs to find out who the gangster is, which is soon being done. The man is helped by the beloved partner of the deceased.



Cinema Listings

NOS Forum Algarve – Faro
Domino; Tony; Child's Play; The Lion King (OV & PV); Spider-Man: Far from Home; Toy Story 4 (PV); Solum.

NOS Mar Shopping – Loulé
Tony; Jim Button and Luke the Engine Driver (PV); Anna; The Lion King (OV & PV); Toy Story 4 (PV); Spider-Man: Far from Home; Annabelle 3.

Gran-Plaza NOS - Tavira
Tony; Anna; The Lion King (OV & PV); Stuber; Spider-Man: Far from Home; Toy Story 4 (PV).

Algarcine – Portimão
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Algarcine Ria Shopping – Olhão
Domino; Tony; The Giant Pear; Anna; The Lion King (OV & PV).

Cineplace Algarve Shopping – Guia
Domino; Tony; The Giant Pear; Jim Button and Luke the Engine Driver (PV); Anna; Child's Play; Just a Gigolo; The Lion King (OV & PV); Stuber; The Secret Life of Pets (PV); Spider-Man: Far From Home; Toy Story 4 (PV); Annabelle 3.

Cineplace – Portimão
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The Secret Life of Pets 2 (PV); Annabelle 3.

Estação Viana Shopping - Viana do Castelo
Tony; The Giant Pear; Anna; The Lion King (OV & PV); Toy Story 4 (PV); Spider-Man: Far From Home.

Cineplace Loures Shopping
Domino; Tony; The Giant Pear; Jim Button and Luke the Engine Driver (PV); Anna; Child's Play; The Lion King (OV & PV); The Secret Life of Pets 2 (PV); Spider-Man: Far From Home; Toy Story 4 (PV).

Cineplace Leiria Shopping
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EXHIBITIONS

Albrecht Dürer exhibition. Until 11 August, Tuesday – Sunday 10am – 6pm, Museu Nacional de Arte Antiga. Tickets from €3. www.museudearteantiga.pt

Fiction and Fabrication – Photography of architecture exhibition. Until 19 August. MAAT, Lisbon. www.maat.pt

Janice Dellarte. Until 31 August, Jardim Botânico da Universidade de Lisboa.

Identidade by Zooter. Until 31 August, Avenida café Concerto, Praça do Mercado, Aveiro.

Joan Jonas Exhibition. Until 1 September, Serralves, Porto. www.serralves.pt

Jesper Just. Servitudes – Circuits. Until 2 September, daily from 11am – 7pm, MAAT Lisbon. Tickets from €2.50. www.maat.pt

Irma Blank. Until 8 September, Culturgest – Fundação CGD, Lisbon.

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

FAIRS & FESTIVALS

EDP CoolJazz 19. 9 July – 31 July, Hipódromo Manuel Possolo, Cascais. Tickets from €25. www.edpcooljazz.com

Óbidos Medieval Festival. 18 July – 4 August, Óbidos. www.cm-obidos.pt

Aura Festival. 1 – 4 August, from 9pm, Sintra. www.aurafestival.pt

Jazz em Agosto. 1 – 11 August 2019, Fundação Calouste Gulbenkian, Lisbon www.gulbenkian.pt/musica/

Neopop Festival 2019. 7 – 10 August, from 6pm, Viana do Castelo

Vodafone Paredes de Coura Festival. 14 – 17 August, from midday, Paredes de Coura. Tickets available from usual locations.

Festas do Mar. 16 – 25 August 2019, Baía de Cascais, Free Entry, www.cm-cascais.pt

Comic-Con Portugal 19. 12 – 15 September. Passeio Marítimo de Algés, Lisbon. www.comic-con-portugal.com

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 Sunday 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 Sunday of every month. Parque de Jogos. 1^o 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

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



Óbidos Medieval Festival. 18 July – 4 August, Óbidos.

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: 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 the Monday before publication.



Unite with Tomorrowland. 27 July, Porto.

