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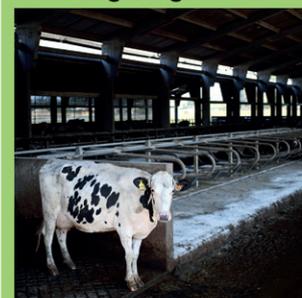
17 Aug 2019 • Ed. 1539
€1.50 inc IVA
Publisher: Paul Allen Luckman
www.theportugalnews.com
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Facebook: 61,826 followers
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No end in sight for the petrol crisis



Truck drivers have formed a picket line at the headquarters of the Logistics Fuel Company (CLC) in Aveiras de Cima during the indefinite strike of dangerous goods drivers. (Photo: Lusa/Mário Cruz). Full story, see page 2.

Time to go vegan? P6



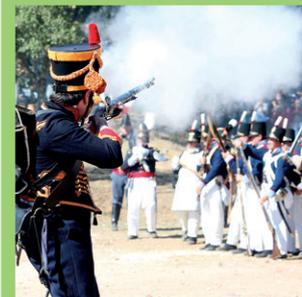
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Tourist route inspired by invasions. P16



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Web: www.theportugalnews.com

PRINT & DISTRIBUTION
Printers: Unipress, Porto

Print-run:
19,407 copies this edition

Distributors: VASP

Member of apct
audited circulation 

PRODUCTION
Publisher: Paul Luckman
publisher@theportugalnews.com

Photos: LUSA • Press Association

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Publicação registada na Entidade Reguladora para a Comunicação Social com o número 127217
Estatuto Editorial:
[www.theportugalnews.com/
editorialguidelines](http://www.theportugalnews.com/editorialguidelines)

Authorities take the fuel strike

Petrol rationing continues across Portugal as the dangerous goods drivers strike continues indefinitely.

At the time of going to press (14 August) there was still no end in sight to the truck drivers strike and military and police forces were being used to guarantee minimum services of fuel. Reports across the country found that the Algarve was the region where fuel shortages were being felt the hardest, mainly due to the influx of tourists in the region at this time of the year creating a rise in population and demand. President of the Algarve Intermunicipal Community (AMAL), Jorge Botelho, said today that supplies to the region during the driver strike have been "minimally guaranteed" but warned that there will be a constant monitoring of the situation. Botelho told Lusa: "So far, services have been provided. Now, let's follow up to see how it will be over the coming hours and days". AMAL held a meeting on Tuesday to assess the situation in the region and to analyse the supply of fuel to petrol stations. Jorge Botelho stated that the strike has been "worrying from day one" and considered it to be "detrimental to the country and particularly to the Algarve", which is in the peak of the tourism season and has a much larger population than usual. "When the strike was announced it was worrying and since the strike began it continues to be worrying," he added. Maintaining fuel levels for emergency services, hospitals and airports continues to be a priority and in the Algarve the fuel supply to Faro airport has been secured by GNR personnel

following drivers not reporting to work on Tuesday. It wasn't until 12.30pm that five of the six trucks that usually make the journey between Loulé railway station and Faro Airport for refuelling the aircraft left the railway station, all driven by GNR military personnel. The drivers, who guarantee this transportation daily, did not report for duty and prevented the daily transportation of the tankers, which are moved by rail from the Sines refinery to the Loulé logistics base, which should have started early in the morning. While minimum services are supposed to be guaranteed by the truckers the situation continues to change daily and on Wednesday the spokesman for Portugal's dangerous goods drivers said that workers will not comply with minimum services or civil requisition, in solidarity with colleagues who were notified for not working on Tuesday. "In solidarity with their colleagues [who were notified], nobody will leave here today," said Pedro Pardal Henriques in Aveiras de Cima, Lisbon's main fuel depot. "Nobody will comply with the minimum services or civil requisition, they will do absolutely nothing", the National Union of Drivers of Dangerous Materials (SNMMP) lawyer said. The minister of the environment and energy transition, João Pedro Matos Fernandes, said on Tuesday that 14 workers did not comply with the civil requisition decreed by the Government in the drivers' strike. The minister also said that 11 of these workers "have been duly

notified," adding that first there is "notification of non-compliance and then there is a notification that they are committing a crime of disobedience. As for the remaining three workers, they are still "to be found and notified," João Pedro Matos Fernandes added. "The people here were extremely upset by the Minister's announcement," Pardal Henriques said, adding that the drivers "are not criminals". "What they [drivers] said today is that if one driver goes to jail, then the minister will have to bring large buses to take the country's 800 drivers," he said. Since the beginning of the drivers strike the government has brought in rationing for those looking to buy petrol or diesel. Refuelling for light vehicles will be rationed to a maximum of 25 litres and heavy vehicles 100 litres, available only at filling stations that do not belong to the Strategic Network of Filling Stations (SNFS). In a press conference, the minister of environment and energy transition, João Pedro Matos Fernandes, explained that SNFS has two types of stations: one for priorities, such as the armed forces, medical emergency, transport of agricultural products and the other for the general public. The strike was called by the National Hazardous Material Drivers Union (SNMMP) and the Independent Freight Drivers Union (SIMM) and the Northern Road and Urban Transport Workers Union (STRUN) was also associated with the strike. The government has enacted



The government has enacted minimum services and to ensure the provision of essential services

minimum services of between 50 percent and 100 percent and has declared an energy crisis, which implies "exceptional measures" to minimise the effects of downtime and to ensure the provision of essential services such as security forces and medical emergencies. A map of all the petrol stations in Portugal showing the levels of fuel in each, can be found by visiting www.janaodaparaabastecer.vost.pt For daily updates regarding the current fuel strike in Portugal, please visit www.theportugalnews.com

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N News in Brief

Police investigate Ronaldo's absence in friendly

South Korean police have raided marketing company, The Fasta, to investigate if there was any contractual obligation for Juventus to use Portuguese international, Cristiano Ronaldo, in a friendly match against a team from the South Korean K-League. The authorities intended to determine if there was a clause in The Fasta's contract with Juventus that obliged the Portuguese international to play at least 45 minutes of the game. Ronaldo was on the bench, but did not play, because, according to Juventus, he had "muscle fatigue".

Canadian company produces medical cannabis in Alentejo

Canadian company Tilray has announced that it has leased 20 hectares of land to the Esporão agricultural company in the municipality of Reguengos de Monsaraz (Évora) to produce medicinal cannabis, which was planted in July. "The additional 20 hectares of outdoor growing space increase the company's ability to supply medical cannabis in Europe and other international markets" Tilray said in a statement. The company is described as a "world pioneer in the research, cultivation, production and distribution of medicinal cannabis".

Proposed changes to Lisbon parking go to public consultation

Lisbon City Council has opened public consultations on proposed changes to parking and tariffs in the city. In the consultation period, running until 30 September, interested parties can consult the draft amendments and submit their comments or suggestions, by email to: dm.dipm@cm-lisboa.pt or by post to Rua Alexandre Herculano, n.º 46, 4th floor, postal code 1269-054 - Lisbon. According to mobility councillor, Miguel Gaspar, the new regulations aim mainly to "improve the availability of car parking for residents".

Bonnie Tyler taking to the stage in Albufeira

A Bonnie Tyler concert will be one of the highlights of the Albufeira Municipal Day celebrations, which will take place on 20 August. The show from the Welsh singer is scheduled for 10.30 pm, at Praia dos Pescadores. Prior to that, official ceremonies will take place, with the mayor, José Carlos Rolo awarding medals for municipal service to employees with more than 15, 25 and 35 years of service, in the bronze, silver and gold grades, respectively. A fireworks show will follow the concert on the beach at midnight.

Portugal Golden Visa interest increases in Hong Kong

Luxury real estate agencies in Hong Kong have said that requests for information about buying properties in Portugal to obtain golden visas have been rising at a time of increasing political tension in the city. List Sotheby's director of operations, Binoche Chan, told the South China Morning Post (SCMP) that many see the Portuguese residence as an alternative option in Europe. According to the real estate analyst, the requirements to obtain residency in Portugal are relatively low compared to other popular destinations.



services and has declared an energy crisis, which implies "exceptional measures" to minimise the effects of the strike services such as security forces and medical emergencies. (Photo: Lusa/TIAGO PETINGA)

WEATHER

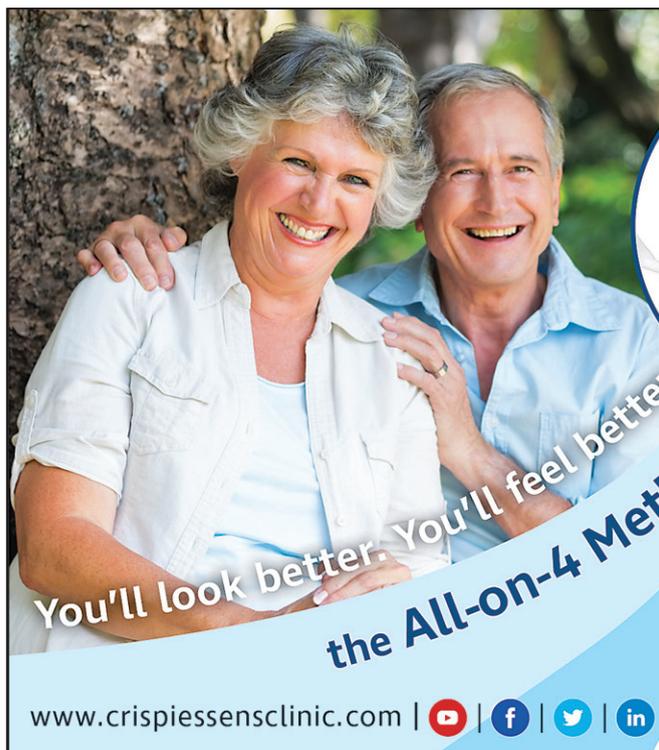
Scorching temperatures in the south

Blue skies and high temperatures are predicted for the south of Portugal this weekend while in the centre and north the weather remains unsettled.

Lisbon: Unsettled weather is expected over the weekend in Lisbon with a chance of rain predicted for Sunday. Cloud cover is set to clear by Monday with average highs reaching 28 degrees and nightly lows of 17 degrees.

The South: It's sunshine all the way in the south of Portugal with clear skies predicted throughout the weekend and into the following week. The highest temperatures are forecast for the weekend with thermometers tipping 34 degrees with lows of only 21 degrees at night.

The North: Rain is expected over the weekend in the north, however this is set to clear by Monday when temperatures are to rise slightly to average highs of 24 degrees and lows of 14. By mid week intermittent cloud is expected to return but temperatures will remain warm.



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Suspected “environmental crime” behind beach closure

The reason behind the recent temporary closure of Faro beach has been cited as a possible “environmental crime” which could be linked to “untreated discharge from a vessel”.



Faro beach was closed to bathers on 13 August due to the detection of the bacterium Escherichia Coli.

Faro beach was closed to bathers on 13 August due to the detection of the bacterium Escherichia Coli, commonly known as E.Coli, in the water.

The red flag was raised on the beach following water analysis which found faecal coliform levels registered in the water “far above the maximum allowed by law”, according to Nuno Cortes Lopes from the Port of Faro.

Faro council confirmed that the beach had been reopened to bathers on 14 August following the results of new water quality tests which found the water at the beach was back to “desired levels”.

“The red flag has been removed and the blue flag has been raised,” said a spokesman for the council, adding “this is a testament to the excellent quality of Faro Beach, as a summer zone that rigorously meets the most demanding environmental criteria and a destination of complete trust for the

thousands of families who choose it as a destination to spend their holidays”.

The council added that the competent authorities (Portuguese Environment Agency and Regional Delegate of Public Health) are investigating the source of the contamination that led to the closing of the beach for bathing on 13 August.

“The hypothesis of an environmental crime is gaining strength,” said the spokesman who added that it could have been caused by a “vessel”.

This hypothesis was also reiterated by Nuno Cortes Lopes who told Lusa: “The causes of this high concentration of faecal coliforms are unknown, and there are several possibilities, one of which is an untreated discharge from a vessel,” concluded the head of the Maritime Authority.

High levels of E.Coli indicate contamination by high concentration of faecal coliforms.

Lifeguards successfully save 13 people after tourist boat capsizes

Thirteen people, including two children, were saved on 10 August after their boat capsized in the Benagil cave in Lagoa.



Three of the people had to be taken to hospital after the accident, none of them with life threatening injuries.

The causes of the accident, which occurred around 5.30pm on 10 August, are not yet known. According to Jornal Noticias, two children aged around five, along with two women, spent a few minutes in the water under the boat where they found an air pocket enabling them to breathe.

The victims were saved by four young lifeguards from the company AquaForm, hired by the Lagoa City Council for beach surveillance. The

boat accident occurred in the Benagil Cave, the most famous cave in the Algarve, much sought after and visited by tourist boats.

“There were people around the boat, others underneath it and people screaming in panic” said a source from the rescue team. The four young lifeguards then rescued the 12 passengers and one crew member.

After the rescue, two people were reportedly taken to Faro Hospital, one suspected to have an arm fracture, and a third to Portimão Hospital due to an anxiety attack.

Among the victims were Portuguese nationals and tourists of other nationalities, namely

Spanish and French.

Three days after the incident the Mayor of Lagoa, Luis Encarnação, went to Benagil Beach to compliment and praise the act of courage and professionalism of the lifeguards who successfully rescued the victims of the accident.

Despite the level of panic, these rescuers, hired by the Lagoa City Council to supervise the beach, acted calmly to complete the rescue operation successfully.

The high demand for visiting the Benagil cave gives rise to frequent emergency situations, hence the municipality has been reinforcing the available human and

material resources from year to year, so that these situations are minimised

and the need for eventual intervention is faster and with better assistance to

bathers and visitors”, said a statement from Lagoa Council.



The Mayor of Lagoa, Luis Encarnação, went to Benagil Beach to compliment and praise the act of courage and professionalism of the lifeguards who successfully rescued the victims of the accident.



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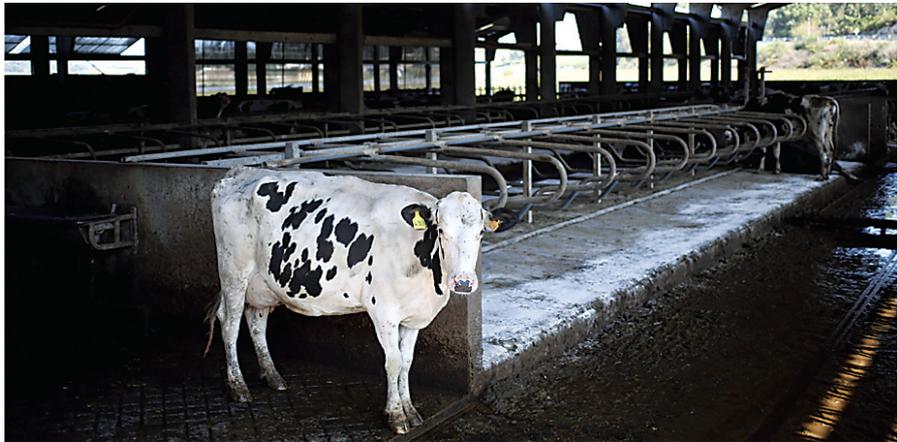


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Portuguese encouraged to cut back on meat and fish

Portugal's Environmentalist association, Zero, has said that Portuguese nationals have to change their diet and consume less meat and fish.



Portuguese nationals eat too much meat and fish - it is necessary to change this for the sake of health, ecosystems and the climate

Commenting on an intergovernmental panel report on climate change, the association said that "Portugal is one of the countries where land use is most decisive" to achieve the objectives of the Paris Agreement to combat climate change. The protection of forests and the change in food production and consumption patterns are fundamental to stopping the climate crisis. According to Zero, "we have to prevent the systematic

destruction of our forests by fires, avoid extensive monocultures, and use less water and fertilisers." Portuguese nationals eat too much meat and fish - it is necessary to change this for the sake of health, ecosystems and the climate, the association said. Zero mentioned that livestock production produces a high number of polluting emissions. Diets rich in beef and mutton and the amount of food waste have a major impact on the environment and contribute to greenhouse

gas emissions. Zero also pointed out that "more than 60 percent of world agricultural production is dominated by four crops" - maize, rice, wheat and soya, "creating a system of production and marketing highly dependent on what happens to these crops." Environmentalists warned that "industrial agriculture and the food industry are almost as important to climate change as fossil fuels," not least because 75 percent of freshwater resources are devoted to agricultural or livestock production.

Portugal ranks poorly for noise pollution

According to data from EU statistics office Eurostat, the figures were released to review the degree of readiness of cities and communities in the EU under the European Commission's Sustainable Development Objectives.

In Portugal, 23.5 percent of people surveyed in 2017 said that they were exposed to excessive noise, a percentage that was only beaten by Germany (26.1 percent), the Netherlands (25.6 percent) and Malta (24.9 percent).

The least self-reported exposure to noise was in Estonia (8.2 percent), Croatia (8.6 percent) and Ireland (9 percent) - all well below the EU average of 17.5 percent.

In terms of the amount of municipal waste recycled as compared to total waste generated, Portugal in 2017 ranked eighth among those that recycled least, at 28.4 percent, below the EU average of 46.4 percent.

The member states with the highest rate of recycling of municipal waste were

Portugal was in 2017 the European Union member state with the fourth-highest exposure of its population to noise pollution, as well as having the eighth-lowest rate of recycling of municipal waste.

Germany (67.6 percent), Slovenia (57.8 percent) and Austria (57.7 percent), while those with lowest rates were Malta (6.4 percent), Romania (13.9 percent) and Cyprus (16.1 percent).

Another parameter assessed was exposure to air pollution (taking into account smaller particles), where Portugal again did worse than the EU average, with a mean 12 microgrammes per cubic metre against the 14.1-microgramme

average. The country ranked in the middle of the table of 28 member states.

The EU country with the greatest exposure to air pollution in 2017 was Poland, followed by Bulgaria and Hungary, while the least exposed were Finland, Estonia and Sweden.

The EU's approach on the Sustainable Development Objectives was presented at the end of 2016 by the commission, in line with the United Nations' Agenda 2030.

