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No slow down for Portuguese tourism



Portugal continues to be a top choice for travellers as results from the central and southern regions of the country point to continued growth, especially among domestic tourists. (Photo: Lusa/Tiago Petinga). Full story, see page 2.

Killer whale sighting. P6



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MotoGP high hopes. P48



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Tourism in Portugal continues to grow

Portugal continues to be a top choice for travellers as results from the central and southern regions of the country point to continued growth, especially among domestic tourists.



**KIM
SCHIFFMAN**

Tourism activity in the Algarve region recorded positive signs in the first half of 2019, according to data released by the National Institute of Statistics (INE), which indicates a 7.9 percent increase in total revenues (reaching €431.3 million). 9.3 percent in the number of guests (with a total of 2.17 million guests) and 3.3 percent in overnight stays (with a total of 8.62 million overnight guests) compared to the same period of 2018.

Contributing to these results were the positive performance of the domestic market again, with an additional 12.8 percent of guests (a total of 592,000) and an additional 11.3 percent of overnight stays (a total of 1.70 million Portuguese overnight stays), as well as the growth of foreign tourists with 8 percent more guests (total 1.58 million) and 1.5 percent more overnight stays (6.91 million non-resident overnight stays).

Contrary to the results of the last two years, the British market grew, and during the first half of 2019 there was an increase of 6.8 percent in the number of guests (total of 548,600) and 1.9 percent in overnight stays (total 2.64 million). When analysing overnight stays, this was indeed the main foreign market for tourism performance in the region, followed by Germany (with 833,700 overnight stays) and the Netherlands (with 603,300 overnight stays). Also noteworthy is the contribution of the Italian market, which saw a significant increase of 61.5 percent in the number of guests (total of 32.200) and 62 percent in overnight stays (total of 99.100). Also

relevant was the growth of emerging markets such as Brazil, which increased by 30.6 percent in the number of guests. Growth was also registered in airport traffic in the Algarve, with an additional 6.6 percent, totalling 2.01 million passengers landing at Faro airport.

To João Fernandes, president of the Algarve Tourism Region (RTA) "the tourist results of this first semester are positive, mainly because they reflect a growth of income above demand, as well as the commitment of public and private operators to strengthen the Algarve as a tourist destination".

"Thanks to our joint work, we are able to maintain a good performance in the UK market, despite the uncertainty generated by Brexit. But we have also been able to achieve growth in key issuing markets such as Brazil and the US, reflecting the effectiveness of the ongoing market diversification plans."

The number of overnight stays in Portugal's central region has also shown considerable growth with increases in June by 11.4 percent compared to the same period of 2018, representing more than double the national average, the central region tourism body (Turismo Centro Portugal) announced.

June 2019 "was extremely positive" for tourism in the region.

"In total overnight stays, year-on-year figures recorded an increase of 11.4 percent. There were 610,021 in June 2018 and 679,658 in the same month of 2019. In other words, there were 69,637 more overnight stays. This increase of 11.4



The number of overnight stays in Portugal's central region in June 2019 was more than double the national average, which stood at 5.6 percent. The increase was more notable once again among domestic visitors, whose overnight stays grew 14.8 percent, indicating that the region continues to be one of the favourites of the Portuguese for holidays or for a few days of rest. Foreigners' overnight stays registered an increase of 7.8 percent and the number of guests grew 13.1 percent. "These positive figures confirm a clear trend of recent years: The central region of Portugal is growing rapidly throughout the year and is the choice of more and more visitors, both from inside and outside the country".

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PTNEWS

N News in Brief



Region has also shown considerable growth with increases in June by 11.4 percent compared to the same period of

Scientists ask for help to record cicada song

Scientists have challenged people to use their mobile phones to record the song of cicadas and record the coordinates of their location, so that the geographical distribution map of the 13 species that live in Portugal can be updated. The challenge, which runs until 30 September, was launched by a team of researchers from the Faculty of Sciences of the University of Lisbon. The data collected by people can be sent to the project page “Cigarras de Portugal - insect singers” on Facebook or to the digital platform Biodiversity4All.

Powder found in Swiss plane at Lisbon airport ‘no danger to health’

A substance found last weekend in the hold of a Swiss International aircraft at Lisbon’s main airport does not constitute “danger to human health”, the company that manages the facility said, adding that the plane was to take off that evening. ANA - Aeroportos de Portugal states that, “after assessment of the substance by the specialised team of Lisbon firefighters, it was concluded that there is no danger to human health.” ANA did not specify what the substance was that was found on the plane.

Civil service average salaries rise 1.2% to €1,482

Civil servants in Portugal saw their average basic salaries rise 1.2% in April compared to the same period last year, to €1,482 gross due mainly to the increase in the minimum wage in the state and the unfreezing of careers, according to the General Directorate of Public Employment, DGAEP. The impact of these two measures had a greater effect on the careers of operational assistants, with a positive variation compared to April 2018 of 5%, to €680. The average monthly salary in general government (including subsidies, supplements, bonuses and overtime) in April was €1,730 gross.

Fewer road deaths this year

The number of deaths in accidents on Portuguese roads totalled 285 between 1 January and 15 August, 14 less than the same period in 2018, the National Road Safety Authority (ANSR) announced. This year’s figure compares with 29 fewer deaths in road accidents in the same period in 2017. ANSR calls on everyone to “contribute to the reduction of road accidents and to the maintenance of this improving trend”.

35 Mainland inmates transferred to prison in Funchal

The Directorate-General for Reinsertion and Prison Services (DGRSP) has confirmed the transfer of 35 inmates from various mainland prisons to the Funchal Prison, in Madeira. “As part of the current procedures for the management of the prison population, [DGRSP] transferred 35 inmates from various prisons on the Continent to the Funchal Prison, whose capacity to occupy male spaces is 70%” explains DGRSP, in a written reply sent to Lusa agency. The DGRSP adds that, of the transferred inmates, “some originate from the Autonomous Region of Madeira” while the others are divided into those who “expressed interest in this transfer” or “did not receive visits on the Continent”.

WEATHER

Clouds roll in and temperatures drop

The scorching temperatures of last week will give way to reduced average highs across the country as cloud cover increases from north to south in Portugal

Lisbon: Temperatures are set to cool slightly in the capital over the weekend, thanks to an increase in cloud cover. Intermittent cloud is expected to continue throughout the week in Lisbon with average temperatures to reach highs of 32 degrees and lows of 19.

The South: Hazy cloud cover is to begin on Sunday in the south of the country, leading temperatures to then reach average highs of 29 degrees and lows of 19 degrees for the remainder of the week. There is a slight chance of rain also predicted from Monday.

The North: It will be feeling cooler in the North with cloud cover helping to see temperatures fall to average highs of 26 degrees and lows of 16 degrees, North westerly winds will also make it feel cooler while there is also a chance of rain from Monday.

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

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Ryanair strike set to hit tourists in Portugal

Ryanair crews in Portugal are holding a five-day strike and while the government has decreed minimum services, travellers are still expected to face delays.



Ryanair said that it did not expect significant disruption as a result of the strike, but stressed that it could not rule out some delays or changes to flights. (Photo: Lusa/José Coelho)

The strike began on 21 August and, at the time of going to press, was due to continue until 25 August. Ryanair said that it did not expect significant disruption as a result

of the strike, but stressed that it could not rule out some delays or changes to flights. In a statement to **The Portugal News**, a spokesman for Ryanair said: "We do not expect any significant disruption to our

Portuguese schedules from 21 to 25 August due to this unjustified strike, however we cannot rule out some delays and/or flight changes. "We will do all we can to minimise disruptions caused to

our customers and their families. Customers who have not already received an email or text notification can expect their flights to/from Portugal to operate as normal this week."

The statement continued: "We wish to thank the majority of Portuguese cabin crew who have confirmed they will work normally from 21 to 25 August.

"We apologise sincerely to our customers for any anxiety or inconvenience caused by this unnecessary strike by a tiny minority of our Portuguese cabin crew. We remain open to working with the SNPVAC union to reach an agreement, and we urge them to return to talks as soon as possible"

In a statement the National Union of Civil Aviation Personnel (SNPVAC) said that the strike notice covers all Ryanair flights with check-in times between 00:00 and 23:59 local times on the days scheduled for the shutdown.

In the meantime, given that there was no agreement between Ryanair and the union, the government has decreed minimum services to be provided during the stoppage, covering not only the Azores and Madeira but also the European cities of Berlin, Cologne, London and Paris. The minimum services include a

daily return flight between Lisbon and Paris; between Lisbon and Berlin; between Porto and Cologne; between Lisbon and London; between Lisbon and Ponta Delgada, as well as a round-trip service between Lisbon and Terceira Island (Lajes), on 21, 23 and 25 August.

"The staff to carry out these services will be designated by the union that declared the strike, up to 24 hours before the beginning of the strike period or, if it does not do so, the employer must make such a designation", determines the order.

The law justifies the determination of these minimum services, starting with the "relatively long duration of the strike (five days)", the "season of the year - summer - in which there is a considerable growth in demand for air transport", and also the fact that it is important "to avoid crowding of passengers in airports during the summer months, since this may increase risks to the safety of people and goods".

There are significant communities of Portuguese emigrants in England, France and Germany, for whom August is typically the month chosen to visit their families in Portugal.

In a statement, the union said that it "strongly repudiates yet another attempt by the government to annihilate the right to strike and, in particular, that of Ryanair crews," adding that it "does not accept that the economic interests of a private and foreign company be defended to the detriment of the rights of Portuguese workers". According to the SNPVAC's statement of 1 August, the basis for this notice of strike is the fact that Ryanair continues "not to comply with the rules imposed by Portuguese legislation, particularly with regard to the payment of holiday and Christmas bonuses, the number of holiday days and the integration into the workforce of cabin crew members hired through the Crewlink and Workforce agencies".

Fishermen against new oyster farms

The Association of Artisanal Fisheries of the Aveiro Region (APARA) has spoken out against the expansion of the current oyster production beds on the right bank of the Ria de Aveiro Mira Channel in Ílhavo.

At stake, according to APARA, is a plot of land that began to be delimited using maritime signalling, "occupying and usurping" a natural space for catching bivalves, in a place considered as the "natural source" of the species.

"Fishermen do not understand how the Ministry of the Environment is in favour of nature conservation yet is licensing oyster production on a natural bank, which has nothing to do with the Ria de Aveiro species, which we do not need to develop" APARA President José Miguel Castro told Lusa.

The association, which represents about 95 percent of the fishing activity in the port of Aveiro, has already requested a meeting with the Directorate-General for Fisheries to try to stop the emergence of new oyster farms in the area.

The president of APARA emphasises that the possible widening of the delimitation of the oyster production perimeter will have "serious" consequences for fishing and the capture of bivalves, saying that fishermen are feeling "asphyxiated".

"It's not just fishermen who are unhappy.

The inhabitants of Gafanha da Encarnação and Costa Nova themselves, who want to pick up half a dozen cockles to take home to eat, are also against increasing oyster farms in that area" he added. "There is room for everyone in Ria de Aveiro, as long as there is respect for nature and those who work there".

According to APARA data, about three thousand tonnes of bivalves, namely cockles, clams and razor clams, come from the Ria de Aveiro, valued at around €7 million.



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Killer whales spotted in the Algarve

N KIM SCHIFFMANN



The group of orcas, made up of about 15 animals, included adults and several calves

A large group of killer whales, also known as orcas, were spotted off the coast of Olhão, Algarve, during a dolphin watching tour.

The group, made up of about 15 animals, included adults and several calves and was sighted for several minutes about two miles from the coast last weekend. The orcas surprised tourists aboard the boat "Airo" which was manned by skippers João Veiga and João Neto, both marine biology students. "On the tours we see dolphins very often. At this

point we have achieved an approximate success rate of 95 percent" said Ricardo Badálo, CEO of Passeios Ria Formosa. "But watching orcas is quite rare and tourists are completely ecstatic. Even for us, who are used to finding wildlife in our waters, it's very exciting" he adds. Orcas occasionally travel along the Algarve coast, it is thought that this is due to the annual tuna migration between the Atlantic and

the Mediterranean. The orca (orcinus orca) is often called the killer whale but is not actually from the whale family, which have no teeth. In fact, with its sharp teeth and gigantic bearing, the orca is the largest dolphin on the planet. Its prey includes fish, molluscs, birds, turtles, seals, sharks and larger animals - such as whales - when orcas hunt in groups. The largest specimens reach up to nine tonnes.

More than 500 youths attend lifeguard summer camp

Between 500 and 700 children and young people participated in the national "Nadador Salvador (Lifeguard) Júnior" programme summer camps this year which aims to help prevent people from drowning in Portugal.

According to Alexandre Tadeia, from the Portuguese Federation of Lifeguards (FEPOS), "Nadador Salvador Júnior" is an educational holiday camp programme that the associations of lifeguards have run since 2009. The aim is to teach young people, up to the age of 17, "aquatic safety, all safe behaviour

near water, basic life support, first aid and water rescue sports activities", among others. "These summer camps basically aim to prevent drowning and also to attract young people to the area of water rescue," he said, stressing that the camps "have been the recruitment base for lifeguards.

"The number of participants this year is approximately 500 to 700 young people up to the age of 17," he said, stressing that the courses are open to all young people who apply. More than 5,000 young people have passed through these summer camps in Portugal since the programme began in 2009.



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Altice breaks off contract to bury telecoms cables

Altice Portugal has announced that it had broken off a contract with state enterprise IPTelecom to bury telecommunications cables, citing a lack of "necessary conditions" to fulfil the contract and obstacles placed in its way.



An agreement was signed between Altice Portugal and IPTelecom (IPT), following the devastating fire in 2017 in Pedrógão Grande, which may have been started by an electricity cable. (Photo: Lusa)

Following the devastating fire in 2017 in Pedrógão Grande, in central Portugal, which may have been started by an electricity cable, an agreement was signed on 7 December that year between Altice Portugal and IPTelecom (IPT), a unit of Infraestruturas de Portugal (IP) on the use of infrastructures of the technical road channel, with the aim of burying aerial telecommunications cables for safety reasons.

In a statement, Altice Portugal "makes public that it has denounced the contract/protocol concluded with IPTelecom", whose aim was "the establishment of conditions for the possibility of installing a maximum total of 1,000 kilometres of cables, using Road Technical Channels (CTR), by the end of 2019, in municipalities identified in the order from the Secretary of State of infrastructures, as being highly dangerous."

It made the move, it went on, because "for more than a year and a half Altice Portugal has been awaiting ... all the necessary conditions to go ahead with implementing

this contract, which not only have not been made viable, but with obstacles at all times created by Infraestruturas de Portugal (IP) and IPT in the process of cable burial."

The Ministry of Infrastructure has expressed surprise at the decision, pointing out that on 8 August "it was possible to reach an agreement between parties".

"It was with great surprise that the government learned from the media of Altice's decision to denounce the protocol with IP for the use of technical infrastructures with a view to burying telecommunication lines," said the Ministry of Infrastructure and Housing, in a press release.

"Last 8 August, following one of several meetings taking place between the Government, Altice and IP on this issue, it was possible to reach an agreement between the parties, and the differences which remained until that date concerning costs and conditions for implementing the terms of the protocol", said the Government.

GNR arrests suspected pimps and tax evaders

On 18 August, the Republican National Guard (GNR) detained three people suspected of the crimes of pimping, drug trafficking and tax evasion, and one for domestic violence in the Faro district (Algarve).

In a statement, the GNR reported that three people, aged 55 to 57, were arrested in the towns of Loulé and Quarteira as part of an investigation that had been under way for six months.

According to the GNR, during the investigation called "Guest", "the police found that in a nightlife establishment, registered as a hostel and bar, illicit activities were taking place, such as pimping -

encouraging prostitution - tax evasion and drug trafficking."

In the course of the search, two firearms were seized, 285 ammunitions of various calibres, three pepper gas aerosols, 33 doses of hashish, 28 doses of cocaine, computer and communication equipment, €4,996 and £180 in cash, and material related to sexual practices.

According to the GNR, during the joint operation with the Foreigners and Borders Service (SEF) and the Tax Authority, 38 people were identified, "among the clients and staff of the establishment, and three were detected as being illegally in the national territory".

Parents detained on suspicion of keeping 10-year-old twins in garage

Amadora's PSP arrested a couple suspected of keeping their 10-year-old twin daughters trapped in a garage and exposed to physical and psychological violence, the Lisbon Metropolitan Command (Cometlis) announced on 19 August.

In a statement, Cometlis said that the two children lived in "deplorable and unhealthy" conditions in a garage, "walked around badly dressed, did not go to school and witnessed physical and psychological aggression between their parents".

Following a police investigation, authorities detained the parents (51 and 34-years-old) of the children last week on suspicion of two

crimes of domestic violence.

A police source told Lusa agency, the family lived in the parish of Águas Livres, in the municipality of Amadora, district of Lisbon. The same source said that "urgent intervention" was developed by EMAT (Multidisciplinary Technical Support Teams for Courts) as soon as they became aware of the situation.