MUSIC

Unite with Tomorrowland. 27 July 5pm, Parque Oriental Da Cidade Do Porto, Tickets from €60, www.ticketline.pt

Kraftwerk. 31 July, 8.30pm, Hipódromo Manuel Possolo, Cascais. Tickets from €25. www.blueticket.pt

White Emotions 2019. 31 July, 8.30pm, Praia do Rei, Costa de Caprica, Tickets: 25€, www.ticketline.pt

Billie Eilish. 4 September, from 7pm. Coliseu de Lisboa, Lisbon. Tickets from €26. www.everythingisnew.pt

Queen Symphonic. 13 September, from 9.30pm, Campo Pequeno, Lisbon. Tickets from €21. www.campoqueeno.com

Gipsy Kings featuring Andre Reyes. 14 September, 10pm, Feira de São Mateus, Viseu. Tickets from €5. www.feirasaomateus.pt

Michael Bublé. 30 September & 1 October, 9pm, Altice Arena Lisbon. Tickets from €45. www.blueticket.pt

Julia Michaels. 5 October, from 7.30pm, Lav – Lisboa Ao Vivo. Tickets from €28. www.ticketline.pt

The Black Mamba. 5 October, 9.30pm, Coliseu de Lisboa, Tickets from 15€, www.everythingisnew.pt

ABBA Gold. 11 October, 10pm, Salão Preto e Prata, Casino Estoril. Tickets from €30. www.blueticket.pt

Pixies. 25 October 2019, 8.30 pm, Campo Pequeno, Lisbon, Tickets from €35, www.everythingisnew.pt

The Lumineers. 1 November, from 9pm, Campo Pequeno. Tickets from €25. www.campoqueeno.com

Bryan Adams. 6 December, 9pm, Altice Arena Lisbon. Tickets from €40. www.blueticket.pt

Madonna Madame X Tour. 16, 18 & 19 January, from 8.30pm, Coliseu Lisboa. Tickets from €75. www.everythingisnew.pt

THEATRE & DANCE

Lis Master Dance Show. 27 July, 7pm, Castelo de São Jorge, Lisbon. Tickets €10. www.castelodesaojorge.pt

La Bohème. 30 July, 9.45pm, Auditório Natural Da Quinta Das Lágrimas, Coimbra. Tickets: 15€, www.ticketline.pt

Chicago. 11 September – 29 December, 9.30pm, Teatro da Trindade INATEL, Lisbon.

WORKSHOPS & COURSES

Professional Barbers Course. 27 July, 1pm – 4pm, Do It Better, Coimbra. 80 20 99 93, www.doitbetter.pt

Nail Art course. 29 – 30 July, 6pm – 11pm, School House Panafiel.

Urban Art Workshop. 3 August, 10am – 5pm, A Luz Natural, Porto. Price €60. info@aluznatural.com

Workshop de Cerâmica. 3 August 2019, 10.30am-1.30pm, Rua das Doze Casas 72, Porto, Cost: 20€ www.viralagenda.com

Creativity and Lateral Thinking. 3 August 2019, 3pm-8pm, FabLab Porto, www.viralagenda.com

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

SPORTS

Santa Cruz Ocean Spirit Festival. 19 – 28 July, Torres Vedras. Free entry. www.oceanspirit.pt

PT281+ Ultramarathon Beira Baixa. 25 – 28 July. www.pt281.com

Rali Vinho da Madeira. 1 – 3 August, Madeira. www.ralivm.com

Strongman Portugal. 10 August 2019, 3.30pm-5.30pm, Apúlia Esposende, Free Entry, www.viralagenda.com

South

AUCTIONS

Auction House Algarve. Live auction 7 September. All items can be viewed at the auction house and through our online catalogue: www.ahalgarve.com, 289 832 380, info@ahalgarve.com

EXHIBITIONS

Open Studio – paintings and prints by Liz Allen. 28 July, 12pm – 4pm. Quinta Pintados, Monchique. 934 170 523 liz@lizallemart.com

Listen to the Ocean exhibition by B J Boulter. 13



Rali Vinho da Madeira. 1 – 3 August, Madeira.

July – 25 August. Portimão Museum. www.cm-portimao.pt

Sand City. Until 30 November, 10am-10pm., Lagoa. Cost: €11.90 (Adult); €9.50 (Seniors); €5.90 (Children between 6-12); Free (under 5yo's). www.sandcity.pt

Dressed in Colour Photography Exhibition by Dina Salvador. 22 July - 23 August, 8.30am-5.30pm. EMARP, Portimão. Free entry.

