

HOT DRINKS
1-12 NOV

UP TO
50%
DISCOUNT

Apolónia
The Real Supermarket.

All life has to offer is at Intermarché.

Intermarché
SUPERMARKET

HALLOWEEN
Zoomarine

PROPERTY INSURANCE
See page 22
SPECIAL DISCOUNTS

MALOCLINIC
THE ART OF CREATING SMILES

LEARN MORE
maloclinics.com

THE PORTUGAL NEWS
Established 1977
19,132 copies this week

THE PORTUGAL NEWS

Portugal's **National** Newspaper in English

2 Nov 2019 • Ed. 1550
€1.50 inc IVA
Publisher: Paul Allen Luckman
www.theportugalnews.com
This week 19,132 copies
Facebook: 62,938 followers
Web: 104,423 page views last week

SEF Portugal plans to streamline immigration



The government has announced plans to overhaul Portugal's Foreigners and Borders Office (SEF) in a bid to reduce bureaucracy and improve conditions for immigrants to the country. (Photo: Lusa/Miguel A. Lopes). Full story, see page 2.



Quideia Animações living art. P12



Charity bike ride through Portugal. P14



The cure for Flygskam. P18



Victory for Brown at Portugal Masters. P47

PORTUGAL PROPERTY.COM

BERKSHIRE HATHAWAY | Portugal Property
HomeServices

THE PORTUGAL News

Portugal's National Newspaper in English

ANGLOPRESS Edições e Publicidade, Lda
Copyright ©2019 Anglo Press Lda.
The Portugal News is part of the Portugal News Group established 1977. Depósito Legal N° 80258/94

DIRECTORS

Paul Allen Luckman
publisher@theportugalnews.com
Madeline Luckman
copy@theportugalnews.com

CONTACTS

Postal Address:

Apt 13 • 8401-901 • Lagoa

Courier Address:

Rua Município de S. Domingo
Urb.Lagoa Sol • Lote 3 r/c
8400-415 Lagoa

Classifieds: +351 282 380 315

Sales: +351 282 380 310

Accounts: +351 282 343 653

Newsdesk: +351 282 380 313

General: +351 282 341 100

Email: info@theportugalnews.com

Web: www.theportugalnews.com

PRINT & DISTRIBUTION

Printers: Unipress, Porto

Print-run: 19,132 copies this edition

Distributors: VASP

Member of apct
audited circulation



PRODUCTION

Publisher: Paul Luckman
publisher@theportugalnews.com

Photos: LUSA • Press Association

GENERAL MANAGER

Daisy Sampson
Daisy@theportugalnews.com

SALES MANAGER

Sónia Seixas
sales@theportugalnews.com

ACCOUNTS MANAGER

Gaby Rodrigues
accounts@theportugalnews.com

While The Portugal News has done its utmost to ensure all advertiser information is correct, the paper is unable to verify the content and/or claims of adverts provided.

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

Portugal plans to streamline immigration service

The government has announced plans to overhaul Portugal's Foreigners and Borders Office (SEF) in a bid to reduce bureaucracy and improve conditions for immigrants to the country.

One of the plans of the government is to make changes to establish a "very clear" separation between its policing and administrative functions in the documentation of immigrants.

"Without prejudice to a determined action in combating human trafficking networks or in the prevention of terrorism, we must reconfigure the way in which public services deal with the phenomenon, adopting a more humanistic and less bureaucratic approach, in line with the with the aim of regular and orderly attraction of labour for the performance of functions in different sectors of activity," the programme states. "To this end, the Government will establish a very clear organic separation between the police functions and the administrative functions relating to the authorisation and documentation of immigrants."

Acknowledging that Portugal needs the "contribution of immigration" for its economic and demographic development, the programme of this, Portugal's 22nd government since the establishment of democracy following the 1974 Revolution, includes several measures to attract foreigners to the country and simplify procedures. It aims to create "channels of migration" from countries of origin and ensure that immigrants "do not become undocumented or on the margins of the system".

To that end, it wants to expedite and simplify entry procedures, eliminate the existing quota regime, bring forward a

short-term temporary residence permit that allows the legal entry into Portugal of immigrants with the aim of looking for jobs, promote and modernise social security conventions, and simplify and streamline the mechanisms for regularising residential status, as well as implementing programmes for the regularisation of foreign nationals, in particular by working closely with the school community and deepening the existing SEF 'em Movimento' (in Movement) programme. The government also announced that it wants to review the scheme for fast-tracking residence permits for big investors, commonly known as 'golden visas', which "is to be directed preferentially to low-density regions, to investment in job creation and to urban renewal and cultural heritage."

Over the next four years, the government also aims to study "the implementation of a foreign citizen's card similar to the citizen's card [used by Portuguese nationals], dispensing with duplication in the presentation of documents issued by public entities."

According to the government's programme, a mobile service is to be created offering information and the regularisation of immigrants in the Lisbon metropolitan area and in parts of the country with high numbers of foreign workers, while procedures for renewing residence permits is to be "simplified and shortened".

In terms of immigration, the government also wants to create an area of free



New SEF recruits at the Escola de Fuzileiros de Vale de Lusa/Manuel De Almeida)

movement and settlement among countries in the Community of Portuguese-Speaking Countries (CPLP) and launch programmes to promote the hiring of qualified staff and entrepreneurs in the fields of technology and high added value, as well as to foster programmes to support foreign students and researchers at Portuguese higher education institutions, particularly in the country's interior. The programme, approved last Saturday in cabinet, is similar in many ways to the governing Socialist Party's programme, but does not follow the traditional thematic organisation by ministries that characterised programmes issued by previous governments.

15.10 - 02.11
HALLOWEEN

GUIA - ALBUFEIRA
www.zoomarine.pt

Save up to **-12€**

Zoomarine

Visit Zoomarine at Halloween and prepare to be dazzled!

A Scary Walkthrough, amazing street artists, halloween decorations, face paintings and also...

...at 15th, 18th, 19th, 25th, 26th, 31st october and 1st November: Statue Festival!

Dive into the Oceans of Halloween Fun and get ready to be haunted!

Present this voucher at the theme park ticket office until 30/11/2019 for 1 day ticket.
€3 discount on the purchase of a normal ticket or €2 discount on the purchase of a junior or senior ticket. Valid up to a maximum of 4 tickets to the theme park. Not valid with other discounts or promotions.



Zebero. Plans to streamline the services provided by SEF are hoped to improve conditions for immigrants. (Photo: ...)

N News in Brief

Portugal 18th best to live in

Portugal has been ranked the 18th best country to live in by the Social Progress Index. The US-based organisation said Portugal had risen six positions due to factors such as inclusion and individual rights, but fared less positively when it came to access to health care and university education. The list is topped by Norway, with Portugal ranked higher than the United States, Belgium and Austria.

€1.52 billion budget for Lisbon City Council

The Lisbon City Council estimates a consolidated budget of €1.52 billion for 2020, 4.7 percent more than the previous year (€1.45 billion), announced the Councillor for Finance, João Paulo Saraiva. The consolidated budget considers the accounts of the municipality together with those of companies in the municipal universe, such as Carris (Lisbon's Orange busses), EMEL (Lisbon's parking meters), SRU (urban renovation), EGEAC (cultural event management) and Gebalis (residential property management). Without the accounts of these companies, the City Council has a budget of €1.29 billion expected for 2020, while for 2019 it is €1.27 billion, thus representing a growth of 8.2 percent.

TAP employee detained suspected of human trafficking

The Foreigners and Borders Service (SEF) detained a TAP employee suspected of human trafficking and aiding illegal immigration, the security service said on 28 October. According to SEF, the 31-year-old woman was arrested last Saturday at Lisbon airport, just off a flight from Luanda (Angola), with transit to Casablanca, Morocco. The woman was accompanied by two other adults, aged 27 and 31, and two minors, aged one and seven, all foreigners. After being questioned about their identification documents, they replied that these were in the possession of another woman, who they identified at the time as the citizen now being detained, explained SEF.

Giant Harry Potter Sculptures invade Lisbon

To celebrate the arrival of Harry Potter™: The Exhibition in Lisbon, on 16 November, giant sculptures will appear throughout the city. This winter, fans in Portugal will have the opportunity to see props, costumes and recreated sets at the Harry Potter™: The Exhibition, which opens its doors in Lisbon on 16 November. Tickets are now on sale at www.harrypotterexhibition.com. Since its Chicago debut, this travelling exhibition has welcomed more than six million visitors, with stops in Boston, Toronto, Seattle, New York, Sydney, Singapore, Tokyo, Paris, Shanghai, Brussels, the Netherlands, Madrid and Milan.

WEATHER

Temperatures set to fall in Portugal

Rainy days and cooler temperatures are expected across all of Portugal with the best of the weather predicted for the south of the country

Lisbon: The best of the weekend weather in the capital is expected on Sunday when there is a chance of intermittent sunshine. Rain is predicted for the rest of the week in Lisbon with temperatures slowly falling from highs of 21 degrees on Saturday to highs of 17 degrees by Friday.

The South: There is a high chance of rain on Saturday in the south but this is to reduce as the week progresses. Temperatures are to remain mild with average highs of 22 degrees over the weekend before dropping to highs of 18 by the end of the week when rain is expected again.

The North: Rain is predicted for the entire week in the north where it will be feeling warm over the weekend with highs of 18 degrees before temperatures fall as the week progresses to average highs of only 13 degrees and lows of 10 degrees.



Portugal - Algarve - Albufeira

A NEW SET OF TEETH IN JUST 1 DAY*

For whom?
It is one of the most advanced and reliable dental implant techniques for treating edentulous patients or who suffer from failing dentition, including those with severe bone loss.

What is it all about?
In a single visit we replace all the teeth in the upper or lower jaw (or both) by a fixed bridge using only 4 dental implants that are strategically placed.

Cris Piessens Clinic
Placing dental implants since 1987

Rua dos Caliços | Albufeira
T: +351 289 589 080 | M: +351 966 017 783
info@crispiessensclinic.com

*price 7000€-3000€

London teens jailed for murder of Portuguese man

Four teenage boys have been convicted in connection with the robbery and murder of 25-year-old Portuguese national Wilham Mende and have been jailed for a total of 29 years.



Wilham Mendes, was attacked by a "team" of boys and stabbed repeatedly in Tottenham on 22 December 2018

The four boys, two aged 16 and two aged 17, appeared at the Old Bailey court on 29 October where they were sentenced.

According to a statement by the Metropolitan Police, the jury heard how police were called on Saturday, 22 December 2018 at around 1.20am by London Ambulance Service (LAS) to a report of a stabbing at Albert Place.

Officers attended along with the London Ambulance Service and found Wilham Mendes, who was 25-years-old at the time of his death, suffering with stab injuries to the chest and stomach. An ambulance crew transported Wilham to the Royal London Hospital, but despite the efforts of medical professionals, Wilham was pronounced dead in hospital at 2.13am.

Wilham was a Portuguese national who had been living in the UK since 2015, most recently in Tottenham. His next of kin were located and notified in Portugal.

A murder investigation was

launched, led by the Homicide and Serious Crime Command. DS Devan Taylor said: "This was a tragic case. Wilham Mendes was returning from work when he was attacked. He was an outstanding young man who came to the UK in furtherance of a promising career. He was in the prime of his life with a bright future ahead of him, only for that future to be snatched away by a group of boys who had set out that night to rob and steal from anyone who had the misfortune of crossing their paths.

"Their behaviour was truly shocking and they showed no regard for another person's life that night.

"But it doesn't end there. The Mendes family now have to live with their loss and the four defendants will live the remainder of their lives with the stigma of a criminal record, and the death of a man on their conscience."

One of the 17 year olds was sentenced to 16-and-a-half years imprisonment for the murder and robbery of Wilham Mendes; and possession of an

offensive weapon.

A 16-year-boy, was sentenced to two-and-a-half years imprisonment for the robbery of Wilham Mendes and the robbery and of another man on 22 December 2018.

He had previously pleaded guilty to robbing Mendes of his bag and also pleaded guilty to robbing another man moments before.

The other 17-year-old boy, was sentenced to 10 years imprisonment for manslaughter and robbery of Wilham Mendes. During trial, the defendant pleaded guilty to possessing an offensive weapon.

The jury could not reach a decision in relation to the murder charge and the defendant subsequently pleaded guilty to manslaughter.

The final 16-year-old boy in the trial was sentenced to a youth referral order including a three-month curfew for the robbery of 25-year-old Wilham Mendes, he was previously found not guilty of the murder/ manslaughter of Mendes and the robbery and attempted robbery of the other men on 31 July 2019.

TRADING BEYOND THE HORIZON WITH BINCK

Take control of your future and make your own financial choices!
At BinckBank you invest and trade at competitive rates
using Saxo Bank's platform.

Start today and pay €0 on transaction costs!

Terms and conditions apply: www.binckbank.com/300euros

The value of investments can rise or fall and you could get back less than you invested.

Spain: (+34) 951 56 56 56 | UK: (+44) 203 901 2756

Email: info@binckbank.com

www.binckbank.com

BINCK  **BANK**

PART OF SAXO BANK

Intermarché

from 31 (thursday) october
to 6 (wednesday)
november 2019



15,99€
/Unit

CRYING NENUCO DOLL
Assorted

19,99€
/Unit

CLEMMY PLUS
Baby Clementoni
Train Station Set



SPECIAL

TOYS

Take all kind of games, at the best price.