Amadora's EMAT includes members of the Public

Prosecution Service, PSP and the local Child Protection Committee (CPCJ).

In the meantime, the two children were removed from home and taken into a temporary foster home.

The couple were present at the Amadora Court of Criminal Investigation for the first judicial interrogation and were subjected to a non-custodial coercion measure, depriving them of contact with the victims.

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Fuel crisis ends as new strike action announced

As the truckers strike in Portugal comes to an end, the union responsible for the strike that led to fuel rationing at the pumps until 20 August has announced further strike action in September.



It was announced on 21 August that the fuel truck drivers will return to a weekend strike between 7 and 22 September. (Photo: Lusa/Tiago Petinga)

Members of the public were once again free to buy as much fuel for their vehicles as they wanted from 20 August after Portugal's energy crisis was formally lifted at midnight in recognition that a strike by drivers of dangerous heavy-

goods had been called off. On Monday, the cabinet agreed in an online meeting to end the energy emergency it had declared 10 days previously to cope with the effects of the indefinite strike. The government said that it took the

decision after the Independent Union of Goods Drivers suspended its strike on 15 August and the larger National Union of Hazardous Goods Drivers did the same three days later, as well as favourable developments seen during the energy crisis at filling stations that had been designated as part of a "strategic network". As well as the strategic network and fuel rationing, emergency measures included exclusive filling stations for priority entities and vehicles of the armed forces, police, civil protection organisations, ambulances and public transport. Police and soldiers were also drafted in to assure supplies to some key infrastructure.

During the crisis, the public was limited to 15 litres of fuel per purchase at strategic filling stations and 25 at others. Those limits have now been lifted.

While the strike is now officially over it was announced on 21 August that the fuel truck drivers will return to strike between 7 and 22 September, but this time the strike will only take place during weekends and in relation to overtime work.

According to the president of the National Union of Hazardous Drivers (SNMMP), Francisco São Bento, the strike notice has already been delivered.

Record month for Portuguese cinemas

Portuguese movie theatres recorded 1.777 million viewers in July, a 28.5 percent increase over the same month of 2018 and the highest since 2004, the start of data release by the ICA.

The number of viewers in July accentuated the increase of the previous two months, which had already registered increases of 8 percent and 24 percent, respectively, according to the Institute of Cinema and Audiovisual (ICA).

For the first seven months of 2019, ICA's monthly statistics show an increase of almost 480,000 people in Portuguese cinemas compared to the same period last year, to a total of 8.48 million viewers.

Boosting July's numbers was, in particular, Jon Favreau's "The Lion King," which, despite its premiere on 18 July, became the most watched movie of the year in Portugal with 717,300 viewers and a gross revenue of nearly 4 million.

In the list of the ten most viewed films in 2019 there is no Portuguese production. Already the ranking of most viewed Portuguese films continues to be led by Patrícia Sequeira's "Snu", with 82,000 viewers, placing "Tony", by Jorge Pelicano, about the singer Tony Carreira, in fifth place on the list, with 19,000 viewers in just one week of viewing.



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Lithium mine plans forge ahead as protests

continue Plans to open lithium mines in Portugal continue to move forward, however activists and local residents continue to oppose the developments.

Savannah Resources, a UK-quoted company, presented in Covas do Barroso, Boticas, in the Vila Real district, plans for an initial investment of €100 million in a lithium mining project that it said would directly create 300 jobs, but which is being contested by many locals. At a public meeting in Covas do Barroso, the parish where it intends to press ahead with an open mine to extract spodumene, the mineral from which lithium is to be removed, the room was filled with permanent local residents and emigrants back for the summer holidays. After more than three hours of debate, the president of the association United in Defence of Covas do Barroso (UDCB), Nelson Gomes, said that he had not shed his "main concerns" with the mine project. João Barros, manager of Savannah Lithium Portugal, the local unit, said that at present the Environmental Impact Study (EIA) of the project is underway, and should be completed by the end of the year. If all goes well, he said, the company intends to start mining in late 2020. According to Barros, prospection at the proposed site have revealed reserves of "twenty-seven million tons of spodumene, with an average lithium content of 1.06 percent.

"At this time, for the reserves we have, the investment is about €100 million," he said. To prepare for the mine, the company plans to build an alternative road to reduce the impact on the population from the passage of machinery and trucks, Barros said. He explained that the ore is to be transported to the port of Leixões, near Porto, from where it will be exported, in the initial phase, to China. According to Barros, the company is discussing with Portugal's government the possibility of building a refinery to process the ore in the area of Porto. The company foresees the creation of 300 jobs directly and a further 600 indirectly. According to Barros, more than €258 million in royalties is to be paid to the state in the form of taxes and fees from the project - part of which may also go to the municipality. He said that the company wants to start "the negotiation of compensation measures" to offset negative impacts on local people, and stated that the objective of the day's session was precisely "bringing the company closer to the community". UDCB was set up last year precisely to fight against the project and warn of the impacts arising from open-air mining. Gomes told journalists that the main concerns related to the

size of the mine and its environmental impacts. "We still do not know what will happen to our waters, what will be of our quality of life, the dust that will be in the air, the impacts on the soils and how this will all be mitigated," he stressed. "We still have no answers." Gomes said that "most of the population is against" the project at this moment. He said that it only made sense to have this meeting now, in August, because this is when many emigrants return to their homeland. The UDCB president said he believes "it is still possible to stop the mine", which he described as "megalomaniacal project that does not fit into this region" - which was classified as World Agricultural Heritage in 2017. "Quality of life is much more important than money," he said. Meanwhile, activists and citizens in the centre of the country will be taking part in an unprecedented air action in Seia against lithium exploitation in Portugal. Taking place on 24 August at the highest point in mainland Portugal, between 400 and 700 people are to write a protest message "No to mines - Water is Life". Filmed from the air with drones, this visual message will be broadcast internationally to broaden

the voices of those who are against lithium mining and other substances on their doorstep. Laura Williams, a British woman based in Portugal and part of the "Awakened Forest Project", co-organisers of the event, reveals that this action is a creative way to reveal to the world the environmental crime that is about to happen and "demand more information and transparency from the authorities, especially about the negative environmental impact on our society." She added: "Mining of this type occurs mainly in the open and using explosives and chemicals with great risk to the environment, such as water contamination and atmospheric pollution. This will have an impact not only on public health, but also on the local economy, agriculture and tourism, degrading a landscape already affected by forest fires and monocultures."



The association United in Defence of Covas do Barroso (UDCB) was set up to fight against the lithium mine project and warn of the impacts arising from open-air mining. (Photo: Lusa/Pedro Sarmento Costa)

App spots 23,000 items of rubbish on Portuguese beaches

A citizen-science phone app that allows the identification of rubbish on Portuguese beaches already has 23,000 items spotted, most of them cigarette butts and disposable plastic, the coordinator of the University of Coimbra project has said.

Filipa Bessa, coordinator of the project developed by the Centre for Marine and Environmental Sciences (MARE) of the University of Coimbra, in partnership with the Portuguese Association of Marine Litter (APLM), reported that in six months of activity, the app already has 900 registered users and 23,000 objects counted on Portuguese beaches.

The platform (available at lixomarinho.app) which allows anyone to record marine litter found on the beach, was launched six months ago and aims to raise awareness to combat rubbish on beaches.

"We are very satisfied with the results achieved in these six months", stressed

the researcher, explaining that, since MARE is based in Figueira da Foz, it is in this area and in Lisbon (where APLM is located) that more records have been made through the app.

However, the project aims to extend partnerships, namely with schools through the inclusion of this activity in educational packages. "It will be important to understand if there are different types of waste in certain areas so that effective action can be taken to reduce marine litter in Portugal", said Filipa Bessa.

The platform, which had the support of European funds, allows simple counting and mapping of marine litter on Portuguese beaches in beach cleaning events.

The simple count, consisting of 20 items representing the materials and waste that are most recorded on Portugal's beaches will indicate the trends of types of waste over time.

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Supercar luxury line-up comes to Portugal

Caramulo Museum opens an exhibition of supercars with a "luxury line-up", of models never seen before in Portugal.



Visitors to the museum will be able to view a selection of "never before" seen in Portugal supercars.

The museum director said the exhibition was "dedicated to the creations of the 'haute couture' of the automobile industry",

highlighting "the spectacular lines, the mechanical sophistication and the amazing speeds".

"This was the most difficult exhibition we've ever set up, due to the difficulty of bringing together a series of cars that are so rare and valuable in every respect", he added. This is because "they are very exclusive models, which rarely appear", and it was "a great challenge" to bring them all together in Caramulo, "even for a short period of time", he added.

The "luxury lineup" begins "with what is considered the world's first supercar, the Lamborghini P400 SV Miúra", and also includes the "iconic Ferrari F40" and the "Bugatti EB110, a car that broke the almost 40-year fast of the house in Molsheim".

"The brand of silver arrows is also represented with two models, the Mercedes-Benz SLR and the Mercedes-AMG GT R," the museum said.

The exhibition also features "Ford GT, a model launched to celebrate the 40th anniversary of the mythical GT40, the McLaren 675 LT MSO, one of the most

exclusive models of the brand, the Lamborghini Aventador SV and the most powerful 911 produced by Porsche, the GT2 RS", he adds.

The Caramulo museum said that one of the stars of this exhibition will be "what Ferrari calls its most ambitious project, the LaFerrari, an exclusive and valuable model with 963 HP and a maximum speed of 349 km/h and of which there is only one copy on Portuguese soil".

According to Hélio Valente de Oliveira, who writes for 'Jornal dos Clássicos', the supercars express "a passion - or illness, opinions are divided - of very exclusive products, completely manufactured and made to measure, upon request and according to the specifications of those who buy them".

"Exclusive and far from perfect, supercars not only provide rare emotions, but also demand dedication and commitment from their owners. We can say that, by itself, supercars are a breed apart", he considers. The concept of supercar was born in the second half of the 1960s, in Italy, with Lamborghini as its great driving force.

The Caramulo Museum is located between Coimbra and Viseu and is home to collections of both art and automobiles.

TPN/Lusa

Former air traffic control tower to become museum

The former tower and control room of the Santa Maria airport in the Azores is to be transformed into a museum dedicated to the history of the airport.

According to a press release from the Socialist Regional Executive's Support Office for Social Communication (GACS), the announcement of tender procedure has been published in the Official

Journal and the work will have an execution period of eight months, with the base price of the contract of €342,000. "The public tender launched through the Regional Directorate for Culture, aims to rehabilitate the old tower and control room, where the museum dedicated to the history of Santa Maria Airport will be installed" adds the press release.

According to the Azorean Government, the requalification of the space "maintains the main architectural features of the property, shape, materials and furniture, in order to refer the visitor to the 'modus operandi' of the years of operation of the old airport tower as a strategic point of support for Lajes Air Base on Terceira Island during World War II."

Thus "the intervention has the assumption of minimal changes and involves the

recovery of the interior and exterior structural elements of wood or their replacement, according to the state of degradation".

"Replacement of glazing, ceilings and floors, repairs of walls, paintings, replacement of the roof, reformulation of the electrical installation, water and sewage network" will also be carried out.

Santa Maria Airport was built in the final years of World War II by the US military.



Demands for action against Salazar Museum

Almost 6,000 people have already signed a public petition for intervention by the Socialist Government to prevent the installation of a museum on the former dictatorship of the Estado Novo and its leader, Salazar, in Santa Comba Dão, Viseu.

The digital document was posted on the Internet this week and has been signed by former union leader Carvalho da Silva, political analyst Pedro Adão e Silva, writer Maria Teresa Horta, former rector of the University of Lisbon José Barata Moura and the intervention singer Francisco Fanhais, among others.

The text "Museu de Salazar, não!" supports an open letter to the Prime Minister, António Costa, on 12 August, in which 204 former political prisoners demanded action from the PS executive, in addition to expressing "the most vehement repudiation".

According to the petition, the Santa Comba Dão project would be "far from being aimed at enlightening the population and especially the younger generations" and would be "an instrument at the service of the bleaching of the fascist regime (1926 - 1974) and a centre for the nostalgia of the regime overthrown on 25 April."

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Increase in orchard and vineyard output



An increase of 10 percent in vine production is anticipated compared to the 2018 harvest.

Portugal's agricultural forecasts for July point to increases in productivity in orchards and vineyards, compared to last year, with a 10% increase in harvest.

According to data released by the National Statistics Institute (INE), agricultural forecasts expect "increases in productivity compared to last year, in most fresh fruit and in vineyards for wine," the INE said, adding that "the flowering and ripening of apples and peaches took place under very favourable conditions, with unit yields expected to be at one of the highest levels in recent decades. "As for vines, an increase of 10 percent is anticipated compared to the 2018 harvest", they said. "In the spring/summer crops, it is expected that the area sown of

corn for grain will be maintained, after five consecutive years of reduction," the INE added. With regard to the harvest of tomatoes for industry, which began in the last week of July, it estimates "a 10 percent increase in productivity, with the fruit showing good red colour, valued by the industry. In the case of irrigated potatoes, "the positive variation in productivity should be in the order of 10 percent, while sunflowers will be 5 percent. For rice, the unit yield of the previous marketing year is expected to be maintained, with salinity problems in irrigation water".

TPN/Lusa

Horse breeders to now export to Saudi Arabia

Portuguese horse breeders can now export to Saudi Arabia and negotiations are underway with six other countries, such as India and China.

Portuguese "horse breeders can now export to Saudi Arabia," the government said, adding that "this is an important market, in which Portugal expressed interest in 2018, and the process has now

been concluded, just one year after the start of negotiations."

With Saudi Arabia, the number of markets opened by the executive increases to 58, which enable the export of 227 products, 172 of

which are of animal origin and 55 of plant origin.

This market joins that of El Salvador and Malaysia, to which Portuguese horse breeders could already export.

On the other hand,

negotiations are underway with six other countries, including India and China.

"To start exporting, it is generally necessary to establish phytosanitary or sanitary conditions and requirements with the

competent authorities of the countries of destination", the ministry said.

These requirements must be met and the products to be exported certified by the producers and the

Directorate General of Food and Veterinary (DGAV).

The agriculture minister is still working on opening up 57 markets for the export of 269 products, 22 of animal origin and 46 of plant origin.

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Unbabel to open new artificial intelligence lab

The Portuguese company Unbabel is to open a laboratory in September for artificial intelligence in Pittsburgh, the United States, which will be led by the US researcher Alon Lavie.



The Portuguese company Unbabel is to open a laboratory in September for artificial intelligence in Pittsburgh.

The company's executive president, Vasco Pedro, told Lusa that Lavie left Amazon, where he headed the Machine Translation Group, to create a new artificial intelligence team for Portuguese technology, which offers a machine translation solution with human editors and has Pinterest, Change.org, Skyscanner and Weebly among its clients. The location of the new office in Pennsylvania aims to leverage the relationship between Unbabel and Carnegie Mellon University (CMU), where Lavie is a researcher at the Institute of Language Technology. Vasco Pedro mentioned that Lavie is one of the world's specialists in machine translation and was his professor at CMU. Unbabel is recruiting for the office and has two full-time vacancies in Pittsburgh, one for senior research engineer and another for a senior research scientist. Pedro said that what Unbabel has done so far is still very much the beginning of what it wants to

do and the laboratory will help explore more ambitious future scenarios. "We want to have a conversation one day and for the language, one or the other is speaking to be irrelevant," he said. With a new internal platform for preparing client companies, Unbabel is also testing systems for the future. "One of the things we are starting to work on now includes the concept of voice morphing," he said, speaking of a system that translates speech into another language but using the voice of the original speaker. Unbabel offers translation in 28 languages with several possible pairs, for example, Portuguese-English or English-German, where an automated system performs the initial translation and then human translators edit and validate the quality of the texts. The integration between artificial intelligence and human beings is one of the focuses of the executive, who believes in the potential of this interaction to improve activities and processes.

Sports Direct opens in Gaia

A new Sports Direct store has opened in the main shopping area of Vila Nova de Gaia.

The new store has opened its doors on Avenida da República covering a total of 2,122 square metres over two floors.

Cushman & Wakefield was the company responsible for finding and leasing the new space for the UK-origin sports brand, which moved its existing store in Gaia to a more central and more visible location.

In the heart of the city, the new store enjoys high levels of pedestrian and road traffic, in an essentially residential area with shops on the ground floor of the buildings and various equipment and services in

the surrounding area. It also benefits from the flow of people provided by the proximity of El Corte Inglés, which is located on the same street.

Silvia Morais, from Cushman & Wakefield's retail department in Porto, said: "Finding a store of over 2,000 m² on the busiest and most central avenue of Vila Nova de Gaia was a big challenge, but we are convinced that the place chosen meets the brand's objectives, also contributing to renewed trade in this area."