Mozambicans Art Collective Painting, Photography and Sculpture Exhibition. Until 30 July, 5pm-11pm (Mon-Sat). Pintor Samora Barros Art Gallery, Albufeira.

Expressive Intensity Painting Exhibition by Cristina Cavaco. Until 31 July. Municipal Gallery, Town Hall, São Brás de Alportel. <http://www.cm-sbras.pt/>

Document of the Month Exhibition. Until 31 July, 9am-4pm. Town Hall, Silves. Free entry.

The Fighters of the County of Silves in the World War I Exhibition. Until 31 July, 10am-12pm. Casino, Armação de Pêra.

'Strange Sea Creatures' Exhibition by Sílvia Ribeiro Sacramento. Until 31 July, 10.30am-6.30pm (Mon-Fri). Municipal Library, Silves.

'4 Seasons' Photography Exhibition by Diogo Rosa. Until 27 July, 10.30am-4.30pm (Mon-Sat). Espaço + (Reading Room), Aljezur. www.cm-aljezur.pt

Photo ARK National Geographic. Until 3 September, 2.30pm-11.30 pm. Marina (by The Lake Resort Hotel), Vilamoura. Cost: €10. www.natgeo.pt/photoark

Reunion Exhibition Work by Hein Semke. Until 30 October, 2.30pm-6pm (Tue) & 10.30am-6pm (Wed-Sun). Municipal Museum, Portimão.

'Do I still see the Algarve from my window?' Photographs by Filipe da Palma. Until 28 July, 2.30pm-6pm (Tue) & 10.30am-6pm (Wed-Sun). Municipal Museum, Portimão.

'Via Crucis' Collective Photography Exhibition. 2 May - 30 September. São Paulo Parish, Tavira. Cost: €3.

Collective Exhibition 'Nature's Transformations' Artists Network Algarve Group. 20 April - 31 July, 10am-6pm (Tue-Sat). Cultural Centre, Lagos. www.cm-lagos.pt

Photographic Exhibition: 'Palmira, Rainha do Deserto' by Luís Reina.

Until 21 September. Islamic Nucleus, Tavira.

Fado at the Museum. 1 July To 31 July 2019 -Tue, Wed, Fri - 11.30am, 2.30pm, 4.00pm, 5.00pm. Faro Municipal Museum. Cost: Adults-7€, Children up to 6yo-Free, 6-12yo's-€3.5. www.adonomuseu.wixsite.com/fadodomuseu

True Colours Exhibition by Yvonne Landsbergen. Until 31 July. Alportel Museological Centre. www.cm-sbras.pt

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

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

Paintings by Liz Allen. Ongoing exhibition. Óchálá Casa de Chá, 12 Rua Dr. Samora Gil, Monchique 8550 249 Wednesday - Sunday 10-6pm. 282 912 524

FAIRS & FESTIVALS

25th Book Fair. 18 July- 4 August, 8pm-12.30am. Cais Street, Tavira. www.cm-tavira.pt

28th Serra Fair 2019. 25 - 28 July, 7pm-1am (Thu) & 7pm-2am (Fri-Sun). School EB 2 3 Poeta Bernardo de Passos' ground, São Brás de Alportel. Cost: €4. www.cm-sbras.pt

Ria Formosa Festivities. 25 July - 4 August, from 7pm. Largo de São Francisco, Faro.

32nd Sweet Art Contest Fair. 26 July - 28 July, 6pm-12am. Lagos Sports Complex - Municipal Sports Hall. Cost: Free. www.cm-lagos.pt

Open-Air Cinema Show in Convento do Carmo | 19th Edition. 1-11 August 2019, 9pm. Carmo Convent, Tavira. www.cineclube-tavira.com



Last weeks winner is David Harper, Lagos

Sardine Festival. 7 - 11 August, Portimão riverfront, from 7pm. Free Entry. www.visitportimao.com

16th Medieval Fair of Silves. 9-18 August, 6pm-1am. Perimeter of the City, Silves. www.cm-silves.pt

Olhão Seafood Festival. 9 - 14 August, Olhão, 289 090 287 www.cm-olhao.pt

MARKETS

Loulé - Every Saturday

Quarteira - Every Wednesday

Lift Market Lagos - Every Saturday

São Brás de Alportel Market - Every Saturday

Almancil - 1st and 4th Sunday of the month



Open-Air Cinema Show. 1 - 11 August, Tavira.