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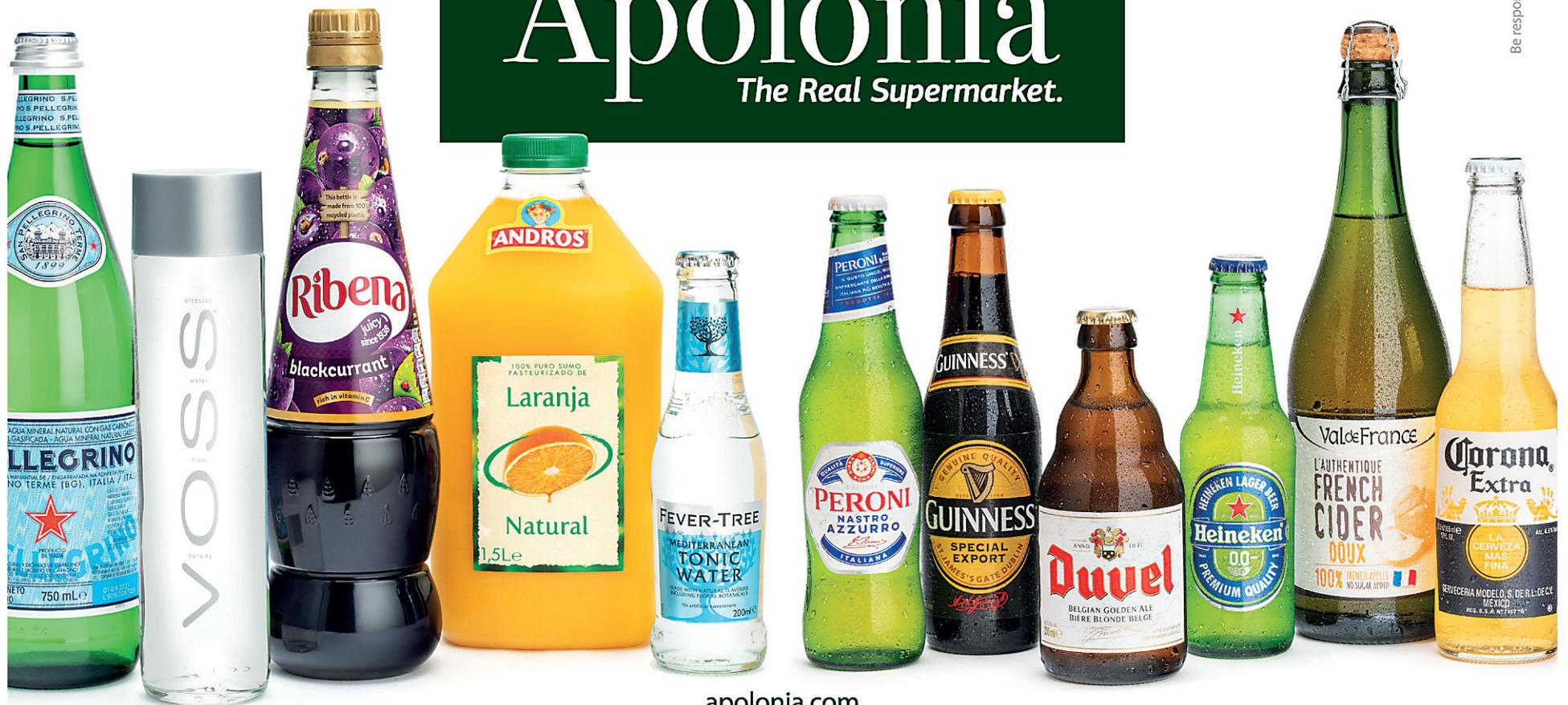
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Closure of Ryanair Faro base “bad news” for tourism

The closure of Ryanair airline base at Faro airport is “very bad news” for the Algarve and a source of “concern” for tourism in the region.



Elidérico Viegas believes that “if there are fewer flights, there will be fewer tourists and fewer passengers” in the Algarve. (Photo: Lusa/Filipe Farinha)

According to the president of the Association of Algarve Hotels and Tourism Resorts (AHETA), Elidérico Viegas, the news of the Irish airline’s intention to close its base in Faro in January 2020 could lead to about a hundred job losses and should also lead

the authorities to be “more cautious” in granting support for setting up these companies in the region in the future. “We have seen this with concern if the news comes to fruition. The end of Ryanair’s Faro base means that sooner or later, although the airline will continue to

claim that this will not affect the number of flights [to Faro], from our perspective it is obvious that the number of flights eventually will be fewer”, he told Lusa news agency.

Elidérico Viegas believes that “if there are fewer flights, there will be fewer tourists and fewer passengers” in the Algarve and this is viewed “with some concern, regardless of whether, after some time, as with these situations, passengers will eventually be diluted across other Airlines”.

“But this is very bad news for the Algarve,” he said.

Elidérico Viegas also warned of the need for a greater guarantee of compensation from these companies when they receive support for their setting up their company in the Algarve and, in this case, at Faro airport.

“Since subsidies and financial support have been awarded to Ryanair to create this base in Faro, in addition to other support that Ryanair has provided over the years to bring passengers to Faro, this kind of situation draws attention to the need to be more cautious in the way we conduct these negotiations and agreements,” argued the association leader.

Elidérico Viegas acknowledged that “most of the Algarve’s competing destinations also support airlines” and the region “is not alone in doing so,” but warned that “consideration should always be given when agreements of this nature are established.” with aviation companies.

“It should be said that Ryanair is the largest airline operating at Faro and has a share of almost 30 percent of the total traffic, it is not just any other airline, it is a very important company because it is the largest supplier of passengers to the airport and tourists to the Algarve,” said Elidérico Viegas.

In contrast, the president of the Algarve tourism board, João Fernandes, has assured that the closure of the base will not affect the accessibility of the region. Last week, the president of the National Civil Aviation Staff Union (SNPVAC), Luciana Passo, said that the decision to close the base was not related to the strike action planned by cabin crew later this month, nor was it connected to new bases opening in other European destinations.

“The decision has been in the pipeline for a long time and it was not due to the strike,” said Luciana Passo.

Brexit leads TAP to cancel flights to London City

TAP has announced that the company will be cancelling flights to London City from 2020 but will be launching new flights to other markets.

TAP has revealed that it will suspend operations at London City airport, “due to the uncertainties of customer demand associated with Brexit”.

According to a statement from the Portuguese flag-carrier, while flights to London and other markets where there are high levels of competition are being

cut, new routes are also being introduced, especially increasing links between Portugal and Spain.

in the case of Porto, “between 2017 and 2018, TAP registered an increase of 20 percent in the number of passengers, surpassing for the first time the two million mark,” and “the prospects are also positive for this year 2019, considering that between January and July, TAP is already growing 11 percent,” the statement read.

These “success figures” allow TAP to implement adjustments to the Porto network, to redirect capacity to markets where the company’s competitiveness is greater.

Thus, the company will suspend Porto-Barcelona and Porto-Lyon flights, where there is a wide range of competition, and build a new air bridge between Porto and Madrid, to have six daily flights, more than double the current number.

These changes will also allow the increase of connections between Porto and Funchal “with another daily flight, in the middle of the day, operated on the new Airbus A321neo Long Range and a daily Porto-Newark flight, plus four Porto-São Paulo flights per week.”

The air bridge from Porto to Lisbon will also gain another daily flight over the summer of 2019.

In the capital, “capacity

dedicated to Stuttgart, Cologne and Basel will be redirected to other markets and a new air bridge will be created connecting Lisbon to Madrid.”

In addition, the airline “will launch a new route to Santiago de Compostela, and increase other connections to Spain, increasing daily flights between Lisbon and Barcelona (six to seven daily), Bilbao, Valencia and Malaga, all from two to three daily, and Seville from three to four daily.”

“Casablanca, Morocco’s largest city, will also have another daily flight departing from Lisbon thus improving connectivity with TAP’s intercontinental network,” according to the statement.

From 2020 flights to the USA will also be increased. “They double daily flights between Lisbon-New York (JFK), in addition to daily Lisbon-Newark and Porto-Newark flights. Miami will receive ten flights a week instead of the current seven. The new routes from Washington D.C. and Chicago will also have daily flights,” the airline said.

“In the last two years, TAP has registered a remarkable growth in the number of seats offered in its network. In 2018, the company provided 12 percent more seats and, in 2019, the capacity offered has already increased by 9.3 percent. In 2020, the focus will be on consolidating this growth”.

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Transferring out of a Pension Scheme – What you need to know

Pensions are seen by some as mysterious entities, but this doesn't need to be the case. They are, in the simplest of explanations, tax-efficient savings vehicles which enable people to build a source of cash for retirement.

There are numerous types of pension schemes and each one offers different opportunities and restrictions, as well as there being various ways and times at which funds can be accessed. And this, we feel, is where the mystery begins to rear its head, because understanding what will be best for you and your pension savings is not always clear. And for expats who are members of a defined benefit (DB) scheme, things do become a little more complicated.

However, expat pensions are not as complex as you might first think. Essentially, if you decide to transfer your DB scheme or a collection of small pension schemes, you will be exchanging the value of your pension for the cash value which is then reinvested into another pension scheme - for example a Qualifying Recognised Overseas Scheme (QROPS) or a Self-Invested Personal Pension (SIPP).

The most important consideration here is to get expert, regulated advice. There is no argument on this point because a mistake when handling your life's pension savings could see your whole retirement plans destroyed.

Here are some questions you will need to ask when considering a pension transfer.

Will a pension transfer work for me?

The vast majority of UK residents are unlikely to benefit from transferring their defined benefit pension scheme; however, for expats living in Portugal - or indeed anywhere else in the EU - there may be advantages not available to pension savers who continue to reside in Great Britain.

For some DB scheme members - members of "unfunded" public

sector schemes such as an NHS or teacher's scheme, for example - a pension transfer will be a practical impossibility.

However, public sector "funded" scheme members and private sector scheme members should consider the possibility of transferring their defined benefit pension as it may prove advantageous for numerous reasons including: tax free growth over and above the UK lifetime allowance, increased flexibility and portability, and protection from any potential UK pension legislation changes, to name but a few.

What are the pension transfer options?

Once the trustees of your defined benefit scheme have established its "transfer value", there are a number of options available. These include the following:

- A SIPP transfer
- A QROPS transfer
- A personal or stakeholder pension
- A pension scheme with, if relevant, your new employer

Ever since 2015's pension freedoms, UK pension holders have had greater choice and flexibility in deciding the future of their defined benefit schemes.

In certain cases DB pension scheme members might find that they are offered an "enhanced" transfer value or the incentive of an additional cash lump sum if they transfer out of their particular scheme, but caution is necessary because there could be hidden complications and pitfalls ahead.

Whatever type of pension you have, it is essential that you seek advice regarding the pros and cons of any transfer offer you might receive. In fact, if your defined benefit scheme is worth



£30,000 or more, you are legally obliged to take advice from a regulated financial adviser before undertaking a transfer.

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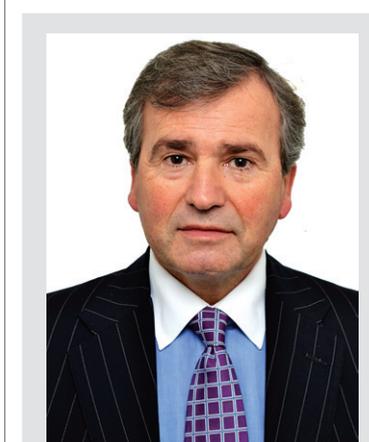
Our advisers work to understand your personal situation, retirement goals and current financial needs so that you can decide whether you wish to go ahead with a pension transfer.

For example, we can:

- Help you understand the benefits of your current scheme versus the benefits you might receive if you transfer into a QROPS or SIPP
- Help you consider the risks inherent in remaining in your current scheme versus the risks you might be exposed to following a transfer
- Summarise the pros and cons of the various pension arrangements available to you
- Help you understand how each pension-type might work for you in Portugal

Blacktower's financial advisers are fluently bilingual and aim to make the process of wealth and pension management as clear and convenient as possible.

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Article by: Antonio Rosa,
Joint Country Manager -
Lisbon

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"We don't know what the future holds for this 17-year-old who is always full of ideas, and is one of the most hard working lads you could ever meet," said Jack's family.

Appeal launched to help paralysed British teen

17-year-old Jack Wilson has been left paralysed from the chest down following an accident while on holiday in Salema, Algarve.

The accident occurred at the end of July when on the first day of his holiday Jack went into the sea, dived under a wave and broke his neck, leaving him paralysed from the chest down. A statement from the family explained: "After medical assessments and x-rays, Jack was airlifted to Faro hospital, where an operation was immediately carried out to repair the damage to his spine. "Jack is making a good but slow recovery, and remains paralysed from the chest down at the moment. He now has some movement in his arms and hands. As far as we know, more surgery is planned, followed by extensive physical rehabilitation. "We don't know what the future holds for this 17 year old who is always full of ideas, and is one of the most hard working lads you could ever meet. And that is why we are asking for your help and donations, because we want to give Jack the best chance possible to be able to

live his life the way he wants to". An appeal to help raise funds for Jack has now been launched on Facebook with the aim of raising funds to help Jack live as normal a life as is possible throughout his recuperation period. While the entire incident has been extremely traumatic for all involved, family and friends of Jack would like to also thank the Bombeiros from Vila do Bispo, paediatric emergency at Portimão and all of the medical team at Faro hospital who are taking care of Jack, "the care and attention from the medical and emergency staff has been outstanding". For further information about the Jack's Accident appeal, please visit https://www.facebook.com/donate/423737578241145/?fundraiser_source=external_url "Please remember that a little means a lot to Jack, and whatever you can give will help him on his long road to recovery. Thank you," concluded his family.

Council supports families with rent payment

In 10 years Matosinhos City Council has channelled more than €8 million into the Municipal Lease Support Programme, helping 2,129 families pay their rent.

Created in August 2009, this programme currently supports 703 families, said the council in a statement. The amounts awarded, range from €75 to €125 per month, and the investment has exceeded €8 million over the past ten years.

"Without a time limit on the support it provides, the Municipal Rental Support Programme allows for freedom of choice in housing, thus avoiding relocation of people and allowing everyone to decide where they want to live" the council explained.

The municipality notes that it launched this programme "aware of the growing difficulties" that many people face when it comes to access to housing, trying to respond to their needs.

According to MatosinhosHabit, the body responsible for managing the housing stock of the Matosinhos City Council, the mission of the lease programme is to support individuals who find it difficult to pay their private leases.



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Boris Johnson also expressed "a great desire to strengthen bilateral relations with Portugal" (Photo: EPA/Will Oliver)

Johnson guarantees "full respect" for Portuguese in UK

The newly appointed British Prime Minister, Boris Johnson, has introduced himself to Portuguese PM António Costa while stressing the "respect" for Portuguese residents in the UK.

According to a report by Lusa news agency, Johnson called Costa on 12 August and said that he "guarantees the full respect of the rights of the Portuguese residing in the United Kingdom" after the country leaves the European Union. Boris Johnson also expressed "a great desire to strengthen bilateral relations with Portugal" following Brexit. According to Lusa, "both prime ministers agreed that it was very important to strengthen bilateral relations, namely in the areas of

science and technology, sea and defence", since they are both European and Atlantic countries. During the call, the first between the two prime ministers, Boris Johnson also reiterated to António Costa the "position of the British government to reach an agreement for the United Kingdom to leave the EU by 31 October", as planned. In late July, Conservative party leader Boris Johnson was appointed British Prime Minister following the formal resignation of Theresa May due to the difficulties in applying Brexit.

Patients wait longer to get innovative medicine

Portugal is one of the European countries where patients wait longest to access innovative medicines, with the average waiting time to be five times greater than Germany, the country with the best results.

The analysis was carried out in the Spring 2019 Report of the Health Systems Observatory, which recommends more transparency in the pricing of medicines and suggests that the drug authority - Infarmed - becomes an independent regulatory body, leaving the final decision on prices and co-funding to the government.

While Germany had an average delay of 119 days to market innovative medicines, Portugal took 634 days, that is, almost two years.

Comparing with Spain

considered a comparable and near market, Portugal presented a result 1.6 times worse, with the average Spanish delay below 400 days.

The report of the Portuguese Observatory on Health Systems, which reflects data from the European association of the pharmaceutical industry, stressed that the figures do not show which factors contribute to these delays and said that a more thorough assessment is imperative in the various phases of the access to therapeutic innovation.

"A paradigmatic example was the time for decisions (...) [in the case] of the innovative therapies of hepatitis C", the document said, adding that this happens "too frequently" and that it is "incomprehensible" in an area

where predictability is very high.

Moreover, data on access to innovative medicines in Portugal in the last 10 years showed "significant fluctuations," which are being motivated by cost containment cycles in the country's National Health Service (SNS) (especially in the 'troika' period) or caused by the pressure to introduce some innovative drugs.

The figures showed that in the period between 2009 and 2018, the year 2017 was the one that recorded the most approval of drugs with new substances or with new therapeutic indications, with 60 new drugs.

From 2009 to 2012, the approval of innovative medicines was always decreasing and then increased more significantly from 2015.

The data showed that the time for access to therapeutic innovation in Portugal was five times longer than the best European result in the period 2015 to 2017.



While Germany had an average delay of 119 days to market innovative medicines, Portugal took 634 days. (Photo: Lusa/Luís Forra)

However, in 2018, there was again a decline in the approval of therapeutic innovation, and 40

new medications were approved, when 60 were approved in 2017.

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Patient situation “worsened” since medical cannabis law passed



Six months after the regulation of the medical cannabis law the situation for users of the herbal substance has worsened according to the president of the Portuguese Medicinal Cannabis Observatory (OPCM).



“I realise that the dietary supplements have been taken off the market because they lack consistency and quality but we have to find an alternative” said Carla Dias of OPCM

“The law came out, the regulation came out a little late, but it came out, and what happens is that we are worse than we were before” because at that time cannabidiol oil (CBD) “was available in physical stores” and was considered a food supplement “now there is no such thing”

lamented Carla Dias to the *Lusa* news agency. With the approval of the law, cannabidiol oil, one of the components of cannabis, is now considered a drug that has to be sold in pharmacies, which is not yet happening. Because of this, every day a “huge amount” of “people who are suffering” and

people who have cancer problems come to the observatory because they were getting better with CBD and Tetrahydrocannabinol (THC) and they now have to go and buy it outside of Portugal, not knowing what they are consuming. “I realise that the dietary supplements have been taken off the market because they lack consistency and quality but we have to find an alternative” said Carla Dias, mother of a two year old girl with refractory epilepsy who saw her health “improve substantially” with this oil. The OPCM president said she has already contacted the National Medicines Authority (Infarmed) which gave as an “excuse” that companies “are not asking for marketing authorisations when the observatory is aware that many companies are applying for authorisation”. “We have been requesting a meeting with Infarmed which has been successively postponed, we want to ask why it cannot find a solution” - as other countries

have already arranged - to “have preparations and substances, that are already certified in other countries, in Portugal”. Contacted by *Lusa*, Infarmed said that it has so far received an application for a herbal preparation for cannabis, which is currently under evaluation. “This preparation, if approved, may be used in accordance with approved regulations in cases where the conventional treatments have not produced the expected effects or cause relevant adverse effects and in accordance with therapeutic indications approved by Infarmed” said the entity in a written statement. According to Infarmed, these preparations are indicated for multiple sclerosis associated spasticity, nausea or vomiting resulting from chemotherapy, radiotherapy and combination therapy for HIV and hepatitis C medication, appetite stimulation in cancer or AIDS palliative care, chronic pain, epilepsy, treatment of severe childhood convulsive

disorders and treatment resistant glaucoma. For Carla Dias, there are “several obstacles” that are preventing the regularisation of the situation. “It is a very bureaucratic process. There are ordinances to come out, such as the one regulating labelling and this should have already been foreseen.” The lack of ordinance is preventing hemp growers from planting in Portugal. “They were left without legal representation and unable to plant in Portugal” since the oil for medicinal purposes is extracted from hemp, she said. In addition there is “a lot of documentation that has to be delivered and licenses don’t come out” she said, adding that “the only drug available” is Sativex, which has been approved by Infarmed. With regard to Sativex, the medicinal product authority stated that this medicinal product has recently been granted reimbursement authorisation and is awaiting the start of marketing by its holder.



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Tourist routes in Portugal and Spain inspired by French invasions

Napoleonic invasions of the Iberian Peninsula are the basis of a project which aims to create new tourist and cultural routes in Central Portugal and the Spanish province of Castile and León.



The Battle of Bussaco is recreated each year in September and will be incorporated into the project. (Photo: Lusa/ Paulo Novais)

“The NAPOCTEP project aims to transform the heritage of the time of the French invasions into a unique tourism product, capable of creating wealth and jobs in regions of Portugal and Spain that are living in the face of depopulation and aging populations”, summarised the President of the Centre’s

Tourism Pedro Machado, during the presentation of NAPOCTEP. With an expected duration of two years, the NAPOCTEP project was recently approved by the Interreg Spain-Portugal cross-border cooperation programme (POCTEP), representing a total investment of €711,000. The cross-border project, which aims to create a differentiated tourism

product around the imagination of the French invasions led by Napoleon in the early nineteenth century, receives support from the ERDF (European Fund for Regional Development), which amounts to about €533,000. Javier Ramirez, Director of Tourism for the Junta de Castilla y León, emphasised during the presentation the project’s ability

to practically develop “an innovative, attractive tourism product that generates economic activity and employment”.