According to Jorge Faria, Finance & Administration Manager (Portugal & Spain) at Sports Direct, "This new

store in Vila Nova de Gaia already has the brand's new premium concept, including a space where the public can also find products such as Lacoste, Levis, Converse, Armani, among others, giving customers different shopping experiences from the usual products found in a Sports Direct store."

Founded in 1982, Sports Direct International is today the UK's largest sports retailer and operates a diverse portfolio of sports, fitness, fashion and lifestyle brands in a number of European countries. In Portugal, its chain of stores already has 19 units.



BCP bank shares fall due to uncertainties including Brexit

Portugal's Millennium BCP's CEO said he attributes the recent devaluation of the bank's shares to aggravating macroeconomic uncertainties and to the prospect of maintaining negative interest rates.

Miguel Maya said that he is convinced that the main goals of the strategic plan (2018-2021) that they presented to the market will be fully met, notwithstanding the greater complexity of the macroeconomic environment, as the delivery capacity of the bank's teams and the strengthening of the commercial dynamics that they have been presenting to the market, quarter after quarter, will offset the loss of revenue resulting from the pressures on net interest income.

Despite admitting - without specifying - some "adjustments" to aspects of the strategic plan, Maya said that the goals set are to be met.

Recalling that Millennium BCP's way of

being in recent years involves defining a plan, implementing the plan, adjusting initiatives and fulfilling the plan, Maya said that the evolution in the coming quarters will allow them to prove the value of Millennium BCP that the markets will, in due course, make an appreciation less marked by the macroeconomic uncertainties of the present.

Regarding the factors that may be at the root of the devaluation of the bank's securities, Maya said that the actions of Millennium BCP has reacted very intensely to the change in the perception of the markets about the implications for the banking sector of a macroeconomic environment.

An environment, he said, characterised by high unpredictability and marked by the cooling of world economic growth, strong global trade tensions, the greater probability of a 'hard Brexit' and the political crisis in Italy.

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CaetanoBus sells London 34 electric buses

Portuguese coachbuilder CaetanoBus has closed a deal with Abellio, which runs buses in London, for the sale of 34 electric vehicles for €15 million.



The United Kingdom "is a key strategic market for CaetanoBus, to which it has supplied buses for over 50 years", said the company.

The e.City Gold buses "will start operating from March 2020" and are the "first electric Caetano bus in the United Kingdom, reinforcing the brand's strong presence in this market," the company said in a statement.

"Abellio ordered the 10.7-metre version of the e.City Gold Caetano that can carry 60 passengers with the full low floor" and "it is a 100 percent electric bus that includes zero-emission heating and was developed by CaetanoBus to fully comply with the most recent TfL [Transport for London] specifications", the statement said.

Abellio London operates buses in the British capital on behalf of TfL.

The new buses, which will operate on routes C10 and P5,

will include "several features of the new TfL bus safety standard, such as camera monitoring systems to replace traditional rear-view mirrors, intelligent speed assistant, acoustic vehicle warning system and a renewed front design to improve the safety of pedestrians/road users," the group said.

Claire Mann, TfL's Director of Bus Operations, said: "Red buses are an iconic and vital piece of London, and they're increasingly going green. We're delighted that Caetano has taken advantage of our Bus Safety Standard by incorporating advanced safety features to these new zero-emission vehicles before they are required, and we welcome them back to London's streets."

Jorge Pinto, CEO of CaetanoBus said "This delivery of our e.City

Gold to London is a big step towards our commitment to provide a safer and cleaner transport solution to our customers. We are very proud to have been selected by Abellio and to extend our zero-emission product portfolio for UK market." Since 2018, the company has produced close to 70 electric e.City Gold city buses, including the order from Abellio, which is expected to be delivered in early 2020.

"Next year, CaetanoBus estimates to reach 200 units of these vehicles", the company said.

Last year, the group had a turnover of €75 million, they said. The United Kingdom "is a key strategic market for CaetanoBus, to which it has supplied buses for over 50 years", the company added. *TPN/Lusa*

Sogevinus plans to build "150-room wine hotel" in Gaia

Sogevinus, which owns the Barros, Burmester, Calem, Kopke and Velhotes wine brands, plans to invest €30 million in a 150-room five-star wine hotel in the historic centre of Vila Nova de Gaia.

"The opening date is scheduled for the second half of 2021 and the project maintains the facade and rehabilitates Burmester's former facilities," in the old Calçada das Freiras, now Rua de Serpa Pinto, "which have been vacant for some years".

Sogevinus tourism director, Maria Manuel Ramos, referred to this investment in the hotel business as the "big project" that the group has in the pipeline "for the next years, specifying that the future unit will have the profile of a Kopke "hotel of charm".

"The customer will have a feeling of being in a Douro farm. We will not build, we will recover warehouses. The construction will be minimal" and the hotel will have "a garden" that will be near the river, she added.

Maria Manuel Ramos also added that Sogevinus intends to reinforce its presence in the Douro Demarcated Region, looking above all for "farms bordering S. Luís".

Quinta de S. Luís, located near Pinhão, is closely linked to Kopke wines, and "will be open for tourism as



early as September, with 13 rooms, a boutique winery, a chapel, and a tasting space".

The Calém cellars, which Sogevinus says are "the most visited" in the country, the Hotel Kopke project, the announced investment in Quinta de S. Luís, and the

recent opening of a restaurant in the pedestrian zone of the Gaia waterfront, show the strong focus of the group in the tourism sector.

With an annual turnover of €40 million, Sogevinus says that 20 percent of the total amount comes from tourism.

Intermarché invests €200 million in Portugal

Intermarché is planning an extension in the Portuguese market and is aiming to increase its market share (currently set at 9.2 percent) through new store openings and a price reduction strategy.

ISN Magazine writes that "With an "ambitious" investment plan, Intermarché plans to allocate €200 million for the opening of 105 stores and the creation of 3,150 jobs by 2023. Last year, investment was around € 30 million at the opening of nine points of sale and this year should rise to €60 million, materialized in 15 stores."

Intermarché will invest €11 million in the expansion and modernisation of the Alcanena base and €3.5 million in the expansion of the Cantanhede in order to keep up with the growth of the network.

Simultaneously, the plan of the Os Mosqueteiros Group's food brand also includes modernising its already existing shops, as well as having the new urban-profile Intermarché Express format feature four more units by 2023, joining the existing two units.

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Greenland's Gamble



From his purchase of New Jersey casinos to his proposed acquisition of Greenland, Donald Trump's real estate deals have always been plagued by bad timing.

The United States could probably have bought Greenland from Denmark in 1917 (when it did buy the US Virgin Islands from the Danes), but he's a century too late now.

Nevertheless, his latest bad idea does give us an incentive to catch up with what's been happening in Greenland, and it's quite interesting. Trump may not know this, since he rarely reads intelligence reports, but in November 2017 Greenland's premier, Kim Kielsen, led a government delegation to Beijing to seek Chinese investment. Greenland, the world's biggest island, is not yet fully independent, but it is autonomous from Denmark in everything except foreign affairs and defence. Kielsen was looking mainly for Chinese investment in mining enterprises, but he was also interested in attracting a Chinese bid to build three modern airports in the island, which currently depends on World War II-era airstrips. This set off a security panic in NATO, involving implausible nightmare visions about Greenland getting so deep in debt to Chinese banks that it would end up letting China (which has comically declared itself a 'near-Arctic nation') operate military aircraft from those airports.

The US military, which has a large air base at Thule in northern Greenland, then took fright. Washington strongly urged the Danish government, which provides two-thirds of Greenland's budget revenue, to nip this threat in the bud. Copenhagen had previously refused to fund the new Greenland airports, but late last year it suddenly came up with very low-interest loans for them. End of panic.

By then Kim Kielsen's government in the tiny capital of Nuuk (pop. 17,000) had collapsed, but his Siumut Party came out ahead in the election last April and he is back in power. And the issue of Chinese mines in Greenland is still on the table.

In fact, there already is one in southern Greenland,

producing uranium and rare earths for a Chinese-Australian consortium. Other projects potentially involving Chinese capital (and Chinese workers) are under discussion, including a huge open-cast iron-ore mine near Nuuk, a zinc mine in the north, and both offshore and onshore oil and gas leases.

For the 56,000 Greenlanders, 90 percent of whom are Inuit (Eskimo), the geostrategic implications of Chinese investment are irrelevant - and they are probably right about that. What worries them, and occupies a central place in Greenlandic politics, is the cultural and social implications of foreign investment by anybody, Chinese or not.

The Greenland Inuit are one of the few indigenous societies in the world that has full or almost full control over its own destiny, but the impact of the modern world on their traditional culture has been as destructive as it was for all the others: depression and other psychological illnesses, rampant alcoholism and drug use, and an epidemic of suicides.

So they face a choice. Do you go on trying to preserve what is left of the old Arctic hunting and fishing culture, although it's already so damaged and discouraged that it has the highest suicide rate on the planet? Or do you seek salvation in full modernisation through high-speed economic growth, while keeping your language and what you can of your culture?

What's remarkable about Greenlandic politics is how aware the players are of their dilemma and their options. "If you want to become rich, it comes at a price," says Aqqaluk Lynge, one of the founders of the Inuit Ataqatigiit (Community of the People) party that ran the government until 2013. Lynge and many others didn't want to pay that price, and under the Inuit Ataqatigiit administration all mining was banned in Greenland. Quite apart from the environmental costs of large-scale mining operations, they believed,

Siumut member Karl Kristian Kruse (L) and leader of Siumut Party Kim Kielsen outside Godthaabshallen in Nuuk. (Photo: EPA/Christian Klindt Soelbeck)



the many thousands of foreign workers they would bring in would have a devastating impact on the already very fragile Greenlandic culture.

The decision was made in 2013, when the Siumut Party took power. It believes that modernisation has gone too far to turn back now. Better to gamble on solving the current huge social problems by enabling everybody to live fully modern, prosperous lives. If you're no longer marginalised and poverty-stricken, you'll feel better about yourself.

As Aleqa Hammond, Kielsen's predecessor as premier, said in 2014: "The shock will be profound, but we have faced colonisation, epidemics and modernisation before. The decisions we are making (to open the country up to mining and oil drilling) will have enormous impact on lifestyles and our indigenous culture. But we always come out on top. We

are vulnerable, but we know how to adapt."

Let us hope so, but the die is cast. Greenland will modernise, and in due course we will find out if that helps. It makes little difference to Greenlanders

whether the foreign investment comes from Denmark, China or the United States, so long as they have political control - but they certainly don't want to become Americans. The 'Greenland Purchase'

is not going to happen. As Soren Espersen, foreign affairs spokesman of the Danish People's Party, said last week: "If (Trump) is truly contemplating this, then this is final proof that he has gone mad."

ASK Kurt

All your computer questions answered



Shortcut tips for Windows

- You can screenshot select parts of a window by selecting the Snipping Tool from the Start bar.
- Always choose "Custom Install" and take your time going through the different messages that come up as you proceed through the installer, as a lot of software will install bulky toolbars onto your computer without you realising it.
- If you type cmd into the address bar of the file explorer in Windows 10, it opens command prompt in that directory.
- Bring up the console on Google Chrome by pressing F12. This can allow you to look at the images on a webpage or even temporarily edit its text.
- Your computer won't turn on? Try turning it on and off again several times. If it hangs hold down the power button for 5 seconds to do a forced shutdown.
- 'Windows key + a direction arrow' moves the current window to that side of the screen.
- Pressing F4 in Excel repeats the last command - for example if you highlighted a cell yellow, pressing F4 will repeat the command.
- 'Windows Key + L' will lock your computer
- Clicking a link with the middle mouse button opens the link in a new tab.
- Press K allows you to pause a YouTube video, while J and L go forwards and backwards in 10 second increments.
- 'Control + Tab' will go through you browser tabs one by one, going left to right, 'Control + Shift + Tab' goes the opposite direction.
- Hold S and right click on an image in Google Chrome to search for the picture on Google.

Email your questions to Kurt: kurt@algarvecomputercentre.com



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

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CHARITIES

APAA CHARITY SHOPS - Dunas do Alvor, Tues - Sat 10.30am - 2pm and Rua Elias Garcia 20, Silves, Mon - 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 and serve food to hungry but appreciative people. For more info call Joy 917 358 098.

THE DONKEY SANCTUARY needs all your unwanted items for our shops in Ferragudo, Carvoeiro and Lagoa. Larger items i.e. furniture can be collected. The shop funds allow us to feed our many mouths at the Sanctuary. We always need extra hands at our shops so if you can spare 3-4 hours a week give us a call. Chris 966 033 127.

CARVOEIRO CAT CHARITY ASSOCIAÇÃO. Located in Porches and run entirely by volunteers. We are looking for 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.carvoeirocharity@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, N° 53. Portimão (Behind Bombeiros).

MADRUGADA ASSOCIAÇÃO provides home-based, end of life, palliative care to patients and their loved ones free of charge. Your donations would be very welcome. Volunteers are also required. If you can help call us on 282 761 375 or visit our shops in Lagoa and Praia da Luz.

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

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 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

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

Chess Club. Eastern Algarve. chessalgarve@mail.com

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

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 & Thursdays 1.45pm for 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 or 965700536.

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 wilks89@hotmail.com, 282912280 / 924220173.

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

Alvor Bowls Club, Every Wednesday and Sunday, 10am. 282490280 www.alvorlawnbowls.com

Walking Football Wednesdays, 9.30am - 11.30am. Lagos. 50+. jerrydowd@hotmail.co.uk

Walking football Tuesdays and Thursdays 9.30am. Vilamoura. info@browns-club.com or 289322740.

Valverde Lawn Bowls Club - Every weekday from 10am, Al Mancil. 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, strictlydancing carvoeiro@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

Cultural Centre reopens



The Centro Cultural São Lourenço was founded in 1981 and was closed in 2012 after 30 years of cultural activity.

Two years ago Paula and Mário Sequeira bought the gallery. Their love of art already existed and they have a gallery in Braga where they exhibit well known national and international artists in a signature building.

The Centro Cultural São Lourenço reopened its doors to the public on 29 July with an exhibition by James Martin, a renowned English artist. Jason was born in 1970 in Jersey on the Channel Islands and lives and works in both England and in Portugal. The exhibition

features patent oils and pigments on aluminium and some watercolours.

Centro Cultural São Lourenço is located in São Lourenço (Almancil) church and is considered to be a treasure trove of architecture in the Algarve.

The space is calm with courtyards and terraces and while it has the charm of a traditional Algarve building of the late 19th century it works as the ideal backdrop to contrast with the contemporary art on display.

The James Martin exhibition, If Not Now, When is on display at the gallery until 31 August. For further information, please call 910 971 880 or email centroculturalesslourenco@gmail.com

Algarve Bike Rides

Here are the details of this week's rides:

Saturday 24 August - Bike Ride starting in Estoi: We meet by the cemetery at 9.15am. This will be a fairly challenging ride with a café break somewhere along the way.

Sunday 25 August - Bike ride starting in Boliqueime: We meet at Bolitasca 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@algarvebikelihoods.com, Visit: www.algarvebikelihoods.com, or Facebook: AlgarveBikeHolidays.

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Back to School appeal off to a great start



The organisers of the 2019 Back to School Appeal are delighted with the initial response and would like to thank all those who have already contributed.

It is not too late to participate. The charities ACCA and Castelo do Sonhos are hoping to help more than 800 needy children this year.

A big thank you to Ricky Dee of The Charity Van: Arm in Arm Messines, to C.A.S.A. - the Social Club, and the Algarve Art Society who have already made very generous donations to the appeal

Thank you also to all of the drop-off points. With the help of their customers, the wonderful teams at Iceland in Almancil, Guia, Galé, and Portimão have already made a start on their collections.

Every small item will help and can be left at the drop off points before 4 September. If you prefer to make a monetary donation we can shop for you: - ACCA IBAN PT50 0079 0000 4342641910 122 and there are also collection boxes at the

various drop off points.

And special thanks, as always to Gary and Sylvia King of The Golf Shack who are not only a drop-off point but have once again added their support to the appeal on a non-profit basis and are kindly offering to supply good quality backpacks and gym bags at a price of only 5 Euros each set of backpack and gym bag. You can purchase these yourself or order by emailing: backtoschoolalgarve@gmail.com

ACCA and Castelo do Sonhos are aiming to better last years total of 850 back packs given out to needy children but **WE REALLY NEED YOUR HELP TO MAKE THIS HAPPEN.** Your generosity will play a part in helping these children make the best of their education and a brighter future.

Items and donations are needed by Wednesday, 4th September.

For more information about this appeal please contact Sue Butler-Cole on 282 330 242, 968 335 856 or email coleloram@hotmail.com

Artists paint mural for animal welfare

The event was attended by representatives from PAN and MAF. Artists from the tattoo atelier 'Estudio Onze' donated their artistic skills towards animal welfare on August 10th. Miguel Martins, Edgar, and Ana Goulão gifted the Association 'Animal Rescue Algarve' (ARA) with an animal welfare-themed mural.