8th American Cars Algarve Show. 10 - 11 August, 10am - midnight, Faro, near to Forum Algarve. www.americancarsalgarve.pt 914 918 444.

7th Algarve African Music Festival. 10 August, 9pm-1.30am. Docks, Faro. Free entry. www.facebook.com/casadeangoladoalgarve

Lagos Sunset Colour Party. 15 August, from 4pm, Meia Praia. www.agarra.org

Fatacil. 16 - 25 August, Fatacil, Lagoa. www.cm-lagoa.pt

Multicultural Night. 28 August, 4.30pm-12.30am. Historical Area, Aljezur. www.cm-aljezur.pt

Azinhãl - Last Saturday of the month

Querença - Last Sunday 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

Rogil - 4th Sunday of the month

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

Farmers Market. 1st Sunday of each month, 10am - 1pm, Quinta Shopping. info@quintashopping.com

MUSIC

Portuguese Guitar Recital. 1-31. July. Daily 30 minutes sessions - Sun, Mon, Tue, Wed, Thu - 12pm, 3pm, 4.30pm. Arco da Vila Interpretative Centre (Faro Tourist Office), Faro. Cost €5. www.recitalguitarraportuguesa.com

Fado com História. 1 July To 31 July, 12.15pm, 3.15pm, 5.15pm - Monday to Saturday. Special session at the Misericórdia Church on Saturdays at 3.15pm. Tavira, Damião Augusto de Brito Vasconcelos Street, N. 4. Cost: €8. www.fadocomhistoria.com/

Music on the Patio. 10-31 July, 9.30pm. Cultural Centre Atrium, Lagos. Cost: Free. www.cm-lagos.pt

Fado at the Bandstand. 17-30 July, 10pm. Bandstand Garden, Tavira. www.cm-tavira.pt

AL SUR - Chamber Portraits. 27 July, 9.30pm. Carlos do Carmo Municipal Auditorium, Lagoa. Cost: 10€.

Brasa Doirada. 28 July, 9pm. Area adjacent to the Fortress, Armação de Pêra. Cost: Free.

Heather Small (M People lead vocalist). 2 August. Pine Cliffs Resort. www.pinecliffs.com

Burning Love by Algarve Jazz Orchestra. 15 August, from 10pm, Carvoeiro. www.cm-lagoa.pt

Sunshine Big Band. Every Sunday, 12.30pm - 2.30pm, Fortaleza, Praia da Luz. 282 789 926

New Orleans Jazz with The Dixie Kings. Every Monday at Tivoli Hotel, Lagos (behind the bus station) 8.30pm - open to all, free entry - info: www.neworleansjazzalgarve.com

New Orleans Jazz with The Dixie Kings. Every Friday, from 7pm at Vila Vita Biergarten, Porches www.neworleansjazzalgarve.com

SPORT

Athletics National Festival. 22 - 27 July. Riverfront, Marina, Portimão. www.fpatletismo.pt



Shark Race Lagos. 3 August, Lagos.

Altimetria Faro Ribeirinho Race 2019. 26 & 27 July, 4pm-8pm (26th) & 4pm-10pm (27th). Waterside Park, Faro.

Footvolley National Championship. 27 & 28 July. Praia da Rocha Sports Area, Portimão. www.futevolei.pt

30th Lagos Bay Race. 28 July, 6pm. Meia Beach, Lagos. www.cm-lagos.pt

Shark Race Lagos. 3 August, 9pm. Meia Beach, Lagos. <https://werun.pt/>

Shark race Portimão. 10 August, 9am, Praia da Rocha. 935 443 529 www.werun.pt

International Futsal Tournament. 23 - 25 August. Portimão Arena. 282 402 487

FIM Superbike Championship. 6 - 8 September, Autódromo Internacional do Algarve, Portimão. www.autodromodoalgarve.com

THEATRE & DANCE

Aldo Lima 'Sex, Drugs and Rock'n Roll'. 26 & 27 July, 9.30pm. Figuras Theatre, Faro. Cost: €12.50. www.teatromunicipaldefaro.pt

19th Algarve International Dance Summer School Gala. 28 July, 9.30pm. Figuras Theatre, Faro. Cost: €10. www.teatrodasfiguras.pt

Street Acts and Entertainment Meetings. 22-24 August, 4pm; 7pm; 10pm; 10.30pm; 11pm; 12am. Odeceixe. Cost: Free. www.maozorra.pt

Algarve Classic Gala Dance. 19 October, 7.30pm. Fénix Room, Algarve Congress Centre, Tivoli Marina, Vilamoura. www.artaqua.pt

WORKSHOPS & COURSES

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

Transformation workshop. Every Monday, 10am - 12pm.