The Spanish official noted that the collaboration between the Junta de Castilla y León and the Regional Entity Tourism of the Centre has been strengthened in recent years, with complementary routes and tourism products and joint promotion in international markets.

“We do joint promotions in markets such as China, the United States and even Europe,” confirmed Pedro Machado, adding that together the two entities offer tourists “more than 20 World Heritage Sites,” several pilgrimage sites, a lot of historical heritage and a unique cultural and culinary experience.

This “intense cross-border cooperation” has helped combat seasonality, prompting visitors to look for new territories away from the coast, the two officials said. Future Napoleonic routes, in an area that includes the Central Portugal region (Beiras and Serra da Estela) and the western

Castilian-Leonean provinces (Salamanca, Zamora, Valladolid, León and Ávila), will be very important in bringing employment and wealth to low density territories, said the president of CIM Coimbra Region, José Carlos Alexandrino.

The Coimbra Region will now start with the work, establishing routes, developing signage and creating a unique brand that can be promoted in international markets. Mealhada was chosen for the presentation of the project because, as Mayor Rui Marqueiro pointed out, the decisive battles that fought the advance of Napoleon’s troops were fought in its territory. The most obvious, the mayor recalled, are the Military Museum and the Battle of Bussaco, which is recreated each year in September, under the direction of the army and with the participation of many volunteers.

“The launching of the project is the easy part, now there is a lot of work ahead,” summarised Pedro Machado.

Family raising money to bring brother home after Madeira accident

On 22 July, 26-year-old Oliver Hillier, a British trainee fire fighter fell from a second storey hotel balcony and is now fighting for his life in Madeira, the reason for the fall is still unclear.

Oliver had to have emergency brain surgery and is now in a medically induced coma. His family are now asking for help, on “Gofundme”, to return him to the UK where they can take care of him.

“There is nothing he wouldn’t do for anyone, he is the glue that

holds us all together and to bring him home will cost £30,000! We need him home with us to bring the smile and laughter and light back into our lives. We all know it’s going to be a long road to recovery for him but being in a different country away from his family and friends just doesn’t

bear thinking about” reads the Gofundme page titled “Bring our brother home”.

“We still don’t know how it happened but the whole family are devastated. Oliver went on holiday with our mum, nan and his nephew to look after them as my mum is disabled and it’s my

nephew’s first holiday abroad.”

So far the appeal has raised £5,835 in only 17 days.

According to the Daily Mail “Portuguese police believe he was trying to find his hotel room in the dark and peering over the balcony” adding “They are not treating his fall as suspicious”.



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NOS strengthens 3G and 4G mobile network on Algarve beaches

More than two dozen mobile network antennas were installed in the busiest bathing areas during the holiday season.



Praia da Rocha is one of the beaches in the Algarve with strengthened mobile network from NOS. (Photo: TPN)

NOS has increased 3G and 4G coverage on national beaches and coastal areas, ensuring visitors better mobile communications.

Vila Real de Santo António, Monte Gordo, Cabanas de Tavira, Vilamoura, Albufeira (Oura and Fisherman's Beach), Praia da Rocha, Altura, Santa Eulalia, Porto de Mos, Luz and Quinta do Lago, will all benefit from the strengthened mobile network. In greater Lisbon, mobile communications coverage was reinforced on the beaches of Comporta, Meco and Lagoa de Albufeira. In the Estoril line, 3G and 4G coverage at Carcavelos beach was reinforced. Investment in network coverage of these beaches and coastal urban areas has focused especially on the areas with the highest traffic resulting from the tourist influx observed annually. "Access to the mobile network in 3G and 4G technologies will thus benefit the users of these

national beaches, providing them with access to the best mobile network service and data in Portugal during their holidays and summer season" guarantees NOS.

National debt drops €5.6B in June

Portugal's national debt stood at €246.9 billion in June, decreasing by €5.6 billion compared to May's record high, the bank of Portugal (BdP) said.

According to the BdP, the reduction of debt securities essentially contributed to this decrease.

According to the central bank, assets in general government deposits decreased by €5.7 billion, with the result that net national debt figures increased by €0.1 billion compared to the previous month, totalling €229.5 billion.

Portugal exports almost €1 billion in products to China

During the first half of the year, Portugal exported €998 million worth of products to China, 4.2 percent more than during the same period in 2018.

According to official data published on the Macau Forum website, based on statistics from the Chinese Customs Service, trade between Lisbon and Beijing amounted to US \$3.276 billion (€2.924 billion) until June, corresponding to an increase of 15.66 percent compared to the same period last year.

Imports of Chinese products increased 22.66 percent, compared to the same period of

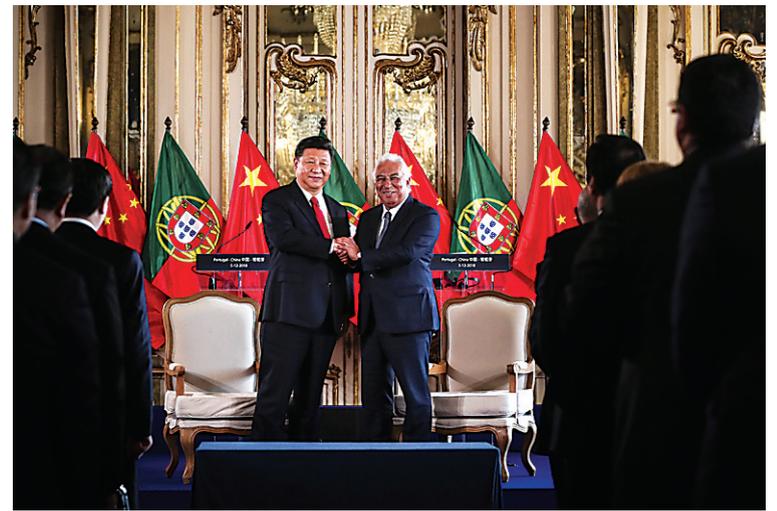
2018. Portugal imported goods from China worth approximately US \$2.158 billion (€1.926 billion), with Lisbon having a negative trade balance with the Asian country of around US \$1.04 billion (€920 million).

Data from the Chinese Customs Service indicates that trade between China and Lusophone countries stood at \$70.139 billion (€62.6 billion) over the first six months of the year, verifying a

growth of 1.17 percent.

Imports from China account for most of this figure: US \$50.433 billion (€45 billion), an increase of 4.34 percent over the same period of 2018. In turn, Chinese exports to Portuguese-speaking countries fell by 6.13 percent to US \$19.706 billion (€17.58 billion).

Brazil continues to be China's main partner in the Lusophone bloc, with trades of US \$51.959 billion (€46.37 billion).



Trade between Lisbon and Beijing amounted to US \$ 3.276 billion (€2.924 billion) until June. (Photo: Lusa)

Sovereign debt rating upgraded to 'positive'

US credit ratings agency Moody's has raised the outlook for Portugal's sovereign debt rating from 'stable' to 'positive', while keeping the rating itself Baa3 – just one notch above 'junk'.



Moody's has rated Portugal's debt as Baa3 since 12 October last year, with a stable outlook

In a statement Moody's notes that the better outlook for the rating is due to two factors: the steady reduction in the burden of public debt and the prospect of sustained improvements in the health of the country's banking sector.

Moody's also expects that Portugal's public debt as a ratio of gross domestic product drops below 110 percent in 2022, from 114 percent in the last assessment, the agency says in a statement announcing the change. It notes that Moody's projections continue to be more conservative than those of the government.

"The political pressures to increase public sector wages and health expenditures will continue," it states, adding that it believes that the

government will be able to resist the spending pressures enough to keep the budget deficit very small - below 1 percent of GDP - in the coming years.

That, in combination with a strong tax take, employment growth, falling interest costs - as more expensive outstanding debt is replaced with new debt with lower yields - and tight spending restrictions will ensure that the deficit continues to fall.

Moody's also warns of the risks of high levels of private indebtedness, which although it has fallen by 29 percentage points of GDP in the last three years, remains very high given "the low savings rate and the prevalence of variable-rate debt."

On Portugal's banks, the agency notes that although "some

institutions continue to have an impact on public finances, the system as a whole is becoming more robust" with a greater capacity to absorb losses, and a gradual reduction in non-performing loans. It sees the latter continuing in the coming years, partly through the sale of asset portfolios.

Moody's has rated Portugal's debt as Baa3 since 12 October last year, with a stable outlook. It was the last of the major international agencies to promote it to investment grade from speculative or 'junk' rating.

Currently, Fitch and Standard & Poor's of the US and DBRS of Canada rate Portugal's debt as BBB, the second-lowest investment category.

Prices fall 0.3% YoY in July

The Consumer Price Index (CPI) in Portugal fell by 0.3 percent in July compared to the same month in 2018, decelerating from the 0.4% recorded in June.

According to the final data published by the INE (National Statistics Institute), "this is largely due to the contribution of the negative variation in prices of restaurants and hotels", and "the price reductions seen in clothing and footwear, as a result of greater intensity in promotions at the end of the season, and the change in the VAT rate applied to some electricity and natural gas tariffs also contributed to the reduction of this rate".

Underlying inflation (which excludes unprocessed food and energy) recorded a year-on-year change of -0.1 percent in July, 0.7 percentage points lower than in June.

This data coincide with the rapid estimate of consumer prices published by the INE on 31 July.

The top 10 most visited luxury homes this year...that are still on the market

While for many a luxury home in Portugal is something that can be only dreamed of, it hasn't stopped luxury properties on the market from being some of the most visited online.

According to a new report by Idealista, an increasing number of people are choosing to take a virtual visit of some of the most luxurious homes in Portugal.

A spokesman from Idealista said: "Although out of many people's price range, users are increasingly spending their free time viewing luxury homes on the internet, making this a new favourite pastime".

Idealista has since come up with the top 10 homes priced over €1 million in Portugal that have attracted the most online attention so far this year and are still on the market.

Lisbon and the Algarve remain the regions that are home to the highest number of luxury homes that are catching the eye of internet viewers.

At number one is a home in the Lapa area of Lisbon which includes an indoor pool, five suites and comes with its own private lift for the price of €4.17million.



A beachfront townhouse with direct access to the beach and a five year golf and wellness membership in Vale do Lobo is on the market for €8million.

Others on the list include a palace overlooking Sintra with 10 bedrooms and a price tag of €8 million and a duplex on a private condominium in Cascais with a wine cellar

and massage room for €3.5 million. In the Algarve some of the most viewed luxury properties include a modern townhouse with infinity pool and sea view and

eight suites for €12.5 million, and a beachfront townhouse with direct access to the beach and a five year golf and wellness membership in Vale do Lobo for €8 million.

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Korea and Japan: The History Wars



Students give a performance blasting Japanese Prime Minister Shinzo Abe in front of the Japanese Embassy in Seoul, South Korea, 10 August 2019. (Photo: EPA/Yonhap South Korea Out)

Nation-states, like four-year-olds, find it very hard to admit they are in the wrong and apologise.

accepted Japan's terms. Almost all the money went to building up South Korea's new export industries. Japan offered to pay compensation directly to Korean individuals who had suffered forced labour and other injustices during the Second World War, but Seoul preferred to take a lump sum (and spend almost all the money on development). Many of the victims got little or nothing. The resentment this caused was easily diverted onto Japan, which had driven a hard bargain and failed to accompany the compensation with an apology. Anti-Japanese hostility occasionally boiled over in notorious cases like the 'comfort women' (young Korean women who had been abducted to serve as sexual slaves for the Japanese army), but it is always bubbling away underneath.

Fast forward to last October, when South Korea's Supreme Court ruled that the lump-sum, government-to-government deal of 1965 did not cover damages for the mental anguish of individual wartime labourers. Subsequent rulings have authorised South Korean individuals to claim compensation from the Japanese industries that used their labour by forced legal sales of those companies' assets in South Korea. South Korea's President Moon Jae-in did not seek this ruling from the Supreme Court, which is entirely independent. The Court was clearly stretching the law almost to breaking point, but in practical political terms he could not disown it. Japan, on the other hand, was horrified by the ruling. Accepting it would open the door to huge claims for compensation from people who had suffered 'mental anguish' from the Japanese occupation in all the other countries Japan invaded between 1937 and 1945. It also felt betrayed: half a century ago it had paid out a lot of money to extinguish any further claims like these. There has never been much love lost between

Japanese and Koreans, but the two countries have almost always managed to keep important issues like trade and national security separate from the emotional flare-ups that make the relationship so fraught. Last month, however, Prime Minister Abe completely lost the plot. He began imposing restrictions on Japanese exports to South Korea. They are relatively minor restrictions. Three classes of chemicals essential to making semiconductors that South Korea buys from Japan now require export licences. A minor bureaucratic hurdle, unless Japan stops approving the licences (which it has not done). More recently Japan has removed South Korea from its 'whitelist' of countries that are allowed to buy goods that can be diverted for military use with minimal restrictions. Again, no big deal. Just another little hurdle to cross, meant to rebuke and annoy South Korea, not to cause serious injury. But it has been very successful in annoying South Koreans, who have spontaneously organised a quite effective boycott of Japanese-made goods. And petty though its origins may be, this confrontation is now raising the prospect that these long established trading partners, both closely allied to the United States and both anxious about China's rise and the threat of North Korea, are going to have a real trade war. Which, with help from the bigger trade war Donald Trump started with China, may be enough to tip the world economy into a deep recession.

Adult intervention often helps, but all Japan and South Korea have is US

Secretary of State Mike Pompeo (who tried and failed to mediate a week ago in Bangkok). So the

trade war between the two grows and festers. There are obvious similarities with the trade

war that Donald Trump is waging against China, with Japan's Prime Minister Shinzo Abe playing the Trump role: blustering bully with no clear game plan. Like the Trump trade war, too, the Japan-South Korea confrontation threatens to destabilise both East Asian security arrangements and the global market. Yet the confrontation between Tokyo and Seoul is not really about trade at all. It's about the difficult history of relations between an ex-imperial power, Japan, and its former colony, Korea. Japan is existentially in the wrong in this relationship, because it seized control of Korea in 1905 and ruled it, sometimes with great brutality, until it was defeated in the Second World War in 1945. But Tokyo doesn't like to be reminded of all that, and claims that it discharged whatever moral debt it owed when it paid \$500 million to Seoul in 1965. Koreans take a different view, of course, but the truth is that the victims of Japan's wartime behaviour were sold out by their own government. \$500 million was a lot of money, more than the South Korean government's entire annual budget. The newly installed military-led regime in South Korea needed the money and

ASK Kurt All your computer questions answered

Common Computer Problems. Windows Update problems

It's important to keep Windows 10 updated to ensure that your PC runs as well as possible, whilst also being protected against the latest security threats. However, there are times when you may encounter a problem when updating Windows 10. One of the most common problems with Windows Update is when an update fails to install. You will usually see an error message appear explaining that the update has not been successful. Most of the time, this error message is quite good at explaining what the problem is and how to fix it, and one of the most common reasons for Windows update not installing is incompatible software. This means you may have an old version of an app or program that is preventing the Windows update to install.

Another reason why a Windows update may fail to install is due to a lack of hard drive space. Each update requires a minimum amount of hard drive space to be available to install correctly, and if your hard drive is too full, then the installation will fail. To fix this problem, free up hard drive space using the method I wrote about last week.

If you find that your computer is behaving erratically after installing a Windows update, then it could be that the Windows update itself is causing the problem. To fix this, you will need to uninstall the update. To do this type in "Windows update" into the Taskbar search box and select 'Windows Update settings'. In the window that appears, click 'View update history'. Then, select either 'Uninstall updates' or 'Recovery options' and follow the steps to uninstall the problem update.

Email your questions to Kurt: kurt@algarvecomputercentre.com

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



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Trumpism, Clarity and Realism

SIR, The authoritative Transparency International Index of Global Corruption ranks Portugal at a statistical position of 29 out of 140 countries as being one of the least badly governed in this respect. And, in face of the belief that corruption is widespread, only 1% of the population is able to identify specifically as a positive witness to such malfeasance.

As with the theory of conspiracy; that of bribery, nepotism, gratification and other corruptive practices constituting a pervasive and perverse force of evil is disseminated as a political weapon by those who advocate an authoritarian control of government. Both theories are supported by fantasising on a Hollywood scale in the belief that the masses have reached a point where they will believe everything is possible and nothing is true. This then catalyses the erosion of public confidence in the legal and judiciary systems which ensure the general transparency of civil administration and the freedom of the media. The path is then set for leaders for whom mendacity and manipulation is a means to an end.

The trading of influence for money or services must be eradicated from a fair society but evidence for its existence must be factual not fanciful if it is to be tackled.

ROBERT KNIGHT, Tomar

Re: Animal Rescue Algarve

SIR, I read your article about your visit to ARA with interest. I am aware of this shelter having followed them on Facebook as well as most of the other shelters and various charitable animal organisations.

ARA of course are the 'gold standard' of what dog shelters should be like. However they have only been able to build such luxury kennels (more room than most of the boarding kennels or dog hotels as they are known here) because one man decided to spend his considerable savings on the project. Most of the other private shelters have make shift kennels as they have no wealthy benefactor other than the piece of land that the owner allows to be used for sheltering these poor animals, which often include donkeys, horses, cats & the odd pig, sheep & goat. But despite the lack of nice buildings, veterinary area & live in volunteers, the animals are

Letters to the editor

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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



cared for by hard working volunteers, many of whom have to work & also have their own dogs at home to take care of. Many of them also foster the puppies & the dogs not suited to kennel life or the ones that are sick or injured.

I don't think the dogs mind the look of their surroundings as long as they have shelter from the rain & sun & enough to eat & drink.

I know that ARA said it is not the fault of the shelters but the inference was that they should not be accepting so many dogs. But it is all very well that ARA refuse to have more than 2 or 3 dogs to a kennel so there is a long waiting list, but they (the directors/management) do not get their 'hands dirty' having to face almost on a daily basis the horrors of badly treated, starving dogs & going in to the gypsy camps where even the GNR are too scared to go, to try to reason with them & rescue the most sick & injured.

Speak with Isabel Searle at the Tiny Shelter Albufeira. I wondered if ARA stepped up & offered to help when an SOS call was made to all a few months ago when they could no longer stand by & do nothing about the dogs at a notorious camp in Patacao near Faro. Not even in their area, closer to ARA.

It would be good if you could visit other shelters including municipal canils. Alzejur is a good start & possibly the gold standard of canils, as the charity AEZA run the Canil with funding from the Camara as well as their own fund raising. The buildings are not pretty as they belong to the Camara but the dogs are well looked after, walked 3 times a week, & all veterinary needs met & sterilised. They also have a cattery next door.

There are Canils that are hell holes with I believe, Loule, Albufeira & Silves being the worst, although I have not been, & you would only get in by pretending you wanted to look at the dogs to possibly adopt. You should be able to visit Portimao Canil as there have been improvements made by The Friends of Portimao Canil run by Patricia. The dogs are walked once a week & she organises fund raising to get flea treatments, worming etc. They have a full time municipal vet, but despite this they have to use private vets for injured or sick dogs, & the Camara will not pay this cost. So Patricia has to ask for donations via Facebook.

This is one of the main

problems with the canils as the Camaras will only provide food for the dogs in their care. They claim the government does not provide enough funding, although since the new law last year they are supposed to get additional funding to cover sterilisation, which again apparently is not enough.

A lot of the differences in the municipal canils is down to the municipal vet & how much they make their case for funding & improvements & the acceptance of the Camara that they need help from an association & the ex-pat community to rehome the dogs. They do not even bother to put details of the dogs needing homes on Facebook so how do they think they will be adopted.