The event marked ARA's first official 'open day' to the general public counting with the presence of Paulo Batista, headliner for Faro's charter of the PAN Party (People Animals and Nature) and Carlos de Deus Pereira from M.A.F. (Pro Animal Movement of Faro), as well as families and animal welfare enthusiasts.

ARA has over 100 dogs and 20 cats in its care, all of which have been abandoned or victimised. ARA's purpose starts with rescuing and housing animals, with a strong focus on preparing dogs for adoption through a socialisation programme, daily rehabilitation therapy for traumatised animals, and a complete accompaniment of the physical and mental health of each dog and cat.

ARA's dogs are walked twice a day and enjoy daily activities which promote their



socialisation skills by placing handpicked groups of animals into ARA's parks.

To avoid the emergence of aggressive behaviours each kennel houses a maximum of three dogs. Moreover, in order to prevent any future health complications animals are fed a protein-rich diet. Additionally, all rescued animals are vaccinated, microchipped, dewormed and put through regular check-ups.

ARA's work is only possible due to a

team of experienced people within animal welfare, a veterinary health assistant, a trainer and, above all, a solid base of foreign and local volunteers contributing to the completion of daily tasks.

During its existence (little over a year), ARA has overseen more than 100 national and international adoptions.

ARA has no governmental assistance, relying exclusively on the support of private individuals.

Strings and Things Band Returning

It's not just a 'Good News Day' it's a 'Fantastic News Day'. Yes, it's true, The fantastic Strings & Things Band are 'Back On The Road Again'.

The talented, multi instrumentalist Howard Scott Parkin is back in the Algarve for 3 weeks and he intends to make the most of it to raise more much needed funds for the Salvation Army.

He's rounded up his troops and the Strings are all very excited to announce that our first show of three will be on Saturday, 31 August at the Mo'H Irish Bar, Olhão from 6pm.

Our hosts Mike and Charlotte are providing one of their very tasty BBQs and maybe even some of their famous thick chips if we're very lucky.

We are so looking forward to seeing everyone gathered for a night of music and dance and don't forget-it's all to give a little bit back to this beautiful country we enjoy so much.

You can check us out on Facebook for details of all our shows.





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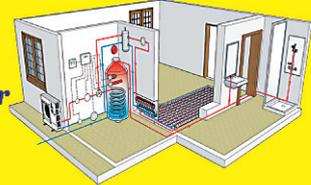
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Reply to Nuala Harris

Dear Nuala, Thank you so much for your passionate and insightful intervention. The animal welfare cause needs people like you.

I am afraid that the main point of the article might have been lost in your assessment though, and that is that in spite of the best efforts of all who are involved in the honourable mission of rescuing animals and furthering animal welfare, there is a deep-rooted deficiency in how official governmental (local and central) entities support and supervise such activities.

We are humbled and flattered by your labelling of ARA as 'gold standard', but that label should be attributed based on much more than our infrastructure. The main purpose of our work extends well beyond making sure these animals have a roof over their heads, but also we try to constantly improve their very existence on this Earth. At ARA we have been blessed with a very unique mixture of knowledgeable people in various areas of expertise for whom animal welfare and dignity is paramount.

We value those who get their hands dirty on a daily basis for the good of the animals, as much as we cherish those who help us in any way they can. Whether we are talking about a lawyer, a dog trainer, a volunteer or a politician, the strength and excellence of our work has its pillars on an approach that welcomes and respects anyone who is willing to work for animal welfare.

That being said, we have an unending amount of respect and admiration for anyone involved in trying to make the world a better one for the animals that share it with us. Animal welfare defines our very existence, and in this universe of ours we do not have a competitive stance, since anyone who changes a single life for the better is definitely rowing alongside us in the same direction.

We do not judge any other charities based on their material possessions, and we are very well aware of how privileged we are. But it is a fact that certain

establishments are pushed into precarious situations because the powers that be (local or central) often take advantage of the kind hearts of those who want to help, while doing little to nothing in ways of supporting them. It is also a fact that there is no dignity in having overcrowded, underfunded and understaffed kennels, where animals have a roof over their heads but in many cases are deprived of their other essential needs. This is not about pointing fingers at other places, but rather a call for those who are truly responsible for these animals to start living up to that responsibility. The more shelters allow for the continued stockpiling of animals at the Council's requests or complacency, while that same Council gives what are de facto insignificant tokens of support, then we are allowing them to dodge their responsibility at the expense of the hard work of those devoted to animal welfare.

More than ever we need to stand together, because this is not an issue of who has the better tools to do what, this is about demanding those tools from those who we are obliged to provide them. Shelters should complement Council's/ Government's efforts, and not do their work for them - especially when that means that those same shelters are pushed to the brink of implosion without any support for their work. This lobbying of government both local and central is one of our prime objectives.

ARA has its doors open to anyone who would like to visit our shelter in order to better understand us and what we are about. We very much extend that invitation onto you Nuala as you really appear to be quite knowledgeable in this subject, and I am certain we would all benefit from such a meeting not least you also seeing the animals currently under our care..

I can always be reached at info@animalrescuealgarve.com.
Best wishes,
SID RICHARDSON
(ARA Founder)

Letters to the editor

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication.

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

**The 'weak' Link**

SIR, This is my first visit to the Algarve for more than 15 years, and the first time my wife and I have had the pleasure to stay here for more than a month!

First and foremost, the overall development of the Algarve is mind blowing!

The weather has been superb. Restaurants a plenty, providing great tasty Portuguese cuisine. Bus services excellent - once you decipher the 'tiny print' of the posters at the bus-stops!

People friendly, super-markets with a wide variety of food and drink. What a paradise?

Alas. The 'weak link' (for us anyway) has been the diabolical train service between Lagos/Tunes/Faro! The train is in a worse condition than I recall trains back in the Lobito/Benguela railway days - before the 'freedom fighters' took control! (Sometimes, standing room only prevails on this 'regional train'). A pity that even the IC train - between Lisboa-Tunes is also below par, and toilets remain unusable for almost half the trip!

Somebody needs to tell CP - they need to jack up their services, and buy new equipment, otherwise visiting tourists will have no option but to hire expensive 'cars' & use taxis etc...!

Other than railways, the public transport and infrastructure here in the Algarve and the little we've seen between Porto and Faro, appears excellent....!

T P O'CALLAGHAN
(Cape Town resident).

Re: Coming up Trumps

I refer to the letter from John Clare. At no time did I comment on the citizens of America nor the country per se. My comments were about Donald Trump and his behaviour as President of the United States. By most world standards his remarks/tweets are contentious and serve to drum up feelings of hate and division in the country. What recently occurred at El Paso is an example so I rest my case.

I certainly hope that Mr Clare does not live in Portugal because he obviously hasn't a good word to say about the country. Oh, and I am certainly not naïve and I am most definitely democratic.

DIVIENNE CONYNGHAM,
By email

Re: Coming Up Trumps

SIR, Is Mr. John Clare still living in Portugal, a corrupt country in his words? If he is, he must like suffering. He clearly despises this country so I think he should follow that advice given by Trump to those four women senators - "go home!".
FILIPA LENCASTRE, Belas

Reply to Miss Steele

SIR, Miss Steele represents the new voice in the political world, the voice of rudeness, and intolerance. Significantly, precisely the qualities she abhors in others (see her letter).

It is also the voice of the future, a future where the old political systems will decay into faceless oligarchies. The new political vision is of a fascist state run by civil servants hiding behind impregnable walls.

In short, democracy is on the way out. Maybe you will say 'and a good job too, it doesn't work'.

This paper has over the past few weeks posted some outrageous letters which show the new mood. Democracy is clearly not popular.

At least you are living in the right place. Democratic institutions have been crashing all around us in the EU. France voted against the Lisbon treaty, but the French were told to keep voting till they got the right answer. In Ireland, things were the same. The latest game plan has been to give the top EU job to someone who wasn't even on the ballot paper.

Some democracy! People like Steele (I disagree with her, but wouldn't dream of calling her Steele) will no doubt approve.

Have you noticed that when the popular vote goes "the wrong way" populism becomes a dirty word?

What about Greece, Cyprus, and now Italy? People vote for a government which can't put into practise what the people voted for because in the EU you do as you are told irrespective of how you vote.

I guess democracy always was a flawed political system. But at least it gave the small people in this world the feeling that they can have some say in how they are governed. Clearly those days are over.

And as to the absurd idea that an elected president can tear apart a country, that just shows that the writer hasn't a clue how the US is run. Anyone with an ounce of intelligence knows that the real problem in America is the power of the lobbyists, which subverts the democratic intention. That means that if democracy is out, more lobbying is in.

Oh well, with democracy gone that will cease to be a problem. The lobbyists will take over and we will be back to the days when a country was ruled by those with the most money and the most power. That is probably the most natural form of government.

However, how long before the little people start to get uptight again, and we come full circle? That's where we're heading.

JOHN CLARE, By email

The Carvoeiro Cat Charity – six years later



The Carvoeiro Cat Charity is one of the Western Algarve's largest cat sanctuaries which keeps up stray and neglected cats.

The Carvoeiro Cat Charity (a non-profit association) was established in 2013 by German resident Corinna Janiec in order to "change the lives of the abandoned cats of the Algarve".

Corinna transformed her home and land into a rescue centre offering shelter, safety, food and veterinary care to the animals rescued from the streets. In 2013, the rescue centre was home to over 100 adult cats and about 25 kittens. At that time, costs for food and litter alone for the cats were about 1.000. - Euros per month!

Six years later, thanks to people with big hearts, donations and the always bigger heart of Corinna Janiec, our beloved president, The Carvoeiro Cat Charity Associação's refuge still exists, not without daily difficulties. Actually, about 250 cats are living in the refuge. So Corinna is still appealing to the local community for help with its running and upkeep.

Six years later, the refuge has become larger and cats are homed in several different houses. There are small houses big enough for 2 cats, who have had trouble socialising with larger groups. There are larger constructions, which are home to whole colonies of cats that have been moved from the local community. Cats with diseases are housed separately to avoid contagion.

In order to manage all this big job, Corinna needs volunteers, cat lovers!

"When I have no help, it takes seven to eight hours a day to do everything" tells Corinna, "But when I have helpers, they normally come around 9am and we usually finish by midday".

The daily jobs includes feeding the cats, topping up their water, cleaning out the litter trays, replacing dirty blankets with clean ones and sweeping the floor. Everything is provided and the only thing the volunteers need to bring is a willingness to roll up their sleeves and get stuck in.

Six years later, the day-to-day running of the refuge incurs more costs than in 2013. On top of basic expenses such as food and litter, veterinary bills, older constructions have to be replaced by new constructions and all this requires materials and manpower.

In order to raise the much-needed funds, you can get a membership of the The Carvoeiro Cat Charity for as little as 10. - Euros a year. Different fundraisers are also foreseen (Christmas event, charity garden party, charity dinners...).

Other ways to help the charity financially include one-off donations made directly to the organisation.

Last but not least, one of the main aims of the refuge is to re-home cats to forever families. Some years, about 80 cats have found a new family and not just in the Algarve. Some cats went to England, Holland, France and Germany. Corinna prepares everything, brings the adopted cats to the airport or works with overland animal transport companies. Anyone who is interested in adopting a cat is welcome to visit the refuge. The only difficulty: choose one or better two cats because they are all so lovely!!

So don't hesitate to join us. We are always looking for more volunteers, more extra hands to help us in the refuge or financially. The cats are thanking all of you in advance.

For more information, adoptions or to volunteer, email: ccc.carvoeirocatcharity@gmail.com or call Corinna on: 918 552 788

CORINNA JANIEC
President of The Carvoeiro Cat Charity Associação

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Weave some magic at home...

We're all waking up to the magic of weave, with rattan - that blonde, slim, easy-on-the eye material - enjoying a starring role in homes right now.



Lightweight yet sturdy, it can also look fresh and modern depending on the shape and finish you choose (Photo: Furniture Choice/PA)

Interest and Instagram are full of stunning examples of how rattan can lend a 'wow' factor in a way that solid wood simply can't, and it's totally in tune with our growing desire for natural products and organic designs in our living spaces. Rattan was a huge hit in the Seventies, a trend that stuck for at least a decade, and has endured as a staple of the conservatory - but perish the thought that this is just a predictable reincarnation. Designers have so transformed it, with punchy colour and imaginative chic new shapes, that pieces are good-looking enough to be focal points in all areas of the home. Not only that - they're seemingly so entranced by all things woven right now, they've also turned their creative attentions to raffia, bamboo, and even simple straw. "Rattan really is the 'super food' of the homeware

world," declares Sophie Garnier, founder of Kalinko (kalinko.com), specialists in hand-woven rattan furniture and accessories made in Burma. "Practically, the material is solid all the way through the vine, which makes it incredibly strong, and its flexibility means it can be woven into any shape. It also accepts paints and stains like wood, so can be made in a variety of colours and finishes." Not least, it's a good choice, Garnier points out, if you want to burnish your eco-credentials. "It grows very quickly all year round and is harvested without harming the tree and also grows back very enthusiastically, so an A-star for sustainability," she enthuses. Lightweight yet sturdy, it can also look fresh and modern depending on the shape and finish you choose, notes Garnier. Summing up its appeal, she says: "It brings the essence of the outdoors

inside, which is very soothing and, while an obvious choice in the summer, will look great all year round in both classic and contemporary homes." What are you waiting for? Work the weave at home, with a variety of beautiful products... **Keep it light** Woven furniture won't dominate a space, which makes it ideal for compact spaces and especially good for renters as it's easily transportable, says Kate Butler, head of product design at Habitat. "Fast-growing materials like rattan and bamboo are increasingly becoming key materials for us, and we're incorporating these strong and lightweight materials into more modern designs that take advantage of their versatility," she explains. "They allow us to create more interesting 3D shapes, from fluid curves to angular forms, so we're moving away from traditional rattan associations - which confined it to the conservatory - to more inspirational, contemporary ideas for the home that allow you to add more personality to a space." She highlights the Nadia bedframe (designed by Matthew Long), made from four individual rattan

sections which clip together for easy assembly, and Habitat's range of rattan light shades, which simply fit over a bulb. **Mix 'n' match** Double up for maximum effect - two chairs are better than one because they'll look as though you've committed to a style, rather than bought a random piece. If you want to make a statement, choose a rocker or a classic Peacock-style chair. The latter with its high back, which is also called a fan chair, originated in the Philippines and its striking style has featured in many iconic photographs over the years. **Store & stun** We can never have enough storage - but there's no reason it should be boring. Turn it into eye-candy with wicker weaves featuring soft, blushing shades, which can hold everything from household essentials to toys. **Divide & Rule** Unique pieces, like a folding screen, will conjure a tropical vibe in a living area. And you can ramp up the effect with other accessories, such as a mirror, wall-mounted woven platters, occasional seating or a lamp. PA/TPN

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Woven furniture won't dominate a space, which makes it ideal for compact spaces. (Photo: Cox & Cox/PA)

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Vegan Pastel de Nata launched in Lisbon

Pastelaria Batalha, a family owned bakery in Lisbon known for their traditional custard tarts, have launched a vegan version of the much loved Portuguese pastry.

João Batalha, pastry chef and owner of the business, believes that all Portuguese cake lovers and tourists visiting Lisbon should have the opportunity to enjoy one of the most iconic cakes in the country, regardless of their food choices. With this in mind, he was inspired to develop a 100 percent plant-based recipe that managed to still maintain the essence of the famous cake.. The new Pastel de Nata has the iconic crispy crust and a creamy filling, but has been made without milk or eggs, Batalha's Vegan Cream Pastry

manage to fulfil vegan requirements and are also suitable for those with lactose intolerance or egg allergies. The Vegan Cream Pastry is available every day at Chiado store, at Largo Camões (Rua Horta Seca 1), where you can enjoy coffees, drinks and other vegan pastries, salads, home-made soups, natural juices and fruit smoothies. Not only is the Pastel de Nata made without cruelty to animals it also contains only half the amount of sugar of a regular custard tart. For further information, please visit www.pastelariabatalha.com



Lorenzo Villa breakfast club



Enjoy a breakfast experience in one of the most luxurious houses in the Algarve.

Every Friday the Quinta do Lago Real Estate team will be opening the doors to the Lorenzo Villa located on San Lorenzo North within the resort for a

breakfast experience not to be forgotten.

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Set in a plot of 2060m2, the property fuses classic with contemporary style

and opens out to a spacious exterior flooded with light, a superb swimming pool and a terrace overlooking the San Lorenzo golf course.

The breakfasts are open to everyone and reservations can be made by calling 289 392 754.

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7 dogs representing Portugal at Dog Puller World Championship 2019

Dog Puller Sport is a new sport for both dogs and owners and this year the sport will be holding their second world championship, where seven dogs and six humans are going to be representing Portugal.