1 Chakras. 917 899 115 vdvreugde@hotmail.com

Cork Workshops. Mondays & Thursdays, 2.30pm, Algarve Costume Museum, Cost: from 25€, www.viator.com

Curso de Reiki. 28 July 2019, 10am-5.30pm, Avenida D. João VI, Olhão, Cost: 50€, 965 667 453

Auctions

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THE PORTUGAL NEWS

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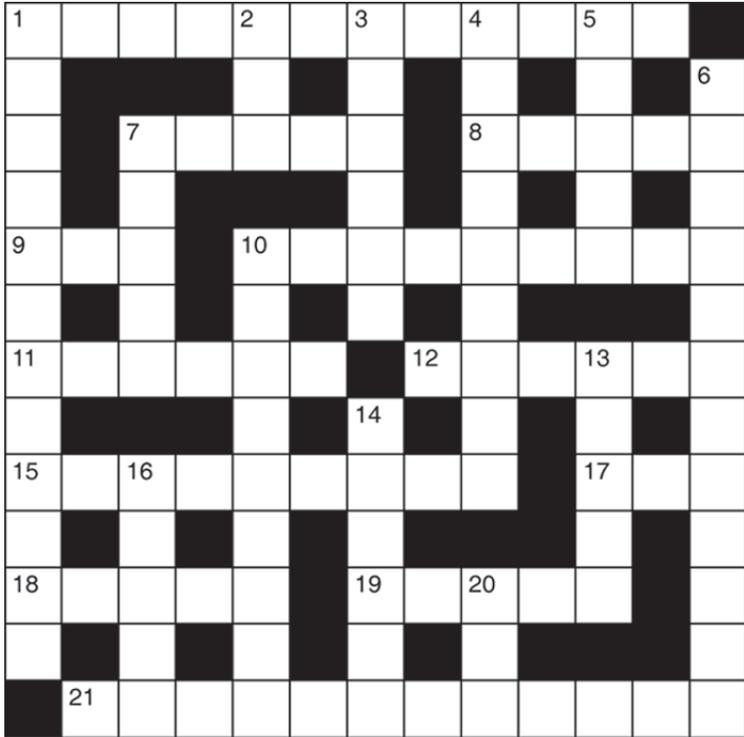
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Last week's cryptic crossword solutions

Across: 4 Artisan; 8 Erupts; 9 Aground; 10 Remote; 11 Trains; 12 Autocrat; 18 Distinct; 20 Menace; 21 Toledo; 22 Bedtime; 23 Weasel; 24 Dessert.
Down: 1 Retreat; 2 Summits; 3 Static; 5 Regattas; 6 Isobar; 7 Awning; 13 Redeemer; 14 Incense; 15 Strolls; 16 Secede; 17 Cactus; 19 Trowel.

CRYPTIC CROSSWORD

ACROSS

1. A pen, or its holder (6-6)
7. A point in favour of New Guinea, initially (5)
8. Self-made counterfeiter may be so described (5)
9. I will be briefly unwell (3)
10. Receptacle used on certain orders (9)
11. They are outside or is it just speculation? (6)
12. Enough furniture for 501 vehicles (6)
15. Promote a murderer and cause uproar (5,4)
17. Fellow in command (3)
18. Unlikely to be outwitted or feel pain (5)
19. Put your foot down! (5)
21. Deeply sad tendency in an audience (12)

DOWN

1. A moneylender may, but it won't appear in his books! (4,8)
2. I personally go East to begin with (3)
3. They carry on among wits (6)
4. Result of a big blow to the economy? (9)
5. She's found in excellent surroundings (5)
6. Showing pre-arranged loathing (12)
7. It naturally beats peas and beans (5)
10. Craftsman who may have to take a plane (9)
13. Directed me to help out (5)
14. Actors show they have star potential! (6)
16. I am on time for the picture (5)
20. One is confused for a long time (3)