0,95€ ORANGE
/Kg Class. II

Real PRICE always low

5,25€* TURKEY
/Kg Steak

Real PRICE always low

~~7,99€**~~ **5,39€*** /Kg **SAVE MORE THAN 30%**

FARMED SEA BASS
From 200 to 600 g
Fresh

Real PRICE always low

2,99€ /Unit

SHAMPOO
Pantene
Anti-dandruff, Volume,
Defined Curls,
Color Protect, Classic,
Repair and Protect,
Smooth and Silk,
Hair Fall Control
380 ml - 7.87€/L

Real PRICE always low

BOMBASTIC PRICE

~~1,79€**~~ **0,99€** /Unit **SAVE MORE THAN 40%**

COOKING OIL
Frigi
1 L

AND CUSTOMERS WITH CARD! ACCUMULATE +10%

0,10€/Unit

Real PRICE always low

*** PRICES VALID ONLY AT POINTS OF SALE WITH BUTCHER AND FISHMONGER'S COUNTER.**

FOLLOW US www.intermarche.pt [/intermarchept](https://www.instagram.com/intermarchept) [/intermarcheportugal](https://www.facebook.com/intermarcheportugal)

COME AND VISIT US IN:

ALBUFEIRA – AÇOTEIAS; ALBUFEIRA – CERRO GRANDE; ALBUFEIRA – FERREIRAS; ALBUFEIRA – MONTECHORO; ALBUFEIRA – SANTA EULÁLIA; ALBUFEIRA – TORRE DE MEDRONHEIRA; ALJEZUR; ALTURA; ALVOR; ARMAÇÃO DE PÊRA; ARMAÇÃO DE PÊRA – PORCHES; BUDENS; LAGOA – CARVOEIRO; LAGOS – AMEJEIRA VERDE; LAGOS – AV. DESCOBRIMENTOS; MONCHIQUE; MONTEGORDO; OLHÃO; PORTIMÃO; QUARTEIRA; QUARTEIRA AVENIDA; SAGRES; SÃO BARTOLOMEU DE MESSINES; SÃO BRÁS DE ALPORTEL; V. REAL DE SANTO ANTÓNIO; VILAMOURA

Lack of secretaries stalls opening of new family health units

A lack of clinical secretaries is one of the main obstacles in the creation of new family health units (FHUs) in Portugal.



"The FHU should be the standard of family health care provision in Portugal. They do more, they do it better and they do it cheaper. It's proven", said Henrique Botelho. (Photo: Lusa)

“At the moment, we have projects for family health units that are not progressing because they do not have clinical secretaries. They have doctors, they have nurses, but they don't have clinical secretaries”, said Henrique Botelho, the national coordinator for primary health care reform, who was speaking to the Lusa agency about the publication of the final report of the National Coordination for the Reform of the NHS in the area of Primary Health Care. According to Henrique Botelho, these professionals have been leaving and “there have been no recruitment campaigns for clinical secretaries for years”. Clinical secretaries are responsible for the care and referral of patients, management of administrative procedures and participation in procedures related to chronic prescription. “The FHU should be the standard of family health care provision in Portugal. They do

more, they do it better and they do it cheaper. It's proven”, he said. What was intended was to relaunch the reform of primary health care begun in 2017 by the then Minister of Health Correia de Campos. “It had been perceived that the reform had potential, was well received by professionals and users, but was interrupted by the Government of Passos Coelho. What we were charged with was to take this 2015 reform and relaunch it and, if possible, develop it,” he reminded Lusa. “Making primary care more effective, with the ability to do more and better, and respond to problems that until then couldn't be solved in the vicinity”, as well as “trying to include oral health, physiotherapy, nutrition, psychology” in primary health care were objectives that had been set. The working method used was to do pilot projects, monitor and evaluate them. “It has potential, it is justified, we are going to expand”, said the coordinator.

Government to 'deepen' cooperation with Spain on cross-border rivers

Portugal's new government foresees the start of a process of “deepening” existing arrangements with Spain on the management of shared rivers to ensure daily cross-border flows. The stated objective of stepping up efforts to “ensure daily flows in the River Tagus and the joint management of common water masses,” was not included in the election programme of Socialist Party (PS), which was approved in June, but has now been included in the government's programme, which has been approved.

At the end of September, of 59 bodies of water monitored by the Portuguese Environment Association, 26 had water availability of less than 40 percent of their total volume and only four had higher than 80 percent. Currently, the most serious problem is in the River Tagus, which has large areas that are dry or almost dry. Last April, towards the end of the term of the last parliament, deputies recommended to the government that it review the existing Albufeira Convention

between Portugal and Spain in order to ensure “a regime of regular flows” that “respond to the ecological needs of [major] rivers and their tributaries.” The Albufeira Convention, which has been in force since January 2000, sets out the rules for the protection and sustainable development of cross-border waters. Under it, a Commission for the Implementation and Development of the Convention (CSC) was set up to coordinate the management of waters of shared rivers.

In the resolution, members of parliament recommended that the government “promote due diligence to ensure a regime of regular flows that meet the ecological needs of international rivers and their tributaries.” The programme of the government - Portugal's 21st since the 1976 Constitution came into effect - has been approved by the cabinet. It has a similar structure to that of the Socialist Party's electoral programme, but is unlike the traditional thematic organisation, by ministries, that

characterised previous governments' programmes. The 191-page document includes a chapter in which four short- and medium-term objectives are laid out, called “Good Governance: Balancing accounts and convergence [with other EU economies], investment in public services, improving the quality of democracy and valuing sovereign functions.” After this first part, the programme is then divided into four themes: climate change, demographics, inequalities and the digital society.



personal websites & blogs
business websites
property websites
online shops
booking systems
social media management
seo services

all your IT requirements in one place
info@algarvecomputersolutions.com



Need IT?
+351 936 544 998
we can help



installations
repairs
upgrades
networks

fast, reliable hosting
domain name registrations



algarvewebhosting.com



STUNNING VILLA ON EXCLUSIVE GOLF CONDOMINIUM
Alvor · Penina

Stunning luxury villa in one of the Algarve's most exclusive golf courses just 10 minutes from historic town center and the popular beaches. The large plot of 4.880m2 and the living area of 52 lm2 on one level with 7 bedrooms and 5 bathrooms, convey generosity and privacy.

E&V ID W-02FIM9 • Price: 2,200,000 EUR
+351 282 071 131 • www.engelvoelkers.com/portimao
Soho Algarve, Lda • AMI-14061







Algarve's No.1 RENEWABLE ENERGY Company

Is your House getting Cold?



Keep the Winter outside!

Our elegant **Daikin** Air Conditioning system can provide you with all the comfort and efficiency of a modern equipment. With its heat **3D air flow** distribution it guarantees optimum savings, reducing your heating bill up to 85% when compared

to natural gas, oil, liquid propane gas, solid fuels or night storage heaters. If you combine it with our Solar PV system, your air co will run for free as long as there is energy available from the solar generation.

Blip19 promotional vouchers: Due to the huge success of our promotion and not being able to accommodate all the requests, we will extend the deadline until the **12th of November!*

Tel.+351 967 946 216

www.casaverde-int.com

enquiries@casaverde-int.com

PM promises €750 minimum wage by 2023

Portugal's prime minister has set out the goal of his new government to lift the minimum monthly salary to €750 in 2023, and also called for unions and employers to agree a "clear increase in wages for qualified young people".



"This is the greatest ever progress in the evolution of minimum pay in our country and ... brings us closer to convergence with the European Union average," said António Costa. (Photo: Lusa)

At his inaugural address after being sworn in, the prime minister, António Costa, noted that during the previous parliament the minimum salary had been increased by almost 20 percent. "Still, we are all aware that we are short of what is necessary for labour to be valued fairly, so in this

parliament we must aspire to have a greater increase in the minimum salary," he said. "To that end, the national minimum wage will evolve each year, once the social partners have been consulted, due to the dynamics of employment and economic growth, but the government aims to reach €750 in 2023."

If that target is met, according to the prime minister, in both parliaments taken together the minimum salary will have risen by around 50 percent from the original €505. "This is the greatest ever progress in the evolution of minimum pay in our country and ... brings us closer to convergence with the European Union average," he noted. According to Costa, the national minimum salary "continues to have a very important social function in eradicating poverty and reducing inequalities, with advantages in a multi-annual preview of its evolution, opening up prospects for progress workers and a horizon of predictability for businesses." Also on pay, the prime minister invited the social partners - unions and employers - to negotiate "without prejudice to a comprehensive agreement on income policy for the legislature - an agreement that can serve as a reference for collective hiring and provide a clear increase in the salaries for qualified young people, as ... the state will do with its career for higher technicians."

Emigrant programme comes under fire

Carlos Gonçalves, the PSD deputy elected for the European Parliament, said that the Government's programme for the diaspora does not bring any new developments.

Carlos Gonçalves cites as examples the government's proposals to restructure the consular network and to implement a new model of management of consulates. "It talks again about systematic restructuring to improve the response times of consulates. This was promised for four years and did not happen". According to Carlos Gonçalves, there are "historic consulates with large communities", which have never had problems, which "are suffering dramatic delays", particularly in Europe.

"The new model of consular management is another promise that has not been consolidated", he continued, agreeing, however, with the priority given to the issues of 'Brexit' and Venezuela. He also pointed out that the programme did not contain a single word for

young people from Portuguese communities. The Social Democrat deputy said that the issue of language was the one that most caught his attention, namely the measure that aims to increase the presence of Portuguese in the systems of basic and secondary education of the host countries. "This is important because this has not been the case over the last four years. We have had two difficult situations in Luxembourg and France. The government has not made this a priority, it has now appeared in the government's programme and I hope it is really there to fulfil it", said Carlos Gonçalves, alluding to the intention of the Luxembourg and French authorities to reduce the supply of Portuguese in their education systems.

PRIME WINE

END OF SEASON SALE!!!

Thursday, November 7
10am to 6pm

Friday, November 8
10am to 6pm

COME ALONG, TASTE SOME WINES, AND BAG YOURSELF SOME REAL BARGAINS!!!

TEL: +351 914 666 476 | ZONA INDUSTRIAL LOULÉ, ZONA D, LOTE 25 | 8100-271 LOULÉ
GPS: 37.124511, -8.043934 | GOOGLE MAPS: PRIMEWINE LOULÉ

Our financial solutions start with you

Our advice, your advantage

Blacktower provides international financial solutions and holistic tax planning to deliver the positive results our high net worth clients require.

We will assist you in the protection and growth of your wealth and assets by putting you at the heart of all our financial advice.

- International Investment Portfolios
- Tax Solutions and Planning
- Wealth Management Solutions
- International Pension Transfers
- Yachting Financial Solutions
- Estate Planning

Get in touch today at:

info@blacktowerfm.com

Lisbon

+ 351 214 648 220

Edifício Jomavipe, Rua Cesaltina Fialho Gouveia, 703, 2645-038 Cascais

Algarve

+351 289 355 685

Edifício Mapro, Estrada da Quinta do Lago, 8135-106 Almancil, Algarve

www.theblacktowergroup.com

All companies under the Blacktower Group are Regulated/Licensed in the locations they are positioned. For full details of how and who we are regulated by please visit www.theblacktowergroup.com



BLACKTOWER
FINANCIAL MANAGEMENT GROUP

Douro grape stalks with health benefits

The grape stalk of the Portuguese Rabigato grape variety has anti-inflammatory and antioxidant potential and can be used in the pharmaceutical and cosmetic industry.



Researchers understand that the potential of this grape variety used in the Douro region may have a pharmaceutical application. (Photo: Lusa)

According to Ana Barros, researcher of the University of Trás-os-Montes e Alto Douro (UTAD), from the Centre for Research and Agro-environmental and Biological Technologies, grape stalk extracts, a by-product resulting from each

harvest, have been assessed for their potential at a pharmaceutical level and for the creation of cosmetic products. After the gastrointestinal tract bacteria test, a study conducted in 2014 involving seven grape varieties, the researchers understood that

the potential of this grape variety used in the Douro region may have a pharmaceutical application. "There was one grape variety that proved to be extremely promising, Rabigato, which, despite being a white grape variety, showed better results than

the antibiotic itself". The grape is very rich in resveratrol, used by cosmetic companies. "We found that, in addition to having antioxidant capabilities, it helps reduce bad cholesterol and increase good cholesterol". "We believe it may have a pharmaceutical use, a topical use as an anti-inflammatory cream or something like that," she added. The research, started in 2014, had as its initial objective the classification of grape stalks, as there are few articles published worldwide and they represent 25 percent of the organic waste from the wine industry. Ana Barros recalls that Rabigato can be used in the cosmetics and pharmaceutical areas, as an alternative to antibiotics, where resistance to these drugs is pointed out by the World Health Organisation as a major threat to public health.




The smart way to sell property

0% Commission
No Agent Fees, No Hidden Charges

€695 Fixed Fee
Regardless of the value of your property

www.beverlywhere.com - info@beverywhere.com
call +351 962 598 966

Arranging a funeral abroad can be complicated

We make it simple

A pre-paid funeral plan from Avalon is an easy way to arrange and pay for your funeral in advance so your family doesn't have to deal with unfamiliar procedures and language barriers.

Why choose Avalon?

- ✓ Fastest growing funeral plan provider in Europe
- ✓ More than 70,000 customers over 25 years
- ✓ The UK's most trusted funeral plan provider*
- ✓ Local support for you and your family
- ✓ 24/7 expat bereavement helpline
- ✓ A funeral in Portugal or the UK
- ✓ We work with local, independent Funeral Directors

Plan your expat funeral with us today
and enjoy your life in the sun.
Talk to us on +351 919 224 788
www.avalonfuneralplans.com/portugal



*Based on over 1,500 reviews on Trustpilot

Plan happy, choose 

Plant upgrade suspends Monchique Water production

The company that produces Água Monchique, will suspend production and supply to the market until early December, a stop justified by the modernisation of bottling lines.

In a statement, the Sociedade de Água de Monchique, which has been operating the public concession of Monchique mineral water since 1992, said that in December the supply of five-litre bottles would resume and that, by early 2020, there will be new releases for the market.

According to the company, the disruption in production "is due to the replacement of the current bottling lines with new, more modern options", which will allow "a better response to the market", representing an investment of €7.8 million.

The company's chief executive, Vítor Hugo Gonçalves, describes the ongoing project as "fundamental to the company's viability and future", which aims to "achieve leadership in the Portuguese water market", as well as to increase export capacity.

The head of the factory, located in Caldas de Monchique, indicates that this interruption will allow the company to return to the market "with greater strength and greater geographical coverage", allowing to respond to consumer needs.

The Água Monchique factory employs 35 people and is one the largest employers in the area after the City Hall,



According to the company, the disruption in production "is due to the replacement of the current bottling lines with new, more modern options".

and also one of the most economically important companies.

The manufacturing and logistics facilities are located in Caldas de Monchique, in a protected area of over 50 hectares.

Calls to ban night flights at Lisbon airport

The environmental association ZERO has called for an end to flights between midnight and 6am at Lisbon airport, due to the harmful effects of aircraft noise on residents.