Sorry this is so long but your statement that ARA may well be the answer to the animal welfare question is not correct in my opinion. There are many factors. Even if all the shelters were like ARA it would not solve the problem. There would still be far too many abandoned dogs & puppies & too many unsterilised dogs breeding with each other. Until the GNR & PSP do their job & actively implement the law as it stands so that people are prosecuted including the gypsies, until animal welfare education is mandatory in schools to change the current culture & attitudes towards animals, & until the Camaras spend sufficient money on their canils, the animals in their care & sterilisation programs for all areas, not just in their towns or cities, nothing will change.

NUALA HARRIS, Algarve.

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, AHSA 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 & 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 some more volunteers to help in our shelter of 250 cats as well as some foster families for our cats. Call 918 552 788 or Email: ccc.carvoeirocatcharity@gmail.com

ASMAA CHARITY & UP-Cycling Hub. Volunteers are now needed for our shop. Wed, Fri and Sat 11.30am to 5pm, other days by appointment only. Tel 969 320 231, email info@asmaa-algarve.org Rua J. Pereira Sampaio Bruno, 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. 914285640. wattys100@hotmail.com,

Tavira Pop Choir. Santa Catarina, Sun 2.30pm - 4.30pm. Also, Fonte do Bispo, Sun. at 2pm-4pm. Call Gillian 966006436.

The East Algarve International choir. Thursdays, Luz de Tavira, Call Rineke Hofman 926684061. eastalgarvechoir@gmail.com

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

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

SOCIAL

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

Chess Club. Eastern Algarve. chessalgarve@mail.com

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

Painting for Pleasure Classes, water colours, oils or acrylics. Wednesdays Mesquite near São Brás from 10.30am to 12.30pm, 2.30pm to 4.30pm. Terry Reed 289845561.

C.A.S.A. - the Algarve's leading Social Club for expats meets monthly for dinners / lunches and social events. info@casasocial.club, 282495475. www.casasocial.club

BRIDGE

Duplicate Bridge. Wednesday & Friday afternoons at Vale d'El Rei Hotel. Please contact 911561224 or 282358885.

Marina Club Suite Hotel Lagos. Tuesdays & Fridays 1.15pm. 963977642

Vilamoura Bridge Club. Tuesdays 1.45pm, Olhos de Água. Mary Moore 919833122.

Lagoa. Thursdays 1:45pm. 282352022 / 969174130.

Vale d'el Rei. Beginners 968457888.

Carvoeiro. Mondays & Tuesdays 1.45pm to 2pm. 282357953 or 282357657.

Frank's Bridge. Thursday's 2.30pm duplicate bridge, Hotel Quinta Jacintina, Vale do Lobo. Frank Spelbos 937802110, spelbos@sapo.pt

Amigos do Museu Bridge. Friday's 2pm duplicate bridge, Museu do Trajo at São Brás de Alportel. Frank Spelbos 937802110, spelbos@sapo.pt

Quinta Jacintina. Mondays 2.30pm, Hotel Quinta Jacintina, Vale do Lobo. Contact Sally Roberts Tel: 28935 090, sally@blanchworth.co.uk

SPORT

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

Tavira County Lawn Bowling Club - Cerro do Leiria, Santa Catarina, Fonte Bispo, Tavira. Roll-ups Mon, Wed & Fri. Joe Scott 963997582, joe.scott121@btinternet.com

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

ANGLICAN CHURCH

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letters@theportugalnews.com

Balaia Bowls Club. Tuesdays and Fridays 9.45am, Olhos de Água, Albufeira. Jill 935701155.

Touch Rugby. Lagoa, Mondays and Wednesdays 8pm - 10pm. Men and women, all ages welcome. Simon Wilkinson 282912280 / 924220173. or wilks89@hotmail.com.

afpop - Badminton in Silves. Thursdays, 8pm to 10pm. 910108730. or susharman9@gmail.com,

Alvor Bowls Club. Every Wednesday and Sunday, 10am. 282490280 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 289322740.

Valverde Lawn Bowls Club - Every weekday from 10am, Almancil. Jen 282332628 or 937264287.

Algarve Hash House Harriers meet weekly. 289413854 or 918806044. www.algarvehhh.org

WORKSHOPS & COURSES

Latin American and Ballroom Dancing. Tues. 10am - 1pm Alvor. Wed 7pm - 8.30pm Carvoeiro. Caroline 961916821, or strictly dancingcarvoeiro@hotmail.com

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

“Elvis Extravaganza” at Vale do Lobo

The Algarve Jazz Orchestra (OJA) brings “Selvis Prestley to the stage for an unforgettable sunset concert on the course in Vale do Lobo on Saturday, 24 August from 7.30pm.

Sing along to your favourite Elvis songs during this upbeat and unforgettable concert, filled with plenty of surprises and held in the truly stunning location on the 18th hole of the Ocean Course at sunset.

Elvis Extravaganza with the Algarve Jazz Orchestra Open Air Concert starts at 7.30pm with 80 minutes duration. Tickets are priced at €30 to the general public. A full programme of events and further details are available from the Vale do Lobo Resort Reception. Tel.: 289 353 322, E-mail: events@vdl.pt or visit the website www.valedolobo.com.



Poppy Appeal 2019

The Royal British Legion Algarve is gearing up for this year's annual Poppy Appeal which will soon be upon us in October.

Starting the proceedings one of our members Shirley Blackman is doing a tandem parachute jump from 10,000ft above Portimão aerodrome on Wednesday 9 October.

If you would like to sponsor Shirley or can come along to support her on the day you can contact her via email: malcolm.blackman@clix.pt.

To launch the official Poppy Appeal collection there will be a coffee morning at the Holiday Inn, Armazão de Pêra on Saturday 26 October starting at 10am. Guests will also be entertained by Suzanne Wilson with a Wartime Singalong followed by 30 minutes of popular 60's to 80's songs. A great value morning with tea, coffee, hot chocolate, water, cake, biscuits, musical entertainment and a free raffle all for just 5 euros.

The final event will be the “75th Anniversary of D-Day” dinner Dance at camping Albufeira on Saturday 16 November. For just 30 Euros, guests receive a welcome sparkling wine reception, a wartime “Sing for your Supper” singalong, three course roast dinner, water, wine and beer.

Entertainment is provided by Christopher Gee, a comedy impressionist flying in from England just for the evening, between a busy cruise ship schedule, along with local singers Suzanne Wilson and Danny Maverick.

Help is always needed during the Poppy Appeal especially at Faro Airport, so if you can spare a few hours to help with the collection you will be made most welcome. You do not need to be an RBL member to help, or indeed attend any function.

For full details of the RBL in the Algarve contact Colin Hearn: Tel 926908089, email : rbportugalalgarverep@gmail.com

Algarve Bike Rides

Here are this weeks rides :-
Saturday 17 August - Bike Ride starting in Paderno: We meet by in the car park at the bottom of the hill at 9.15am. This will be a fairly challenging ride with a café break somewhere along the way.

Sunday 18 August - Bike ride starting in Loulé: We meet in the main avenida, opposite the main market building 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@algarvebikeholidays.com, Visit: www.algarvebikeholidays.com, or Facebook: AlgarveBikeHolidays.



C.A.S.A River Cruise

To mark the end of our spring season of club events this year in July C.A.S.A. took a cruise up the Rio Arade from Portimão to Silves with a light lunch in Silves.

We met at the café of the Naval Club in Portimão before being ‘assigned’ to our boats; this having been very popular with members last time we had initially booked two boats but had to add a third one due to the high demand. The one hour gentle cruise up to Silves was most enjoyable and interspersed with odd commentaries by our individual skippers. From the Silves landing place near the old Roman Bridge (Ponta Romana) we made the short walk to the

Plaza Café who provided us with an amazing cold buffet lunch.

The return journey passed all too quickly. For our autumn event season in September, we have six events planned over the four months, somewhat hectic!

We kick-off the autumn season with two very different events: Mini-golf and ‘high tea’ in Alvor on 13 Sept. and an ‘end of summer’ dinner on 28 Sept. Full details of these and all our planned events, all of which are open to non-members, can be obtained from the club website: www.casasocial.club, from Margaret Brito on 282 495 475 or by email: info@casasocial.club



The Carvoeiro Cat Charity

The Carvoeiro Cat Charity is a non-profit association. It is a rescue centre offering shelter, safety, food and veterinary care to the animals rescued from the streets. The rescue centre is home to about 240 cats. Costs for food and litter alone for the cats are about 2,000 euros per month!

In order to raise the much-needed funds, people can be member of the Carvoeiro Cat Charity Association for as little as 10 euros a year.

There are many fundraising events during the year but if you would like to help the charity financially, then you could make a donation directly via bank transfer.

An example of a donation is the 960 tins of cat food made by French residents Richard and Chrys Metzger from Carvoeiro.

We are always looking for more volunteers to help us in the refuge or to help us financially. Our cats are thanking all of you in advance.

For more information, adoptions or to volunteer, email: ccc.carvoeirocatcharity@gmail.com or call at 918 552 788 Donations to: CARVOEIRO CAT CHARITY - IBAN: PT50 0036 0256 99100062049 65 - BIC: MPIOIPTL”



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Cool interiors for hot days

If you're feeling hot and bothered this summer, it may not just be the weather.



A calm, serene space for sleeping is essential, so that you relax and rest well. (Photo: Ikea/PA)

don't need to stare at (or stress over) all the time, and then using clever storage solutions to hold, hide, or disguise it. Check out six smart seek-and-hide solutions, so you can enjoy a cool, relaxing season...

Step into calm

As a hallway's the first port of call when you get home, having to squeeze your way past a chaotic collection of coats and tripping over shoes and kit every day certainly won't make you feel zen. Slim down that coat rack: Keep out only what's suitable for the season and store away heavy winter coats and jackets. Keep shoes on a rack and label drawers on a storage chest (Polaroid pictures work well for younger children), so everyone knows exactly what goes where to encourage order rather than dumping.

Make a screen star

If you've ever felt panic at unexpected visitors suddenly arriving and seeing mess everywhere, a screen is the perfect fast cover-up solution. These can be easily moved around to hide 'clutter spots', as they're brilliant for masking a cluttered corner or untidy collection of clothes, and crucially can be folded away when not in use. They can also work as flexible room dividers, allowing an open-plan space to be used for a multitude of purposes. Another bonus: They're a great way to introduce texture, colour and pattern to a room and you can also use them for display, maybe as picture board for family photos.

Sit and store

Multi-tasking seats with

hidden compartments can be just the solution to get clutter off the floor. They could be the perfect home for magazines, toys, or all that debris that seems to accumulate on the top of a coffee table. Simply lift the lid, sweep away and store! A coffee table which incorporates storage is another way of keeping its top clear and tidy. Dress windows simply with blinds - less bulky than curtains - and choose a neutral shade or white to make a room feel more spacious and airy.

Sideboards of style

Designers are proving that while storage is necessary it certainly needn't be dull, by creating pieces which are practical and also sleek and stylish. Sideboards can soak up a huge amount of possessions.

Sweet dreams storage

A calm, serene space for sleeping is essential, so that you relax and rest well. A headboard with storage is genius because it allows you to keep distracting clutter tucked out of sight, and can be a boon if you're tight for space and haven't got enough room for bedside tables. Under-bed storage drawers can also be super-handy for stowing away bedding or out-of-season clothes that you don't need to access for a while.

Magic makeover

Turn that rush to get ready into a pleasure by bringing order to make-up (sort it out first and discard anything more than a year old, which is probably past its use-by date) and jewellery.

PA/TPN

A taste o

Strawberry Gazpacho

"It is undeniable that gazpacho is one of the star dishes of Andalusia," says chef Jose Pizarro. "When I travelled to Malaga, I discovered that they add fruits such as grapes and melon to make it more nutritious and complex in flavour. "Strawberry gazpacho sounds like an unusual incarnation of the traditional recipe, but the berries are very popular in Huelva, and the result is just terrific."

- (Serves 6)
 300g vine-ripened tomatoes, chopped
 700g ripe strawberries, with a few reserved for garnish
 1 roasted red pepper, sliced
 1 small shallot, finely chopped
 1 small garlic clove, crushed
 1tbsp sherry vinegar
 75ml extra virgin olive oil, plus extra for drizzling
 Sea salt and freshly ground black pepper
 Olive oil, for frying
 2 slices sourdough, diced
 Basil leaves and edible flowers, to garnish
 To serve:
 Cold sherry, preferably amontillado or palo cortado

1. In a large bowl, combine all the ingredients except the olive oil, sourdough and garnishes and leave to infuse overnight.
2. The next day, add the olive oil and whizz together with a hand blender or in a food processor until smooth, adding a splash of water if it's too thick. Season to taste.
3. Pour a little olive oil into a frying pan over a medium heat and fry the sourdough croutons for four to five minutes, until golden. Drain on kitchen paper and sprinkle with sea salt.



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Look around your home - if it's overflowing with clutter, and every corner and surface seems to be a magnet for bits and bobs that should be sorted but never are (the school holidays could make it a whole lot worse), this is probably contributing to those raised stress levels. The good news is, to tackle this oh-so common scenario, you don't have to turn yourself into a dedicated disciple of 'Queen of Clutter' Marie Kondo and rid yourself of every possession you've ever owned. Instead, it's time to play 'seek and hide'. This new decor game simply involves hunting down all the 'stuff' you want but

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f Andalusia

Discover the taste of Andalusia with recipes from chef Jose Pizarro...



Strawberry Gazpacho (Photo: PA Photo/Emma Lee)

4. Divide the gazpacho between individual soup bowls and garnish with basil leaves, edible flowers and croutons. Finish with a drizzle of extra-virgin olive oil and some sea salt.
5. Serve with a cold glass of sherry.

Clams with chorizo

"I love clams, whether served with jamon or just on their own with a splash of sherry or white wine," says restaurateur and chef, Jose Pizarro. "I always thought that chorizo would overpower the delicate sweetness of the clams, but to my delight, I was wrong - this is a must-try. "The crispy chorizo adds a lovely texture and the smoky flavour from the pimenton de la Vera is a perfect match for fino sherry."

Ingredients:

1kg clams
75g chorizo picante, chopped into 1cm cubes
1tbsp extra-virgin olive oil
1 small onion, finely chopped
1 garlic clove, finely chopped
Large sprig of thyme
100ml fino sherry
To serve:
Crusty bread

1. Place the clams in a bowl under cold running water for five minutes. Discard any that won't close.
2. In a lidded saucepan over a high heat, cook the chorizo in a little olive oil for six minutes, until caramelised. Using a slotted spoon, remove the

chorizo from the pan and place in a bowl.
3. Add the onion, garlic and thyme sprig to the chorizo fat in the pan and fry for 10 minutes, or until softened. Increase the heat, add the clams and chorizo back to the pan, pour in the sherry, then cover with a lid. Cook for three minutes, or until all the clams have steamed open, discarding any clams that haven't.
4. Tip into a large bowl and serve with crusty bread to mop up the juices.

Honey pastries with baked figs

"This is my kind of dessert - packed with interesting flavours, and a stunning centrepiece for the table,"



Clams with chorizo (Photo: PA Photo/Emma Lee)

says chef and restaurateur Jose Pizarro.

"It's hard to beat roasted figs, bursting with sweetness straight from the oven, with just a touch of soft goat's cheese and honey for balance."

Ingredients:

(Serves 10-12)
125g caster sugar
50ml honey
1/2tsp orange blossom water
225ml water
150g mixed nuts such as walnuts, almonds, pistachios, finely chopped
1/2tsp ground cinnamon
100g unsalted butter, melted
6-8 sheets of filo pastry
For the figs:
8 ripe figs, halved

Good drizzle of honey
4tbsp Pedro Ximenez sherry
Handful of flaked almonds, toasted
To serve:
Creme fraiche (optional)

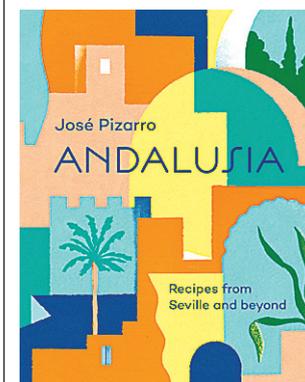
1. Preheat the oven to 180°C (350°F/Gas 4).
2. In a small saucepan, melt the sugar, honey and orange blossom water with the water, then simmer gently for 10-15 minutes, until slightly reduced and syrupy.
3. Mix the chopped nuts with the cinnamon. Lightly grease an 18-20cm square shallow tin with a little of the melted butter. Lay a sheet of filo in the bottom (trim if necessary) and



Honey pastries with baked figs (Photo: PA Photo/Emma Lee)

brush with the butter, scatter with the nuts then add another layer of filo and melted butter.
4. Repeat four times, ending with a final layer of filo. Butter the top generously and use a sharp knife to cut into diamond shapes. Bake for 25-30 minutes, until golden and crisp.
5. Spoon half of the cooled syrup over the pastries as they come out of the oven. Let stand for five minutes, then spoon over the rest of the syrup. Allow to cool completely in the tin.
6. As the pastries are cooling, place the figs in a small baking dish and drizzle with honey and sherry. Bake in the oven for

15-20 minutes until tender. Serve the pastries with the baked figs and a dollop of creme fraiche, if you like.



ANDALUSIA: Recipes From Seville And Beyond by Jose Pizarro, photography by Emma Lee, is published by Hardie Grant.

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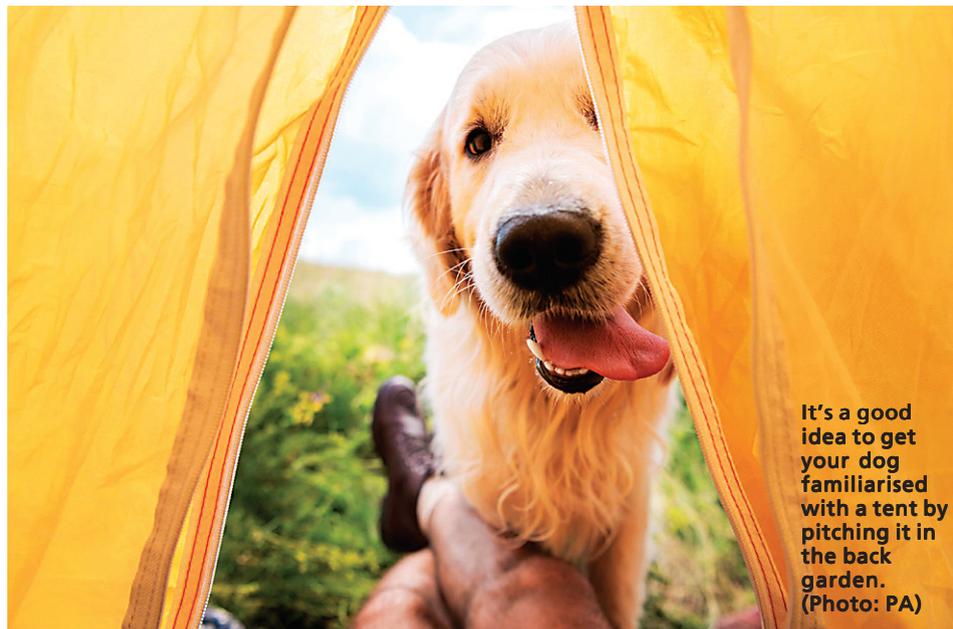
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Happy holidays with your dog

If you're planning to pack a suitcase for your pooch this summer, make sure you follow this useful guide.



It's a good idea to get your dog familiarised with a tent by pitching it in the back garden. (Photo: PA)

As all dog owners know, it can be heartbreaking leaving pets at home or in a kennel for an extended period of time. But an increasing number of places are willing to accommodate them. Make sure you get the most from your adventure away with your pups, by following these tips.

Have a test run

Sleeping in an unfamiliar place can be a nerve-racking experience for your dog if they've never done it before, but getting pets used to sleeping in different places from a young age will stand you in good stead. Try taking them to a friend or family

member's house. If you are planning on camping, it's a good idea to get your dog familiarised with a tent by pitching it in the back garden.