QUICK CROSSWORD

ACROSS

1. Prodigality (12)
7. Navy (5)
8. Grieve (5)
9. Dog (3)
10. Meddle (9)
11. Powerful (6)
12. Blunt (6)
15. Forbearance (9)
17. Useless (3)
18. Ancient (5)
19. Deduce (5)
21. Unending (12)

DOWN

1. Freeing (12)
2. Wonder (3)
3. Shrewd (6)
4. Excellent (9)
5. Induce (5)
6. Autonomy (12)
7. Leading (5)
10. Lack of knowledge (9)
13. Beneath (5)
14. Weak (6)
16. Burdened (5)
20. Jollity (3)

Last week's quick crossword solution

Across: 4 Gateway; 8 Earned; 9 Affront; 10 Outlay; 11 Uproar; 12 Vicarage; 18 Interval; 20 Regale; 21 Fondle; 22 General; 23 Pistol; 24 Feather.
Down: 1 Revolve; 2 Protect; 3 Repair; 5 Affluent; 6 Errors; 7 Annual; 13 Alienate; 14 Avidity; 15 Elderly; 16 Severe; 17 Patent; 19 Exotic.

CODEWORD

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

13	24	16	17	1	11	16	14	18		22	13	21	8	11
A														
20		25		2		24		13		2		3		20
B														
10	2	3	16	10		16	19	23	16	17	4	3		2
C														
2		16		6		17		7		3		16		17
D														
10	20	17	6	13	25	12	19		23	11	13	17	21	10
E														
	3			18				26		6				3
F														
15	14	20	19		26	13	23	21	14	20	17	2	3	12
G														
20		2		5		21		6		12		25		14
H														
23	13	25	24	21	14	10	2	13	25		23	20	7	16
I														
16				2		3				6		25		
J														
3	2	23	7	16	3		10	23	2	20	3	2	23	20
T	I	C												
K														
2		20		3		24		13		25		18		6
L														
13		23	17	21	23	2	20	14		23	17	20	3	16
M														
21		3		6		16		13		16		3		4
10	16	2	9	16		1	2	25	6	10	1	16	4	3

SUDOKU

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

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

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

Medium

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

Last week's Codeword Solution

Last week's solutions

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



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It's all in the swing

As I write this on a plane to the UK, Stansted Airport to be precise, I am thankful for having a mini laptop with me as this may be one of the fullest flights I have been on in a while - Ryanair in the summer...

However, I have a week's coaching and watching golf ahead of me, with the Open Championship proving to have been a great hit with the crowds and the players alike, it really should be back on the roster with a shorter wait for the next hosting opportunity.

Carrying on from the theme of last week's article which was probing the question about how much do you trust your swing - what I would like to explore with you this week is whether you are able to go out on the course and play without any swing thoughts at all? The only swing thoughts which are allowed is target, balance and rhythm. Nothing else.

It's a lot tougher than you might think, especially for the technical golfer who believes that a perfect swing will result in a perfect shot. A common misconception, a perfect swing has never been and will never be, there have been swings close and then there have been swings which are far from perfect. Yet the common denominator is always that magical feeling when you get the centre of the ball in the centre of the club with the club face square to the target. That really is all you should be thinking about on the course, centre of the ball on the centre of the face, club face delivered squarely with great rhythm and balance.

Sounds simple doesn't it? Yet that is all that should fill your head on the course. All of the training should be done. The callouses should be in the correct place on the hands, every technical thought placed in the subconscious and ready to be tapped into. If this isn't the case, then you are not as prepared as you could be.

The best way I have ever found of getting a player to clear their head is to scare them half to death, by asking them to swing a club with their eyes closed. I have found this is by far the quickest way to capture the attention of a player, it challenges them to trust their swing and they have to tap into their natural balance and rhythm.

I normally get a really

N NEIL CONNOLLY

scared look from my players when they are asked to do this, yet when they make contact and the ball goes in the air, they are amazed. How is that possible is normally the reaction. It is a truly great way of tapping into your natural golfing state.