In a statement, ZERO - Sustainable Ground System Association states that there is "widespread non-compliance" with the early morning air traffic limits provided for in the "exception regime" in force since 2004, which allows for 26 daily flights to take off and land between midnight and 6am. According to the association, not only have the limits been exceeded, but complaints have been registered from residents of Lisbon, Loures and other neighbouring municipalities at Humberto Delgado Airport about the noise of aircraft and difficulty in sleeping.

ZERO believes that the "exception regime" should be repealed "to ensure that people are resting, especially at night", and that the measure will enter

into force in April 2020 when "new daylight saving time is applied".

The reduction in noise during the daytime "should be considered in a second phase", adds the association, noting that the population of Lisbon "is exposed to much higher noise levels" than the values recommended by the World Health Organization.

In the statement, ZERO said it was awaiting responses to a complaint lodged with the National Civil Aviation Authority (ANAC) and that the Inspectorate General of the Environment confirmed in a surveillance action this year that it had "violated the night flight exception regime".

The newspaper Público reported, citing an official source from ANAC, that the regulator has



Environmental association ZERO, states that there is "widespread non-compliance" with the early morning air traffic limits at Lisbon airport. (Photo: Lusa/Tiago Petinga)

filed several administrative offenses against carriers that have exceeded the noise levels permitted by law at Humberto

Delgado Airport.

In the same statement, ZERO announced that it will send letters to the mayors of Lisbon and

Loures to "try to understand" whether or not they agree with the end of the flight exception regime.



Loulé council has inaugurated two more electric vehicle charging stations in the municipality.

Electric charging posts for Loulé

Loulé council has inaugurated two more electric vehicle charging stations in the municipality, located in Quinta do Lago (Buganvília Shopping Centre) and Quarteira (Largo das Cortes Reais).

The installation of these public electric charging stations is part of the measures adopted by the respective municipal companies in accordance with the municipal strategy for sustainability of the municipality of Loulé.

The stations, which are part of the nationwide Mobi.E network, are semi-fast charging with 22kW "Mennekes" type outlets. These two sockets allow two

vehicles to be charged simultaneously, from 0 percent to 80 percent of the battery in less than 30 minutes, depending on the characteristics of the vehicle being charged.

To use the equipment an electric mobility card is required, which must be requested on the official Mobi.E website.

Vale do Lobo, Vilamoura and the city of Loulé are also fitted

with similar equipment, which makes Loulé one of the main Portuguese municipalities that invests most in encouraging the use of environmentally friendly vehicles and in mobility without an ecological footprint. The Municipality intends to create a municipal network of further public charging stations that promotes the environment and the quality of life of the population.

SandyBlue

Quality Holiday Rental Villas

Villa Owner? Want to maximise income from your villa?
Contact us today for a **FREE rental income projection**

Lisbon is the EU capital with most over 65's

In 2017, Lisbon was the European Union (EU) capital city with the highest number of people aged over 65 relative to the working population.



In 2017 Lisbon had an old-age-dependency ratio of 41.4 percent. (Photo: Lusa)

Data from the EU's statistical office, Eurostat, showed that in 2017 Lisbon had an old-age-dependency ratio of 41.4 percent, being the oldest capital city in the EU. This percentage was also higher than the EU average, which was

33 percent. Among the European capitals with older population compared to the working-age population (between 20 and 64) was also Rome (with a ratio of 36.4 percent) and the capital of Malta, Valletta (33.5 percent). Conversely, in 2017, the capital

with the highest young-age dependency ratio (the ratio of people under 19 compared to the working-age population) was Brussels (40.2 percent). Paris and Dublin were also among the youngest, with ratios of 39.2 percent and 39.1 percent respectively.

Living art



Quideia Animações is a group of talented and professional artists offering a wide range of performances, animation and entertainment for people, with different shows and acts like chocolate statues, circus acts and fire spitting.

Katerina Ferreira and Luis Fonseca, two of the main members of the group, started out by juggling and presenting magic at kid's parties and street shows until they were discovered by a company. From then on Katerina and Luis fused together all of their talents and created a lot of new and original ways to entertain people.

The group formed over 12 years ago and is very successful not only in Portugal or even Europe, but across the whole world, travelling to countries like Israel, Cyprus, Holland, Belgium, Saudi Arabia, Kuwait, Thailand, Spain and Denmark.

Their performances include fire shows, walking on glass and knife juggling but also street theatre where all props, costumes and makeup are self-made by the group, like for their chocolate characters and living statues, which are probably



Quideia Animações performances include fire shows, walking on glass and knife juggling but also street theatre and living statues.

some of the acts that they are best known for.

If you want to see Quideia Animações live, they are performing in Zoomarine for the Halloween period, but can also be found at the Sweet Potato Festival from 29 November until 1 December and in Lagoa on 13 and 14 December for the Living Statues at Christmas event.



Iberian Funeral Plans & Funeral Services

Our prices start from €2.495 (£2.132)

or €33,25 monthly fee



Funeral costs frozen at today's prices with no hidden extras



Professional English and Portuguese speaking staff



Guaranteed provision of plan benefits



Local offices and professional consultants no matter where you are



24 hour English/Spanish speaking bereavement line "Only a call is needed"



Tailored plans



Interest Free Instalment plans
Payments in € or £



Fully operational and legally registered Spanish Company

A complete funeral with no hidden charges

Call to arrange your no obligation home visit to discuss our plans with no pressure

Get the best plan & the best price

~ shield yourself with iberian ~

**we are
brexit
ready**

Phone 00351 281 957 433
or email portugal@iberianfuneralplans.com

www.iberianfuneralplans.com

Opposition deplors ‘largest, most expensive government ever’

The leader of Portugal’s main opposition Social Democratic Party (PSD), Rui Rio, has accused the Socialist prime minister, António Costa, of having formed “the largest and most expensive” government ever.

In his first speech in parliament since the 6 October election - and 18 years after he left parliament in 2001 to become mayor of his native Porto - Rio put the first question to the prime minister in the debate on the new government’s programme. “You can make the government you want, now you have a national record that you would never have liked to have: [that of] the largest and most expensive government in all of Portugal’s history,”

said Rio, estimating that the executive will cost taxpayers an additional €50 million. The PSD leader joked that, after it was said that a carpenter might be needed to create a new door for the deputy for the far-right Chega party to enter the opposition benches, perhaps a carpenter would be more useful “to adjust the government benches” given the number of secretaries of state in the executive. The prime minister hit

back in response, citing previous comments by Rio as he did so: “I understand better why you said that this is a place you don’t like, because it was very evident in the order of priorities of your concerns that you are here to do an internship to become a television commentator. “I’m sure that, if the PSD allows one day – we don’t know when – we’ll have the opportunity to see the government you would form,” the prime minister went on, in a reference to the internal party

challenges to Rio and the leadership elections scheduled in January. “Until then, everyone should worry about what is up to them [and] I will worry about the organisation of the government and promotions and demotions. “Worry about the smaller size of your parliamentary group and the dismissals that may occur very soon in its life,” he concluded. Rio had also questioned Costa about the possible demotion of the minister of finance, Mário Centeno, who did not speak in the debate, and about a possible promotion of the secretary of state for energy, João Galamba, warning that the PSD will seek more clarification on plans for lithium mining concessions in the north of Portugal.



The leader of Portugal’s main opposition Social Democratic Party (PSD), Rui Rio during his first speech in parliament since the elections. (Photo: Lusa/Tiago Petinga)

Central bank will ensure banks don’t charge for deposits

Banco of Portugal has said that it is committed to banks complying with the law prohibiting them from charging for deposits.



The governor of the Bank of Portugal, Carlos Costa. (Photo: Lusa/ Tiago Petinga)

In a statement, Banco de Portugal recalled that the law in force prohibits a negative rate of return on deposits and that it is naturally committed to ensuring full compliance with this regulatory framework.

They added, however, that in any case, in line with the position previously expressed, Banco de Portugal will continue to monitor this issue and its implications for the financial system.

On 28 October, at the Banca do Futuro conference, organised by Jornal de Negócios in Lisbon, the theme was launched by BCP’s chairman, Miguel Maya, who considered that it makes no sense for the bank to have hundreds of millions of euros deposited by large foreign institutional clients, with whom it has no other commercial relationship.

This happens because in their countries of origin these entities must pay to put the money in the banks, so they then transfer the money to Portuguese institutions.

Miguel Maya said that it is not in Millennium BCP’s mind to charge for deposits from customers and small businesses.

Asked about this position of BCP, the president of Caixa Geral de Depósitos (CGD), Paulo Macedo, said at the same conference that given the circulation of money in Europe there should be identical legislation in all countries.

In Portugal, negative interest rates on deposits are not allowed (i.e. banks cannot charge for keeping depositors’ money), unlike in other European countries.



Quality cover to suit your needs!

- We can provide cover for UK and Portuguese registered cars
- Legal and breakdown assistance
- Protected no claims bonus option available

800 860 708

almancil@ibexinsure.com tavira@ibexinsure.com

Avenida Duarte Pacheco 32

Rua 1 de Maio 26B r/c

8135-104 Almancil, Loulé

8800-360 Tavira

www.ibexinsure.com/almancil www.ibexinsure.com/tavira

Car • Home • Holiday Apartment • Health • Business • Travel • Boat

Charity bike ride through Portugal for Help for Heroes

Epic 490 mile cycle down Portugal's fabled N2 highway gets Help for Heroes super-fundraiser tantalisingly close to his £500,000 goal.



Steve Craddock at the end of his ride in the Algarve. (Photo credit: Steve Craddock)

Veteran Steve Craddock, 62, has just completed an epic fundraising cycle ride which took him from Chaves in the North of Portugal, 490 miles down to Faro in the Algarve, battling torrential rain and averaging almost 80 miles a day in the

process. The Portuguese ride is the latest in a 12-year list of events to raise funds for Armed Forces charity, Help for Heroes, comprising many challenging cycle rides along with quiz nights, black tie dinners and concerts. These have

brought Steve's fundraising total to a staggering £486,000, making him the biggest individual fundraiser in Help for Heroes' history. The six-day cycle route followed the fabled N2 Highway, Portugal's answer to Route 66, taking Steve through a changing

vista of extra-ordinary scenery - but also having to endure some of the worst cycling conditions he's ever had to contend with. The former Royal Engineer, Steve is no stranger to pushing himself, even when life gets tough. He undertook 6 tours of Northern Ireland and subsequently struggled both mentally and physically after leaving the Armed Forces before being diagnosed with PTSD. Getting on a bike to do a 350 mile sponsored ride from Normandy to Paris for Help for Heroes was the first step on his own recovery - the training gave him a reason to get out of bed and leave the house, while also lifting his mood and his feelings of isolation by being able to bike with other people. Fundraising through cycling has been a driver for him ever since, helping him mentally and giving him a real purpose in life. His Portuguese fundraiser began in the country's northern industrial zones and terraced vineyards, which are amongst the oldest in the world, continuing through fields of olive and cork trees, along riverbanks and over the

winding mountains of the Douro region with glorious sweeping views of the valleys below. Once out of the mountains, Steve headed through the rolling countryside of the less-explored Alentejo region, with its traditional white painted houses and wide-open landscapes. Whilst beautiful, this was some of the hardest cycling for Steve from a mental perspective as, with the road ahead constantly in view it could feel rather relentless in the rain. In an area that hadn't seen rain for six months the lashing rain was very unseasonal. The final phase of the journey was climbing over the rather challenging mountains of the Algarve, giving way to citrus orchards and the welcome sea breezes of the Atlantic Ocean. The last day was a tough one in the saddle but was truly compensated for by the glorious weather, unbelievable views and great high-speed descents as they reached their destination in Faro. Steve says, "This was probably the toughest cycle challenge I have ever attempted, made much worse by the rain. However, it was also a glorious,

glorious route and, when the sun came out, the views were breath-taking. For anyone looking for a challenge I would thoroughly recommend this ride, especially as I know we were unlucky with the weather. "And, as it's helped me get ever-closer to raising my £500,000 target for Help for Heroes it's been more than worth pushing my physical and mental boundaries." Anyone who feels inspired by Steve's epic journey can help him achieve his £500,000 target before the end of the year by sponsoring him at <https://www.justgiving.com/fundraising/cycle2recovery> for his incredible bike challenge. This is to cycle 2,020 miles across Europe in 22 days in 2020. He'll be cycling alongside another veteran, Lee Patmore, who'll be using a handbike as he is a wheelchair user following a back injury sustained during his time in the Royal Navy. But Steve won't stop there - as he says, "many veterans continue to need the support that Help for Heroes provides, and as long as one veteran continues to need support, I will be there fundraising for them".

ALGARVE REMOVALS

REMOVALS

- Weekly full or part load removal service to and from UK, Portugal, Spain & Ireland
- Full or part packing service
- Villa to villa moves withing the Algarve
- One box to full load removals

ONLINE SHOPPING

- Shop online at main high street stores and have your items delivered the following
- Anything from one to multiple items

STORAGE

- Storage warehouse in both the UK & the Algarve
- Storage available for long or short periods
- Fully insured, secure and alarmed

Call us now for a FREE quote

Local Depots at:
Alcantarilha - Almancil - Tavira - Lagos



www.algarveremovals.com
sales@algarveremovals.com

"Relax, your move is in safe hands."



UK Tel: 0044 (0) 1621 850070
Mob: 0044 (0) 7711 179842

Algarve Tel: 00351 289513851
Mob: 00351 968019226



See the difference
seatoskyhomes.pt

SILVES • LAGOA • ALVOR • LAGOS & WEST

AMI: 11990

A new lease of life for Loulé market



The council intends to create a dynamic hub of commercial activity while also promoting the heritage of the city itself at the market.

Inspired by some European markets and also by successful Portuguese examples such as the Algés, Campo de Ourique, Ribeira and, more recently, the Bulhão markets, the council intends to create a dynamic hub of commercial activity while also promoting the heritage of the city itself.