Things to remember before you go

Before you head off, make sure your dog is up to date with any treatments, vaccinations and general health checks. Ensure they are microchipped and that pet insurance is valid. If you're heading abroad, check to see if there are any local diseases to be aware of and chat to your vet first. And if you're going somewhere local, don't forget to pack your doggy essentials - including a bed so they can get their

rest somewhere familiar and comfortable.

Pack a doggy survival kit

Having a successful trip is all about being prepared and having everything to hand. So what should you include? Basics like food, water and toys should be top of the list. While it's tempting to feed your pooch scraps from the BBQ, it's not good idea to interfere with their eating habits. Some destinations, such as camping sites, request dogs are on a lead when near to wild animals or endangered plants. Having both a short and extendable lead is a good option - ensuring your dog is always under control.

Stick to a schedule

Dogs love a routine and they know when it's time to eat and when to go out for a walk. Sticking as close to your dog's regular routine as possible adds a sense of normality in an unfamiliar situation, which will help to reduce their stress.

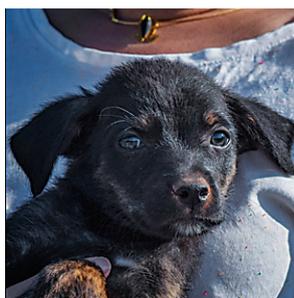
Be a responsible dog owner

If you're out and about exploring, make sure your dog doesn't chase livestock, birds, foxes or even wild ponies. "It's important to be a responsible owner to ensure the local wildlife isn't disturbed and that the local environment is preserved for future generations to come," says Bob Hill, sites manager at Camping in the Forest. *PA/TPN*

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Give your garden

You may have locked your doors and windows, installed a burglar alarm and prompted neighbours to keep a watch over your home while you're on holiday - but have you considered how the style and design of your garden could help deter thieves too?

Designers Lucy Glover and Jacqueline Poll have created a crime prevention garden that is both stunning and secure, a collaboration between crime prevention initiative Secured By Design with Capel Manor College and the Metropolitan Police.

The striking urban garden features green security measures, such as columnar trees and prickly plants, but also a calming atmosphere and soft relaxed planting, including beautiful perennials and grasses.

"Some 75% of all burglaries across the Met are via a rear garden. Those with criminal intention are looking for opportunity," says PC Leslie Gipps, a Designing Out Crime Officer with the Metropolitan Police.

"What we do in Secured By Design is put in those layers which make it harder for the criminal to spend any real time trying to break in. They will just leave that garden and go for one that's simpler."

Want to add some crime-preventing layers to your garden? Here, the garden designers and Met officers recommend 11 ways to help deter criminals from targeting your property...

Prickly plants

Create a hedge of prickly plants, such as Osmanthus, pyracantha or berberis, next to boundary fencing, which can act as a layer to deter thieves.

In the crime prevention garden, the designers used Osmanthus heterophyllus, a shrub with sharply toothed leaves (similar to holly) under the windows,



Thorny roses can be used to great effect by training them over pergolas and other supports. (Photo: PA)

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Green screens

Boundary fences can be the first line of defence, and a good bet is a wire mesh which you can adorn with ivy or other 'green screen' - these look pretty but also act as a good deterrent. After all, a wire fence is unlikely to take someone's weight. Gipps explains: "By attempting the fence, thieves would draw attention to themselves and possibly leave their DNA behind. They know that, and can see it from the other side of the street. So it's crime prevention through environmental design."

Dusk-'til-dawn lighting

Install dusk-'til-dawn low-voltage lights to ensure visibility in the garden at night. Stone effect solar lights will provide additional lighting and sculptural interest throughout the garden. "If your garden is lit through the hours of darkness, people with criminal intention don't want to come into a lit environment," says Gipps. Householders often ignore sensor lights, thinking they've been set off by a fox or a cat. "Ten-watt LED lights are fine. We prefer white LED lighting, but you can choose a less bright option," Gipps adds.

Gravel around the house

Gravel is noisy when walked on, so having it around your property means you can hear any uninvited visitors approaching the house. It also alerts dogs.

Curtain planting

"The aim is to have rich colour in the garden but not big solid shrubs that somebody can hide behind, so ideally grasses and other plants you can see through," says Glover. Light planting, such as grasses and 'curtain planting' with *Verbena bonariensis* and *Sanguisorba canadensis*, allows the homeowner to see through the planting.

Narrow trees

If you want to include architectural interest, use columnar-shaped trees, which are more difficult for intruders to hide behind and also difficult to climb.

Roses

Thorny roses can be used to great effect by training them over pergolas and other supports, which thieves might otherwise climb. The designers used rotating bars on their pergola to prevent thieves climbing. Roses will also give you scent and colour.

Green roof

Consider a green roof on your shed featuring spiky plants. The designers have planted a swathe of sedum on their shed roof, interplanted with aloe, a

sharper specimen. Any intruder putting their hands on the shed roof would get a handful of prickles.

Shed security

Don't leave tools outside, but also make it difficult for thieves to gain access to the shed, where you store them. Gipps explains: "The typical garden shed will come with a cheap padlock. We advocate that you have two locks - one a third up, the other a third down - with robust hinges and secure high-quality padlocks. You need robust hinges, coach-bolted through the fabric of the door."

Secure garden pots

Thieves also use garden pots to break windows to gain entry. The best way to stop this is by using really heavy, large pots which are very difficult to lift. Keeping your plants well watered will help keep them heavy too.

Mark your property

Put your own forensic code on your garden items. Gipps recommends SmartWater, a near-invisible, traceable liquid which gives your equipment its own unique forensic code, allowing items to be traced back to you, and the criminals back to the crime. The code is registered to your home and stored on the SmartWater database. Once applied, it lasts for a minimum of five years, enabling stolen goods, if recovered, to be more easily identified and returned to the owner.

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Create a hedge of prickly plants, such as *Osmanthus*, *pyracantha* or *berberis*, next to boundary fencing, (Photo: PA)



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A beach stop tour along the Atlantic

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From sparkling resorts of the Algarve to hidden coves of the northern Costa Verde, Portugal is a favourite destination for beach lovers.



Praia do Camilo, Lagos

I found myself this year's ultimate travel writing job - driving the entire 600-mile coastline to discover whether Portugal really does have Europe's best beaches.

Where to start? Well, it was easy. I hired a Renault Kadjar from Avis at Faro airport and drove along the entire coast, before dropping the car off with the helpful Avis team at Porto airport.

The plan? To find ten great Portuguese beaches - or praias - that I'd never heard of before, and to demonstrate what Portugal's coastline really has to offer.

Grand Beach Club, Vila Real de Santo Antonio, Eastern Algarve

The Grand Beach is just a few metres from Portugal's Iberian neighbours, Spain.

It's a tiny sandy bay but this is the first beach in Portugal if you're approaching from the East. You'll find it alongside the new Grand Beach Club boutique bar and restaurant looking across the mouth of the Guadiana River towards Spain.

If that's too tiny for you, a few hundred yards away you'll find the second beach in Portugal: miles of the Ponta de Areia sandy beach stretching away towards the resort of Monte Gordo.

Praia De Barril, Ilha de Tavira

Around 30 miles west, I drove to another stunning spot: Barrel Beach on Tavira Island in the Bay of Cadiz. I parked and crossed a wooden footbridge to this uninhabited island with miles of white sand and a stylish seafood café. Praia de Barril is so clean and

well maintained it has won a Blue Flag every year for 32 years.

Alongside the café is a distinctive arrangement of 100 rusty ship anchors idling in the dunes. It's an arty tribute to the area's formerly thriving tuna fishing industry.

Praia de Faro, Ilha de Cima, Faro

Faro's best beach is on a long sandy island just a short drive from Algarve's main airport. Praia de Faro must be the easiest beach to reach in Portugal - yet foreign visitors rarely stop before driving off to the busy resorts of central Algarve. A Faro taxi driver had told me about this beautiful spot so I drove across a rickety bridge crossing a huge lagoon where flamingos wade. I found the island of Cima is full of quirky beach bars, quaint

hotels and wooden boardwalks between colourful fishermen's shanty houses. Best of all is the beach itself: three miles of soft white sand facing sparkling Atlantic waves.

Praia do Camilo, Lagos

There are scores of spectacular beaches as I drove along through central Algarve. However, I was looking for something more 'off the beaten track' and just to the west of Lagos I found this small glorious beach down a flight of steep wooden steps.

This is a remote spot and different from many other Lagos beaches, so don't expect lifeguards, beach bars or changing rooms, but it's spectacular, featuring orange cliffs, dotted with caves. Thankfully the long stairs down deter many tourists.

Praia de Baleeira, Sagres

Towards the western end of Portugal's south coast, I found the little town of Sagres on cliffs above its fishing harbour and seafood restaurants. Just to the west is the beautiful Baleeira beach between two sheltering rock headlands. It's overlooked by an ancient medieval fortress on the cliffs and at night you'll see the powerful sweeps of the Cape St Vincent lighthouse on the next headland - the very southwestern point of mainland Europe.

Amado Beach, Western Algarve

One of the great hidden

secrets of the Algarve is driving down a remote gravel road to reach this inspiring beach. Amado sometimes attracts a few surfers and artists but equally can be completely empty, even on a hot sunny day.

The clifftop "Fishermens' Path" offers memorably scenic hikes in either direction and when I visited I couldn't leave before dark - because the Amado sunset was so beautiful.

Troia Peninsula

I'd never even heard of the Troia Peninsula near Setubal until I drove there to discover a protected beach area within the enormous Sado Estuary nature reserve.

I followed lanes down to the sea at various points, all leading to quiet car parks along an amazing 11-mile sandy stretch.

Locals say you can spot dolphins from the beach. Sadly I didn't - but I did see beachcombers collecting big colourful shells along the waterline.

Praia Lagide, Ferrel

About an hour north of Lisbon I parked on the shore and walked across a stone causeway to the old island whaling village of Baleal. On the south side is a long beach stretching to the resort of Peniche and to the north the sand curves round another bay backed by huge dunes. They're both brilliant - but I chose this Lagide beach because it's more sheltered and very quiet.

Arcozelo, Porto

This small seaside town is

almost a suburb of Porto but has its own stylish upmarket ambience. The best bit is the beach, which locals call 'Miramar'. It has wide swathes of sand between rocky outcrops, with interesting pools, dunes, boardwalks and sandbanks.

The highlight is the pretty 'Lord of the Rock' - a 400-year-old church built on boulders jutting into the waves at the centre of the beach.

Viana do Castelo

I'd driven north along the coast, almost to the Spanish border, when I reached this spectacular coastal town at the mouth of the Lima River. Viana offers a sensational landscape once called 'the best view in the world' by National Geographic, including a coast lined with quiet sandy beaches.

My favourites were Praia de Carreco and Praia de Paco where the Atlantic surf crashes against rocks and sandy beaches, alongside an unspoilt backdrop of woods rising into the hills.

For further inspiration about road trips in Portugal, take a look at the Avis Portugal Road Trip guide, available online at www.avis.co.uk/inspires/guides/portugal-guide/ About the author: Simon is a writer, author and editor covering a broad range of subjects such as travel, cars, food, history and music. He is a huge fan of Portugal, recently returning from his fourth trip this year!

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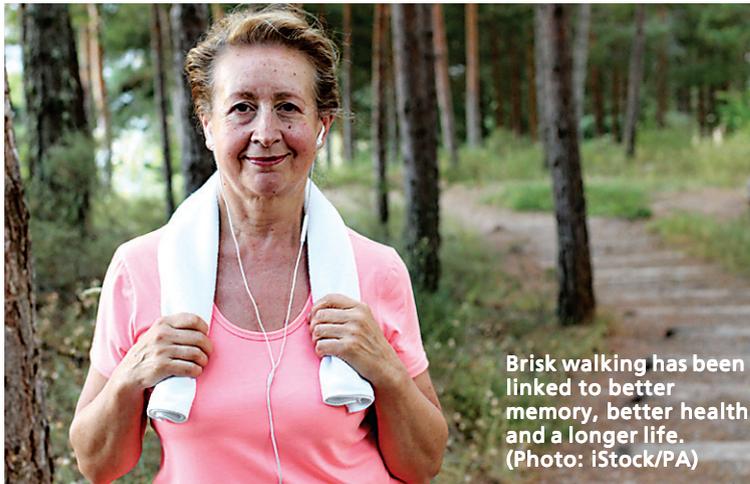


Aerportos de Portugal



8 ways for a longer and healthier life

If you want to live a long, healthy life, don't wait 'til you're old to start tackling your health and wellbeing.



Brisk walking has been linked to better memory, better health and a longer life. (Photo: iStock/PA)

Many diseases associated with older age - cancer, heart disease, dementia - can take root in mid-life, note authors Annabel Streets and Susan Saunders, who have spent years researching the best, and easiest, ways to age more healthily.

The pair began their longevity quest after dementia and cancer hit their parents and grandparents, and they faced the prospect of a similar fate as they aged. "When I developed a chronic autoimmune disease, I knew things had to change," said Streets. "In my 40s, I joined Susan to research and blog our way to a

healthier, happier old age. So far it's worked - I've never felt better!" The friends shared their longevity discoveries on a blog called the Age-Well Project, which led to a book of the same name that's just been published. Here, the authors share 8 of their healthy ageing shortcuts...

Enjoy coffee

Coffee is rich in antioxidants, polyphenols and a recently identified compound called phenylindane, which may help fend off Alzheimer's and Parkinson's disease. The authors say the longest-living people drink between two and four cups a day, and it should be consumed

without sugar or processed syrups, and shouldn't be too milky. Dark-roasted contains more beneficial ingredients.

Walk faster

Walking is good, but it's the fast walking that really counts, say Streets and Saunders. Brisk walking has been linked to better memory, better health and a longer life. Increase your pace until you're slightly out of breath, and aim for 30 minutes every day, ideally outdoors to get the additional benefits of vitamin D and light during the spring and summer months.

Spend time in green space

Trees produce phytoncides, which studies have found help lower blood pressure, reduce stress, and support immunity. The microbes in forest soil have been found to reduce depression too. "A weekend in the woods improves immunity for up to a month, while an afternoon walk means better sleep," says Streets.

Fast daily

Intermittent fasting is a proven method for increasing longevity, say Streets and Saunders, and it also appears to fend off Alzheimer's, type 2 diabetes and weight gain. There are several forms of fasting, such as avoiding

food for 16 hours overnight and then eating in an eight-hour window - a method Streets uses - and it's important to find one that suits your lifestyle.

Build muscle

Experts believe resistance training is as important for ageing as aerobic exercise, eating vegetables and sleeping well. After the age of 40, we lose muscle at the rate of 1% a year, increasing the risk of heart attacks, strokes and osteoporosis. Recent research found that older adults who did twice-weekly strength training lived longer and with less illness than those who did none. And you don't have to go to the gym to do such training - Streets says she has weights throughout her house which she lifts while waiting for the kettle to boil or watching TV.

Meditate

Meditation appears to reduce stress and strengthen telomeres, the 'caps' which protect DNA. A Harvard study found it has a positive impact on blood pressure, with 15 minutes a day making a difference. And it has a powerful effect on the brain: Regular practitioners seem not to lose grey matter, or suffer reduced concentration, as they age. Saunders, 52, says doing around

10 minutes of daily meditation has made more difference to her stress levels than anything else she's tried for the project.

Eat more fibre

An Australian study tracked the diets of 1,600 people over 10 years to discover the impact of carbohydrate consumption on successful ageing. The most successful agers (those most free of disease) ate the most fibre - usually from fruit, wholegrain bread and oats. The researchers suggested that either the fibre slows the digestion of food, thus keeping insulin levels in check, which in turn reduces inflammation (a key trigger of ageing); or some types of fibre ferment in the body, producing short-chain fatty acids which also dampen inflammation.

Get a dog

Having a dog forces you out every day, whatever the weather. Research shows that walking a dog boosts physical activity among older people, especially during winter. A study of more than three million Swedes aged 40-80 found dog owners had a lower risk of death due to all causes. Pet owners also have lower blood pressure and cholesterol than non-pet owners. PA/TPN



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Are ceramides the key to youthful skin?

You might have seen ceramides on the ingredients list of your serum or moisturiser, but did you know that they are actually naturally occurring in your skin?



Ageing, sun damage, pollution and other lifestyle stressors can cause skin moisture levels to drop. (Photo: PA)

Similar to collagen, ceramides are an important factor in terms of ageing, which is why they're often found in skincare products. But now experts are saying we should be ingesting them as well as applying them topically. Here, skin expert and facialist Abigail James gives us the lowdown on ceramides and how they

can help you to look more youthful...

What are ceramides?

"Ceramides are naturally present in the skin's uppermost layers - essentially, they make up part of the 'cement' that binds together protective cells in the outermost skin layer.

"An easy analogy would be that ceramides are part of

the mortar between bricks, if bricks were your skin cells."

Why is the moisture barrier so beneficial?

"The skin moisture barrier is a central feature in maintaining hydrated-looking skin and plays an important role in protecting against the appearance of ageing skin.

"Ageing, sun damage,

pollution and other lifestyle stressors can cause skin moisture levels to drop, resulting in skin that can begin to appear less hydrated, supple and smooth."

What do ceramides do?

"As the years go by, skin undergoes a number of changes; epidermal cells don't slough off as easily; skin doesn't retain as much moisture due to a reduction in ceramides; the collagen and elastin in the middle layer break down.

"As a result, the skin is less firm and less elastic."

Where can you get ceramides?

"While you can't fully stop the reduction of your natural levels of ceramides, you can help top up your ceramide levels up.

"Until now, only topical ceramide creams have been available - but Seven Seas Perfect7 Renewal Advanced is a UK first of its kind beauty supplement, containing Ceramosides - a natural source of ceramides - that can be taken orally rather than topically.

"Creams are applied to a section of your skin, whereas orally taking a supplement means it is carried into your body."

PA/TPN

How to spot the ea

The neurological condition is caused by a loss of nerve cells in part of the brain called the 'substantia nigra'. When these vital cells begin to deteriorate, it causes a reduction of dopamine - a chemical that plays a key role in controlling and coordinating movement in the body.

This damage can lead to the telltale tremors that many of us most typically associate with the disease, where the hands, arms, legs, lips, jaw or tongue become shaky when they're not in use. However, as Parkinson's UK points out, it's not just tremors you need to be on the lookout for.

The condition can actually affect people in a wide range of ways - in fact, there are over 40 possible symptoms - which the charity is on a mission to highlight with their new campaign, Parkinson's Is. Here, Katie Goates,

communications manager at Parkinson's UK, explains just 10 potential signs and symptoms of Parkinson's...

Reduced sense of smell

While noticing a reduced sense of smell doesn't mean you'll necessarily develop Parkinson's, the majority of patients report experiencing this unusual symptom.

"You might notice that your sense of smell is not as strong as it was or has disappeared," says Goates. "For example, you may struggle to smell your favourite foods." This is a key warning sign to look out for, she adds, as a loss of smell can sometimes occur several years before other symptoms develop.

Disturbed sleep

Tossing and turning all night? "Changes in your sleeping pattern might be another early sign of Parkinson's," warns



Tremor is one of the main symptoms of Parkinson's. (Photo: iStock/PA)

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Early signs of Parkinson's disease

Goates. "Sleep and night-time problems are common and they can affect you at any stage of the condition, leaving you feeling tired and drowsy during the day." Goates explains that people with Parkinson's can be more prone to insomnia because the accompanying symptoms such as tremor, stiffness, pain and restless legs syndrome, can all disturb sleep. As sleeping problems can also be caused by mental health problems, like stress, anxiety and depression, it's worth consulting your GP to get to the root of the cause.

Constipation or frequent urination

Bowel problems such as cramps, bloating, diarrhoea and constipation are common, but any change to your toilet habits, particularly if you see blood in your bowel movements, should be reported to your GP.