“Dog Puller Sport is a new athletic spectator sport for dogs of all breeds, sizes and ages regardless of prior training experience, said Gail Skinner, Dog Trainer at Awesome-Dogs.com and owner of miniature pinscher. “Dogs compete in Puller Running and Puller Jumping. In both disciplines there is a 90 second duration where the dog is continuously running or jumping. As Dog Puller is an active athletic sport, both dog and owner require formal training in order to compete safely and successfully.” Gail, the owner of miniature pinscher “I’m The Pipstar” and Yorkshire Terrier “Princess Zsa” who are ranked 2nd and 3rd in the Portuguese National Rankings and have been



selected to represent Portugal at the World Championships in Hungary in September. “The Dog Puller Sport was developed in 2012 and it arrived to Portugal in 2017. The first Dog Puller World Championship was organized in 2018 in Prague, Czech Republic, and Portugal was represented by one

competitor dog and handler, and a referee as well.” On the 7 and 8 of September 2019 the second world championship is going to take place in Hungary. “We have travelled to the National Championships in many different towns in Portugal to gain enough points to qualify. In the Micro Category, one of my dogs “I’m The Pipstar” was the first Micro dog to score points in both the running and jumping categories.” “Awesome-Dogs.com will be hosting the opening Championship of the new Dog Puller Season in September in the Algarve, we are hoping to run a workshop to introduce Dog Puller to more people and their dogs.” The Portuguese Dog Puller Team is now trying to raise

awareness about this sport and sponsorship to help get the team to the World Championship. “We need help to get these two dogs to the Championship. Any donations or sponsorship would be greatly appreciated and will help to make the dream come true.” “The sponsorship we are looking for is to send the whole National Team to the World Championship it’s in the region of €5,000 but as the team is spread all over Portugal we have decided to raise funds individually also, so people can donate to help send my two dogs to the World Championship or they could sponsor kit for the handlers so that we all have the same outfit to represent Portugal” To find more information about sponsorship, the world championship or the sport itself visit the facebook page “Dog Puller Portugal”.

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Garden trends th

Who remembers when rock gardens were fashionable? Or perhaps at one point in your green-fingered life you attempted to paint your garden fence sky-blue, or adorn your patio with crazy paving?

These are just some of the trends remembered by award-winning garden designer and TV expert Matthew Wilson. Here, Wilson takes us down memory lane with a look at horticultural fads and fashions through the decades...

1920's: The rock garden

In the 1920's, rock gardens were the height of fashion. You hardly see them these days, although there are still some designers who produce them.

1930's: Art deco designs

As art deco architecture came into fashion, the style often extended into gardens. Exotic plants and evergreens were shown off in simple white-walled plots or within curved brick designs.

A great deal of creative effort was put into the paving, with highly stylised patios and paths.

1940's: Grow your own

After the war, rationing continued for many years and the 'grow your own' movement was a necessity, rather than a fashion. Ornamental gardens were dug up to make vegetable patches. Even football

pitches were turned into allotments, and London's Hyde Park had a huge allotment garden. This trend continued into the 1970's, as seen on TV in The Good Life, and then fell out of fashion - but is very much back on the agenda for very different reasons right now, linked to the concern about the environment, food miles and agricultural additives. It's come full circle.

1950's: Rose gardens

There was a massive interest in rose breeding in the 1950's, with growers trying to produce new and exotic coloured colours. People tried to grow blue roses, which actually cannot exist in nature but have since been grown using genetic modification. The Royal National Rose Society had more than 100,000 members by the 1970's. People still love roses, but few would have a rose garden that is solely roses and nothing else today.

It was also the start of the British love affair with the well-tended garden lawn, as new weed-killers, mowers and products came on the market, and the 1950s was the decade when the first garden centre opened in the UK.

1960's: Mini conifers and heathers



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through the decades

In the late 1960s, there was a trend for mini-conifers and heathers in Britain's gardens. They were popular because they were fairly low-maintenance and looked good all year round. "Like many trends, they went completely out of fashion, but I think in the next few years we will start to see a renewed interest in conifers," says Wilson.

1970's: Crazy paving
Crazy paving was big in gardens in the 1970's. It was popular because it gave people a unique design in their garden, often in pink or yellow, and was also cheaper than conventional paving.

1980's: Wildlife gardening
The 1980's saw a surge of interest in wildlife gardening, with households encouraging wildflowers to grow in their gardens as concerns grew about the environment. Chris Baines' 1985 book, *How To Make A Wildlife Garden*, shot to the

bestseller lists - telling people how to make their gardens a haven for wildlife. The trend of gardening with nature, rather than fighting against it, has continued and is now arguably one of the most important aspects of modern gardening.

1990's: The TV makeover
The 1990's was the decade when gardening became prime-time TV, with shows like *Ground Force* with Alan Titchmarsh and *Charlie Dimmock* encouraging householders to give their gardens a dramatic makeover. Decking and other recreational features became popular, as more people made the barbecue and patio table and chairs the focus of their outdoor space.

2000's: Naturalistic planting
The new century saw the popularity of 'naturalistic' planting start to grow, inspired by designers such as James van Sweden in the

US and Piet Oudolf from the Netherlands. In Essex, Beth Chatto had created the influential 'Gravel Garden', and flower shows began to feature planting schemes that had more in common with meadows than traditional flower beds.

2010's: Green gardening
Gardeners became far more conscious of the environment. 'No-dig' gardening is a big part of what we do now, and is going to become even bigger. It is a less intensive way of cultivating the soil, that prevents damage to the soil flora and fauna that are so important to plant health. There is a big concern these days about water use and the environment, and this is driving the way we garden. Coastal towns are always drier, so building zero-irrigation gardens - for instance, thinking about the right plants for the right place - is also big.

PA/TPN



Typical 1960's garden. (Photo: Hannah Stephenson/PA)



A gardener at work on a 1984 show garden. (Photo: Southport Flower Show/PA)

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Faro – The perfect start to an Algarve road trip



The Old City, Faro. (Photo: TPN)

The very fact that this culturally rich and authentically Portuguese city is overlooked by many travellers is in itself a reason to visit. You can relish in its tight cobbled streets and Medieval old town in peace, enjoy the city's culinary delights in some of the quaintest restaurants you can find in the Algarve, and even take a short drive just outside of the city to find some unique attractions.

Old Town

Faro has a colourful history. The city was under Roman control

until 713, before it was conquered by the Moors, who fortified the city. After 500 years of Moorish rule, Portuguese forces under King Alfonso III defeated the Moors and occupied Faro, interested particularly in its secure port and salt reserves. It became an important commercial centre for the 'Portuguese Age of Discovery', and following a number of unfortunate natural disasters that ravaged Portugal's south coast, Faro, protected by the sand banks of the Ria Formosa lagoon, was promoted as the Algarve's capital.

Faro, capital of the Algarve region, has often been overlooked as a destination, but it can in fact be the perfect start to a road trip along Portugal's sun-drenched south coast.

N NICK ROBINSON

Back to modern day, and what better way to prepare for a day of exploration than an early morning coffee atop Hotel Faro. This stunning rooftop location is open to all, with a view over the glistening Marina.

An excellent and highly recommended way to explore and learn about the capital is with an environmentally friendly TUK-TUK tour. Our friendly guide met us in the gardens in front of Hotel Faro and we set off along the Marina, skipping through tight little cobbled streets, ancient archways and revealing medieval town squares lined with quaint restaurants. There are many tasty spots in the Old Town including Faz Gosto, Tertulia and O Castelo Restaurant and Bar. For a fine evening meal head just west of Hotel Faro to the small, cobbled streets and take your pick from a range of restaurants including Guaka (Mexican), Hamburgueria da Baixa and for great Portuguese food try Tasca do Ricky, which is a bit further west.

With our cultural and historical appetite quenched we stopped for some brunch. Chelsea is a brunch cafe situated within the Old Town, serving a delicious Eggs Benedict and other juicy goodies available all day long. Although traditional Portuguese breakfasts are generally toast with cheese and chouriço, washed down with a small espresso, don't pass up the opportunity to grab a classic 'flat white' here. Talking of coffee, the local way

to ask for an espresso is "bica" which stands for "beba isso com açúcar", a drink this with sugar (because it is so bitter).

Paddle Boarding

Just 7km from downtown Faro is the Ria Formosa nature park and lagoon. Considered one of the seven natural wonders of Portugal, it's a perfect spot to cool down away from the city's scorching streets, and you can reach it with a short drive from the city. In minutes you can escape the hustle and bustle of the city, and we decided to arrange a paddle board trip that took us around the surrounding lagoons. Drift past clumps of heather with fish gliding below your feet, totally at peace. Little crabs scuttle around on the mud banks as the tide slowly comes in, filling up the entire area. You can hire kayaks and go on paddleboard tours, but if you're new to these water activities make sure to go early in the morning as wind can sometimes be a bit of a struggle in the afternoon.

Barrier Islands

If water sports aren't quite your thing, another great activity is to take a boat out to the Barrier Islands. These islands are basically one long sand dune, pedestrianised so that no cars are allowed on the islands. It's a quaint and tranquil set of islands, all reachable by boat. There are some lovely, traditional restaurants, including Estaminé, which is a classic Portuguese culinary experience.

Evening Drink

One of Faro's other attractions is its lively nightlife. We capped off a peaceful and scenic afternoon by returning to the city and visiting Hotel Eva. You can visit their idyllic rooftop pool - a perfect place for sundowners to enjoy a cocktail and take in the spectacular views over Faro and Ria Formosa. There are sunset parties there every Sunday evening, with live music and DJ sets, that are really worth a visit.

Faro can be a wonderful way to start a road trip of the Algarve. Take in the city's history, culture, plus a little relaxation before you hit the region's famous beaches and picturesque landscapes. 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/



Nick Robinson has lived in the Algarve for 20 years and creates regular video content about the area for clients and for his web project entitled Algarve Addicts. He enjoys publishing his podcast and his series of vlogs on www.algarveaddicts.com

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The health benefits of berries



(Photo: PA Photo/istock)

And beyond tasting great, the nation's favourite berries have a lot going on in the nutrition stakes too. Packed with disease-fighting antioxidants, digestion-aiding fibre and several vitamins and minerals, consumed regularly as part of an overall balanced diet, these small wonders can do a lot to support our general health. We asked nutritionists to talk us through some of the key health benefits of tucking into fresh berries this summer...

Blueberries

These little blue fruits (or deep purple, depending who you're asking) grow in bushes that are

native to North America. "Blueberries are one of the most nutrient-dense berries going," says nutritionist Dr Emma Derbyshire, speaking on behalf of Love Fresh Berries. "They contain fibre, vitamin C, vitamin K and manganese, and they also have one of the highest levels of antioxidants - specifically anthocyanins."

If you're in need of a refresher, antioxidant-rich foods are important to help protect your cells against free radicals - harmful molecules produced from things like pollution, sunlight, smoke and alcohol.

"In recent years, there has also been a growing body of science

[suggesting] that berries could help to offset cardiovascular diseases and help to preserve heart health," says Derbyshire, who adds that blueberries may also help improve mood and aspects of cognitive function too. She advises trying to pack in an 80g serving of blueberries (four heaped tablespoons) per day, which counts as one portion of your five-a-day.

Strawberries

The humble garden strawberry has plenty going for it. Aside from its vibrant colour, juicy texture and naturally sweet taste, Derbyshire explains that these heart-shaped fruits provide a pretty potent hit of vitamin C. "In fact, they contain more vitamin C than oranges," she says. "Eating just seven strawberries provides the recommended daily amount of vitamin C, which is important for the normal function of the immune system, along with reducing tiredness and fatigue."

"They also provide vitamin K, manganese, folic acid, potassium, riboflavin, vitamin B5, B6, copper, magnesium, fibre and phytonutrients," says Derbyshire, "so they really do make the perfect healthy snack."

Raspberries

Also known as 'Rubus idaeus',

the raspberry is a perennial fruit that belongs to the same botanical family as the rose and the blackberry. They grow on thick, leafy bushes with woody stems, and are delicious either on their own or turned into a sweet dessert coulis.

"Raspberries are full of nutrients and antioxidants," says Derbyshire. "Just one cup of raspberries contains 12% of your recommended daily allowance of vitamin K, which is important for supporting healthy bones." She adds that studies have indicated that regularly eating raspberries could help prevent and manage type 2 diabetes, by helping to reduce glucose levels after consumption.

Blackberries

Often found growing in hedgerows, blackberries are an aggregate fruit - which means they're composed of several small juice-filled drupelets. They're usually eaten straight from the hand, but there are loads of inventive ways you can add them into recipes - like whizzing them into a smoothie, mashing them to produce jam, or even stirring them into a spinach and almond salad.

"Blackberries contain a wide range of nutrients, including vitamins C and E, beta-carotene,

potassium and magnesium, as well as fibre and other plant nutrients that have numerous health benefits," says nutritionist Anita Bean.

She explains that blackberries are notable for their flavonoid content, the phytonutrients that give berries their deep colour. Flavonoids have powerful anti-inflammatory properties and can play a role in supporting the immune system, and studies have found that regularly eating foods that are rich in them can significantly reduce your chances of catching coughs and colds. Blackberries may also help keep your brain young. "A study in the Journal of Agriculture and Food Chemistry found that blackberry extract may provide a protective effect on brain, improve memory, learning and general brain function, as well as slowing the decline in age-related memory loss," says Bean.

The good news is, just 10 blackberries will count towards one of your five-a-day, and they also secretly make one of the best post-workout snacks - as flavonoids can also play an important role in performance and recovery.

So next time you're heading for a spin class? Pack some in your gym bag.

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Five ways to tackle insomnia

Not being able to sleep can be a waking nightmare - and it's a problem that commonly blights the lives of many more women than men.



If you're sufficiently sleepy - not just tired but actually sleepy (yawning, can't keep your eyes open), you'll fall asleep much faster, night after night. (Photo: iStock/PA)

Research suggests that from adolescence to their early-50s, for every two men with insomnia there are three women, and around 11% of women have chronic,

unremitting insomnia. Behavioural sleep expert Dr Shelby Harris is determined to help. The New York-based specialist, who treats a wide range of sleep disorders, has just written

the new book - The Women's Guide To Overcoming Insomnia - and says the fact this sleep problem is more common among women is not a coincidence.

"Insomnia is not gender-blind. Women, unlike men, are susceptible to significant hormonal fluctuations throughout the lifespan - from preadolescence through menopause," explains Harris. "When combined with life stressors of work, family and trying to fit everything in at once, it should be no surprise that women struggle with turning off their brains to obtain a solid, quality night

of sleep on a regular basis." She says one of the most effective treatments for insomnia is stimulus control, in which the body and mind are trained that the bed is only for sleep and sex, thus helping to gradually shift the active brain into a quieter state when it gets into bed. Curious to learn more? Here, Harris shares five stimulus control methods to help you get a consistently good night's sleep...

Go to bed only when sleepy

When we begin to have trouble with sleep, we get into bed hoping sleep is an on/off switch. Instead, we typically stay there, tossing and turning (or staying still, watching TV, reading, etc) and wait for sleep to come. This teaches the body that the bed is a place for forcing sleep to happen, even if not sleepy. Instead, if you're sufficiently sleepy - not just tired but actually sleepy (yawning, can't keep your eyes open), you'll fall asleep much faster, night after night. Don't force it, get into bed when you're sleepy, not when you 'think' it's the right - or 'normal' time to get to bed.

The bed is only for sleep

Many people find they're sleepy on the couch before

bed, but once they get into bed their brains wake up and sleep won't come. This is because the more that people have insomnia, the more they spend time in bed awake, trying to force sleep to happen - or even just lying in bed tossing and turning or watching TV. The more you pair the bed with awake activities, the more your body thinks the bed isn't just for sleep but is also for wake. If you only use the bed for sleep and sex, your body begins to re-learn that those are the activities allowed in bed. To do this, get in bed when you're sleepy. Don't look at the clock - it only serves to worsen your sleep. If you feel your brain is too active you begin to get frustrated, or you approximate that 20 minutes have passed (don't be exact here as that leads to clock-watching), get up and sit in a different room. Do something quiet, calm and relaxing in dim light (eg. reading a book, puzzles, art - avoid screens as that can wake you up more). Return to bed only when you're sleepy.

If you get in bed and can't fall back to sleep, get up again after approximately 20 minutes and repeat. You might have to do this a bunch of times at night for a few weeks - but eventually, your body will hopefully learn that the bed is only for sleep and sex. Remember, getting out of bed isn't meant to make you sleepy. Don't expect reading to automatically be a sedative. It's solely meant to be a placeholder so you aren't in bed tossing and turning.

If you're hesitant to get up because you think you're about to fall asleep...

Give yourself the 'one

chance' rule of 10 minutes. If you haven't fallen asleep within 10 minutes, you fooled yourself. Go back and follow instruction number two.

The clock is - and isn't - your friend

Keep a consistent bed and wake time as much as possible, as this helps keep your body clock set overall. Set the alarm clock for the same time every single morning - seven days a week. Our bodies don't have a weekday and weekend clock that's different internally. Also, the clock isn't your friend in the middle of the night. Once you get in bed, don't look at it until the alarm goes off in the morning. Follow the rules of being in the bed for sleep or sex, but don't calculate how long you've been awake for or how long you have until you need to get up in the morning. That makes you more anxious and creates more difficulty with falling asleep.