David Pimentel, president of LC Global, explained, the opening of four restaurants in the central area of the building will create "a wider range of hours," that is, the market will stop following traditional hours - until 3 pm - and instead will open until 12am / 1am, varying according to the time of year. The idea is that, at the same time, the operators of the fish stalls,

butchers, fruits and vegetables, among others that exist in the space, can also develop their activity during this extended time, "boosting consumption occasions not only of the restaurants that will be stocked here, but also customers who visit us and people who shop after work at the end of the day" said the head of the municipal

Works have begun to restore the Municipal Market of Loulé, with plans to add restaurants and increase opening times.

company that manages Mercado de Loulé. But it is not just "within the walls" that this new market is expected to have an impact. Since the city of Loulé has a much greater dynamic in the mornings as a result of commercial activity in the market, it is estimated that the extension of these opening hours may attract people to the city also in the afternoon and not only to the area directly surrounding the Market but also to other streets such as Praça da República or Maria Campina Street. In the new catering area there will be a space with removable tables and chairs as one of the ideas of the executive of the Chamber of Loulé so that this is also "a dynamic event space and a social living space", creating here a terrace area where people can enjoy their meal. Demystifying the idea that this hub will be direct competition to merchants around the market, David Pimentel considers that this is "a complementary offer that will empower customers of peripheral restaurants". In order to minimise inconvenience to operators and

buyers, work involving noise or dust will be carried out between 3pm and 8pm. It should be noted that the area where the four restaurants will be created will be properly isolated during the period of the contract. From 15 to 31 December the works will be stopped allowing the normal operation of the space at Christmas time. In order to keep traders informed, the LC Global team will welcome all interested parties, from 3pm to 5.30pm, in the market space, to clarify any doubts about the evolution of the work. This contract involves an investment of €575,000. "I think this initiative will make it possible to boost the city centre in a more positive way and I hope it can be a solution that will bring more economic activity to all operators in the market, with this additional value that will boost the business. What interests us is to leverage the business of those who are already here with this new offer and make this iconic space, which is the Loulé Municipal Market, even more attractive to all people who visit us," said Vítor Aleixo, Mayor of Loulé.

Free Faro Wi-Fi access

Faro City Council will implement a free Wi-Fi network, available to all who visit the city's historic core, a place of great tourist affluence in the municipality.

On 15 October the Municipality of Faro signed a contract with the Society Algardata - Sistemas Informáticos, S.A, for the implementation of a Wi-Fi network in the historic area of Faro, representing an investment of €112,713.31.

The municipality has been consolidating its strategy of tourism

development, with particular focus on the appreciation of the material and intangible heritage, mobile and immovable, in order to induce the desire to return to the county, proving the implementation, of a 'Wi-Fi' network in the historic centre, an area of great tourist interest, where most of the heritage

elements are located, indispensable.

This is another project to promote accessible tourism that takes shape in the municipality and whose implementation results from the approved application in Turismo de Portugal- "Faro, a smart and conscious city", under the programme "Valorizar".

"Creating high availability Wi-Fi networks meets the daily needs of residents and visitors and will unquestionably enhance everyone's experience", said a statement from the council

The project provides for the free provision of 'Wi-Fi' access in the historic area of Faro for a period of three years.



ALGARVE
Hidden Gems Rentals

Looking to earn income from
your Algarve Property
or searching for the
perfect Holiday Rental?

We offer full Property Management
& have a portfolio of great
Holiday Rentals

Contact us!

www.algarvehiddengems.com

Tel: +351 917 774 402 Email: info@algarvehiddengems.com

Constant complaints about pension payment delays



The ombudsman received 1,445 complaints due to delays in payment of various pensions from the beginning of the year until 30 September. (Photo: Lusa)

Delays in payment of pensions continue to prompt complaints to the ombudsman, which received, on average, five complaints per day and 1,445 by the end of September, 56.5 percent more than in the whole of 2018.

According to official data, sent to the Lusa agency, from the beginning of the year until 30 September, the ombudsman, Maria Lúcia Amaral, received 1,445 complaints due to delays in payment of various pensions, which means, on average, 161 complaints per month and more than five per day. By way of comparison, in 2018, 923 complaints had been received, almost four times more than in 2017. During this year "many complaints reporting delays of more than one year" continued to arrive at the ombudsman, but the increase in complaints does not

necessarily mean that there is a real worsening of the delays at the National Pension Centre. "The media coverage of the problem of delays, since the end of 2018, may have contributed to the increase of complaints registered this year", the ombudsman's press officer pointed out. The ombudsman "continues to monitor the situation and awaits the results of the measures adopted by the Government and the Social Security Institute". "It is expected that a new monitoring of the treatment given to applications in the National Pension Centre will be made soon, in order to verify the evolution of pending issues".

Unemployment in north below national average

Portugal's northern region's unemployment rate fell to 6.2 percent during the second quarter of 2019, below the national average (6.3 percent).

According to the quarterly bulletin of the Coordination and Development Commission of the North

Region (CCDR-N) that presents the trends of the economic evolution in the North region, the data

represents the lowest level of unemployment since the third quarter of 2002. As for the unemployment

rate of workers with higher education, it fell to 4.6 percent, the lowest value of the century.

According to Norte Conjuntura, the employed population of the region increased to 1,722,100 people, with the creation of further 9,400 jobs compared to the same quarter of 2018.

The pace of employment growth has been slowing for nine quarters and, as a result, in the northern region, the employment rate from 20 to 64 years increased very slightly to 74.4 percent in the second quarter of 2019.

In Portugal, the same

indicator reached 76.1 percent, increasing the difference between national and regional rates, the bulletin said.

The unemployed population fell to 113,7000 people in the second quarter of 2019, representing a reduction of 19,200 unemployed compared to the same quarter of 2018.

As for the average net monthly salary of employees in the North region, it reached €865 in the second quarter of the year.

Among the major sectors of activity, only the primary sector, which includes

agriculture, animal production, hunting, forestry and fishing, registered a decrease in employment in year-on-year terms (down 7.2 percent), it said.

Norte Conjuntura stated that manufacturing industries are the most important branch of activity in the region, employing 429,900 people, equivalent to 25 percent of all employment in the second quarter of 2019.

The report also highlighted that the default rate on housing loans reached the lowest level in the last ten years, at 1.7 percent.

Special Charity Event

Rhythmic Dance Show

FRIDAY
8TH NOVEMBER
7:00PM

RESTAURANT
HORTA GRILL
SÍTIO DOS PEDREGAIS | MONTES DE ALVOR

BOOKINGS IN ADVANCE
RESERVAS ANTECIPADAS

Horta Grill
927 643 968

Baz Thompson
964 171 294

ORGANIZAÇÃO

APOIOS

DESIGN SUSANA MIGUEL

Exports up 5.1%, imports up 8.1% in 2018

Portuguese exports increased 5.1 percent, totalling €57.8 billion, and imports grew 8.1 percent, to €75.36 billion in 2018.

According to the of INE's International Trade Statistics of 2018, the balance of trade of goods had a deficit of €17.56 billion, €2.89 billion more than the previous year, mainly due to trade outside the European Union, which recorded a €2.18 billion increase in the deficit.

The INE, which issued the provisional results of the International Trade in Goods statistics for 2018, also indicated that, excluding fuels and lubricants, exports increased by 5.3 percent and imports by 7.8 percent and the deficit increased by €2.095 billion to €12.45 billion.

Portugal's goods transactions with abroad continue to be mainly with countries that belong to the European

Union (EU), with this dominance having increased to 76.1 percent in exports (two percentage points more than in 2017), which, according to INE, was related to the 3 percent decrease in exports to non-EU countries and to the decrease in imports to 75.8 percent (0.5 percentage points less than in 2017).

The main external customers and suppliers of goods to Portugal continued to be Spain, France and Germany, with the largest trade deficit continuing to be with Spain, with the balance of transactions worsening by €387 million, while the largest surplus was recorded in the relationship with the United Kingdom (the previous year had been with the United States).

Japan tobacco to enter Portuguese market

Japan's JTI, a global tobacco and e-cigarette company, announced on that it will enter Portugal with its 'e-cigarettes' and aims to operate nationwide by 2020.

“Portugal is the 20th country where we will sell our electronic cigarettes [‘Logic Compact’], as of 4 November, as we already distribute our traditional tobacco in retail”, Yannick Girault, Country Manager of Japan Tobacco International (JTI) for Portugal, told Lusa. He stressed that the company “currently has 39 employees”, and will sell its ‘e-cigarettes’ in Lisbon and Porto at 1,000 points of sale by the end of this year. In a second phase, “we will extend the distribution to 4,000 points of sale throughout the country,” the manager said, adding that JTI considers that Portugal is “a very competitive market,” which has a “great potential” for growth and that adult smokers have a “great appetite” for innovation, quality and modernity.

JTI Portugal is “the second ‘player’” in the tobacco sector in the country, with a market share of 17 percent and, according

to the manager, Portugal “is also the fastest growing”, with a team that has increased 30 percent in the last three years.

Yannick Girault also mentioned that this device will complete “the wide range of products offered by the multinational, in the traditional tobacco product segment and in the new category of vaporisers”. Portugal will become the 20th country after the United States, United Kingdom, Ireland, France, Italy, Germany, Canada, Greece, Russia, Belgium, Cyprus, Romania and Switzerland, which account for 79 percent of the overall electronic cigarette business.

“JTI has already invested around US\$1 billion (€898 million) in the manufacture of this e-cigarette and expects to invest as much again by 2020,” the manager told Lusa, adding that “before it is marketed, everything has undergone thorough analysis, including toxicological

Japan Tobacco International (JTI) will sell its ‘e-cigarettes’ in Lisbon and Porto at 1,000 points of sale by the end of this year. (Photo: EPA/ Erik S. Lesser)



assessments and quality controls of each of the ingredients used”. He continued: “This is one of the most regulated businesses in the world” and the

company’s strategy in Portugal is to “invest more in the long term. It is not focused on the short term. It wants to spend another 20 years”. *TPN/Lusa*

KLM still betting on Portugal

“After strong growth, we now expect to consolidate our activity in Portugal,” said Air France-KLM’s general manager for Portugal and Spain, Boris Darceaux, estimating that the company will remain strong in the country, where it has been

present for almost 80 years.

The airline carried 410,000 passengers in 2018.

Darceaux said the company expects a marginal growth in its capacity, between 0 and 5 percent, this year and next, since it believes that the period

Dutch airline KLM said that it continues to “bet strongly” on the Portuguese market and hopes to consolidate the strong passenger growth of 23 percent observed in 2018.

will be of consolidation of the activity.

Darceaux was speaking at an event in Lisbon to mark the airline’s 100th anniversary and under the motto of innovation and competitiveness, where he highlighted that in recent years

it has increased its offer by 56 percent in the country.

According to Air France-KLM’s sales director for Portugal, Miguel Mota, the airline currently operates 335 flights a week, in partnership with Transavia and Delta.

In 2020, Faro will also integrate Air France’s routes with a connection to Paris.

The flights to and from Faro will be operated on Airbus A320 with 174 seats on Saturdays, starting 4 April 2020.

TPN/Lusa

Advertiser’s Announcement

Sale of a property – why it should be planned in advance

The majority of people thinks it is easy to sell a property, that it is something simple, something they can do by themselves, as they bought the property, and that this is the hardest part of purchase and sale of a property. Well, they could not be more wrong ...let us see why!?

Property documents

The first thing to check is if all the necessary documents are in place. First, because since the date of the purchase to the date of the sale, the number of documents requested for a sale might have changed. Nowadays, there are new documents, which were not needed a couple of years ago (for e.g., the Energy certificate). Second, because there are documents which may need to be updated, as for example, land registry certificate,

booklet, etc.

The property documents check become even more important when you bought a plot of land and you have built a house, a swimming pool, a garage, etc. It is necessary to check if the property documents have been updated to reflect the new reality, as well as if all the others (for e.g., habitation technical file, energy certificate) have been created in consequence of the changes that the old property has suffered.

Legal searches

It is crucial to confirm that the property you are going to sell in reality is matching with the property you are selling on the legal documents. So, the documents should be confronted with the real property. In Portugal it is very common buying a property without knowing about the illegal constructions the property suffered during the years or even thinking the property is completely legal when is not ... It is so typical, properties that were

enlarged, having unlicensed garages or a garage transformed into a studio, or the number of bedrooms increased, bigger windows, unlicensed swimming pool, etc, etc, etc... *And then, is when the dream becomes a nightmare! Why?* a) Because, nowadays, buyers are much more aware of those problems, and don’t want to inherit the same problem, when they decide to sell the property in the future. So, they will walk away from the purchase or they will apply for a price reduction;

b) It might not be able to sell; c) Or have to wait for planning permission, which in Portugal can take years. Selling a property with “problems” make you liable to pay indemnity to the buyers, if they were not aware of those, before buying.



See the full article by visiting www.veronicapisco-lawoffice.com/publications/ or scan the QR code

Verónica Pisco

LAW OFFICE



~ Offices in Eastern, Western and Central Algarve ~

We deal with: Real Estate & Property Law | Tax Law & Tax Representation & RRRH | Corporate & Commercial Law | Wills | Immigration Law - Golden Visa | Condominium Law | Contracts | Litigation | Social Security & Labour Law | Civil & Criminal Law | Family & Inheritance Law | Notarial & Registry Law

Tel./Fax: +351 289 358 382 | Mob.: +351 968 919 049, +351 914 219 745
office@veronicapisco-lawoffice.com | www.veronicapisco-lawoffice.com



The Cure for Flygskam

There is a Swedish neologism, 'flygskam', that has gained some currency among environmental activists in Europe. It means 'flight-shame', which is the emotion righteous people should feel if they take a plane trip and contribute to global heating.



Greta Thunberg took a sail-boat across the Atlantic because the fuel that is burned to get each passenger to America causes warming equivalent to 10 percent of the average Swede's annual 'carbon footprint'. (Photo: EPA/Bob Pearson)

Qantas, the Australian airline, has test-flown the world's longest commercial air-route: 10,200 miles (16,500 km.) from New York non-stop to Sydney. There were only 60 passengers aboard the

Boeing 787, all in business class, because the plane needed all the rest of the weight for fuel. And, we are told, they danced the Macarena in the empty economy class to stay limber during the 19-hour flight. I don't think Greta Thunberg would have been pleased.