"If you have Parkinson's, you may be more likely to have problems with your bladder or bowels than people of a similar age without the condition," says Goates. "Signs of an overactive bladder, such as needing to urinate immediately without warning, or needing to go frequently throughout the night, are the most common symptoms of people with Parkinson's. "These may happen because the messages from the brain giving the

bladder instructions aren't getting through properly."

Depression

Goates says: "Depression is usually diagnosed when someone has feelings of extreme sadness or a sense of emotional emptiness for a long time." It's more than a temporary feeling of sadness, unhappiness or frustration after a rough day at work or a financial setback. "There are several possible explanations for why people with Parkinson's might get depression, and it is often difficult to get diagnosed because its symptoms can be very common and be related to many other factors, including genetics, stress, diet and loneliness. "In some cases, people have experienced depression months before they notice any other Parkinson's symptoms though," Goates adds.

Anxiety

Feelings of unease, worry and fear can also strike during the onset of Parkinson's. And this isn't simply a reaction to the diagnosis but is a key part of the disease itself, caused by changes in the brain. Anxiety is often a natural reaction to situations we find threatening or difficult and there are several ways of managing it, says Goates. "People with anxiety may experience some emotional symptoms, including a sense of dread,

constant worry or have difficulty concentrating. You may also experience physical symptoms if you're feeling anxious. These may include, sweating, pounding or racing heart (palpitations), feeling breathless, dizziness or trembling."

Tiredness

Feelings of fatigue don't go away, however much you rest, can be one of the earliest signs of Parkinson's. "You may feel quite fit and able one day, and then too fatigued to do much the following day," notes Goates. "If you're working, for example, you may feel much more exhausted in the evenings than you used to, and you may not have the energy to do anything else."

Tremor

"Tremor is one of the main symptoms of Parkinson's and is an uncontrollable movement that affects a part of the body," says Goates. "Typically, a Parkinson's tremor starts in the hand before 'spreading' to affect the rest of the arm, or down to the foot on the same side of the body." Goates says that while there is no cure for a tremor, there are ways to effectively manage the symptoms, so it's better to get a diagnosis as early as possible.

Slowness of movement

Everyday tasks, such as paying for items at the



Rigidity can stop muscles from stretching and relaxing, it can be particularly noticeable, for example, if you struggle to turn over or get in and out of bed. (Photo: iStock/PA)

supermarket or walking to a bus stop, might take you longer with Parkinson's. "Slowness of movement, which is medically referred to as 'bradykinesia', may mean that it takes you longer to do things," says Goates. "For example, you might struggle with coordination, your walking speed may slow down, or it may become more like a shuffle."

Difficulty turning over in bed

Stiffness and tension in the muscles, which can make it difficult to move around and make facial expressions, is a really common symptom. "Rigidity can stop muscles from stretching and relaxing, it can be

particularly noticeable, for example, if you struggle to turn over or get in and out of bed," advises Goates. "Because it causes stiff muscles, inflexibility or cramps, people with Parkinson's also notice it can make it hard to do things like writing, doing up buttons or tying shoe laces."

She explains that when looking for signs of Parkinson's, a specialist may observe or ask you about your experiences with any of these movement issues. "A simple task they may ask you to do is walk around the room, so they can observe if there is a reduction in the natural swing of your arm."

Small handwriting

Parkinson's causes changes in the brain, and because of this, many people with the condition can find that their movements become smaller and less forceful than before. A good example is that you may find your writing is smaller than it previously was, or gradually gets smaller as you write. If you're concerned that you may be experiencing symptoms of Parkinson's disease, see your GP - if only to rule it out and put your mind at ease. Your family doctor will ask about the problems you're experiencing and may refer you to a specialist for further tests.

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Pro tips to help to sell your property faster



If you are asking yourself, "how is it possible that some properties just fly off the market for the asking price and why do some properties in the same area, or even in the same complex just sit there for months or years without attracting any prospective buyers?"

The key to selling your home is 'staging', as it's called. Preparing your home for the pictures and for viewers will ensure that your property will sell faster, and potentially will make you more money than you hoped for.

That's why it's most important to declutter your home and consider moving bulky furniture that makes the room feel small. Get rid of all the excess stuff, put it in storage or if you don't use it anymore give it away. But don't forget to leave some personality, it will give potential buyers some suggestions what they could do to the space.

The kitchen is the most valuable room in the house so if you make a difference it

will get noticed.

Take out the big appliances to show off the workspace and instead leave a bowl of fresh fruit.

Focus on your unique selling points. If you do not know where to start your agent at Abaco Algarve Properties can help you point out, give you some more excellent tips and suggest what you need to do to make your home sell quicker and for the higher price.

Are you thinking about selling your home? There is no better time to do so. There is a huge demand for properties in the Algarve and the market is still in an uplift. Abaco Algarve Properties offers you a discount on the commission fee during August and September which saves you money, which you can reinvest in your new property. Reach out to the professional multi-lingual team during the month of August and September to get your house listed.

Cycling for everybody!



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We are a dynamic and flexible law firm combining Portuguese lawyers and solicitors who work enterprisingly, and with purpose, to solve our clients' concerns. We aim to achieve the best solution in the shortest period of time for each and every client whilst ensuring that cultural, linguistic or bureaucratic barriers do not hinder our clients' goals.

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clients' objectives with minimal stress and expense, and are very used to dealing with international clients from different parts of the world.

Established in 2002, when Verónica Pisco (founder) started at the Portuguese Law Association in Faro, the team possess degrees in a wide range of law thus offering legal services in: real estate and property law, tax law, corporate and commercial law, immigration law, family and inheritance law, wills, social security and labour law, civil and criminal law, notarial and registry law, condominium law, litigation and contracts.

To find out more about us and about different points of law, please visit our website: veronicapisco-lawoffice.com

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Stunning luxury villa on Penina Golf Course

This luxury 7 bedroom, 5 bathroom residence is a unique prospect for those looking for privacy, security, leisure and comfort in one of the most exclusive golf complexes in the sunny Algarve.

Thanks to its high ceilings and large windows, the villa conveys an incredible feeling of light and grandeur in the central living and dining area, where two remarkable chandeliers and an imposing fireplace create an elegant sense of space.

To one side are the private quarters with five bedrooms and a magnificent master suite, and to the other is an open plan kitchen with an adjoining laundry and storage rooms, plus a garage for four cars.

The large plot (4.880m²), bordering directly onto the famous

Penina Golf Resort, offers a calm setting with its wonderful garden, swimming pool and views, whilst only being 10 minutes' drive from the historic town and fantastic local beaches.

If you would like more information about this magnificent Villa (Ref: E&V ID W-02FIM9), priced at Price €2,200,000, please contact Engel & Völkers on Tel: 282 071 131, email: portimao@engelvoelkers.com or visit: www.engelvoelkers.com/algarve/portimao.



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REF. V12916 PRICE : €398.000



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Spacious 2 storey villa of +/- 281m² set on 1200m² plot, located a short walk to Carvoeiro, beach and all amenities. 4 bedrooms, 3 bathrooms, pool, garage & gardens. Double glazing, solar panels, A/C, etc.

Ref.VC554 € 595 500

Gramacho - Carvoeiro

Ground floor 2 bed, 2 bath, apartment of 116.90m² in excellent condition on Pestana Golf Resort. W/garden & Monchique mountain views. Furnished & equipped w/ gas central heating, a/c, alarm, etc. 10min drive to Carvoeiro beach.

Ref.AC285 € 250 000

Vale D'el Rei

Furnished 2 storey townhouse of 107m². w/ 2 bedrooms, 2 bathrooms, terraces. W/ A/c & double glazing. Resort offers communal pools, parking, garden, tennis courts & restaurant. 5-10 min drive to Marinha & Benagil Beach.

Ref.VC556 € 230 000

Vale do Milho - Carvoeiro

High spec linked 2 bed, 2 bath, villas from 240m² over 3 floors w/private pool garden, sea & garden views on gated condominium near Carvoeiro. W/ A/c, electric shutters, double glazed, 24 hours security, etc. Prices from

Ref.VC500 € 465 000

Carvoeiro

3 storey 4 bed, 4 bath villa of 345m² w/pool, garage, located in walking distance to Carvoeiro village w/all its bars, shops & beach. In excellent condition W/ terraces, gardens & sea views, perfect for permanent residence or for tourist rental.

Ref. VC298 € 750 000

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Unique Opportunity

Spectacular one-of-a-kind 4 bedroom villa with pool, overlooking superb panoramic sea & countryside views, located only 10 min. from Silves. Excellent Potential for Rural Tourism.

Bedrooms: 4 Area: 296 m² | 1.54 HA
Ref.: V1161

€850,000

Price Reduction

Charming 2 + 1 bedroom semi-detached Villa with lovely countryside views in a private condominium with a communal swimming pool, located ONLY 10 minutes from the Algarvean golden beaches.

Bedrooms: 2 + 1 Area: 145 m²
Ref.: V1193

€269,000

Charming 4-bedroom semi-detached Villa with amazing views overlooking the Silves Castle and the countryside, located in a quiet neighbourhood within walking distance to Silves centre.

Bedrooms: 4 Area: 194.4 m² | 289.7 m²
Ref.: V1428

€319,000

Charismatic townhouse with great views of the Castle, a living room with wood burner, 1 bedroom with wardrobe, a single guest bedroom, equipped modern galley kitchen & shower room, sun Terrace with BBQ area, located in the Historical Silves centre.

Bedrooms: 1 + 1 Area: 36 m² | 60 m²
Ref.: V1450

€139,000

Traditional style 3 bedroom cottage, fully renovated, with annex & an above ground pool, lovely countryside views, located only 3 minutes from the Village of Messines & in walking distance to the picturesque Funcho Dam.

Bedrooms: 3 + 1 Area: 144 m² | 6,800 m²
Ref.: V1439

€340,000

3 bedroom duplex penthouse in Vilamoura

Located in one of the best maintained condominiums in Vilamoura, we can find this excellent three bedroom apartment, which occupies the 2 top floors of the building. On the 3rd floor, is the entrance to the apartment, which has direct lift access from the basement, where there are two parking

spaces and one storage room. Through the entrance hallway, on the left you can find the fully equipped kitchen, a guest toilet, staircases to the bedrooms below and the private roof terrace above with Jacuzzi, spacious lounge / dining area with a large terrace leading from the lounge overlooking the

communal garden and pool (south facing). On the lower floor, we have the 3 bedrooms, the master bedroom has an en-suite and a terrace. The other 2 bedrooms share the family bathroom, also there are 2 spacious terraces with 248 sq.m. of built area. This unique apartment enjoys sea views. It comes equipped with

double glazing and air conditioning. In an excellent location just 1.3km from the marina and the Falesia Beach. Great investment opportunity. For more information about this property named Apartment Sol Lugar and priced at €645.000, call (+351) 289 314 312, email info@silverholidays.com or www.silverholidays.com.

Property Highlight

CASA TÊXTEIS
HOME TEXTILES

"Bigger stores, Better quality, choice and value"

Alongside our massive selection of Duvets, Pillows, Bedlinen, Towels, Curtains & soft furnishings, we now also have a fantastic collection of beds and mattresses.

Sensation is our starter Orthopaedic complete divan offering med-firm support with a standard base and Plush plain grey headboard.

Lots more beds available in a range of designs, colours and fabrics in all 3 stores.

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Carvoeiro Rua do Barranco • Tel: 282 354 222 • Mon to Fri 10am - 6pm

Alcantarilha (next to Espaço Casa) • Tel. 282 315 994 • Mon to Sat 10am - 6:30pm

Pereiras de Cima nr. Quatro Estradas • Tel. 289 396 385 • Mon to Fri 10am - 6pm, Sat 10am - 5pm

Santa Bárbara de Nexa (Goldra)

This lovely, brand new villa is located in a quiet, exclusive tranquil area 5 mins to Mar Shopping Complex and 15 mins to Faro Airport.

- Spacious lounge with fireplace.
- Fully equipped kitchen.
- Under floor heating.
- Fully air conditioned.
- Solar Panels for water heating.
- Landscaped garden area with swimming pool.

4 Bedrooms

1 Bathroom
2 En-suites

Private Pool

Panoramic Views

€695,000

Tel: 927 870 947

Email: turner.imob@gmail.com

SATURDAY 17

BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 Nadiya's Time to Eat.
12.00 Football Focus.
13.00 BBC News; Weather.
13.15 Bargain Hunt.
14.00 **FILM:** Muppets Most Wanted (2014).
15.40 Money for Nothing.
16.10 Final Score.
17.20 BBC News.
17.40 Who Dares Wins.
18.20 Pointless Celebrities.
19.10 **FILM:** Captain America: The Winter Soldier (2014).
21.20 Casualty.
22.10 BBC News; Weather.
22.25 National Lottery Update.
22.30 Match of the Day.
23.55 Britain's Youngest Football Boss.

00.25 **FILM:** You Again (2010).
02.05 Weather for the Week Ahead.
02.10 BBC News.

BBC Two

06.45 All Over the Place: UK.
07.15 The Dog Ate My Homework.
07.45 Ali-A's Superchargers.
08.05 Mustangs FC.
08.30 Deadly Top 10.
09.00 Penguins on a Plane: Great Animal Moves.
10.00 Robot Wars.
11.00 This Farming Life.
12.00 A Cook Abroad: Rachel Khoo's Malaysia.
13.00 **FILM:** It's a Mad, Mad, Mad, Mad World (1963).
15.30 Galapagos.
16.30 Rick Stein's Road to Mexico.
17.30 **FILM:** Song for Marion (2012).
19.00 Proms Encore.
19.30 Animal Babies: First Year on Earth.
20.30 Dad's Army.
21.00 Billy Connolly: Made in Scotland.
22.00 Billy Connolly: Made in Scotland.
23.00 **FILM:** Quartet (2012).
00.35 **FILM:** Porridge (1979).

ITV London

06.00 CITV.
08.25 ITV News.
08.30 The Sara Cox Show.
09.25 James Martin's Saturday Morning.
11.25 John and Lisa's Weekend Kitchen.
12.25 Ainsley's Caribbean Kitchen.
12.55 Save Money: Good Health.
13.25 ITV News and Weather.
13.35 Midsomer Murders.
15.30 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.25 ITV News and Weather.
18.45 Zone of Champions.
19.15 **FILM:** Minions (2015).
21.00 **FILM:** Fast & Furious 8 (2017).
23.30 ITV News and Weather.
23.55 Play to the Whistle.
00.25 Ideal World.
03.00 Britain's Best Back Gardens.

Channel 4

06.20 The King of Queens.
07.15 The Big Bang Theory.
08.30 Young Sheldon.
09.25 The Simpsons.
10.55 Four in a Bed.
13.30 Live International Rugby Union.
16.30 Location, Location, Location.
17.35 Portrait Artist of the Year 2019.
18.30 Channel 4 News.
19.00 Secrets of Egypt's Valley of the Kings.
20.00 Hidden Britain by Drone: Heatwave Special.
21.00 **FILM:** Miss Peregrine's Home for Peculiar Children (2016).
23.25 **FILM:** Exodus: Gods and Kings (2014).
02.10 Ramsay's Kitchen Nightmares USA.
03.00 Hollyoaks.

BBC Four

19.00 Lost Land of the Volcano.
20.00 New Zealand: Earth's Mythical Islands.
21.00 Below the Surface.
22.30 The Vietnam War.
00.30 Top of the Pops: 1988.
01.00 Sing's Musicals.
02.00 Lost Land of the Volcano.
03.00 New Zealand: Earth's Mythical Islands.

SUNDAY 18

BBC One

06.00 Breakfast.
09.00 Match of the Day.
10.30 Sunday Morning Live.
11.30 Homes Under the Hammer.
12.00 BBC News; Weather.
12.15 Bargain Hunt.
13.00 Songs of Praise.
13.35 Athletics: British Grand Prix.
16.15 Money for Nothing.
16.45 Fake or Fortune?
17.45 Pointless Celebrities.
19.00 Countryfile.
20.00 Antiques Roadshow.
21.00 Poldark.
22.00 BBC News.
22.30 Match of the Day 2.
23.30 A Question of Sport.
00.00 Sacred Wonders.
01.00 Our Island Home - Our Lives.
01.30 Weather for the Week Ahead.
01.35 BBC News.

BBC Two

06.20 Glorious Gardens from Above.
07.05 Gardeners' World.
07.35 Countryfile.
08.30 Beechgrove.
09.00 Saturday Kitchen Best Bites.
10.30 Lorraine Pascale: How to Be a Better Cook.
11.00 Nigel Slater: Eating Together.
11.30 Top of the Shop with Tom Kerridge.
12.30 Ulster GP Highlights.
13.30 Flog It!
14.15 Holiday of My Lifetime.
15.00 Escape to the Country.
16.00 Pangolins - The World's Most Wanted Animal.
17.00 **FILM:** Oz the Great and Powerful (2013).
19.00 Inside the Factory.
20.00 The Misadventures of Romesh Ranganathan.
22.00 Lazy Susan.
22.15 Brain in Gear.
22.30 A Girl's Guide to TV.
23.15 When Bridges Collapse: The Genoa Disaster.
00.15 Who Do You Think You Are?

ITV London

06.00 CITV.
08.25 ITV News.
08.30 The Sara Cox Show.
09.25 Ninja Warrior.
10.25 Zone of Champions.
11.00 Countrywise: Guide to Britain.
11.30 Best Walks with a View with Julia Bradbury.
12.00 ITV News and Weather.
12.15 Midsomer Murders.
14.15 Catchphrase.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News and Weather.
18.30 Tipping Point: Lucky Stars.
19.30 The Comedy Years.
20.30 Vera.
22.20 ITV News and Weather.
22.40 The Best Little Prison in Britain?
23.10 Yorkshire Airport.
23.40 Deep Water.
00.30 Rescue: River Deep, Mountain High.
00.55 Teleshopping.

Channel 4

06.15 The King of Queens.
07.05 Cheers.
08.00 Frasier.
09.30 Sunday Brunch.
12.30 The Simpsons.
14.25 **FILM:** We Bought a Zoo (2011).
16.50 A Place in the Sun: Winter Sun.
17.35 The Yorkshire Dales and the Lakes.
18.30 Channel 4 News.
19.00 George Clarke's Amazing Spaces.
20.00 The Queen's Lost Family.
21.00 The Handmaid's Tale.
22.05 Flights from Hell: Caught on Camera.
23.10 No Second Chance: Walter Presents.
00.25 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 BBC Proms: Queen Victoria's Playlist.
21.00 Swallowed by the Sea: Ancient Egypt's Greatest Lost City.
22.00 James May's Cars of the People.
23.00 Olympic Dreams of Russian Gold - Over the Limit.
00.10 One Man and His Pug.
00.40 The Fairytale Castles of King Ludwig II with Dan Cruickshank.

MONDAY 19

BBC One

06.00 Breakfast.
09.15 Animal Park Summer Special.
10.00 Homes Under the Hammer.
11.00 A Matter of Life and Debt.
11.45 Britain in Bloom.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Impossible.
14.30 Escape to the Country.
15.15 Money for Nothing.
15.45 Murder, Mystery and My Family.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 From Syria to Scotland - Our Lives.
20.00 EastEnders.
20.30 Would I Lie to You?
21.00 Who Do You Think You Are?
22.00 BBC News at Ten.
22.35 This Country.
23.05 Have I Got a Bit More Old News for You.
23.50 Live at the Apollo.
00.35 Weather for the Week Ahead.
00.40 BBC News.

06.30 Bargain Hunt.
07.15 Animal Park Summer Special.
08.00 Inside the Factory.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
13.00 Curious Creatures.
13.30 Home Away from Home.
14.15 Heir Hunters.
15.00 Hairy Bikers' Best of British.
15.45 More Creatures Great and Small.
16.15 Animals Unexpected.
17.15 Antiques Road Trip.
18.00 Celebrity Eggheads.
18.30 Great British Railway Journeys.
19.00 The Repair Shop.
20.00 Inside the Factory.
21.00 Nadiya's Time to Eat.
20.30 University Challenge.
21.00 The Day Mountbatten Died.
22.00 I Love 1987.
22.30 Newsnight.
23.15 Japan's Secret Shame.
00.15 Fosse/Verdon.
01.00 Serengeti.
02.00 Countryfile.