Don't start your day until the alarm clock's gone off in the morning

If you awaken routinely earlier than the alarm and begin eating, having coffee, turning on the TV or tablet, you're beginning to teach yourself that the day is now starting earlier than you'd like. Instead, find something quiet, calm and relaxing to do in dim light to pass the time until you hear the alarm clock go off in the other room. At that point, feel free to start your day as you wish! The Women's Guide to Overcoming Insomnia: Get A Good Night's Sleep Without Relying On Medication by Dr Shelby Harris is published by WW Norton

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How to keep your hands youthful

Ask any skincare enthusiast, and they'll likely rattle off a multi-step daily routine used to keep their complexion looking radiant (plus a few extra products thrown in on a weekly basis).

Many of us spend a lot of time - and money - on pampering our faces each day, but when it comes to hands, we're often nowhere near as diligent. That's why so many people complain that their hands age faster than their faces - but it doesn't have to be this way. From simple skincare tweaks to transforming treatments, there are plenty of ways to ensure your hands are soft, smooth and young-looking...

Use a mild soap
"It's beneficial to use milder soaps on the skin, as they don't strip the natural oils away," says Haeckels founder Dom Bridges. Whether liquid or bar, look for hand soaps made with a high percentage of natural ingredients. Bridges recommends: "Some people also find they offer relief and are better for skin conditions, such as eczema and psoriasis."

Exfoliate regularly
Exfoliation can work wonders for your hands. "Exfoliate your hands at least once a week to keep

the skin glowing and radiant, just like you would the rest of your body," says Caroline Matthews, learning and development trainer at L'Occitane. "Exfoliating will also help your moisturiser to absorb better into the skin."

Moisturise whenever you wash
"Keep a hand cream next to your hand soap, to help you get in the habit of moisturising after washing your hands," Matthews recommends. "Regular washing is key for hygiene, but one of the biggest culprits for dry, uncomfortable skin - so keep hands hydrated and nourished after each wash." "Another great tip is to make the most of your leftover skincare products, whether it's a face mask, face oil, eye cream, moisturiser or body cream," says Liz Earle, facialist and lifestyle ambassador. "Apply any excess to the back of your hands and around your nails to reap the benefits. "When I'm cooking, I also apply a little oil olive or coconut oil to hands and nails," she adds. "This is a tip my grandma taught me

years ago, to keep hands and nails looking youthful!"

Try a DIY hand mask
Hands feeling in need of some extra TLC? "Apply a generous layer of intensive hand cream (ideally with high amounts of shea butter in) all over your hands and leave for five to 10 minutes, as a mask for extra nourishment," Matthews says. "Tissue off the excess at the end and massage the rest in." Or, why not pop on some ready-made hand masks and let the nourishing ingredients sink in? It's a great excuse to sit back and relax, because there's not much you can do with a pair of slippery gloves on, is there?

Slather on SPF
Sunscreen is an absolute must for anyone concerned with anti-ageing, but most people neglect to protect their hands. "Don't forget the back of your hands when applying sun protection and reapply after washing your hands," Matthews says. "This can easily be missed, and can be one of the first places to show sun damage and ageing."



Protect your paws
"Try to wear gloves when gardening or washing up, to prevent drying out the skin as much as possible," Matthews says. They may not look very cool, but a pair of Marigolds will save you from prune-like fingers and flaky skin.

Consider an aesthetic treatment
"Patients are increasingly asking about treatments for their hands," says Dr Granite, consultant dermatologist at Mallucci London. "This is likely due to the fact we are so much more aware and invested in facial aesthetics now, and want other exposed areas - such as the neck and hands - to match." Treatments include laser to help with brown spots and crepey skin, or dermal fillers to plump hands that have lost volume with age. "Juvederm Volite is another option for the hands," Dr Granite explains. "This is a hyaluronic acid skin booster, which is injected more superficially than traditional fillers, to hydrate and plump hand skin."
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We want the Planet to Smile



A happy, greener and more sustainable planet starts with simple everyday gestures and it's literally in our hands.

Preserving the planet is a never-ending daily mission that we all must embrace so that we don't compromise the natural resources for future generations. And also crucial for the sake of the planet are the social solidarity initiatives that allow countless people to face the future with self-confidence, self-esteem, hope, smiles and happiness...

From MALO CLINIC's commitment to the ecological cause the MALO CLINIC GreenKit was born. A kit composed of child and adult toothbrushes, their respective travel cases, dental floss, cotton-buds, a pen with rubber pointer and a coloured pencils case, all produced with biodegradable, renewable and 100% sustainable materials, like bamboo. An eco-friendly kit which, at the same time, has a didactic purpose. An important step towards environmental sustainability, designed for all ages.

But MALO CLINIC goes even further, embracing a project called BIG WAVES & SMILES, that combines ecological

concerns and social solidarity. A project carried out with the support of American surfer Garrett McNamara and his team (Hugo Vau & Andrew Cotton), focused on the protection of the environment, the preservation of the oceans and the conception of a world where everyone can have the opportunity to smile and be happy.

This project contemplates several initiatives such as a challenge in which people are asked to bring back 3 objects that are not biodegradable each time they go to the beach, or fulfilling dreams of people in need, giving them the opportunity to live unique experiences while making them aware of the importance of protecting our planet.

MALO CLINIC is proud to have by their side in this cause all of those who share these same values and invites everyone to embrace this quest for a better world, a world made of happiness and authentic smiles. Join in and let your actions speak for themselves!

Covering all dental specialties, MALO CLINIC has several clinics across Portugal, two of which are located in the Algarve: Faro and Portimão.

Solar Smart with Penguin



Solar hot water systems make obvious sense in the Algarve with its year-round sunshine. Robust and reliable, such systems are simple to install and have stood the test of time.

A solar hot water panel is basically a flat glass-topped box with water pipes running through. The water is warmed by the intensified heat inside the panel. The pipes continue to the water tank where, by heat transference, the stored tank water is heated in turn. At night, an electric back-up system inside the tank automatically activates (if necessary) to ensure a constant supply.

Such systems offer an effective solution for most properties and will, after repaying the investment, provide free hot water for many years to come. An inexpensive annual maintenance ensures maximum efficiency.

However, in some circumstances there can be a smarter solar alternative: electricity-generating photovoltaic

(PV) panels, which power a low-energy heat pump for the water tank. Nowadays there are sleek-looking combination units available, comprising a vertical tank with integrated mini-heat pump.

This solution offers additional advantages, as such heat pumps can simultaneously supply water at different temperatures for separate applications - say, for sanitary hot water, radiators or underfloor heating.

A further advantage is that PV panels also supply power for low-use home applications such as a refrigerator, devices on standby etc. In this way, the system is still being of use even when the property is unoccupied.

In all cases, the most appropriate solar solution depends on the type of property, the needs of its occupants, and of course budget.

For the smartest solar advice - ask **Penguin!**

An evergreen investment

What can you buy nowadays that's long-lasting, needs almost no maintenance and helps conserve natural resources? You might find the answer surprising, but these are the virtues of high-quality synthetic lawns from *Grasshopper Greens*.

Opening for business in 2005, Grasshopper Greens was initially established to introduce top-quality synthetic putting greens to the Algarve golfing market. Deceptively realistic, these closely replicate the playing characteristics of natural greens to offer a continuously available practice surface. With a range of products available, the company then expanded into laying other synthetic grass surfaces for tennis & Padel courts, 5-a-side soccer pitches and croquet lawns.

In more recent times, the business has broadened still further to encompass a significant market for all manner of home applications - lawns, patios, roof terraces, verandas, pool surrounds, even safe play areas for kids.

We also in recent years have constructed 2 bespoke putting 18-hole mini golf projects in Lagos & Albufeira & have recently constructed a large commercial mini golf park in Hossegor Southern France, so spreading our business further aboard.

Company director, Martin Edwards explains: "In an environment where lawns are not naturally sustained, where water conservation is a growing issue with drought again upon us for this year already and water bills are rising, Algarve home owners are now looking at the longer-term savings offered by synthetic lawn grass. In fact nowadays landscape lawns account for the majority of our installations, bringing



a realistic, lush and beautifully manicured aspect to all kinds of outdoor areas - with minimal maintenance and no watering."

Grasshopper Greens only uses the very best quality products available on the international market from only European producers using advanced fibre technology. Martin concludes: "All too often I have seen the problems that occur with cheap products on the market, usually from the Far East. I completely avoid these, and the products I offer carry a 10-year guarantee plus a 5-year installation guarantee from Grasshopper Greens."

We pride ourselves as being the longest established & one of the only specialist companies in Portugal in the synthetic grass business that has a fully professionally trained team of installers with 16 years of knowledge & expertise only using European manufactured goods of the finest pedigree.

We offer full design & installation of our product range for a wide variety of applications along with clients also able to buy direct lawn grass off the roll.

The team members all take sincere pride in delivering the highest quality of workmanship. We strive for perfection and only deliver the very best to our customers giving always first class service!

Déjà vu Art Shop



Déjà vu Art Shop is a shop that has successfully existed for seven years and is located in the heart of the authentic fishermen village of Ferragudo in the Algarve. It functions as an Art Gallery, displaying work from several different artists at a time. Artists can present their work to the shop and if there is interest and enough space is available, the art will be showcased.

The Déjà vu Art Shop offers a variety of different high quality handicrafts designed, sculpted and crafted by international artist that all have very unique styles and ideas. It gives talented artists from all around the world a chance to show and sell their art and has

managed to balance out all the different products to create an Art Shop that covers everything from paintings to soaps in the shape of a sardine with unique aroma combinations, to clothes, to jewellery made out of spoons and handbags made out of the material that is usually found on the inside of a regular car tire.

The owner, a well-known Algarve artist, Jerome Gay, and his staff are informed about products in their shop and always make an effort to show, explain and answer any questions that might come up.

Déjà vu Art Shop is situated in Rua 25 de Abril 31, Ferragudo.

Stylish rural Portuguese villa with luxury guest chalet near Porches

Fairy-tale property in top condition and ready to move into. Exclusively for sale with Bright Homes Algarve.

This beautiful estate with a 4 bedroom villa and a comfortably furnished 100m² chalet is in a lovely private location, on a hill overlooking the rural area between Porches and Alcantarilha, and just a 10-minute drive from the beach.

In recent years the property has been perfected into a true paradise both inside and outside. Around the villa and the swimming pool are various delightful lounge and dining areas, including a large sustainable wooden terrace with a lounge and dining area under a beautiful shade.

Enjoy a wide views over the rural Algarve. During the day you enjoy the sun and in the evening the beautifully lit garden and the sparkling lights in the distance.

For cars there is room under a carport covered with a shade next

to the driveway or in the spacious 60m² garage.

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The maintenance condition of the villa is excellent. Less than 3-years-ago, the characteristic villa was completely wrapped in an insulating protective layer and then painted to increase comfort and make the villa practically maintenance-free.

The garage was built 2-years-ago and harmoniously fits into the garden and the partly covered wooden terrace.

The beautiful mature garden is economically irrigated with water from its own licensed borehole with a recently renewed pump.

For more information, photos



and description of this fairy-tale property (reference 1577P) visit our website www.brighthousealgarve.com. This estate is priced at € 895.000. You find our office in Ferragudo opposite the Praia Grande and the Castle. Call us at (+351) 938 691 703.



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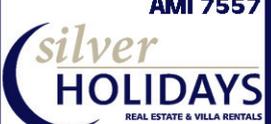
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Property Highlight

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Const. area - 200 sq.m.
 Plot with 2,400 sq.m.
 Energy class - C

Price - 394.900 EUROS
 Ref.V12538
 For more information on this property please contact +351289314486, email sales@vendavilla.com or visit the website www.vendavilla.com.

SATURDAY 24

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 Rugby League: Challenge Cup Final.
17.30 BBC News.
17.45 **FILM:** Ant-Man (2015).
19.35 Pointless Celebrities.
20.25 Who Dares Wins.
21.10 Casually.
22.00 BBC News; Weather.
22.15 National Lottery Update.
22.20 Match of the Day.
23.40 The Rap Game UK.
00.40 Weather for the Week Ahead.
00.45 BBC News.

BBC Two

06.45 The Dog Ate My Homework.
07.15 Ali-A's Superchargers.
07.35 Mustangs FC.
08.00 Blue Peter: Carnival!
08.30 Deadly Top 10.
09.00 The Animal's Guide to Britain.
10.00 Robot Wars.
11.00 This Farming Life.
12.00 Top of the Shop with Tom Kerridge.
13.00 Secret Britain.
14.00 Homes Under the Hammer.
14.30 Amazing Hotels: Life Beyond the Lobby.
15.30 Galapagos.
16.30 Final Score.
17.30 Saving Lives at Sea.
18.00 Rick Stein's Road to Mexico.
19.00 Proms Encore.
19.30 International Rugby Union.
20.30 Dad's Army.
21.00 **FILM:** Viceroy's House (2017).
22.45 **FILM:** 20th Century Women (2016).

ITV London

06.00 CITV.
08.25 ITV News.
08.30 The Sara Cox Show.
09.25 James Martin's Saturday Morning.
11.35 James Martin's French Adventure.
12.05 Ainsley's Caribbean Kitchen.
12.35 Save Money: Good Health.
13.10 ITV News and Weather; Weather.
13.25 ITV Racing: Live from York.
16.00 Catchphrase.
16.45 The Chase.
17.40 Zone of Champions.
18.05 ITV News and Weather.
18.15 ITV News London; Weather.
18.25 **FILM:** Captain America: Civil War (2016).
21.10 Who Wants to Be a Millionaire?
22.10 ITV News and Weather; Weather.
22.30 **FILM:** Total Recall (1990).
00.35 Who Wants to Be a Millionaire?
01.30 Ideal World.
03.00 Britain's Best Back Gardens.

Channel 4

06.00 The King of Queens.
07.20 Frasier.
08.40 The Big Bang Theory.
10.00 Young Sheldon.
10.25 The Simpsons.
11.50 Come Dine with Me.
12.55 Four in a Bed.
15.35 A Place in the Sun: Winter Sun.
16.35 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 Prince Albert: A Victorian Hero Revealed.
21.00 **FILM:** Die Hard 4.0 (2007).
23.40 **FILM:** Victor Frankenstein (2015).
01.30 Ramsay's Kitchen Nightmares USA.
02.20 Hollyoaks.
04.25 Come Dine with Me.
05.20 The #100k Drop.

BBC Four

19.00 Lost Land of the Volcano.
20.00 The Private Life of Cows.
21.00 Below the Surface.
22.30 The Vietnam War.
00.20 Top of the Pops: 1988.
00.50 Top of the Pops: The Story of 1966.
01.50 Lost Land of the Volcano.
02.50 The Private Life of Cows.

SUNDAY 25

BBC One

06.00 Breakfast.
09.10 Match of the Day.
10.30 Sunday Morning Live.
11.30 Homes Under the Hammer.
12.30 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Songs of Praise.
13.50 Hold the Sunset.
14.20 Hold the Sunset.
14.45 Escape to the Country.
15.45 Shop Well for Less?
16.45 Fake or Fortune?
17.45 Pointless Celebrities.
18.35 BBC News.
19.00 Countryfile.
20.00 Poldark.
21.00 Peaky Blinders.
22.30 Match of the Day 2.
23.30 A Question of Sport.
00.00 Sacred Wonders.
01.00 Weather for the Week Ahead.
01.05 BBC News.

BBC Two

06.20 A to Z of TV Gardening.
07.05 Gardeners' World.
07.35 Countryfile.
08.30 Beechgrove.
09.00 Saturday Kitchen Best Bites.
10.30 Nigel Slater: Eating Together.
11.00 Top of the Shop with Tom Kerridge.
12.00 International Rugby Union.
13.00 Athletics: Diamond League Paris Highlights.
14.00 Athletics: British Championships.
17.00 Amazing Hotels: Life Beyond the Lobby.
18.00 The Ganges with Sue Perkins.
19.00 Inside the Factory.
20.00 Dragons' Den.
21.00 A Black and White Killing: The Case That Shook America.
22.00 Peter Taylor: My Journey Through the Troubles.
23.30 **FILM:** Pioneer (2013).
01.15 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 UK.
10.20 Zone of Champions.
10.50 Countrywise: Guide to Britain.
11.20 Best Walks with a View with Julia Bradbury.
11.50 ITV News and Weather.
12.05 Midsomer Murders.
14.05 **FILM:** Mannequin (1987).
16.45 Catchphrase.
17.40 Zone of Champions.
18.05 ITV News and Weather.
18.15 ITV News London; Weather.
18.25 **FILM:** Captain America: Civil War (2016).
21.10 Who Wants to Be a Millionaire?
22.10 ITV News and Weather.
22.20 The Best Little Prison in Britain?
22.45 Yorkshire Airport.
23.15 Who Wants to Be a Millionaire?
00.15 Ideal World.
03.00 Motorsport UK.