Ms Thunberg took a sail-boat across the Atlantic because the fuel that is burned to get each airline passenger to North America causes warming equivalent to about 10 percent of the average Swede's annual 'carbon footprint'. A bit dramatic,

maybe, but her point was that flying causes major emissions, and the only way to avoid them is not to fly. Aviation accounts for around 2.5 percent of human-caused greenhouse gas emissions at the moment, but the contrails the planes leave in the stratosphere turn into cirrus clouds that reflect heat back to the surface, and that causes an equal amount of heating. So in reality 5 percent of current warming is already due to aviation, and industry representatives estimate that the number of people flying annually will almost double (to 8.2 billion) in the next twenty years. By then flying will have grown to 10 percent of the global heating problem, or even more if we have made good progress on cutting our other emissions. So must we stop flying? That's not the way we deal with other climate-related transport problems. We haven't abolished automobiles; we have just worked on ways of reducing and ultimately eliminating the emissions associated with them. Electric cars now

lead the field, but other alternatives may emerge. By contrast, we are told, there are no alternatives available for aviation. People have been nibbling around the fringes of the fuel problem, but 'biofuel' won't cut it: it would take an area the size of Australia to grow the plants needed as feedstock for the fuel that the aviation industry consumes. Batteries are too heavy to use in electric planes, and there's no solution for the contrail problem. We'll just have to stop flying. Not necessarily. The problem has been neglected, because the aviation industry was too lazy or stupid to look down the road and start preparing for a future that more attentive people could see twenty years ago. But the fuel problem is not insoluble. In fact, it has already been solved. The solution just needs to be scaled up.

A number of people have been working on DAC (Direct Air Capture of carbon dioxide) for more than a decade already, and the leader in the field, David Keith's Carbon Engineering, has had a pilot plant running in British Columbia for the past three years. Keith's business model involves combining his captured carbon dioxide with hydrogen (produced from water by electrolysis). The electricity for both processes comes from solar power, and the final product is a high-octane fuel suitable for use in aircraft. It emits carbon dioxide when you burn it, of course, but it's the same carbon dioxide you extracted from the air at the start. The fuel is carbon-neutral. Scaling production up would take a long time and cost a lot, but it would also bring the price down to a commercially

viable level. The contrails and the cirrus clouds in the stratosphere are a considerably harder problem, but there are a number of measures that would help. The planes are flying so high for two reasons. The air is less dense up there, so you don't use so much fuel pushing through it. But the main reason, especially for passenger planes, is that there is much less turbulence in the stratosphere than in the lower atmosphere. If the planes flew down there, they'd be bouncing around half the time, and everybody's sick-bag would be on their knee. So what can you do about it? Well, contrails only form in air masses with high humidity, and therefore only affect 10-20 percent of flights. With adequate information, most of those flights could simply fly around them. Alternatively, fly below 25,000 ft. for that section of the flight, and contrails won't form anyway. It will be more turbulent down there, so in the long run we should be building aircraft that automatically damp out most of the turbulence. This is probably best achieved by ducted flows of air that instantly counter any sudden changes of altitude or attitude, but if aircraft designers started incorporating such ducts into their designs today, they'd only come into regular use in about fifteen years' time. So the order of business is first, carbon-neutral fuels (half the problem solved); second, flying around or under air masses with high humidity (another quarter solved); and finally, turbulence-damping aircraft technology (most of the rest done). By the way, how is Greta Thunberg getting home again?

N

GWYNNE DYER

ASK Kurt

All your computer questions answered



SEO - What's that? Continued

For a human it will not be possible to process such amounts of information but generally search engines deal just fine with this task. Sometimes they might not get the meaning of a page right but if you help them by optimising it, it will be easier for them to classify your pages correctly and for you - to get higher rankings. When a search request is made, the search engine processes it - i.e. it compares the search string in the search request with the indexed pages in the database. Since it is likely that more than one page (practically its millions of pages) contains the search string, the search engine starts calculating the relevancy of each of the pages in its index with the search string. There are various algorithms to calculate relevancy. Each of these algorithms has different relative weights for common factors like keyword density, links, or metatags. That is why different search engines give different search result pages for the same search query. What is more, it is a known fact that all major search engines, like Google, Yahoo! and Bing periodically change their algorithms and if you want to keep at the top, you also need to adapt your pages to the latest changes. This is one reason (the other is your competitors) to devote permanent efforts to SEO, if you'd like to be at the top. The last step in search engine activity is retrieving the results. Basically, it is nothing more than simply displaying them in a web browser - i.e. displaying to the end user in his web browser the endless pages of search results that have been sorted from the most relevant to the least relevant according to the search query.

Email your questions to Kurt: kurt@algarvecomputercentre.com

Microsoft
CERTIFIED
Systems Engineer

Certified
Support Professional

For all your computer needs:

- Computer Diagnostics
- PC Optimisation
- Virus Removal
- Desktop Repairs
- Data Backup / Recovery

- 2nd Hand Laptops / Desktops
- Broadband Services
- Network Installations
- Website Hosting
- Remote Desktop Support
- VPN Services / BBC & ITV

www.algarvecomputercentre.com 934 807 027

ALGARVE
COMPUTER CENTRE
CERTIFIED BY MICROSOFT & APPLE

ENGLISH DENTAL SURGEON

Dr. Francis Haley

B.D.S.

(Guy's Hospital, University of London)

Av. 25 Abril, 184 - 1°C 2750 - 511 Cascais

Tel: 21 486 3012

<http://clinic.cdhalley.pt>



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

REACHING OVER 100,000
PEOPLE A WEEK WITH
NEWS ABOUT PORTUGAL



www.theportugalnews.com



sales@theportugalnews.com • 282 380 301



Faro Airport

SIR, We landed at Faro airport yesterday evening from Birmingham and experienced an extremely shocking and frightening scene in the Arrivals Hall. Five other European flights arrived within a few minutes of each other creating a large volume of passengers to pass through Passport Control. However, ALL automatic gates were out of use and only TWO immigration officers were on duty to process the arrival of around a thousand people.

The most shocking aspect of this situation was that ALL passengers had to descend a steep stone staircase to join the crush of others into the small Arrivals area. There was no organisation, no queue, no air and no direction. It was extremely hot and people were fainting and panicking. We were kept waiting in this horrendous crush for an hour and a half! This situation is an accident waiting to happen and is not only unacceptable but will discourage visitors from over returning. We have contacted Faro airport via their Facebook page and by email but have received no reply. We hope your newspaper carries the necessary clout to generate a response from someone who can rectify this awful state of affairs.

PAULINE AND RICHARD HUNT

Re: Post Brexit import/export

SIR, On 26 August a book with value of €29.42 was sent to me by airmail from Australia. It arrived in Lisbon on 18 September; ten days later I received a registered letter from CTT alfandaga with a list of documents required to clear Customs even though a copy invoice had been attached externally. The information was supplied and on 09 October I received the package with a demand to pay duty of €2.49 and a standard clearance fee of €12.

Letters to the editor

Apart from the unwarranted delay in postal delivery, the intervention of Customs on such occasions is prescient of the chaos which will occur with imports made by old-fashioned snail-mail post-Brexit and will inevitably boost the sales of Books, CDs and DVDs by download to tablets and other devices.

But if, like me, you have readers who prefer the tactile joy of holding their reading matter and turning the pages by wetted finger, there is merit in the old slogan: post/order early for Christmas!

ROBERT KNIGHT, Tomar

Photovoltaic energy and bureaucracy

SIR, I found The Portugal News recent article on renewable energies (5 October issue) very interesting. According to the Redes Energéticas Nacionais (REN), 43% of electricity came from renewable energy during the first 9 months of 2019. The breakdown by source shows that only 2.3% of energy was generated by photovoltaic panels despite a government campaign pushing investors to acquire such a technology.

Questions:

Isn't that strange in a country (particularly Algarve) blessed by more than 300 days of sun per year?

13 months ago, I heavily invested in 12 photovoltaic panels. It took less than one week for a very professional private company to install these panels. After a painful 12

months struggle with the Direcção da Energia e Geologia, I finally got their agreement which was subsequently sent late to my energy provider (EDP). One month later, namely early October, 2019, I finally got my panels connected. Meanwhile I was still paying full price for my electricity consumption.

How the REN, Ministry of environment, Direcção da Energia and Geologia, and overall the government dare pushing for the use of photovoltaic panels, whereas there are only 2 engineers qualified to approve all panels technical files in this country?

This is an absolute scandal and not an isolated incident since I learned that many owners of panels experience the same situation.

In terms of renewable energy, it is time for this country to put its acts together.

JB, Almancil

Faro Crematorium

SIR, It was announced today that the ageing population of Portugal is increasing.

Why should the local population have to wait any longer for the Faro Crematorium to be in operation? If it was a Football Stadium there would not be any delay.

Also the costs would be greatly reduced for relatives. Could it be delayed by the profits of Companies operating plans and funeral companies.

So please Faro council, please expedite this operation.

B. SULLIVAN, By Post

N 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

Special charity event Rhythmic Dance Show

The Clube de Instrucao de Recreio Mexilhoeirense - CRIM, with the help of Ana Jorge, who is the dance group director and organiser, are holding a Charity Dinner with lots of entertainment on 8 November at 7pm at Horta Grill, Sitio dos Pedregais, Montes de Alvor.

Whilst dining on a four course dinner, CRIM have prepared 12 short shows of gymnastic dance, some dancing to the song 'Halleluja', others to 'Can't help falling in love' and two artists will even introduce Fado to the evening and will bring their own guitarists.

To take part in this event,



which promises a full nights entertainment, please book in advance, and for any further

information, please contact Baz Thompson 964 171 294 or Horta Grill 927 643 968.

Bowls Algarve

The first game was the Super 10's on Thursday, 24 October, which dawned bright and beautiful. Tavira gained six points against Balaia who won two; Pedras also won six points from Floresta winning two; with Valverde and Alvor winning four points each; Albufeira were the resting team this week.

This sees Tavira and Pedras

at the top of the Table with six points each, whilst Valverde and Alvor are second with four points each, Floresta and Balaia with two points each.

Saturday, 26 October was the beginning of the Winter League games.

League 'A' saw Valverde Vikings taking two points from Albufeira Cats who won six;

Floresta Foresters took all eight points from Pedras Panthers; Tavira Tigers likewise took all eight points from Balaia Pods; whilst Alvor Amigos took two points from their team-mates Alvor Rooks who won six.

In League 'B' Floresta Huntsman took all eight points from their team-mates Floresta Rangers; Balaia Whalers lost all their points to Valverde Vulcans who won eight; whilst Alvor Greens lost all their points to Valverde Vipers winning eight. Alvor Scorpions were the resting team this week.

The top of League 'A' Table has Floresta Foresters and Tavira Tigers on eight points each, Albufeira Cats and Alvor Rooks both on six. League 'B' Table has Valverde Vulcans, Valverde Vipers and Floresta Huntsman all on eight points.

The First round of our Inter-Club Championships is also taking place amongst the league games. Only the first week, with a long way to go for everyone.



Portugal Walks

Tuesday 5 November - Lets Walk from Boliqueime: A beautiful country walk of about 2 hours, through hamlets, river valleys and countryside - fairly easy so

all can enjoy. 10.30 am start. Meet outside the church in the centre of Boliqueime. The town is off the EN125 between Albufeira and Vilamoura and the church is very prominent, good parking in the streets and cafés close by. Chris 913 011 537

Friday, 8 November - Let's Walk from Caldas de Monchique: A 2.5 hour circular walk through the foothills with spectacular views down to the coast. Moderate walking as there are ups and downs! 10.30am start. Meet at the Foz do Banho café!

restaurant on the main road up to Monchique. The café is on the left side just after passing the 'Longevity / Wellness' complex on the right. Julie 965 753 033

All are welcome, there is no need to book. Please wear shoes suitable for country walking (remember you walk at your own risk) and bring a sense of humour. There is a nominal charge of 5 euro p.p. this includes a donation to charity. Full details plus driving directions can be found at www.portugalwalks.com

Algarve Bike Rides

Here are the details of this week's rides :-

Saturday 2 November - Please contact Diana email: Dihoutzager@hotmail.com.

Sunday 3 November - Bike Ride starting in Boliqueime: We meet close by Boliatasca, somewhere near here: <https://goo.gl/maps/z1sq6krnzi2i5hdM9> at 9.15am ready for a 9.30am start. This will be a mostly easy Sunday style ride with a café break somewhere along the way.

If you would like to come along to one of these rides,

please do let me know either by text, email or by confirming on Facebook via the Activity Algarve Bike Rides page. If a ride has to be cancelled for any reason, such as bad weather, notification will be via text. We reserve the right to cancel any ride if less than 5 people are signed up. Price for participation is 5 per rider per ride. For more information please contact Paul Beesley on tel: 913226954, email: paul@algarvebikeholidays.com, Visit: www.algarvebikeholidays.com, or Facebook: AlgarveBikeHolidays.

AAA Talk



Rotherhithe, London 2019

On Tuesday, 5 November, the Algarve Archaeological Association (AAA) will be presenting two lectures, in English, by Will Rathouse entitled 'River Thames Revisited: recent discoveries, Community Archaeology & mental well-being'. The first lecture will be at 2.30pm at the Museu do Traje in São Brás. The second lecture will be at 6pm at the Convento de São José in Lagoa.

Will Rathouse is returning to talk to the AAA about the latest finds from the award-winning Thames Discovery Programme (TDP) and will introduce their sister project CITIZAN (Coastal and Inter-Tidal Zone Archaeology Network) which

monitors and records erosion threatened archaeology on the British coast. The TDP facilitates communities in London to monitor and record the appearing and disappearing archaeology of the Thames Foreshore (or tidal zone).

Recent diabetes checks of blood sugar levels among some sixty players, officials and members of the public resulted in about a quarter of those checked showing signs of being close to or outside the safe limits and have been advised to consult their medical practitioners.

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

Saint Andrew's Ball

The Saint Andrew's Society of the Algarve is a small group of Scots and other nationalities whose main aim is to promote things Scottish, but also to enjoy themselves.

This year our annual ball will actually take place on Saint Andrew's Day, 30 November. Once again it will be at the marvellous 5-star Penina Hotel, which always looks after us so very well. The event will begin at 7pm sharp where participants will be greeted by the skirl of the pipes played by our wonderful piper Malcolm MacGillivray. Following a champagne reception there will be a bounteous and sumptuous Grand Buffet accompanied by wine, followed by coffee and Atholl Brose.

Afterwards Scottish dancing will be to the accompaniment of our ever-present and excellent ceilidh band from Scotland, "The Sound of Islay". Each dance will be talked and walked through beforehand so no need for beginners to hang back!

So a great opportunity to get out your glad rags and have a great time. Tickets will cost €45 for Society members and €47.50 for non-members. If you prefer not to drive and instead spend the night at the hotel



after the Ball, and/or have a round of golf on the Sir Henry Cotton Championship Course, discounted special rates are available for Ball participants. To take advantage of the room and golf special rates you should book directly with the hotel on 282 420200 mentioning that you are part of the Saint Andrew's Group.