Now I'm not suggesting that you go out on the course and play with your eyes closed, what I will strongly urge you to try is to make a practice swing with your eyes closed, before you actually hit the shot. That way you can clear your mind, focus on rhythm, balance and target. Breathe deeply and then step to the ball with exactly nothing but those thoughts.

Have fun with it - next time you go to the range to hit balls, try a couple with your eyes closed. I would find a quiet spot just in case a couple go astray! Nobody will notice, and you will tap into the world of hitting the ball without any expectations; this is another valuable side effect of the drill. Because the mind is clear and unobstructed, it doesn't have expectations. You are playing golf in the present, no thought of the past and no expectations of the future.

If you can visualise the shot when you close your eyes before you hit the shot, you are then training at a very advanced level. If you also say to yourself that you are a great player before you hit the ball that helps too.

If you feel that is a stretch too far, remember that your subconscious hears everything and it is always better to say something generous about yourself than something negative. It's difficult but if you don't do it, who else will when you are over the ball?

Lowry sets sights on Ryder Cup after Open triumph

Open champion Shane Lowry is targeting a Ryder Cup debut after finding himself part of a group of players he used to curse.

Roared on by a sell-out crowd as Royal Portrush made a memorable success of staging the Open for the first time in 68 years, Lowry cruised to a six-shot win to become the fifth Irish player to lift the Claret Jug after Fred Daly, Padraig Harrington, Darren Clarke and Rory McIlroy. The victory lifted Lowry to 17th in the world rankings, equalling his career best, and to 18th in the FedEx Cup standings, boosting his chances of claiming a USD 10million bonus by winning the season-long event at the Tour Championship at the end of August.

Lowry, 32, will then turn his attention to the start of Ryder Cup qualifying as he tries to seal a place on the European team which will attempt to retain the trophy at Whistling Straits next year under Harrington's captaincy.

"Obviously in the short term I'm going to enjoy this, there's no doubt about that," Lowry said. "But in the long term you obviously want to back up your success.

"My big goal remains the same and that is to be on the plane going to Whistling Straits next year. That's my plan for the next 12 months. Hopefully that involves a couple of wins along the way.

"This is huge for me. Obviously a major championship and my first season winning twice. "I have a lot of play for now. I'm well up in the FedEx Cup now, which is nice. I've got a busy few months ahead of me and I'm very excited.

"But I've learned my trade on the European Tour, I'm a European Tour member and love playing the European Tour. I'll be back



Republic of Ireland's Shane Lowry celebrates winning during day four of The Open Championship 2019 at Royal Portrush Golf Club. (Photo: Niall Carson/PA Wire)

in September to start my quest of making the Ryder Cup team next year and that's my focus for the next 12 months."

The fact that his golfing hero turned good friend, Harrington, is captain means Lowry is more determined than ever to be part of the biennial contest against the United States, although he admits Harrington's glittering career was not always a positive.

Harrington's back-to-back Open victories and 2008 US PGA Championship victory kickstarted an incredible period of major success for Irish players, with Graeme McDowell winning the 2010 US Open, McIlroy succeeding him as champion and Clarke claiming the 2011 Open.

Lowry, who turned professional after winning the 2009 Irish Open as a 22-year-old amateur, said: "There's a lot of people that helped me along the way.

"Gary Murphy, Damien McGrane and Peter Lawrie made sure that I

flew with them, stayed in the same hotels, went to dinner with them, played practice rounds with them. They were great for me.

"And obviously Paddy and G-Mac (McDowell), they're two really good friends of mine now. To be able to hang around with someone like Padraig Harrington who paved the way for the success of Irish golfers.... I'm just so happy I can add my name to the list of major champions.

"I used to curse them an awful lot in the past because that's all anybody wanted to know about in

Ireland because they were winning so many majors. When are you going to win one? Winning regular events wasn't good enough for anyone.

"People might say there's not enough Irish golfers on tour but look at the standard of Irish golfers we have. Rory McIlroy is one of the best players in the world, if not the best on his day.

"G-Mac I think is getting his stroke back and the careers that Paddy and Darren and those guys have had is just incredible."

PA

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Portimonense prepare for Primeira Liga



SC Portimonense kick-off the new season with a home game against Belenenses on the weekend of the 10/11 August.

N
CHRIS WRIGHT

A fortnight later another Lisbon team visit the Algarve when Sporting play at the Portimão Municipal Stadium on the 24/25 August.