BBC Two

06.30 Bargain Hunt.
07.15 Animal Park Summer Special.
08.00 Inside the Factory.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
13.00 Curious Creatures.
13.30 Home Away from Home.
14.15 Heir Hunters.
15.00 Hairy Bikers' Best of British.
15.45 More Creatures Great and Small.
16.15 Animals Unexpected.
17.15 Antiques Road Trip.
18.00 Celebrity Eggheads.
18.30 Great British Railway Journeys.
19.00 The Repair Shop.
20.00 Inside the Factory.
21.00 Nadiya's Time to Eat.
20.30 University Challenge.
21.00 The Day Mountbatten Died.
22.00 I Love 1987.
22.30 Newsnight.
23.15 Japan's Secret Shame.
00.15 Fosse/Verdon.
01.00 Serengeti.
02.00 Countryfile.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.30 Save Money: Good Health.
20.00 Emmerdale.
20.30 Yorkshire Airport.
21.00 Fighter Pilot: Real Top Gun.
22.00 ITV News at Ten; Weather.
22.45 Ross Kemp: Living with Opioid Gambling Addiction.
23.10 Lethal Weapon.
00.05 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.
12.00 Channel 4 News Summary.
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.
17.30 Come Dine with Me.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Train Your Baby Like a Dog.
21.00 24 Hours in A&E.
22.00 Kathy Burke's All Woman.
23.00 Jade: The Reality Star Who Changed Britain.
00.00 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Iolo's Snowdonia.
20.00 Hurricanes and Heatwaves - The British Weather.
21.00 Revolutions: The Ideas That Changed the World.
22.00 How to See a Black Hole: The Universe's Greatest Mystery.
23.00 Jerusalem: The Making of a Holy City.
00.00 Jane Austen: Behind Closed Doors.

TUESDAY 20

BBC One

06.00 Breakfast.
09.15 Animal Park Summer Special.
10.00 Homes Under the Hammer.
11.00 A Matter of Life and Debt.
11.45 Britain in Bloom.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Impossible.
14.30 Escape to the Country.
15.15 Money for Nothing.
15.45 Murder, Mystery and My Family.
16.30 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 Heartbreak Holiday.
23.20 Reggie Yates' Extreme UK: Dying for a Six Pack.
00.20 Weather for the Week Ahead.
00.25 BBC News.

BBC Two

06.30 A Matter of Life and Debt.
07.15 Animal Park Summer Special.
08.00 Defenders UK.
08.30 Mortimer & Whitehouse.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
13.00 Curious Creatures.
13.30 Home Away from Home.
14.15 Heir Hunters.
15.00 Hairy Bikers' Best of British.
15.45 More Creatures Great and Small.
16.15 Animals Behaving Badly.
17.15 Antiques Road Trip.
18.00 Celebrity Eggheads.
18.30 Great British Railway Journeys.
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 Broke.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.30 Save Money: Good Health.
20.00 Emmerdale.
20.30 Yorkshire Airport.
21.00 Fighter Pilot: Real Top Gun.
22.00 ITV News at Ten; Weather.
22.45 Ross Kemp: Living with Opioid Gambling Addiction.
23.10 Lethal Weapon.
00.05 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.
12.00 Channel 4 News Summary.
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.
17.30 Come Dine with Me.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Train Your Baby Like a Dog.
21.00 24 Hours in A&E.
22.00 Kathy Burke's All Woman.
23.00 Jade: The Reality Star Who Changed Britain.
00.00 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Iolo's Snowdonia.
20.00 Hurricanes and Heatwaves - The British Weather.
21.00 Revolutions: The Ideas That Changed the World.
22.00 How to See a Black Hole: The Universe's Greatest Mystery.
23.00 Jerusalem: The Making of a Holy City.
00.00 Jane Austen: Behind Closed Doors.

WEDNESDAY 21

BBC One

06.00 Breakfast.
09.15 Animal Park Summer Special.
10.00 Homes Under the Hammer.
11.00 A Matter of Life and Debt.
11.45 Britain in Bloom.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Impossible.
14.30 Escape to the Country.
15.15 Money for Nothing.
15.45 Murder, Mystery and My Family.
16.30 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 Sacred Wonders.
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 Heartbreak Holiday.
23.20 Kevin Bridges: The Brand New Tour.
00.20 Weather for the Week Ahead.
00.25 BBC News.

BBC Two

06.30 A Matter of Life and Debt.
07.15 Animal Park Summer Special.
08.00 Animal Babies: First Year on Earth.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
13.00 Curious Creatures.
13.30 Home Away from Home.
14.15 Heir Hunters.
15.00 Lorraine Pascale: How to Be a Better Cook.
15.30 Hairy Bikers' Best of British.
16.15 Animals Behaving Badly.
17.15 Antiques Road Trip.
18.00 Celebrity Eggheads.
18.30 Great British Railway Journeys.
19.00 The Repair Shop.
20.00 Interior Design Masters.
21.00 Murder Case.
22.00 Better Things.
22.25 Rick Stein's Long Weekends.
23.10 Newsnight.
23.15 Weather.
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.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.30 Coronation Street.
20.00 The Best Little Prison in Britain?
20.30 Coronation Street.
21.00 Deep Water.
22.00 ITV News at Ten; Weather.
22.45 Killer Women with Piers Morgan.
23.40 Tenable.
00.35 Ideal World.

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.
12.00 Channel 4 News Summary.
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.
17.30 Come Dine with Me.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Jamie Oliver: The Naked Chef Bares All.
21.00 Jade: The Reality Star Who Changed Britain.
22.00 Naked Attraction.
23.05 The Sex Clinic.
00.05 Bom Famous: Michelle Mone.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Anni Albers: A Life in Thread.
20.00 A History of Scotland.
21.00 Bauhaus 100.
22.00 Bauhaus Rules with Vic Reeves.
23.00 Susan Calman's Fringe Benefits.
23.45 Jerusalem: The Making of a Holy City.
00.45 Art of America.

THURSDAY 22

BBC One

06.00 Breakfast.
09.15 Animal Park Summer Special.
10.00 Homes Under the Hammer.
11.00 A Matter of Life and Debt.
11.45 Britain in Bloom.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Impossible.
14.30 Escape to the Country.
15.15 Money for Nothing.
15.45 Murder, Mystery and My Family.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 The Sheriffs Are Coming.
21.00 Fake or Fortune?
22.00 BBC News at Ten.
22.35 Heartbreak Holiday.
23.20 Who Do You Think You Are?
00.20 Weather for the Week Ahead.
00.25 BBC News.

BBC Two

06.30 A Matter of Life and Debt.
07.15 Animal Park Summer Special.
08.00 This Farming Life.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
13.00 Curious Creatures.
13.30 Home Away from Home.
14.15 Heir Hunters.
15.00 Lorraine Pascale: How to Be a Better Cook.
15.30 Hairy Bikers' Best of British.
16.15 Animals Behaving Badly.
17.15 Antiques Road Trip.
18.00 Celebrity Eggheads.
18.30 Great British Railway Journeys.
19.00 The Repair Shop.
20.00 This Farming Life.
21.00 The Octopus in My House.
22.00 Live at the Apollo.
22.30 Newsnight.
23.15 Interior Design Masters.
00.15 The Misadventures of Romesh Ranganathan.
01.15 Sacred Wonders.

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 from York.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 The Trouble with Garden Centres? Tonight.
20.00 Emmerdale.
20.30 Eat, Shop, Save.
21.00 David Williams Presents - Revenge of Alright on the Night.
22.00 ITV News at Ten; Weather.
22.45 Long Lost Family.
23.40 Tenable.
00.35 Ideal World.

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.
12.00 Channel 4 News Summary.
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.
17.30 Come Dine with Me.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Kirstie and Phil's Love It or List It.
21.00 The Secret Teacher.
22.00 This Way Up.
22.30 8 Out of 10 Cats Does Countdown.
23.35 Call the Cops.
00.30 Ramsay's Kitchen Nightmares USA.
01.20 **FILM:** Queen and Country (2014).

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Top of the Pops: 1988.
20.00 Skies Above Britain.
21.00 Operation Wild.
22.00 From Ice to Fire: The Science of Temperature.
23.00 Immortal Egypt with Joann Fletcher.
00.00 Top of the Pops: 1988.
00.30 Anni Albers: A Life in Thread.

FRIDAY 23

BBC One

06.00 Breakfast.
09.15 Animal Park Summer Special.
10.00 Homes Under the Hammer.
11.00 A Matter of Life and Debt.
11.45 Britain in Bloom.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Impossible.
14.30 Escape to the Country.
15.15 Money for Nothing.
15.45 Murder, Mystery and My Family.
16.30 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 Mrs Brown's Boys.
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 Heartbreak Holiday.
23.20 New Tricks.
00.20 **FILM:** My Old Lady (2014).

BBC Two

06.30 A Matter of Life and Debt.
07.15 Animal Park Summer Special.
08.00 Gardeners' World.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
13.00 Curious Creatures.
13.30 Home Away from Home.
14.15 Heir Hunters.
15.00 Lorraine Pascale: How to Be a Better Cook.
15.30 Hairy Bikers' Best of British.
16.15 World's Sneakiest Animals.
17.15 Antiques Road Trip.
18.00 Celebrity Eggheads.
18.30 Great British Railway Journeys.
19.00 Monkman & Seagull's Genius Guide to Britain.
19.30 Mastermind.
20.00 Mortimer & Whitehouse.
20.30 Gardeners' World.
21.00 Fosse/Verdon.
22.00 QI.
22.30 Newsnight.
23.05 Edinburgh Nights with Nish Kumar.
23.35 Ouch Storytelling Live 2019.
00.25 The Conjoined Twins: An Impossible Decision.

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 from York.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 The Trouble with Garden Centres? Tonight.
20.00 Emmerdale.
20.30 Eat, Shop, Save.
21.00 David Williams Presents - Revenge of Alright on the Night.
22.00 ITV News at Ten; Weather.
22.45 Long Lost Family.
23.40 Tenable.
00.35 Ideal World.

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.
12.00 Channel 4 News Summary.
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.
17.30 Come Dine with Me.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Kirstie and Phil's Love It or List It.
21.00 The Secret Teacher.
22.00 This Way Up.
22.30 8 Out of 10 Cats Does Countdown.
23.35 Call the Cops.
00.30 Ramsay's Kitchen Nightmares USA.
01.20 **FILM:** Queen and Country (2014).

BBC Four

19.00 World News Today; Weather.
19.30 BBC Proms: Rattle Conducts Belshazzar's Feast.
21.00 Smashing Hits! The 80s Pop Map of Britain and Ireland.
22.00 Snow Patrol - Ward Park 3.
23.00 Hits, Hype & Hustle.
00.00 The Irish Rock Story: A Tale of Two Cities.

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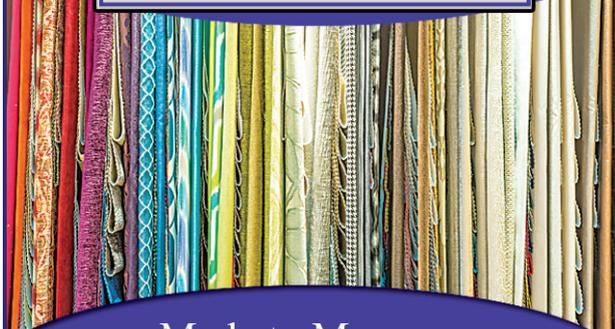


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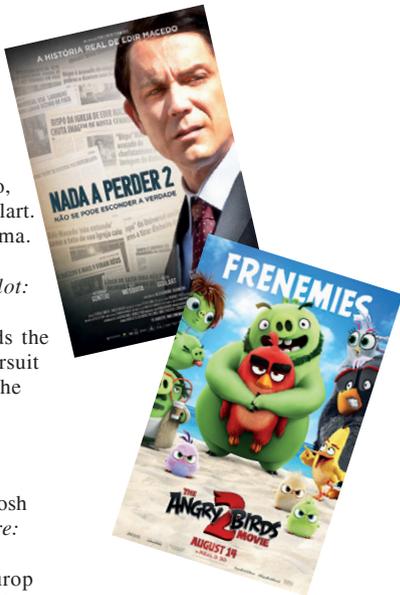
NEW THIS WEEK

Nada a Perder 2 (Brazil) -

Stars: Petronio Gontijo, Mosque Day, Beth Goulart.
Genre: Biography, Drama.
Director: Alexandre Avancini. **Rating:** R. **Plot:** After leaving prison in 1992, Edir Macedo leads the Universal Church in pursuit of his greatest dream: the construction of the Solomon's Temple.

Angry Birds 2 (PV) -

Stars: Jason Sudeikis, Josh Gad, Leslie Jones. **Genre:** Animation, Adventure, Comedy. **Director:** Thurup Van Orman. **Rating:** PG. **Plot:** The flightless birds and scheming green pigs



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Cinema Listings

NOS Forum Algarve - Faro
Angry Birds 2 (PV); Once Upon a Time... in Hollywood; The Kitchen; Stockholm; The Professor; UglyDolls (PV); The Lion King (OV & PV).

NOS Mar Shopping - Loulé
Angry Birds 2 (PP); Nada a Perder 2; Once Upon a Time... in Hollywood; Scary Stories to Tell in the Dark; Ibiza; The Lion King (PV); Spider-Man: Far from Home; Toy Story 4 (PV).

Gran-Plaza NOS - Tavira
Angry Birds 2 (PV); Nada a Perder 2; Once Upon a Time... in Hollywood; Ibiza; Tony; The Lion King (OV & PV); Spider-Man: Far from Home; Toy Story 4 (PV).

Algarçine - Portimão
Fast & Furious Presents: Hobbs & Shaw; UglyDolls (PV); Domino; The Lion King (OV & PV).

Algarçine Lagos -
Fast & Furious Presents: Hobbs & Shaw; UglyDolls (PV); Domino; The Lion King (OV & PV).

Algarçine Ria Shopping - Olhão
Scary Stories to Tell in the Dark; Fast & Furious Presents: Hobbs & Shaw; UglyDolls (PV); Tony; The Lion King (OV & PV).

Cineplace Algarve Shopping - Guia
Angry Birds 2 (PV); Nada a Perder 2; Once Upon a Time... in Hollywood; Nomis; Booksmart; Scary Stories to Tell in the Dark; The Kitchen; A Score to Settle; Stockholm; Ibiza; Fast & Furious Presents: Hobbs & Shaw; UglyDolls (PV); Tony; The Lion King (OV & PV); Toy Story 4 (PV).

Cineplace - Portimão
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Shaw; Tony; The Lion King (OV & PV); Toy Story 4 (PV).

Estação Viana Shopping - Viana do Castelo
Angry Birds 2 (PV); Nada a Perder 2; Once Upon a Time... in Hollywood; Scary Stories to Tell in the Dark; Fast & Furious Presents: Hobbs & Shaw; The Lion King (OV & PV); Toy Story 4 (PV).

Cineplace Loures Shopping
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Cineplace Riosul - Seixal
Angry Birds 2 (PV); Nada a Perder 2; Once Upon a Time... in Hollywood; Scary Stories to Tell in the Dark; The Kitchen; Stockholm; Ibiza; Fast & Furious Presents: Hobbs & Shaw; UglyDolls (PV); The Lion King (OV & PV); Toy Story 4 (PV); The Secret Life of Pets (PV).

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EXHIBITIONS

Of other Spaces 8 June – 18 August, MAAT, Lisbon, www.maat.pt

Fiction and Fabrication – Photography of architecture

Tomorrow there won't be any art by Carla Filipe. Until 9 September, daily from 11am – 7pm, MAAT, Lisbon. Entry from €2.50. www.maat.pt

EDP Foundation's New Artists Award. Until 9



Forms that become others. Until 29 September, Lisbon.

exhibition. Until 19 August. MAAT, Lisbon. www.maat.pt

Master Baker 9 - 30 August, 6.30pm, Sociedade Nacional de Belas Artes, Lisbon, www.viralagenda.com

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

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

Júlio Pomar. Forms that become others Until 29 September, Atelier-Museu Júlio Pomar, Lisbon, Entry €2, www.ateliermuseujuliopomar.pt

European Heritage Days 2019 1 - 30 September, Lisbon, Free Entry, www.patrimoniocultural.pt

João 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. Ticketed from €6. www.pavconhecimento.pt

(Euro)politics: Contemporary photography after 1999. Until 8 September, Wednesday – Sunday, 10am – 6pm, Museu do Dinheiro, Lisbon. Free entry. www.museudodinheiro.pt

Thù Thiêm: An archaeological project for future remembrance. Until 8 September, Wednesday to Sunday 3pm – 7pm, Lumiar Cité, Rua Tomás Del Negro, Lisbon. Free entry. www.maumaus.org

September 2019, 11am – 7pm, MAAT, Lisbon. www.maat.pt

Architecture's Bones Until 15 September, Centro Cultural de Belém, Lisbon, Entry €6, www.ccb.pt

Ioan Nemtoi exhibition. Until 6 October, Tuesday – Sunday from 10am – 6pm, Museu dos Coches, Lisbon. Tickets from €8. www.museudoscoches.gov.pt

Game, Set, Match. Until 20 October. Serralves, Porto. www.serralves.pt

Sarah Affonso and Folk Art. Until 7 October, daily from 10am – 6pm, Fundação Calouste Gulbenkian, Lisbon. Tickets from €3. www.gulbenkian.pt

Islamic Art. Until 7 October, 10am – 6pm. Fundação Calouste Gulbenkian, Lisbon. www.gulbenkian.pt

Inês Norton. Please [Do Not] Touch Until 27 October, Tuesdays to Sundays, 10am – 6pm, Museu Nacional de Arte Contemporânea – Museu do Chiado, Entry €2 - €5, www.museuartecontemporanea.gov.pt

Banksy – Genius or Vandal. Until 27 October, Cordoaria Nacional, Lisbon. Tickets from €6. www.everythingisnew.pt

FAIRS & FESTIVALS

Portuguese Handicrafts Fair Until 28 December, every Saturday, Campo Pequeno,



Festas do Mar. 16 – 25 August, Cascais.

Lisbon, Free Entry, www.visitlisboa.com

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

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

Festival Forte. 22 – 25 August, from 10pm, Castelo de Montemor-o-Velho. Tickets from €110. www.festivalforte.com

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

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

Festival Villamix Lisboa. 13 & 14 September, from 7pm,

Amadora International Comic Festival '19 1 October – 30 October, Fórum Luís de Camões, Amadora, www.amadorabd.com

Web Summit Lisbon. 4 – 7 November, Altice Arena. www.websummit.com

MARKETS

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

CCB Market – 1st Sunday of every month. Caminho Pedonal e Praça CCB - Belém Cultural Centre, Lisbon. Free entry.

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

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



Mocean – Sunset Party. 17 August, Viana do Castelo.

Altice Arena Lisbon. Tickets from €70. www.blueticket.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

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)

Festival Big Bang. 1 – 21 October. Centro Cultural de Belém, Lisbon. www.ccb.pt

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.