For Ball tickets, or simply to find out more about the Saint Andrew's Society and its events, give Kathy Prentice a ring on 919 635 246.

But it is worth putting in your diaries now that our 2020 Burns Supper will be on Saturday 25 January (the Bard's birthday) in the Ponte Romana Restaurant in Silves. *Doug McAdam*

Prostate cancer survivors return

FC Prostata (Copenhagen) made their second annual visit to play against East Algarve Walking Football (EAWF) during sessions at Olhão and Tavira.

The visitors, all who have recovered from prostate cancer, enjoyed the friendly challenge and lively banter that has further cemented the bonds of friendship between the two groups.

Recent diabetes checks of blood sugar levels among some sixty players, officials and members of the public resulted in about a quarter of those checked showing signs of being close to or outside the safe limits and have been advised to consult their medical practitioners.

In addition Algarve Psychotherapy along with Algarve Health and Social Care and members of EAWF recently held a free Diabetes Information Event, where



FC Prostata (in front) with members of EAWF

personal experience of the stress and anxiety of being diagnosed with diabetes and having to live with diabetes

was shared. All events are open to members of the general public. To register an interest

contact: info@algarvehsc.com or go to Algarve Health & Social Care on Facebook. www.walkingfootballalgarve.com

15th Annual Shoebox Drive for the Elderly

Castelo de Sonhos registered charity has more than 200 elderly in need living in this area. This Christmas we would again like to help them and we are now planning the 15th Annual Shoebox Drive for the Elderly. The boxes will be delivered by the Castelo de Sonhos team. We hope you will participate. Here is what you'll need to do:

1. Find an empty shoe box. Most shoe shops are only too pleased to give you one.
2. Decide whether your gift will be for a man or a woman.
3. Fill your shoe box with a variety of gifts (each gift may be individually wrapped) see suggestions below. Please pack carefully and wrap breakables well.
4. Wrap the shoebox and label for man or women, or couple.
5. Deliver filled shoeboxes to Castelo de Sonhos in Silves,

the Holiday Inn Algarve in Armação de Pêra, the Primavera Restaurante/ Snack Bar in Tunes between 15 November and 9 December 2019 or on Saturday 30 November at the 3rd Annual Guia - Autumn/ Christmas Fair taking place at the Guia Football Club Snack Bar from 11am - 4pm

- Shampoo, soap, body lotion, bath gel, foam hairbrush, comb, mirror,
- Woolly hat, gloves, scarf, socks, hankies, tights, small shawl
- Shower cap
- Torch
- Face cloth
- Tea towel
- Small notebook and pen
- Sweets, chocolate, cakes, biscuits-please ensure they are well in date
- Small ornament
- Christmas card
- Do not include: Medicines.



For more information please contact: Sue Butler-Cole on 282 330 242, or mobile 933 374 865, or email sueloram@gmail.com

PENGUIN

penguinalgarve.com

Air conditioning

Solar systems

Central & underfloor heating

Pool heating

Energy-smart heating & cooling!

+351 289 092 595 info@penguinalgarve.com

www.penguinalgarve.com

www.facebook.com/penguinalgarve

**TRANSPORT • SHIPPING
REMOVAL SPECIALISTS**

UK | PORTUGAL |
IRELAND | EUROPE

NEW

France-Portugal Service

- From £55 per m³
- Regular shipping service
- Cars and Motorbikes
- Sealed and secure containers
- Commercial & personal storage from €2 per m³

Please call us for a
no obligation free quote

www.nwdfitd.co.uk | peter@nwdf.co.uk
info@nwdf.co.uk

RHA
Road Haulage Association

QUATRO ESTRADAS,
LOULÉ DEPOT – PORTUGAL
Tel: 00351 910767634
0044 7951 028901

SALFORD DEPOT – UK
Tel: 0044 161 8737863
0044 1925 812563

CHARITIES

APAA CHARITY SHOPS - Dunas do Alvor: Tues to Sat 10.30am - 2pm. 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 & 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, Nº 53. Portimão (Behind Bombeiros).

MADRUGADA ASSOCIAÇÃO provides home-based, end of life, palliative care to patients and their loved ones free of charge. Your donations would

be very welcome. Volunteers are also required. If you can help call us on 282 761 375 or visit our shops in Lagoa and Praia da Luz.

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

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

FRENCH LANGUAGE Following the French Government's initiative to expand the French language, we are looking for Volunteers to teach French in Albufeira or Olhos de Água to children and adults. No experience or qualifications necessary, just fluency in French and a passion to meet and help others learn this beautiful language. Please contact 961 636 201 or Angelica.fash.co@gmail.com

THE NANDI CHARITY SHOP. Winter clothing now in store. Furniture can be collected within 30 k Lagos. Tel 912741857

MUSIC

Aljezur International Choir. Thursdays 2pm to 3.30pm. Tel. 914285640 or wattys100@hotmail.com,

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

Chess Club. Eastern Algarve. chessalgarve@mail.com

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

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

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

Walking Football. Wednesdays, 10am - midday, Clube Desportivo de Odiáxere. 50+, just turn up. Tel. 960234641 or Billandyvonne.harper@btinternet.com

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.

Adult Fitness Programmes. 10am beginners and +55's, 11am intermediate, every Monday/Wednesday/Friday. Meet at Burger King Vilamoura. 919 339 396

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. suesharman9@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, Almancil. Jen 282332628 or 937264287.

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

WORKSHOPS & COURSES

Scottish Country Dancing. Every Monday, 7.30pm - 9.30pm, Nobel International School on the N125 between Lagoa and Porches. Mardie Cunningham, 282356029 / 964278432 or rosevale45@gmail.com.

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

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

afpop November Events

afpop Silves/Carvoeiro Coffee Morning at Pastelaria Requite e Tentacoes in Algoz on Wednesday, 6 November at 10.30am opposite the Municipal Market, plenty of parking, Tea or coffee and a choice of pastries for 5 euros a head. Bookings necessary. Heather and Les, **afpop** Area Event Organisers Silves / Carvoeiro. Email: silves@afpop.com or Mob: 966 677 295

afpop Silves/Carvoeiro Lunch at Recanto dos Mouros Restaurant on Friday, 22 November at 12.30pm for 1pm meal. Bookings with Heather and Les. Email: silves@afpop.com, tel: 966 677 295

afpop Lisbon/Cascais Tapas & Drinks at Alma Grill in Alcabideche on Friday, 22 November at 7.30pm. Joining us will be local beer brewer Sean Wooten, who will also have a selection of locally brewed beers to sample. Price: Member - €22, Non-member €24. For reservations contact Kelly, afpop Area Event Organiser Cascais. E-mail: cascais@afpop.com

afpop Portimao/ Monchique Lunch at Solar do Farelo restaurant in the countryside of Mexilhoeira Grande on Friday, 29 November, 12.30pm for 1pm start. €20 p.p. for Members and for non-Members €21 p.p. To confirm your reservation please email Anita, **afpop** Portimão/Monchique Area Event Organiser E-mail: portimao@afpop.com

afpop East Algarve monthly Coffee and Chat Morning at Pedras da Rainha on Wednesday, 27 November from 10.30am to 12.30pm. A chance to meet up and make friends. If you are interested contact: Sherry: 916 913 612 / Email: slosantaclara@gmail.com

afpop Loulé/Faro Lunch at Rest. Oliveira, Loulé on Thursday, 28 November at 12.30pm. 18€ with drinks during the meal included. Bookings necessary with Bert Shubrook: Email: bertshubrook@gmail.com



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

Insure your property in Portugal through *The Portugal News*

PROPERTY INSURANCE

As a homeowner in Portugal, make sure you get the right insurance cover, designed specifically for your needs.

GENEROUS DISCOUNTS ON PROPERTY INSURANCE

- Dedicated in-house UK Claims handlers and overseas Loss Adjustors
- Cover whether your property is occupied or not

Specialist providers of holiday home insurance and static caravans in Portugal

This Intasure policy, underwritten by LLOYDS OF LONDON, has been designed to meet the needs of homeowners in Portugal.

- Underwritten by one of the world's leading insurers - Lloyds of London
- Cover for your property whether occupied or unoccupied
- Cover for short and long term lets
- Up to £5 million public liability as standard
- UK based call centre and all documentation in English
- Dedicated in-house claim handlers and overseas loss adjusters
- Swimming pool cover
- Temporary accommodation following an insured loss
- Loss of rent included following an insured loss
- Optional Accidental Damage cover
- No hidden fees

- ✓ UK centres and English documentation
- ✓ Dedicated in-house claim handlers and overseas loss adjusters
- ✓ Up to £5 million public liability as standard
- ✓ Instant cover over the phone

Call our friendly team today to receive a free no obligation quote

For more information call 282 380 304

intasure Insurance that speaks your language

Intasure is a trading name of Arthur J. Gallagher Insurance Brokers Limited which is authorised and regulated by the Financial Conduct Authority. (Financial Services Register Number 311786) Registered Office: Spectrum Building, 7th Floor, 55 Blythswood Street, Glasgow, G2 7AT. Registered in Scotland. Company Number: SC108909. www.ajginternational.com

THE PORTUGAL NEWS

Why Barbados is an A-list holiday dream



There's no excuse not to get out on the water. (Photo: PA Photo/Fairmont)

Stepping off the plane in Barbados, I'm hit by the warmth. Not just the 30-degree heat, though that's very welcome when you've flown in from rain-battered Britain; it's the friendliness of the people that really stands out. Barbados - the easternmost isle of the Lesser Antilles in the West Indies - is beautiful from

shore to shore, but many agree its west coast is best. Fringed with quiet sandy beaches, it attracts billionaires like Bill Gates, and visitors seeking peace and perfection alike. I sample a taste of the A-list lifestyle when I stay at one of the island's most famous and historic hotels, the Fairmont Royal Pavilion, which has recently undergone a

refurbishment. Is this the ultimate Bajan beach bolthole? Perched right on the beach, in the parish of St James, the property originally opened in the 1940s as the 12-room Miramar Hotel, but the building has changed hands several times and grown in size. Redeveloped just before laws were introduced requiring hotels to be set further back from the shoreline, all 75 rooms face the sea, and you can be in the water in seconds. The hotel also has a secluded three-bed villa, where shy celebrities sometimes stay. My room has a king-sized bed and wide balcony overlooking the ocean, along with a circular sofa and a tempting tray for cocktails. The service is

Find sunshine, hospitality and relaxation at one of the hottest hotels on the Bajan coast, says Fiona Webster.

exceptional, with friendly, efficient staff, plus a team of butlers to tend to your every need - from ironing your clothes, to bringing delicious canapes to your room every evening.

There are many on-site attractions

The hotel's two main restaurants overlook the white sands and serve international cuisine and traditional local dishes. Run by Bajan Executive Chef Kirk Kirton, they specialise in seafood; fish like red snapper and mahi mahi are served with vegetables from around the Caribbean. Kirk is happy to show you his kitchen and share his culinary secrets. There's also a beach club and a poolside bar overlooking the sea, where colourful cocktails are on offer.

While strolling around the Fairmont's gardens, festooned with 200-year-old trees - some 100 feet tall, I'm greeted by the smell of lemon bay leaf. These are much bigger than British bay leaves and are great for warding off insects if rubbed on your skin. I also see abundant plantain, Bajan cherries, coconuts and little green tail monkeys playing in the high branches.

There's no excuse not to get out on the water The Fairmont offers complimentary activities, such as kayaking, paddleboarding and

tennis; or indulge in one of the many spa treatments available, including massage and aromatherapy, in the privacy of your room. If you want an active day out, take a catamaran cruise. After being picked up from the beach, we sail along the coconut tree-lined coast, accompanied by flying fish. Using snorkels and masks provided, we swim in the clear turquoise water with turtles. There's something very therapeutic about diving down deep, surrounded by rainbow-coloured fish and coming face to face with a serene looking turtle staring at you, as if you're just another strange sea creature.

Explore the local area by heading out for dinner

Step outside the hotel and just a few minutes walk away, you'll find golf courses, bars and designer stores in Holetown, a trendy area for visitors attracted by restaurants like Nishi, which offers terrific Asian and Caribbean cuisine, and is also great for parties. Or drive 10 minutes north to Speightstown, where the lovely beachside restaurant The Orange Street Grocer has its own pizza oven. Also close by to the hotel is Lancaster Great House, run by John and Rain Chandler, who entertain us with tales of island life and

the celebrities they have hosted over the years. I try pan-seared flying fish with green banana puree and sweet potato mash for a main course, followed by a sublime coconut and pineapple creme brulee.

Three more activities to try in Barbados

Unlike some holiday islands, you'll never be bored in Barbados; there are plenty of things to do, and places to visit which are steeped in history.

1. St Nicholas Abbey, St Peter
This 350-year-old Jacobean plantation house is filled with original antique furniture. They still harvest sugar cane and make rum here. Try one of the richly-flavoured 20-year-old rums, but be warned, they are rocket-fuel potent!
2. Hunte's Gardens, St Joseph
Discover a horticultural treat in the unusual setting of a former sink hole. Founder Anthony Hunt can talk about his project over a glass of tropical punch at his house - a converted stable - before sending you off down winding paths leading to magical gullies.
3. Harrison's Cave, Allen View
Hop on an underground tramway to see prehistoric stalactites and stalagmites, or climb deep into the cavernous caves, with an expert guide.

PA/TPN

Long Weekend in Monte Gordo



€56 PER PERSON
(min 2 pax)

3 days, 2 nights, Half board,
Welcome drink on arrival

Friday after 15:00 hr + Dinner, Saturday, Breakfast + Dinner
Sunday, Breakfast and Check-Out at 12:00 hrs
(Extra night €27 per night per person, half board)

Bookings: Direct with Hotel Tel: 281 511 444
Email: hotel@casablancainn.pt www.casablancainn.pt

A CHEGAR OU A PARTIR,
TUDO COMEÇA AQUI!
BEM-VINDO AO
AEROPORTO DE FARO.

ARRIVING OR DEPARTING,
EVERYTHING STARTS HERE!
WELCOME TO FARO AIRPORT.

ANZ
FARO
AEROPORTO

DESCUBRA +/FIND OUT +
AEROPORTOFARO.PT/MAISAEROPORTO

Powered by **VINCI** AIRPORTS

Hot trends for 2020

It may only be autumn, but interior designers are already predicting how we're going to be dressing our homes in 2020.