New signings include Japan international left-back Koki Anzai, and Brazilians 20 year-old Jean Felipe, Rómulo and 18 year-old Luquinha. In addition Brazilian

centre-back Willyan Rocha, who for the past two seasons played for Cova da Piedade, and midfielder Paulo Estrela (ex.FC Porto) have been added to the squad under manager António Folha. Rodney Sampaio, president of Portimonense SAD, is still hopeful that prolific Colombian striker Jackson Martinez could still return to the club. Other players being linked with Portimonense are midfielder Jorge Vilela (D.Aves), lury Castilho (ex.Al Fahya. Saudi Arabia), USA born Stephen Payne (ex.Varzim) and Rodrigo Freitas (ex.Fluminense, Brazil).

SC Portimonense kick-off the new season with a home game against Belenenses on the weekend of the 10/11 August.

Portugal cruise past Armenia

Young players are the life blood of any national team and the Portugal U19 team are proving no exception.

They punished a poor Armenia side 4-0 at the Vazgen Sargsyan Republican Stadium in Yerevan to advance to the UEFA U19 European Championship semi-finals.

The host nation were no match for the defending champions, Vítor Ferreira's first half penalty putting Portugal 1-0 up at half-time, João Mário scoring a stunner and substitute Tiago Gouveia bagging a brace in a result that was never in doubt.

Portugal were playing the Republic of Ireland, as the paper went to print, for a place in the final on Saturday where the winners will meet either France or Spain. Portugal U19 starting line-up:

Celton Biai (SL Benfica) - Costinha (Rio Ave FC), Gonçalo Loureiro (SL Benfica), Gonçalo Cardoso (Boavista FC), Tomás Tavares (SL Benfica) - Fábio Vieira (FC Porto), Diogo Capitão (SL Benfica), Vítor Ferreira (FC Porto) - João Mário (FC Porto), Tiago Rodrigues (Sporting CP), Félix Correia (Sporting CP).

CW

Sousa climbs to 49th in world tennis ranking

Portuguese tennis player João Sousa, who reached the quarter-final of the Swedish Open, climbed seven places and is 49th in the world tennis ranking (ATP).

Sousa has now managed to climb 20 places in two weeks, having competed in Wimbledon and in Sweden.

The ATP top 10 remains virtually unchanged, with Djokovic in the lead, followed by Rafael Nadal and Roger Federer, while Daniil Medvedev and Fabio Fognini switched positions, in ninth and 10th respectively.

This week Sousa competes in the Swiss Open.

The rankings also saw Pedro Sousa moving down four places to 113th, João Domingues rising two places to 170th, Gonçalo Oliveira in 252nd place, while Frederico Silva 298th, still ahead of Gastão Elias, climbed 21 places.



Sousa has now managed to climb 20 places in two weeks.

Algarve stadium hosts European qualifier

The Portuguese Football Federation has announced that the match between Portugal and Lithuania will take place at the Estádio do Algarve on Thursday 14 November.

It will be the team's penultimate game in Group B Qualifying for the 2020 UEFA European Championship. Before that they will play Serbia (away - 7 Sept); Lithuania (away - 10th Sept); Luxembourg (home - 11 Oct) and Ukraine (away - 14 Oct).

Portugal have a lot of work to do having draw their two home games against Ukraine (0-0) and Serbia (1-1). The top two in the five team group qualify for the European finals being played at twelve European venues from the 27 June to 12 July next year.

CW




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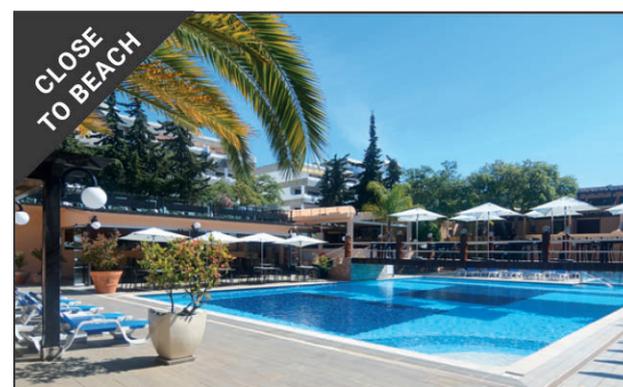
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