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

MUSIC

Mocean – Sunset Party 17 August, 6pm, Praia de Moledo, Caminha, Viana do Castelo, Tickets from 8€, www.ticketline.sapo.pt

Somersby Out Jazz '19, 5 May – 29 September, Sundays, different gardens around Lisbon, Entry free, www.ncs.pt/outjazz

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.campoqueno.com

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

André Rieu. 20 – 28 November, Altice Arena, Lisbon. Tickets from €40. www.arena.altice.pt

The Mountain Goats. 24 November, Lav – Lisboa Ao Vivo. Tickets from €19. www.everythingisnew.pt

Postmodern Jukebox. 25 & 26 November 2019, 9.30pm, Casino Estoril, Tickets from 28€, www.everythingisnew.pt

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

Theatre and Cinema in the Ruins Until 1 September, Carmo Archaeological Museum, Lisbon, Entry €5 - €16. www.teatrodobairro.org

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

The Phantom of the Opera. 18 & 19 October, 8.30pm, Coliseu Porto Ageas. Tickets from €40. www.coliseu.pt

Sleeping Beauty by the Russian Classical ballet. 22 November, 9.30pm, Coliseu Porto Ageas. Tickets from €15. www.ticketline.sapo.pt

WORKSHOPS & COURSES

Design Thinking Introduction 17 August, FabLab, Porto, www.viralagenda.com

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

Ashtanga Yoga Class. 4 September – 17 December, 7.30pm – 8.30pm, Jardim do Torel, Lisbon, www.viralagenda.com

SPORTS

Night Run Lourinhã, 3 April – 18 September, 9pm – 10.45pm, Thursdays, Jardim Nossa Senhora dos Anjos, www.viralagenda.com

Sintra Portugal Pro Body boarding. 10 – 15 September, Praia Grande, Sintra. www.sintrabodyboard.com

Nazaré Big Wave Challenge. 1 October 2019 – 31 March 2020, Praia do Norte, Nazaré, Free Entry, www.worldsurfleague.com

Rip Curl Pro Portugal WSL Tour. 16 - 28 October, Praia dos Supertubos, Peniche, Free Entry, www.worldsurfleague.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

Listen to the Ocean exhibition by B J Boulter. 13 July – 25 August. Portimão Museum. www.cm-portimao.pt

Leonardo da Vinci The Inventor, 1 August – 27 October, 3pm – 11pm, Messe Militar De Lagos, Lagos, www.viralagenda.com

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



Last weeks winner is David Bruce, Albufeira

16.08 Sexta		17.08 Sábado	
18h30	M.D.A. & Maskarilha	18h30	Perigo Público & Sickonce
19h30	Allen Halloween	19h30	Sacik Brow & Fragas
20h30	Mishlawi	20h30	Eva Rap Diva
21h30	Mayra Andrade	21h30	Kojoy Radical
23h10	Plutonio	23h10	Jimmy P
00h30	Branko	00h30	Mundo Segundo & Sam The Kid
01h50	Mina & Bryte	01h50	PEDRO
	Dj Big - Dj Kwan		Dj Adamm - Progressivo

I am Quarteira Festival. 16 – 17 August, Quarteira.

August, 8.30am-5.30pm. EMARP, Portimão. Cost: Free.

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.

Via Crucis Collective Photography Exhibition. 02 May-30 September. São Paulo Parish, Tavira. Cost: €3.

Photographic Exhibition: "Palmira, Rainha do Deserto" by Luís Reina. Until 21 September. Islamic Nucleus, Tavira.

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

I am Quarteira Festival 16 – 17 August, Passeio das Dunas (Promenade), Quarteira, www.visitalgarve.pt

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

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

Vila Palco Festival 23 – 25 August, 10am – 2pm, Monchique, Free Entry, www.visitalgarve.pt

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

Medieval Days of Castro Marim. 28 August- 1 September, 3pm-12am. Castro Marim.

23rd Estoí Horse Fair 29 August – 1 September, 9am – 4am, Horse Riding Arena, Estoí, www.visitalgarve.pt

Festival Didgeridoo FATT. 29 August – 1 September, Santo Estêvão, Tavira. www.apdidgeridoo.pt

18th Nut fair 30 August – 1 September, Civil Parish Square, Alcantarilha, Free Entry, www.visitalgarve.pt

7th Mediterranean Diet Fair 5 September – 8 September, Tavira Council, www.dietamediterranea.net

Festivities in Honour of Our Lady of Light | Municipal Holiday. 7 & 8 September. Largo da Igreja and Largo Auditorium Carlos do Carmo, Lagoa.

Lagoa International Guitar Festival | 6th Edition 14 September - 1 October, 5pm. Various Locations, Lagoa.

MARKETS

Loulé - Every Saturday

Quarteira - Every Wednesday

Lift Market Lagos - Every Saturday

São Brás de Alportel Market - Every Saturday

Sítio do Encalhe - 3rd Monday of the month

Silves Flea Market - 3rd Saturday of the month

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

Caliços - 1st and 3rd Tuesday of the month

Guia - 3rd Friday of the month

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

Monte Gordo Flea Market - 3rd Sunday of the month

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

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

Tavira - 3rd Saturday of the month

São Brás de Alportel Flea Market - 3rd Sunday of the month

Aljezur - 3rd Monday of the month

Caliços - 1st and 3rd Tuesday of the month

MUSIC

Live and Loud Fest 28 – 29 August, 9pm, República Square, Portimão, Free Entry, www.visitalgarve.pt

Banho 29, 29 August, Salaria Dock, Lagos, Entry free, www.visitalgarve.pt

Xutos & Pontapés. 7 September, from 10.15pm, Largo de Mareta, Vila de Sagres. Free entry. 282 630 600. www.cm-viladobispo.pt

Sun and Moon Festival 14 September, 10pm, Lick, Vilamoura, Tickets from 10€, www.blueticket.pt

All the riches of the World. 15 September, from 5pm, Ermida de Guadalupe, Raposeira. Public concert including the Aljezur International Choir. Free entry. 911 546 695

Championship. 27 September - 12 October. Portimão.

THEATRE & DANCE

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



Monte Gordo Bay Race. 18 August, Manta Rota.

Bella a Cappella. 5 October, 6pm, Igreja Nossa Senhora do Carmo, Tavira. www.bellaacappella.net

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

30th Monte Gordo Bay Race 18 August, 10am, Manta Rota Beach, www.visitalgarve.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

National Adapted Sailing Championship and European Adapted Sailing

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

Workshop de Pinturas Faciais. 14 September 2019, 2pm-6pm, Atelier Cowork Faro, Cost: 30€, Tel.: 965663522

All the riches of the World. 16th Century courtly dances. 14 September, 10am – 12pm, Ermida de Guadalupe, Raposeira. Free entry. 911 546 695

All the riches of the World. Singing workshop, songs from Africa, India and Islam. 14 September, 3pm – 5pm, Ermida de Guadalupe, Raposeira. Free entry. 911 546 695

Riverside Painting Week. 22 – 26 September. Morning workshop every day + full day with lunch €230. Cheryl@figsonthefuncho.com

Announcements

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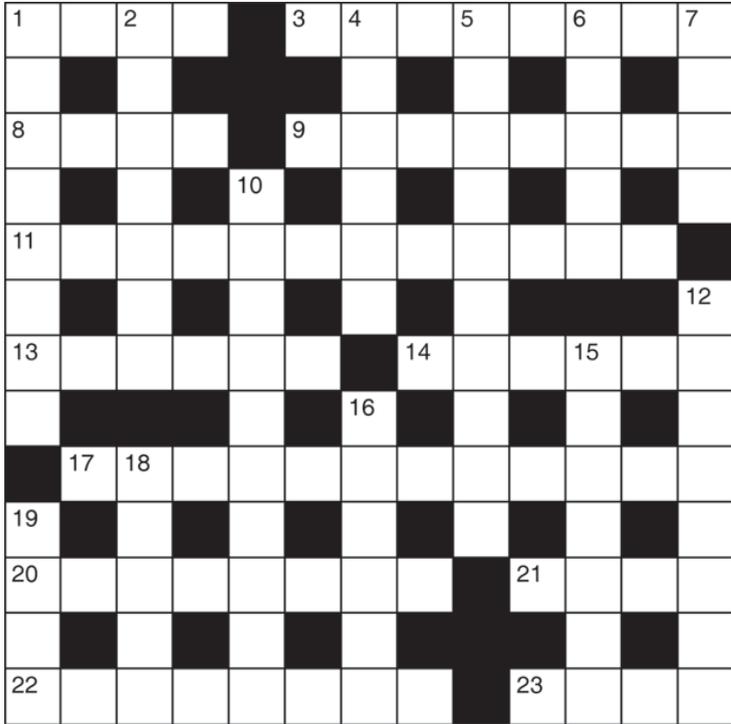
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Last week's cryptic crossword solutions

Across: 1 Mastiffs; 5 Quid; 9 Fowl; 10 Carousel; 11 Rigid; 12 Evident; 13 Tender-hearted; 18 Notebook; 19 Norm; 20 Inverse; 21 Coach; 22 Gash; 23 Asserted.
Down: 2 Aconite; 3 Tallied; 4 Flamethrowers; 6 Unspent; 7 Diluted; 8 Godiva; 13 Tanning; 14 Natives; 15 Embark; 16 Rancour; 17 Earache.

CRYPTIC CROSSWORD

ACROSS

- Spoils for the war-god (4)
- Not at home in the open air (8)
- Possibly mean to call (4)
- Burly Pat got reformed in a very sudden way (8)
- Makes a resounding comeback (12)
- He returns help in a tavern (6)
- On paper he has an important job (6)
- Attractive perch on top of the world (8,4)
- Possibly a tree top entertainment (8)
- Not an area of growing importance in Asia (4)
- Astronauts come from health resort with endless adhesive (8)
- Poor average? (4)

DOWN

- Transport system invented by a one-track mind? (8)
- Went to another house when ousted (7)
- Not brought up to be rude (6)
- He may go to pot! (4,6)
- The route of extravagance (5)
- Where those for the ferry were always late (4)
- In age erect as a relatively young woman (5,5)
- Well, it's near a disturbance (8)
- Most woe-begotten pair? (7)
- Not a figure of speech! (6)
- A venue in which sports are naturally held (5)
- Outstanding manager (4)

QUICKCROSSWORD

ACROSS

- Headland (4)
- Scatter (8)
- Decoy (4)
- Famished (8)
- Directions (12)
- Narrate (6)
- Steering apparatus (6)
- Sweat (12)
- Dexterously (8)
- Engrave (4)
- Emblem (8)
- Poke (4)

DOWN

- Coal mine (8)
- Sunshade (7)
- Untouched (6)
- Special (10)
- Rule (5)
- Therefore (4)
- Objecting (10)
- Soaked (8)
- Wanderer (7)
- Helm (6)
- Incorporate (5)
- Legend (4)

Last week's quick crossword solution

Across: 1 Splendid; 5 Adds; 9 Prop; 10 Assassin; 11 Funny; 12 Globule; 13 Objectionable; 18 Teutonic; 19 Sick; 20 Amnesia; 21 Cover; 22 Tell; 23 Strident.
Down: 2 Perturb; 3 Expense; 4 Insignificant; 6 Disturb; 7 Sincere; 8 Baboon; 13 Outcast; 14 Journal; 15 Choose; 16 Abscond; 17 Lectern.

CODEWORD

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

A	11	9	26	24	15		9	2	6	15	11	24	16	10	19	N
B	16		10		24		15		26		21				26	O
C	21	16	13	10	15	9	26	2	8		16	6	26	13	18	P
D	16		15		13		3		5		16		20		26	Q
E	13	15	11	15	8	24		13	12	10	19	11	26	10	19	R
F	2				2		3		2		18		23			S
G	3	26	10	15	24		26	9	11	16		24	2	3	3	F
H	2		26		18		6		14		3		8		2	I
I	10	16	13	19		1	16	6	15		2	8	17	16	24	T
J			2		25		12		22		7				24	U
K	3	15	4	13	12	26	13	18		1	26	21	2	24	2	V
L	15		16		20		26		11		24		22		8	W
M	24	14	12	20	4		4	26	21	24	2	11	2	8	17	X
	2				9		9		26		16		16		9	Y
	22	2	3	3	15	13	15	8	24		8	12	24	24	18	Z

SUDOKU

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

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

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

Medium

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

Last week's solutions

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



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DeChambeau makes pace promise

Bryson DeChambeau has vowed to improve his pace of play after coming in for stinging criticism from fellow professionals.

Eddie Pepperell and Ian Poulter were among the players to hit out at DeChambeau after video emerged of him taking two minutes and 20 seconds - the limit is 40 seconds - to hit an eight-foot putt during the second round of The Northern Trust at Liberty National. Pepperell labelled DeChambeau a "single-minded twit" - although he has since apologised - while Poulter implied that the world number eight was one of the players who "continually disrespect their fellow pros and continue to break the rules without a conscience". DeChambeau initially issued a passionate defence of his actions and urged players to speak to him directly rather than "attack" him on social media, but softened his stance in an Instagram post on Monday. "Slow play affects the quality of

the game for both players and our fans and I've always had the utmost respect for my playing partners, including JT (Justin Thomas) and Tommy (Fleetwood)," wrote DeChambeau, who played with Thomas and Fleetwood in the first two rounds last week. "I'm constantly trying to improve and I will do my very best to improve my pace. Golf is my passion and livelihood. It's my responsibility to help improve the game to be more enjoyable for all. "Pace of play has been an issue for golf at all levels for a long time and I'm committed to being a part of the solution, not the problem. "I want to be a good representative of the game and the @PGATour and are looking forward to working with the TOUR and fellow players to find a solution to slow play." The furore over DeChambeau's actions has at least prompted the

"I'm constantly trying to improve and I will do my very best to improve my pace," said Bryson DeChambeau



PGA Tour to announce plans to review its current pace-of-play policy. Rory McIlroy said on Wednesday that slow players receive too many warnings before being penalised and, although PGA Tour commissioner Jay Monahan has previously said he does not consider slow play to be a problem, the latest incident

may finally lead to action. "The Tour's current pace-of-play policy only addresses players whose groups have fallen out of position," the PGA Tour said in a statement. "The Tour is now exploring whether to expand its policy to also address players whose groups are in position, but who take an excessive amount of time to hit a shot."

Under current guidelines, a player's group must be deemed to be out of position before being timed. At that point an individual would receive a warning the first time he exceeded the allotted time limit (50 seconds if first to play, 40 seconds thereafter) and would only be penalised for a second such "bad time" in the same round.

Patrick Reed holds on for Northern Trust victory

Patrick Reed defended his slender overnight lead to win the Northern Trust in New Jersey by one stroke after shooting a final-round 69.

The 29-year-old American, who won the Masters in 2018, began the day one shot ahead of Abraham Ancer and that is the way it finished after the Mexican also carded a two-under-par 69.

Reed made three birdies and three bogeys on his outward nine holes, but did not drop another shot and picked up two more birdies at the 14th and 16th.

Ancer bogeyed the fourth and sixth but shot four birdies in total, at the third, eighth, 16th and 17th, to finish one stroke ahead of American Harold Varner III and Spain's Jon Rahm, who shot 68 and 69 respectively.

Australian Adam Scott posted the final round's joint lowest total of 65, with his seven birdies and a bogey lifting him up 12

places to fifth.

Rory McIlroy, Justin Rose and Danny Willett all started the day amongst the chasing pack but were unable to make any impression on the top two.

McIlroy, four shots behind overnight, birdied seven holes but dropped shots at five others to finish with a 69, still four shots adrift and tied for sixth place alongside Jordan

Spieth, Louis Oosthuizen and Brandt Snedeker. Rose shot a level-par 71

to finish joint 10th with fellow countryman Ian Poulter, who closed with a

68, while Willett fell away to finish tied in 24th place after a four-over-par 75.



Reed made three birdies and three bogeys on his outward nine holes, but did not drop another shot and picked up two more birdies at the 14th and 16th.

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Benfica hit five as Porto are sunk



CHRIS WRIGHT

Primeira Liga champions Benfica, fresh from their SuperCup thrashing of Sporting at the Algarve Stadium, handed out another five goal drubbing but this time to promoted Paços de Ferreira as the new campaign got underway.



Benfica's Pizzi (2L) celebrates with his team mates after scoring a goal against Paços de Ferreira during their Portuguese First League match at Luz Stadium in Lisbon. (Photo: Lusa/Miguel A. Lopes)

Sporting could only manage a draw in Madeira against Marítimo, while FC Porto lost their opening game against newly reinstated Gil Vicente. Benfica fans were hailing a new

hero as 19 year-old Nuno Tavares who opened the scoring against Paços de Ferreira at the Estádio da Luz. The U19 international played just twelve games for the Eagles 'B' team last season but he certainly

made his mark on his Primeira Liga debut. As well as the opening goal he claimed two assists. Pizzi made it 2-0 from the penalty spot on half-an-hour. Chiquinho was on hand to set Seferovic up for the Eagles' third

twenty minutes from time and a few minutes later Nuno Tavares set-up Pizzi for his second of the night. It was Tavares who created the final goal as his low-cross found Vinicius lurking at the back-post, to slot the ball home. FC Porto travelled to Barcelos to play Gil Vicente who had been embroiled in the Mateus Affair that saw the club relegated thirteen years ago for the alleged illegal registration of Caso Mateus. After years of lengthy judicial battles through sports and civil courts Gil Vicente has been reinstated in the Primeira Liga. Following a summer filled with ins-and-outs the Dragons had survived the 19 hours return flight to Russia, returning home with a single goal advantage after beating Krasnador in the Europa Cup qualifier. The trip may well have contributed to their lacklustre performance against Gil Vicente who took the lead on the hour mark through Lourenço. The visitors levelled thanks to a Alex Telles penalty on seventy-

three minutes. Porto were left stunned four minutes later, with Lourenço fizzing a pass into Kraev's path before the Bulgarian found the back of the net and consigning the Dragons to their first opening-day defeat since 2001. Sporting travelled to Madeira to play one of their least favourite teams Marítimo, who they had failed to beat on their last three visits and once again the pattern continued. A goal down after just nine minutes by Gettersson, the Lions levelled when Bruno Fernandes cross was headed home by Sebastian Coates. SC Braga could again be pushing for a top three finish as they duly despatched Moreirense 3-1 with goals from FransérGIO, Hassan and a stunning third from Angolan international and former Olhanense centre-forward Wilson Eduardo. SC Portimonense, with seventeen Brazilians in their squad, played out a goalless home draw against Belenenses.

João Rodrigues wins Volta a Portugal

João Rodrigues of Portugal's W52-FC Porto team has won the 81st Volta a Portugal cycle race in the final time trial in Porto, in which he beat Jóni Brandão of Efel and in which W52-FC Porto had six of its seven cyclists in the top 10.

Having started the final stage 41 hundredths of a second behind Brandão, João Rodrigues was the fastest cyclist in the time trial, finishing in 27 minutes 31 seconds, or 15 seconds less than his team-mate António Carvalho and 27 seconds less than Brandão.

Overall Rodrigues, 24, finished with a 27-second lead over Brandão and a lead of 1 minute 8 seconds over Spain's Gustavo Veloso, another team-mate of his.

In what is the seventh consecutive overall win for his team, Rodrigues succeeds Spanish

champion Raúl Alarcón, who missed this 81st Volta because of injury. The last Portuguese winner was Rui Vinhas, three years ago.

The final stage of this year's race took place between Vila Nova de Gaia and Porto, with tens of thousands of people lining the route to watch.

João Rodrigues of Portugal's W52-FC Porto team won the 81st Volta a Portugal cycle race in the final time trial in Porto. (Photo: EPA/Nuno Veiga)



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Last weeks winner is Isobel Costa

QUIZ

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Taça de Portugal

The first round of the Portugal Cup gets underway on 8 September with 110 minor league and Campeonato Portugal teams in action.

The draw sees Olhanense given a home tie against Os Armacenenses; the third time the two teams will have met in the space of a month. Louletano DC v. FC Ferreiras, Juventude SC v. Lusitano GC Moncarapachense and CF

Esperança de Lagos v. Lusitano GC Futebol SAD are the other games involving teams from the Algarve.

The winners will go into the hat for the second round together with Segunda Liga teams including SC Farense. CW