With the focus on unfussy functional pieces, this trend includes asymmetric bold shapes contrasted with soft tones. (Photo: PA)

So, how's it looking? To find out, we've gone behind the scenes at Top Drawer, the UK's leading design-led trade event, where Louise Healy-Adonis - trend forecaster and senior strategist at Flamingo - shares her insider insights for the coming seasons. These items aren't available to buy yet - but keep an eye out for designs inspired by these themes in stores and online throughout 2020. From the finest fabrics to brilliant basics, here, Healy-Adonis reveals the key features of 2020's hottest-tipped interior design and homeware trends, and how we can get the look...

Modern Relics
A contrast of delicate and

strong shapes and details, with mixed textures. The idea of unearthed antiques interplays with modern materials to create future heirlooms. "This trend sees classic shapes given a contemporary look through new digital techniques and traditional etched surfaces. Rich textures and luxe gleaming metals add sumptuous elements to rough and irregular black surfaces of unearthed pasts. Add finishing touches to the home to complement the trend such as cushions, glassware or vases," suggests Healy-Adonis.

Introspection
This trend sees muted, multiple inputs from our surroundings, dialled down into introspective subdued colours and calm

tonal blocking. This is not stark minimalism - think meditative and calming with multi textures. "Soft winter pales and warm neutrals create meditative, clean palettes that are grounded in natural materials," says Healy-Adonis. "Mixed textures and serene scenes are seen in calm tonal blocking. Colours to invest in include whites, softened teals and olives, dusky pinks and light grey."

Grounded Rituals
This one's all about a natural autumnal, earthy, tactile vibe that's tied to nature and wellbeing. These everyday items are elevated through the craft of honest materials and the uniqueness of nature. Answering the need for quiet restorative rituals. "This trend brings the

grounding of nature into the home through raw materials and handmade pieces. One-of-a-kind products are formed in metal accents, woven textiles and tactile wood. This restrained detailing and pared-back palette will enhance the sanctuary of the home," Healy-Adonis notes.

Soft Assembly
The retro modern feel combines reassuring nostalgia with playful rounded shapes and graphic prints. Imperfect outlines are key in mid-tone brights, anchored in rich navy and coffee tones. "Irregular graphics and mid-tone brights will add the modern retro feel to the home. Look out for organic shapes with a sophisticated crafty feel. This will be seen through dining wear, throws and cushions, and decorative

items," explains Healy-Adonis.

Bio Flux
This trend speaks to the mix of organic and hyper-realistic, where natural looks sci-fi and bio-design is the future. Healy-Adonis says: "This scientific and sterile trend sees a mix of organic shell-like dark tones and iridescence modernised ombre styles. The unique and free-form nature of the materials offer interesting overlays of organic colours."

Sublime Opulence
Maximalism is muted with a restrained palette of deep blues and yellow golds. Plush velvets and textured metallics reference historical detailing and add a luxurious serenity. "Tonal blues are still a key trend for 2020, moving into

a more yellow tone, adding warmth, calmness yet opulence to the home," explains Healy-Adonis. "Historical detailing stylised with modern twists including gold-edged art prints, this is a key trend which is staying around for another season."

Industrial Organics
This trend speaks to the in-between space of man-made and organic, of the chunkiness of old machinery, but with the ease and simplicity needed for an uncomplicated life. "With the focus on unfussy functional pieces, this trend includes asymmetric bold shapes contrasted with soft tones. Pale dusty pinks and mints, rust, ochre and blues are grounded by warm naturals and stark blacks," suggests Healy-Adonis. PA/TPN



Plush velvets and textured metallics reference historical detailing and add a luxurious serenity. (Photo: PA Photo)



Algarve Leather Restoration.com

Looking Great & Lasting Longer



CLEANING RE-COLOURING REPAIRS

CARS FURNITURE BOATS - WE COME TO YOU

915 432 027

English speaking Whole Algarve covered

pgorton@me.com
www.algarveleatherrestoration.com

Paula & Renata CURTAINS

Hand made, curtains, blinds, covers, alterations & anything made from fabrics

Make your home cosy with us



Estrada da Barragem, Nº13 R/C Esq
8600-250, Odiáxere

Email: renyreny93@yahoo.com | Tel: 910 681 242
www.paulaandrenatacurtains.com



PVC Directo

Open Mon to Fri 9am - 1pm & 2pm - 6pm

Mosquito Nets
FlyScreens
Shutters
PVC & Aluminium
Doors & Windows



High quality materials, with great sound insulation, secure and available in a variety of colours, shapes and sizes.

Tel: 282 317 472 • info@pvcdirecto.com
www.pvcdirecto.com

EN 125, Areias de Pêra - Near Galp Petrol Station
37.124247, -8.337148

Some like it hot

If you've grown chillies this year and you're still harvesting them, you may want to know which chilli goes best in which dish.

Arundel Castle head gardener Martin Duncan and his team grow more than 55 types of chilli peppers in the glasshouses. Chillies were first introduced to Europe from South America in 1493, and the plants were soon dispersed around the world for their medicinal properties (ripe chillies have six times more vitamin C than an orange) and pungent flavours. Follow our guide to get going with growing chillies, along with Duncan's mouthwatering ideas on

matching the right chillies for the right dish...

Growing tips

Gently level the compost in the pot, sow a few seeds on top, and cover with a fine layer of Vermiculite and water. If you don't have a propagator, cover with a re-used clear plastic bag or film and secure with an elastic band around the pot. Place it on a windowsill that gets the best bright, indirect sunlight.

Once seeds have germinated and grown to 2.5cm tall, re-plant into their own individual 10cm pots in good seed compost

and Vermiculite. Make sure their roots are well covered and the foliage is just above the compost. When the seedlings have reached 15-20cm tall, pinch off the tops to make the plants bush out. Add fertiliser once a fortnight, such as extract of seaweed, to ensure a healthy crop.

The flavour profile will develop from the variety of chilli, which determines whether it's a mild, medium or hot flavour. Pick immature chillies to encourage an extended crop, or leave the fruits to mature on the plant to fully



Chillies were first introduced to Europe from South America in 1493. (Photo: iStock/PA)

appreciate their endless shapes, colours and sizes. **Top tip:** Near the end of the growing season, when your plants have ripe fruits, you can uproot your plants, hang them upside down in a warm, dry place and wait to collect the seed for next year's crop.

Mild: 'Friars Hat' chilli chocolate ice cream

'Friars Hat' is a striking late chilli variety with a distinctive fruit shape and scarlet colour. Its mild, variable heat is ideal for spicing up a homemade chocolate ice cream. Simply warm the chillies and double cream in a saucepan, stirring continuously until just below boiling, then remove from the heat and set aside to infuse for 30 minutes. Then strain the cream, discard the chillies and seeds, then re-heat. Carry on making the mixture

for your ice cream maker with egg yolks, caster sugar, dark chocolate and water. Freeze and serve topped with candied chillies.

Medium: Pickled jalapenos

The traditionally early green and juicy jalapeno intensifies in heat as it ripens to red. They are popular in Tex-Mex cuisine but are endlessly versatile in cooking - and snacking. In the Basque region of Spain, pickled jalapenos are popularly served as bar snacks, known as 'pintxo'. Pop thinly sliced chillies and a couple of whole garlic cloves into a warm mixture of white vinegar, water, cane sugar and sea salt and leave to pickle for at least half an hour. Then skewer pickled chilli slices, white anchovies and green olives on a small stick and serve to guests with a refreshing drink.

Hot: 'Hungarian Hot Wax' chilli con carne

Finally, take your weeknight chilli con carne to the next level with the 'Hungarian Hot Wax' chilli. Chop them up and fry on a low heat along with the onions, until softened. Then follow your go-to-recipe, being sure to simmer for an hour to marry the flavours. Serve with cooked rice, fresh coriander, sour cream and more chopped, fresh chillies. The fiery and flavoursome hot pepper is also ideal for warming up winter casseroles and makes a great smoking-hot paprika. Many chillies in the castle's flamboyant display are too hot to handle, such as 'The Cat' and 'Scorpion Ghost', so gardeners growing fiery varieties should wear gloves when tending their chillies. **PA/TPN**



Take your weeknight chilli con carne to the next level with the 'Hungarian Hot Wax' chilli. (Photo: iStock/PA)



Mãos Verdes

Artificial Grass Suppliers
Distribuidores de Relva Sintética

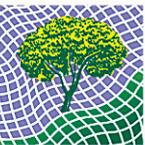
Artificial Grass from Belgium



Best prices in Portugal

DOW DUPONT ECOGROUND™

All Languages +351 934 816 122
English Only +351 920 567 070
info@maosverdes.pt | www.maosverdes.pt



A Landscaper for All Your Gardening Needs...

Arquiscap

EST. 1994

GARDEN DESIGN, CONSTRUCTION & LANDSCAPING
LIGHTING & IRRIGATION SYSTEMS | GARDEN & POOL
MAINTENANCE | ONE-OFF & SEASONAL PROJECTS

samuel.padfield@arquiscap.com | 962 409 549 | 289 360 673 | www.arquiscap.com



PRUNING
DISMANTLING
FELLING
STUMP GRINDING
BRUSHWOOD CHIPPER
SERVICE

QUALITY TREE CARE
ACROSS THE ALGARVE

917 479 921

www.algarvetreeservices.com

Enjoy Life with artificial grass



Since 2003

ROYALGRASS®

enjoy perfection

Royal Grass Relva Artificial Lda - Donalda 8500-324 - Portimão
+351 91 264 96 54 - geral@royalgrass.pt - www.royalgrass.pt

Praise for the whole fish

Chef Josh Niland is hoping to change the conversation around fish cookery and encourage us to eat much more than the odd fillet.



Crumbed Sardine Sandwich. (Photo: PA Photo/Hardie Grant/Rob Palmer)

Open Australian chef Josh Niland's new cookbook and you will see a literal representation of its title - a whole fish (a bass grouper), severed into its many edible, cookable

parts. All 31 of them. There are, it turns out, far more parts of a fish that deserve a lick of heat and a hit of salt than you might think. The Whole Fish Cookbook distils Niland's belief that we should treat fish cookery with the same

confidence we do meat, in terms of the actual hob action as well as the butchery that comes first. His aim is to arm us with some methods "beyond just pan frying", to diversify the kind of fish we're bringing home, and make us think about seafood a little differently. Take a tuna cheek compared to a beef cheek. Sure, you'll cook them for different lengths of time, but, Niland notes, "you can braise a beef cheek in red wine, so why can't I do that with tuna? And why can't I serve it with mashed potatoes and a little onion and bacon and do a tuna cheek bourguignon?" The chef, who heads up celebrated seafood restaurant Saint Peter in Sydney, Australia, may be a seafood aficionado now, but by no means did he grow up on the beach. He recalls that a local river did cut through his town though, and his mum would take him there every so often. "We would make a dough out of flour, water and Vegemite, then we'd put it on a hook and literally throw it in and see what we

could catch," he remembers, with a laugh. "I was always amused that we could catch stuff with such primitive bait." His mum would show him how to gut the fish ("You wouldn't pull any of the pin bones out, that was too much work") before dusting it with flour and cooking it in a pan, spraying it with canola oil. "It was not a luxe fish set up that I grew up with, but it was an understanding that you catch it, then you cook it and eat it." That respect for the fish is built into the methods and techniques he advocates for now. "To buy a sweaty piece of salmon coming out of a little packet, I think, is doing a further disservice to the fish," he explains. "You're not getting a great sense of what the flavour of the fish is, you're just getting the omega-3s you're craving." Instead, he is interested in "fish-to-gill" cooking, dry handling (not rinsing fish under water), dry ageing and curing (like you would meat), and not always reaching to place a fillet in a pan. Here are some different ways to approach cooking fish from Josh Niland.

Crumbed sardine sandwich

A fish finger sandwich taken to the next level. "Who doesn't love a crumbed fish sandwich on soft white bread?" asks Australian seafood chef Josh Niland. "It's important to fry the sardines in ghee in a pan rather than deep-frying, as the flavour is much better and the degree of cooking is easier to control. "Yoghurt tartare sauce could be substituted for a hot sauce or mayonnaise, if you like. This sandwich is so versatile and a number of different fish work perfectly here, including herring, whiting, bream or flathead." (Serves 2)
 150g plain flour
 4 eggs, lightly whisked
 120g white panko breadcrumbs
 8 x 60g sardines, scaled, gutted and butterflied (or anchovies, herring or whiting)
 70g ghee
 Sea salt flakes and freshly cracked black pepper
 4 slices soft white bread
 100g yoghurt tartare sauce

1. Start by flouring, egg

washing and crumbing the butterflied sardines, being sure to leave the tails of the fish uncrumbed.
 2. Heat the ghee in a frying pan over a high heat and cook the crumbed sardines, in batches, on one side for one minute, or until golden and crisp, then flip to the other side and fry for a further 10-20 seconds. Remove from the pan and season liberally.
 3. Cut the crusts off the bread. Spread some of the sauce over two of the slices of bread from edge to edge, then arrange four sardines on top. Add the remaining sauce on top and then the remaining slices of bread.
 4. Serve with the golden edges of the sardine showing around the edges of the bread and the little tails exposed at one end.

BBQ Blue Mackerel

A seriously sophisticated lunch. "A burnt tomato has never tasted so good," says Aussie chef Josh Niland. "This dressing is a delicious accompaniment for richer flavoured fish like mackerel, tuna or herring, but make sure to only half-cook the mackerel on the grill and allow the warmth of the tomatoes and the hot toast to finish the cooking." (Serves 4)
 1 x 300g blue mackerel (alternatively mullet, herring, sardines)
 60ml extra-virgin olive oil
 Sea salt flakes and freshly cracked black pepper
 2 slices good-quality sourdough bread
 For the tomato dressing:
 300g cherry tomatoes,

halved
 75g capers
 125g French shallots, finely sliced into rings
 2tsp caster sugar
 100ml chardonnay vinegar or white-wine vinegar with a pinch of sugar
 50ml fish garum (see below)
 200ml extra virgin olive oil

1. To produce the garum, start by adding 50% of water to the total amount of water to the total amount of heads, bones and scraps you have from small fish, such as sardine, mackerel, anchovies or trevally, then to this total quantity add 20% of fine salt. Mix together, transfer to a mason jar, seal and place in a circulator bath set to 40°C (104°F). Leave for seven days, stirring once daily. It is possible to produce a garum without a circulator bath but I would suggest investing in one if you intend to try to produce this sauce as fish waste can be temperamental. If you don't have one, then use a sterilised mason jar and store in a dark place at room temperature, stirring every day. Make sure that the gall bladder is removed as it will make the finished sauce extremely bitter. This recipe is versatile and can be adapted to produce scallop, prawn (shrimp) or cuttlefish garums.
 2. For the dressing, burn the tomato halves, cut side down, in batches if necessary, in a heavy, cast-iron pan over a high heat for six minutes, or until softened. Once all the tomatoes are burnt, add the remaining ingredients and leave for 30 minutes before



BBQ Blue mackerel and burnt tomato (Photo: PA Photo/Hardie Grant/Rob Palmer)

apolonia.com

FEIRA | FAIR

Bebidas Quentes

HOT DRINKS

1-12 NOV

DISCOUNTS UP TO
50%
 Selected Products

Apolónia
 The Real Supermarket.