Channel 4

06.15 The King of Queens.
07.05 Cheers.
08.00 Frasier.
09.30 Sunday Brunch.
12.30 The Simpsons.
13.55 **FILM:** Stuart Little (1999).
15.35 A Place in the Sun: Winter Sun.
16.35 Coast vs Country.
17.35 The Yorkshire Dales and the Lakes.
18.30 Channel 4 News.
19.00 Prince Philip: The Plot to Make a King.
20.00 The Queen's Lost Family.
21.00 The Handmaid's Tale.
22.00 **FILM:** A Good Day to Die Hard (2013).
23.50 **FILM:** Last Vegas (2013).
01.40 Ramsay's Kitchen Nightmares USA.
02.35 The Lateish Show with Mo'Nique.

BBC Four

19.00 BBC Proms: Sheku plays Elgar.
21.00 Peter Rice: An Engineer Imagines.
22.00 Foo Fighters at Reading 2019.
00.00 James May's Cars of the People.
01.00 Young, Gifted and Classical: The Making of a Maestro.
02.00 Machines.

MONDAY 26

BBC One

06.00 Breakfast.
09.15 Countryfile Summer Diaries.
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.
13.30 Impossible.
14.15 Escape to the Country.
15.15 Money for Nothing.
16.00 Flog It!
16.45 Murder, Mystery and My Family.
17.30 Pointless.
18.15 BBC News at Six; Weather.
19.00 The Royal Edinburgh Military Tattoo 2019.
20.00 EastEnders.
20.30 Poldark.
21.30 Peaky Blinders.
22.30 BBC News at Ten.
23.05 Heartbreak Holiday.
23.45 Have I Got a Bit More Old News for You.
00.30 Weather for the Week Ahead.
00.35 BBC News.

BBC Two

06.30 A Matter of Life and Debt.
07.15 Animal Park Summer Special.
08.00 Inside the Factory.
09.00 BBC News at 9.
11.10 Equestrian: European Dressage Championships.
13.10 **FILM:** The Muppets (2011).
14.45 Hair Hunters.
15.30 Hairy Bikers' Best of British.
16.15 World's Sneakiest Animals.
17.15 Antiques Road Trip.
18.00 Great British Railway Journeys.
18.30 Celebrity Eggheads.
19.00 The Repair Shop.
20.00 Nadiya's Summer Feasts.
21.00 A Black and White Killing: The Case That Shook America.
22.00 Pride Live at the Apollo.
22.30 I Love 1993.
23.00 TOTP2 Presents the '90s.
00.00 Fosse/Verdon.
00.55 Interior Design Masters.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.45 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase Celebrity Special.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Coronation Street.
20.30 Midsomer Murders.
22.25 ITV News; Weather.
22.45 Fighter Pilot: The Real Top Gun.
23.40 Deep Water.
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.
11.05 The Simpsons.
12.00 **FILM:** Flash Gordon (1980).
14.10 Countdown.
15.00 A Place in the Sun.
16.00 The Great Hotel Escape.
17.00 Come Dine with Me.
17.30 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.30 Best of Food Unwrapped.
20.00 Britain's Extreme Weather: Superstorms & Heatwaves.
21.00 Call the Cops.
22.00 Stath Lets Flats.
22.30 Born Famous: Paul Ince.
23.30 24 Hours in A&E.
00.30 Emergency Helicopter Medics.
01.25 The Secret Life of the Holiday Resort.
02.20 Ramsay's Kitchen Nightmares USA.
03.15 Undercover Boss USA.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Building Cars: Secrets of the Assembly Line.
21.00 Revolutions: The Ideas That Changed the World.
22.00 Franco Building with Jonathan Meades.
23.25 Peaky Blinders.
02.25 Victoria & Albert: The Royal Wedding.

TUESDAY 27

BBC One

06.00 Breakfast.
09.15 Countryfile Summer Diaries.
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 Hollyoaks.
21.00 Keeping Faith.
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 Heartbreak Holiday.
23.15 Reggie Yates' Extreme Russia: Far Right & Proud.
00.15 Weather for the Week Ahead.
00.20 BBC News.

BBC Two

06.30 Bargain Hunt.
07.15 A Matter of Life and Debt.
08.00 Defenders UK.
08.30 Mortimer & Whitehouse: Gone Fishing.
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 Hair Hunters.
15.00 Emergency Rescue Down Under.
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 The Repair Shop.
20.00 Saving Lives at Sea.
21.00 The Chefs' Brigade.
22.00 Mock the Week.
22.30 Newsnight.
23.15 The Funeral Murders.
00.15 Searching for Shergar.

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 Celebrity Special.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Save My Money: Good Health.
20.00 Love Your Garden.
21.00 Fighter Pilot: The Real Top Gun.
22.00 ITV News at Ten; Weather.
22.45 Billy Connolly & Me: A Celebration.
23.45 Lethal Weapon.
00.30 Ideal World Cleaning Solutions.

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.
11.05 The Simpsons.
12.05 A New Life in the Sun: Where Are They Now?
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 The Great Hotel Escape.
17.00 Come Dine with Me.
17.30 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.30 The Great British Bake Off.
21.30 Sink or Swim for Stand Up to Cancer.
22.30 Kathy Burke's All Woman.
23.35 Jade: The Reality Star Who Changed Britain.
00.30 Jamie Oliver: The Naked Chef Bares All.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Building Cars: Secrets of the Assembly Line.
21.00 Revolutions: The Ideas That Changed the World.
22.00 Franco Building with Jonathan Meades.
23.25 Peaky Blinders.
02.20 Revolutions: The Ideas That Changed the World.

WEDNESDAY 28

BBC One

06.00 Breakfast.
09.15 Countryfile Summer Diaries.
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 River Walks.
20.00 Fugitives.
21.00 Who Do You Think You Are?
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 Heartbreak Holiday.
23.15 The Truth About Looking Good.
00.15 From Syria to Scotland - Our Lives.
00.45 Weather for the Week Ahead.
00.50 BBC News.

BBC Two

06.30 Flog It!
07.15 A Matter of Life and Debt.
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 Hair Hunters.
15.00 Emergency Rescue Down Under.
15.30 Hairy Bikers' Best of British.
16.15 Tigers About the House.
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 Cannabis: Miracle Medicine or Dangerous Drug? Better Things.
22.20 Rick Stein's Long Weekends.
22.30 Newsnight.
23.15 The Chefs' Brigade.
00.15 When Bridges Collapse: The Genoa Disaster.

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 Celebrity Special.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 The Best Little Prison in Britain?
20.30 Coronation Street.
21.00 Deep Water.
22.00 ITV News at Ten; Weather.
22.45 Billy Connolly's Ultimate World Tour.
23.45 British Touring Car Championship Highlights.

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.
11.05 The Simpsons.
12.05 A New Life in the Sun: Where Are They Now?
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 The Great Hotel Escape.
17.00 Come Dine with Me.
17.30 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.30 The Secret Teacher.
20.00 Supershoppers: Money Saving Special.
21.00 Grand Designs.
22.00 Naked Attraction.
23.05 The Sex Clinic.
00.10 Kathy Burke's All Woman.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 History of the Future: Cars.
20.00 A History of Scotland.
21.00 The Secret Life of Landfill: A Rubbish History.
22.30 Susan Calman's Fringe Benefits.
23.15 The Mini Is 30.
23.45 Peaky Blinders.

THURSDAY 29

BBC One

06.00 Breakfast.
09.15 Countryfile Summer Diaries.
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 High Life.
23.35 Who Do You Think You Are?
00.35 Weather for the Week Ahead.
00.40 BBC News.

BBC Two

06.30 Flog It!
07.15 A Matter of Life and Debt.
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 Hair Hunters.
15.00 Emergency Rescue Down Under.
15.30 The Hairy Bikers' Asian Adventure.
16.30 Tigers About the House.
17.30 Antiques Road Trip.
18.15 Live Women's International Football.
20.30 Great British Railway Journeys.
21.00 China: A New World Order.
22.00 Live at the Apollo.
22.30 Newsnight.
23.15 Interior Design Masters.
00.15 The Misadventures of Romesh Ranganathan.

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 Celebrity Special.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Housing Crisis: What Next for the Elderly? Tonight.
20.00 Emmerdale.
20.30 The Cruise: Sailing the Mediterranean.
22.00 Car Crash Britain: Caught on Camera.
22.45 ITV News at Ten; Weather.
23.45 Rescue - River Deep, Mountain High.
00.10 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.
11.05 The Simpsons.
12.05 A New Life in the Sun: Where Are They Now?
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 The Great Hotel Escape.
17.00 Come Dine with Me.
17.30 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.30 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.
23.30 Call the Cops.
00.30 Inside Alton Towers.
01.25 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Top of the Pops: 1988.
20.00 Skies Above Britain.
21.00 World War Speed.
22.00 WWII: Operation Crossbow.
23.00 Immortal Egypt with Joann Fletcher.
00.00 Peaky Blinders.

FRIDAY 30

BBC One

06.00 Breakfast.
09.15 Countryfile Summer Diaries.
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 Would I Lie to You?
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 **FILM:** The King's Speech.
00.25 New Tricks.
01.25 Weather for the Week Ahead.
01.30 BBC News.

BBC Two

06.30 Bargain Hunt.
07.15 A Matter of Life and Debt.
08.00 Gardeners' World.
08.30 Nadiya's Time to Eat.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
13.00 Curious Creatures.
13.30 Home Away from Home.
14.15 Hair Hunters.
15.00 Emergency Rescue Down Under.
15.30 Hairy Bikers' Best of British.
16.15 Tigers About the House.
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: Gone Fishing.
20.30 Gardeners' World.
21.00 Fosse/Verdon.
21.45 QI XL.
22.30 Newsnight.
23.05 A Black and White Killing: The Case That Shook America.

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 Celebrity Special.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Housing Crisis: What Next for the Elderly? Tonight.
20.00 Emmerdale.
20.30 The Cruise: Sailing the Mediterranean.
22.00 Car Crash Britain: Caught on Camera.
22.45 ITV News at Ten; Weather.
23.45 Rescue - River Deep, Mountain High.
00.10 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.
11.05 The Simpsons.
12.05 A New Life in the Sun: Where Are They Now?
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 The Great Hotel Escape.
17.00 Come Dine with Me.
17.30 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.30 The Secret Teacher.
20.00 The Great British Bake Off: An Extra Slice.
21.00 8 Out of 10 Cats Does Countdown.
22.00 The Rob Rinder Verdict.
23.05 Naked Attraction.
00.05 Rude Tube.

BBC Four

19.00 World News Today; Weather.
19.30 BBC Proms: Strauss, Sibelius and Prokofiev.
21.25 Smashing Hits! The 80s Pop Map of Britain and Ireland.
22.25 BBC Proms: Homage to Nina Simone.
00.10 Hits, Hype & Hustle: A Guide to the Music Business.

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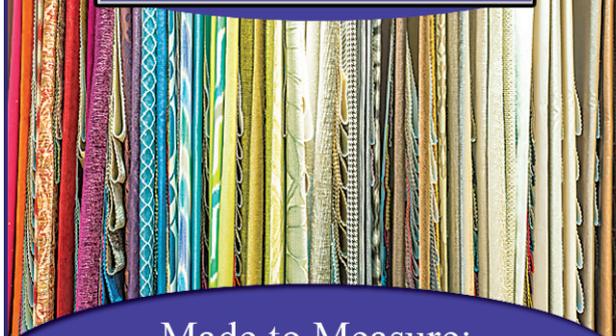
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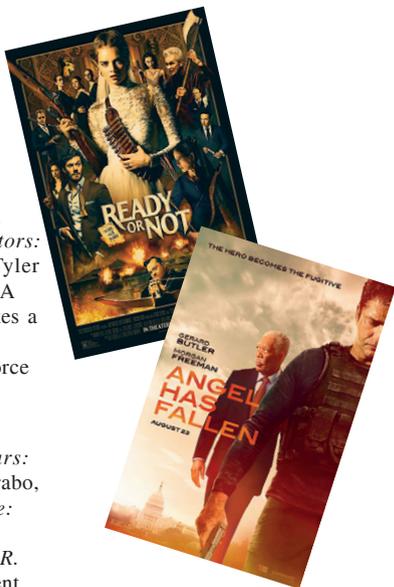
Cinema

NEW THIS WEEK

Ready or Not -

Stars: Samara Weaving, Adam Brody, Mark O'Brien. *Genre:* Horror, Mystery, Thriller. *Directors:* Matt Bettinelli-Olpin, Tyler Gillett. *Rating:* R. *Plot:* A bride's wedding night takes a sinister turn when her eccentric new in-laws force her to take part in a terrifying game.

Angel Has Fallen - *Stars:* Gerard Butler, Piper Perabo, Morgan Freeman. *Genre:* Action. *Director:* Ric Roman Waugh. *Rating:* R. *Plot:* Secret Service Agent Mike Banning is framed for the attempted assassination of the President and must



evade his own agency and the FBI as he tries to uncover the real threat.

Cinema Listings

NOS Forum Algarve - Faro

Angel Has Fallen; Variações; Angry Birds 2 (PV); Nada a Perder 2; Once Upon a Time... in Hollywood; The Professor; UglyDolls (PV); The Lion King (OV & PV).

NOS Mar Shopping - Loulé

Angel Has Fallen; Ready or Not; Angry Birds 2 (PV); Nada a Perder 2; Once Upon a Time... in Hollywood; Ibiza; The Lion King (PV).

Gran-Plaza NOS - Tavira

Angel Has Fallen; Ready or Not; Angry Birds 2 (PV); Nada a Perder 2; Once Upon a Time... in Hollywood; Ibiza; The Lion King (OV & PV).

Algarcine - Portimão

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

Algarcine Lagos -

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

Algarcine Ria Shopping - Oihão

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

Cineplace Algarve Shopping - Guia

Angel Has Fallen; Ready or Not; Good Boys; Malicious; Variações; Angry Birds 2 (PV); Nada a Perder 2; Once Upon a Time... in Hollywood; Nomis; Booksmart; Ibiza; Fast & Furious Presents: Hobbs & Shaw; The Lion King (OV & PV); Toy Story 4 (PV).

Cineplace - Portimão

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Estação Viana Shopping - Viana do Castelo

Angel Has Fallen; Good Boys; Variações; Angry Birds 2 (PV); Nada a Perder 2; Once Upon a Time... in Hollywood; Fast & Furious Presents: Hobbs & Shaw; The Lion King (PV).

Cineplace Loures Shopping

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Calouste: A Life, Not An Exhibition 24 March - 31 December, Fundação Calouste Gulbenkian, Lisbon, Free Entry, www.gulbenkian.pt



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Master Baker. 9 - 30 August, Lisbon.

No-Man's Land 12 July - 13 September, Museu Militar de Lisboa, Lisbon, Free Entry, www.terradeninguemescultura.wordpress.com

Are You a Tourist? 12 July - 15 December, 10am - 7pm, Padrão dos Descobrimentos, Lisbon, Entry €6, www.padraodosdescobrimentos.pt

Summer Guests - Contemporary Jewellery in Portugal 19 July - 16 September, 10am - 6pm, Modern Collection, R. Dr. Nicolau Bettencourt, Lisbon, www.gulbenkian.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

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

Jesper Just. Servitutes - 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. Ticket from €6. www.pavconhecimento.pt

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

Alternative Fair - Wellness Festival Lisboa 6 - 8 September, Parque de Jogos 1º de Maio, Lisbon, Entry from 6€, www.feiraalternativa.pt

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

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

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

ModaLisboa - Lisboa Fashion Week '19 10 - 13 October, Pavilhão Carlos Lopes, Lisbon, Free Entry, www.modalisboa.pt

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

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

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

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



Festival Forte. 22 - 25 August, Castelo de Montemor-o-Velho.

Festival Forte. 22 - 25 August, from 10pm, Castelo de Montemor-o-Velho. Tickets

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

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

Mercado de Santana. The largest Open Air Market in

Portugal. Sundays, 8am until 1pm. Caldas da Rainha

MUSIC

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.campopequeno.com

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

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

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

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

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

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

Há Hip Hop A Norte 26 October, 9pm, Exponor, Porto, Tickets from 12€, www.blueticket.pt

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

Cirque Du Soleil 3 - 12 January, Altice Arena Lisbon, Tickets from 45€, www.everythingisnew.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 31 August, Carmo Archaeological Museum, Lisbon, Entry €5 - €16, www.teatrodobairro.org

Flamenco Festival. 4, 11, 18 & 25 September, from 10pm, Estoril Casino. Free entry.

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.



Theatre and Cinema in the Ruins. Until 31 August, Lisbon.

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

The Phantom of the Opera. 21 – 23 November, from 9.30pm, Campo Pequeno. Tickets from €15. www.campo Pequeno.com

Swan Lake by the Russian Classical Ballet. 23 November, 5pm and 9.30pm, Coliseu Porto Ageas. www.ticketline.sapo.pt

WORKSHOPS & COURSES

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

Yoga for Anxiety and Stress Relief 4 October – 28 January, 7pm – 8pm, Jardim do Torel, Lisbon, Cost: 6€, 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 – 31 March, 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

EDP Lisbon Marathon. 20 October, Lisbon. www.maratonclubedeportugal.com

Corrida São Silvestre de Lisboa '19 28 December, Praça dos Restauradores, Lisbon, www.saosilvestredelisboa.com

Lisbon City Runners 1 January – 31 December, Lisbon, www.viralagenda.com

South

AUCTIONS

Auction House Algarve. Live auction 7 September. All items can be viewed at the

auction house and through our online catalogue: www.ahalgarve.com, 289 832 380, info@ahalgarve.com

EXHIBITIONS

Itinerant Exhibition "The Forest, Much More Than Wood" 10 July – 8 September, 10am – 6pm, Pontinha Square, Faro, www.visitalgarve.pt

Listen to the Ocean exhibition by B J Boulter. 13



Multicultural Night. 28 August, Aljezur.

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

If not now, when? Jason Martin. Until 31 August. Centro Cultural São Lourenço. centroculturalslourenco@gmail.com

Caroline Wood, Cliff Martin Tuson & Kate Evan Exhibition. 1 – 14 September, 11am – 7.30pm, 1 – 14 September, Armazém Regimental de Lagos

Di Della Pace – Blue Passion. 6 September – 30 September, Museu Manuel Teixeira Gomes, Portimão. www.facebook.com/artalgarve

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

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. 2 May - 30 September. São Paulo Parish, Tavira. Cost: €3.

Photographic Exhibition: "Palmira, Rainha do

Deserto" by Luís Reina. 9 March - 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

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.

BPM festival. 14 – 17 September, various venues in Portimão and Lagoa.

Classic Weekend Marina de Albufeira. 20-22 September. Marina, Albufeira. www.marinaalbufeira.com

Aljezur Sweet Potato Festival. 29 November-01 December, 12pm-12am. EMA – Aljezur Multipurpose Space, Aljezur.

Living Statues at Christmas | 6th Edition. 13 & 14 December, 3pm - 6pm (Fri) & 10am - 1am (Sat). 25 de Abril Street and 5 de Outubro Square, Lagoa.

MARKETS

Loulé - Every Saturday

Quarteira - Every Wednesday

Lift Market Lagos - Every Saturday

São Brás de Alportel Market - Every Saturday

Tunes - 4th Saturday of the month

São Bartolomeu de Messines - 4th Monday of the month

Almancil - 1st and 4th Sunday of the month

Querença - Last Sunday of the month

Boliqueime - Last Thursday of the month

Odiáxere - 4th Monday of the month

Ferreiras - 2nd and 4th Tuesday of the month

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

Quelfes - 4th and 5th Sunday of the month

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

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

Pereiro - 4th Sunday of the month

Rogil - 4th Sunday 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,



Last weeks winner is Heidi & Freya, Lagos

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

National Adapted Sailing Championship and European Adapted Sailing Championship. 27 September-12 October. Portimão.

Algarve Classic Festival. 1 – 3 October, Autodromo do Algarve. Tickets from €8. www.autodromodoalgarve.com



International Futsal Tournament. 23 – 25 August, Portimão.

5pm, Ermida de Guadalupe, Raposeira. Public concert including the Aljezur International Choir. Free entry. 911 546 695

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

Bella a Cappella. 12 October, 4.30pm, Teatro Mascarenhas Gregório, Silves. www.bellaacappella.net

Bella a Cappella. 26 October, 6.30pm, Herdade da Corte Turismo Rural, Morenos, near Santa Catarina. 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

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

Faro International Cup | 3rd Edition. 4- 6 October, 9am-7pm. Penha Sports Complex, Faro.

Impossible Run. 13 October, 9am – 3pm, Estádio Municipal Lagos. Entry from €12.50. www.lagosemforma.pt

Walking Football Tournament. 14 – 15 October, Odiáxere Stadium, Lagos. www.walkingfootballalgarve.com

European Le Mans Series. 25 – 27 October, Autodromo do Algarve. Tickets from €10. www.autodromodoalgarve.com

THEATRE & DANCE

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

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

WORKSHOPS & COURSES

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

Transformation workshop. Every Monday, 10am – 12pm. 1 Chakras. 917 899 115 vdvreugde@hotmail.com

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

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

Announcements

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THE PORTUGAL NEWS

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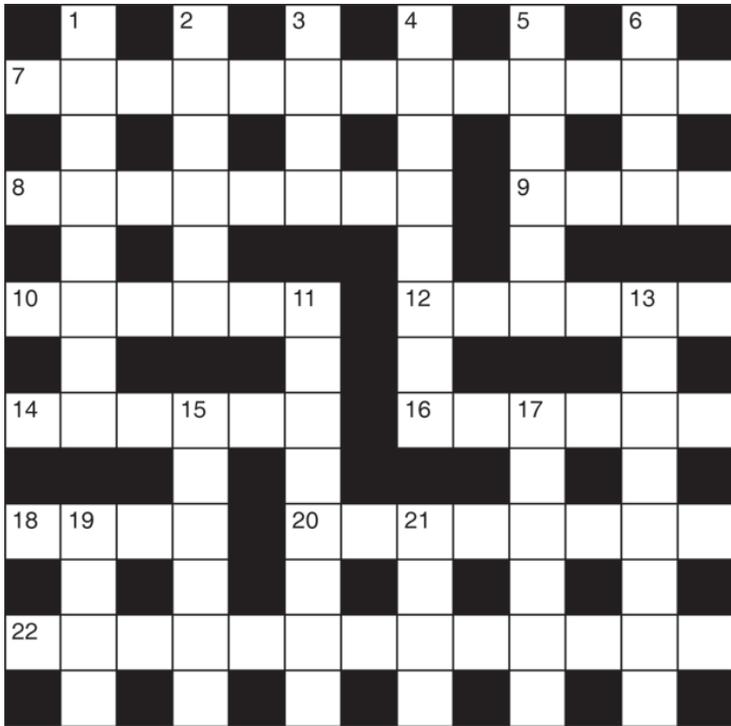
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Last week's cryptic crossword solutions

Across: 1 Mars; 3 Outdoors; 8 Name; 9 Abruptly; 11 Reverberates; 13 Indian; 14 Editor; 17 Magnetic pole; 20 Operetta; 21 Gobi; 22 Spacement; 23 Mean.

Down: 1 Monorail; 2 Removed; 4 Unbred; 5 Drug addict; 6 Outre; 7 Slyx; 10 Great niece; 12 Artesian; 15 Twosome; 16 Statue; 18 Arena; 19 Boss.

CRYPTIC CROSSWORD

ACROSS

- 7. It enables one to proceed along certain lines (7,6)
- 8. Urge the fellow to become a journalist (8)
- 9. Artist's medium to reduce friction (4)
- 10. Frank has the ability and accomplished (6)
- 12. Where a ship would be all at sea, so to speak? (6)
- 14. From the shelves select a receptacle (6)
- 16. Sort of look a cricketer may give? (6)
- 18. Almost reject an incitement (4)
- 20. After strange event Ian becomes inhabitant of Italian city (8)
- 22. Submit an accusation but would rather not have it free (6,1,6)

DOWN

- 1. Union that will disfigure one in a fit of violent anger (8)
- 2. Not open to forfeit between 100 and 500 (6)
- 3. Where agriculture is carried on in distant Minehead (4)
- 4. Marvellous enough to knock one out? (8)
- 5. Even whales must learn it would seem (6)
- 6. Water from here can't be bad (4)
- 11. Lied about actual conveyance (8)
- 13. Lacking loose coins, things will have to stay as they are (2,6)
- 15. To fret is a state of conflict (6)
- 17. Off course, like a shallow vessel (6)
- 19. Not all an actor can take? (4)
- 21. It's delightful by the sea in France (4)

QUICK CROSSWORD

ACROSS

- 7. Fail to understand (4,7,2)
- 8. Chat (8)
- 9. Unusual (4)
- 10. Redemption (6)
- 12. Use (6)
- 14. Infertile (6)
- 16. Bawled (6)
- 18. Unhearing (4)
- 20. Insecure (8)
- 22. Strengthening (13)

DOWN

- 1. Wide view (8)
- 2. Works for (6)
- 3. Indigent (4)
- 4. Stealing (8)
- 5. Open (6)
- 6. Morose (4)
- 11. Bravely (8)
- 13. Miss (8)
- 15. Deny (6)
- 17. Shed (4-2)
- 19. Cupid (4)
- 21. Team (4)

Last week's quick crossword solution

Across: 1 Cape; 3 Disperse; 8 Lure; 9 Starving; 11 Instructions; 13 Relate; 14 Rudder; 17 Perspiration; 20 Adroitly; 21 Etc; 22 Allegory; 23 Prod.
Down: 1 Colliery; 2 Parasol; 4 Intact; 5 Particular; 6 Reign; 7 Ergo; 10 Protesting; 12 Drenched; 15 Drifter; 16 Tiller; 18 Enrol; 19 Saga.

CODEWORD

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

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

SUDOKU

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

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

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

Medium

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

Medium

Last week's solutions

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

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



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Quinta do Lago juniors excel on national golf stage

Quinta do Lago is leading the race to discover Portugal's next generation of golfing stars following a period of unprecedented success for its juniors that has seen them win multiple national titles over the last five years.

The resort has laid claim to having the most successful junior golf coaching programme in the country, with boys and girls of all ages and abilities enjoying victories on the national stage. Overseen by head professional and academy manager, Jose Ferreira, and his team of coaches, Quinta do Lago's junior team features more than 25 children in each development category - elite, competition and beginner - and age group, and each has enjoyed its recent share of the limelight. Three-time Portuguese champion Calvin Holmes - who romped to an eight-shot win in this month's Paul McGinley Junior Cup boys' event - began the winning streak by claiming an acclaimed hat-trick of national titles at under-10, under-12 and under-14 levels. Sara Gouveia and Rodrigo

Santos built on Holmes' success in 2017, winning the Portuguese under-18 girls and under-10 boys' titles respectively, and 2019 is on course to be Quinta do Lago's best year yet with its group of talented youngsters. Two-time World Kids Golf champion Filipa Capelo, the 2018 Scottish Girls' Under-16 Open champion, tops the Drive Tour national rankings after three victories this season, Swede Maia Samuelsson is also rated first in the Portuguese Under-18 Girls' Order of Merit standings, while Gouveia - winner of this year's Paul McGinley Junior Cup girls' event - is third in this year's BPI National Rankings. Santos and his Quinta do Lago teammate, under-14 ace Tiago Abrantes, are both ranked second in the Algarve region in their respective age groups after a run of impressive results this season while Maria Afonso and Amélia

(L to R) Calvin Holmes, Jose Ferreira (QDL academy manager) and Sara Gouveia.



Gabin are first and second in the girls' under-10 Drive Challenge Regional Tour rankings. In addition, Tiago Sousa and Arthur Fisher both lie second in the standings in their age categories

in the same competition. Ferreira said: "I started creating holiday camps with several levels of development, enabling players of different ages and abilities to have fun and enjoy the

game, and we're now enjoying the rewards. We're in the middle of a great run and it's amazing to think that our team includes four national champions from the past three years."

Pieters ends three year victory drought

Pieters took a one-shot lead into the final round at Albatross Golf Resort in Prague and carded a closing 69 to finish 19 under par, a shot ahead of playing partner Adri Arnaus, the Spanish rookie's third runners-up finish this season.

England's Sam Horsfield was two strokes further back alongside defending champion Andrea Pavan, who surged through the field with a final round of 65, the joint-lowest score of the day.

Pieters partnered Thomas Detry to victory in

the World Cup in Melbourne last year but had not won an individual event since 2016, the year he won a record four points on his Ryder Cup debut at Hazeltine.

"I'm relieved. It's been a long time," Pieters said. "It feels good to win again. I never doubted myself but it's just been a long road of not feeling that great with the golf swing. It feels good to get back on track again and get another win.

"It's difficult when everybody says you should be winning two or three times a year. It's always nice

to hear but can also be a negative sometimes because I always felt like I was underachieving, but hopefully, there's many more like this.

"I felt like I was in control today, almost the whole day, and I kind of did my own thing."

Pieters held a four-shot lead after going to the turn in 33 and picking up a fifth birdie of the day on the 12th but saw his advantage halved when he bogeyed the 16th and Arnaus made birdie.

Belgium's Thomas Pieters breathed a sigh of relief after ending his three-year wait for a fourth European Tour title by winning the D+D Real Czech Masters for the second time in five years.

Arnaus also birdied the 18th to ensure Pieters could not relax entirely but the 27-year-old safely holed his par putt from two feet.

"I'm really happy I got it

done," Pieters added. "What a great last three holes by Adri. Made that two-footer a bit nervy at the end.

"I'm pretty proud of myself the way I handled 15, I found

myself in a really tough spot (after a wayward drive) and did the grown-up thing and took a drop and still made par. As I said the last two days I'm still learning."

PA



"I'm relieved. It's been a long time," Pieters said. "It feels good to win again".

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“Big three” all win

N CHRIS WRIGHT

Benfica continued their impressive early season form while FC Porto and Sporting got back to winning ways.

Benfica entered their encounter versus Belenenses, on the hallowed turf of Jamor, with some degree of caution having dropped a grand total of five points against

their Lisbon counterparts just last season. Both sides had first-half chances but it remained goal-less at the interval. The Eagles eventually found their way through, courtesy of some fine interplay between

Pizzi and Rafa Silva with the latter arrowing home the opening goal thirteen minutes after the restart. A mistake inside the box at the other end from young Nuno Tavares almost proved costly for Benfica but all Nicolas Vélez could do was drag a left-footed strike wide across the face of goal. VAR stepped in to deny Swiss international Haris Seferović a second goal ten minutes from time but in stoppage time the Primeira Liga champions were able to breathe a sigh of relief after a piercing run from Rafa provided skipper Pizzi with the opportunity to make it 2-0 and calm the nerves of the Benfiquistas.

The pressure was sky high on Sérgio Conceição and his Porto players after an opening-day defeat to Gil Vicente and failure to qualify for the UEFA Champions League versus Russian outfit Krasnodar. The Dragons went hell-for-leather from the opening minute at home to V.Setúbal and deservedly took the lead after eleven minutes through Zé Luis. The Cape Verdean striker added a second ten minutes later and completed his hat-trick on the hour mark. The former Spartak Moscow player then went on to provide the crucial pass for Moussa Marega to attack

down the by-line, as the Malian picked out Luis Díaz for the fourth and final goal of the game.

Sporting claimed their first win of the season after defeating SC Braga 2-1 at the Alvalade. The Lions, previously winless throughout pre-season on top of their opening couple of fixtures in the new campaign, got their goals in early before fighting tooth-and-nail in the second-half to keep their lead intact.

Brazilian 21 year-old midfielder Marcus Wendel prodded home the opening goal on sixteen minutes and Bruno Fernandes, who failed to make his dream move to the English Premier League, was on hand to make it 2-0 on the brink of half-time. Nuno Sequeira went close for Braga, driving a low shot against the post but Wilson Eduardo was on hand to slip the rebound under advancing keeper Renan twenty minutes from full-time.

The Arsenalistas could manage little else in the dying moments of the game as Sporting fought to claim all three points. SC Portimonense won 2-1 at Tondela thanks to first-half goals from Aylton and Iury Lirio. On Sunday Portimonense entertain Sporting Lisbon at the Estádio Municipal de Portimão, kick-off 6.30pm



The pressure was sky high on Sérgio Conceição and his Porto players after an opening-day defeat to Gil Vicente. (Photo: FC Porto)

Miguel Oliveira looks for top 10 finish

Portuguese motorcyclist, Miguel Oliveira (KTM) hopes to finish in the top ten at this weekend's British MotoGP Grand Prix, to take place at Silverstone.

Having achieved the best result of the season in the previous round in Austria, with eighth place, the rider hopes that the progress made with the new bike, now fully factory fitted, will become more consistent.

“After the big weekend we had in Austria I look forward to continuing the good work with the team and being closer to the top 10,” he said.

The British race, Miguel

Oliveira says, is always an interesting race, mainly due to the weather, the low temperatures and difficult conditions”.

The 2018 race was cancelled due to the rain that fell on the circuit and the poor drainage capacity of the track, which later received new asphalt.

“We are motivated and in good shape to continue the good work. The track itself is very

challenging. It's long [5.9 kilometres], with many fast turns, but also strong braking points. So, it's a mixture of everything you can find on a circuit. It will be interesting to ride a MotoGP bike there,” concluded Miguel Oliveira.

The British Grand Prix is the 12th race of the 19-race World Championship, in which Miguel Oliveira is currently 15th, with 26 points.

The British race, Miguel Oliveira says, is always an interesting race, mainly due to the weather.



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