FOLLOW US
 Instagram Facebook

Almancil • Galé (Albufeira) • Lagoa (Carvoeiro)

Wi-Fi | ATM | Take Away | Sushi | Pharma

* Galé and Lagoa stores only

serving. Keep warm.
 3. Place the mackerel in the middle of a chopping board with the tail facing you and the belly cavity exposed and open. Using a sharp knife, cut down one side of the central spine and remove the fillet as you would if you were going through the top side of the fish, but when you reach the point where the fillet is off but still attached to the head, turn the fish so the head is now facing you and, using the top third of the knife, split the head in half. This will result in a fillet that still has the tail and the head intact. Remove the pin bones. Repeat on the other side, but this time lay the fish flat to the work surface and cut the fillet through the top of the fish ensuring that the head and tail are still attached to the fillet. (If this is too challenging, just remove the fillets as you would normally or get your fishmonger to do this.)
 4. For the charcoal grill, make sure the grill is hot and the charcoal has cooked down to hot embers.
 5. Brush the skin of the

mackerel with a little olive oil and season with sea salt. Grill on the skin for two to three minutes until coloured and the flesh is warm to the touch, then remove and brush the fish skin with a little more olive oil and season with a little more salt and a touch of pepper.
 6. Brush the bread with olive oil and grill for one minute on each side until smoky and well coloured. Arrange the toast on a plate, spoon the tomato dressing over the toast, then place the mackerel on top. Serve whole or cut to share with friends.

Sweet and sour albacore

A smart dinner party option. "This was one of the first dishes I put on the menu at Fish Face in Sydney as a young chef and I am still as proud of it now as I was 12 years ago," says Australian chef Josh Niland. "Yellowfin tuna, bonito or blue mackerel are all great alternate species." Serves 6)
 600g trimmed centre-cut albacore loin (alternatively mackerel or tuna)

60ml olive oil
 1 head white radicchio, leaves torn into bite-sized pieces
 Sea salt flakes and freshly cracked black pepper
 3tbsp roasted hazelnuts
 Sweet and sour currant sauce:
 120ml extra virgin olive oil
 150g French shallots, finely diced
 150ml white wine
 375ml white wine vinegar
 150ml water
 75g caster sugar
 125g dried currants
 Sea salt flakes and freshly cracked black pepper

1. Preheat the oven to the lowest possible temperature.
 2. For the sweet and sour sauce, heat the oil in a saucepan and sweat the shallots over a low heat for 15 minutes until just golden. Add the wine, vinegar, water, sugar, currants and a little salt and pepper and simmer briskly for four minutes, until the shallots are very tender and the sauce is thick and syrupy. You should have 225ml of sauce after the reduction. Cool and chill until needed.

3. Cut the fish you're using into even-sized quarter planks, then chill, uncovered, in the refrigerator.
 4. Place a wire rack inside a baking tray to act as a trivet to cook the albacore on. Cut some baking paper to fit the size of the wire rack and, using a small knife, cut enough holes over the paper to allow the juices to strain through during cooking. Arrange the fish on the prepared wire rack and place in the oven. The oven should be between 90-100°C (194-212°F) throughout the cooking process. If you feel the oven is hotter than this then rest a pair of tongs or a wooden spoon in the door to hold the oven ajar. The internal temperature for the fish should be 40°C (104°F) when measured with a probe thermometer. Ideally, the fish should still look quite raw but with a gently cooked texture (be careful here as, unfortunately, albacore dries out very quickly during cooking).
 5. Meanwhile, heat the olive oil in a frying pan over a high heat and saute the



Sweet and Sour Albacore. (Photo: PA Photo/Hardie Grant/Rob Palmer)

radicchio leaves. Season well with salt and, at the last minute when the leaves are blistered and lightly wilted, add the roast hazelnuts and four generous tablespoons of the sweet and sour sauce. Keep warm.
 6. Leave the fish to rest briefly, then slice three

slices per portion. Brush with olive oil, season with sea salt, cracked black pepper and drape over the sweet and sour radicchio and hazelnuts. Serve. The Whole Fish Cookbook: New ways to cook, eat and drink by Josh Niland, published by Hardie Grant. Available now. TPN/PA

TASTE restaurant
 Ciprian & Nicola Silvasan

Thursdays Live Music
 Saturday Steak Night
 Closed Tuesdays

We moved to a new location, you'll now find us at the end of the out road on the left side (next to the Motorrent shop)!

Rua do Barranco, Carvoeiro Mob. 969 577 644
 www.tastecarvoeiro.com • Facebook: taste carvoeiro
 Email: tastecarvoeiro@hotmail.com

CHEF'S KITCHEN
 food made with love.

RUA DOS PESCADORES Nº 104 CARVOEIRO LAGOA - ALGARVE
 Ele e Ela in Carvoeiro is closed at the moment but guests of Ele e Ela are most welcome at the Chef's Kitchen
 GPS: N 37.09955, W 46958
 OPEN FROM 17.30 (CLOSED TUESDAYS)
 (+351) 282 083 332
 WWW.CHEFSKITCHEN.PT

GURKHA KITCHEN
 Nepalese & Indian Cuisine
 Restaurant & TakeAway

Quality food prepared by Nepali chef Shree Ram Maharjan
 Friendly and attentive staff
 Excellent value for money
 OPEN ALL YEAR

Tel: +351 282 185 776 Tel: +351 920 169 028
 RUA DAS AMOREIRAS Nº14, 8400-503, CARVOEIRO

BBQ'S SALES & SERVICE
 LUXURY OUTDOOR KITCHENS
 AWNINGS
 SHADE SAILS
 PATIO HEATING

Broil King
 Great Barbecues Every Time

+351 289 356 233
 +351 917 866 779
 lee@bbqs-algarve.com
 www.bbqs-algarve.com

Visit us at
 Rua do Comércio, 272A, 8135 Almancil

Budgie care

Your budgies' diet is really important to their health and happiness – and they need plenty of exercise, too.



Feeding your budgie

According to the vets from the PDSA a balanced budgie diet should start with good quality pellet budgie food. They recommend pelleted foods because they contain all the right nutrients in the right amounts. Follow the feeding guidelines on the back of the packet and replace any uneaten food every day.

Budgies can't chew their food - they don't have teeth! Grit helps them grind their food in their stomach. Water should be available at all times for your pet. You can buy a suitable water drinker from pet shops. Clean it every day to keep water fresh and safe to drink. You can also give your budgie small amounts of fruits and vegetables. Wash them carefully

to remove any chemicals or pesticides and cut them into small chunks. Give them to your budgie in a separate bowl from their usual pellet food.

Introducing new foods to your budgie's diet

Changing your budgie's diet suddenly can give them an upset stomach. It's best to introduce new

foods slowly over at least a week. If your budgie eats seed and you'd like to change their diet to healthier pellets, do this gradually. It's a tricky change but can be done over a few weeks.

Stopping your budgie putting on weight

Just like any animal, budgies can easily put on weight if they don't get the right diet and exercise. Pet obesity is a growing problem and causes all sorts of health problems. You can keep your budgie at their ideal weight by choosing a good quality pellet food and following the feeding guidelines on the packet. Avoiding seed-based diets as seeds are high in fat and keeping sugary or high-fat food like millet sprays and honey sticks as an occasional treat.

Giving your budgie room to fly

Help your budgie stay fit and healthy by giving them a spacious aviary that they can fly around in. If your budgie is tame and used to humans, you can let them fly free from their cage. This is great exercise for your bird. Make sure you only let them fly in a safe room and that you supervise them at all times. You will need to close all windows and doors, turn off any fans, ceiling fans, extractor fans, and paper shredders and keep other pets out of the room.

PETS FOR ADOPTION



LUCKY was born in 2014. 17kg. Sterilised, microchipped and vaccinated. Please email cadelacarlota.comp@gmail.com.



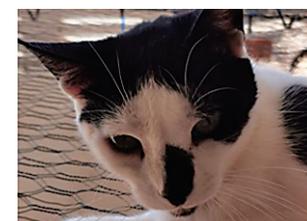
WISDOM is a Brittany Spaniel and is Approx. 6-years-old. Shy and nervous. Cropped tail. Sterilised, microchipped and vaccinated. Please email cadelacarlota.comp@gmail.com



YOGI is about 3-years-old, 30kg, tested negative for Mediterranean diseases, castrated and vaccinated, he is good with female dogs and some male dogs and is looking for a home with a large garden. Please contact Kerry on 916731831 or via email kerry@aeza.org



JAZZ is 3-4-months-old, sweet natured and good with other dogs. Looking for her 'Forever Home' APAA will help with sterilisation in a few months, when she is ready. If you would like to meet her, call Jenny 919 041 903



FRISKY is a 6-year-old female and has been living in the Carvoeiro Cat Charity shelter for 4 years now. She is looking for a forever home. Call Corinna on: 918552788 or send an email: ccc.carvoeirocatcharity@gmail.com

Safe and comfortable pet transport covering Western Europe and the UK

EURO PET TRANSPORT

- *Regular trips to UK and return
- Covering the majority of the UK
- *Fully Licenced and D.E.F.R.A inspected
- *Climate Controlled Transporters with Full Pet Insurance Cover

www.europettransport.co.uk
enquiries@europettransport.co.uk
 Tel: +44 7852665320 +351 913179390

Hospital Veterinário de Portimão
 Portimão Veterinary Hospital

- CT Scan, Endoscopy, Echography, X-Ray, Echocardiography
- Soft Tissue Surgery •Orthopedic Surgery
- General Consultation •Vaccination
- Hospitalisation •ICU
- In-house Laboratory •Veterinary Emergency Team

EMERGENCY SERVICE 24/7

Tel. 282 418 260 - 968 759 065
hospvetportimao@gmail.com | hospitalveterinarioportimao.com
 Av. Afonso Henriques nº28, 8500-502 Portimão, Portugal

ARE YOU PASSIONATE ABOUT THE WELFARE OF STRAY AND ABANDONED ANIMALS?

Would you like to become part of an organisation that helps sustain many of these animals?

We are looking for suitable individuals willing to give up some of their free time to help benefit the animal population in the Vila do Bispo/Lagos/Aljezur areas of the Algarve.

Positions exist for main Board members to assist in running the charity. As a Board member you would be part of a team responsible for the operational activities of the Charity and assisting in the decisions of where to apply our funds to best advantage.

These positions are voluntary – none of the charity workers are paid. These positions would suit persons that reside permanently in our geographic area. Full training and familiarisation will be given by the current elected members.

For more information on the positions available and job descriptions please email:
thenandicharityshop@hotmail.com

Are you tired or is it something more serious



You're getting enough rest, but you're tired and constantly thirsty. This may suggest you have diabetes. (Photo: iStock/PA)

GP Dr Sindhu Siddiqi of the Smart Clinics, London, explains: "Most of the time, fatigue is because of long working hours, poor sleep, emotional stress and dehydration. "But sometimes there are more serious, underlying problems which warrant further

investigations." Here, she outlines some symptoms that are best to get checked.

You've been tired for a long time
You're getting enough rest, but you're tired and constantly thirsty. This may suggest you have diabetes. Other symptoms

are weight loss, constipation and recurrent infections.

You're exercising and eating healthily but you can't lose weight and you're tired
You're cold when others aren't, you're constipated, and if you're female, your periods aren't regular. You might have an

Feeling tired constantly is a common complaint in today's hectic world - but sometimes exhaustion can be a sign of something more serious.

underactive thyroid. The thyroid gland produces a hormone called thyroxine, which is essential for the smooth running of nearly all our organs.

You're tired doing activities you could manage easily before
You're feeling more breathless and your heart's beating faster. You might be anaemic, which means your red blood cells aren't transporting enough oxygen around your body, so it's working harder to compensate. Anaemia can be due to not getting enough iron and vitamins in your diet (iron and vitamin B12 deficiency can happen easily in vegans). It can be because your body isn't absorbing them properly, as in coeliac disease.

You're tired and losing weight without trying
Any unintentional weight loss with a normal diet suggests your body is using more calories than it should. Tiredness associated with weight loss can sometimes be due to cancer where the

uncontrolled division of cells leads to more energy being used. Any lumps in your neck, armpits or groin that persist for over three weeks require further investigation to rule out lymphoma, a blood cancer that can happen at any age.

You're tired and uncoordinated
Tiredness is an early symptom in 80% of people affected by multiple sclerosis (MS). If you have other symptoms too, such as electric shock sensations, balance or coordination problems, have a chat with your doctor.

You have joint pains and you're tired
This can be a sign of rheumatoid arthritis, which is different to the wear-and-tear arthritis osteoarthritis. Rheumatoid arthritis is an autoimmune condition where your body triggers inflammation in your joints for an unknown reason. If you're worried about any symptoms, visit your family doctor.



HERE FOR YOU
AT ALL TIMES

CLÍNICA PARTICULAR DO ALGARVE

MAR Shopping Algarve

WORK DIRECTLY WITH MOST HEALTH INSURANCE COMPANIES



- // MAIN SERVICES
- / MEDICAL SPECIALTIES
- / GENERAL AND FAMILY MEDICINE
- / CLINICAL ANALYSIS

- / DIAGNOSTIC EXAMS
- Densitometry, Ultrasound
- Mamography, Orthopantomography
- X-Ray, CT-Scan

OPEN HOURS
9am > 23pm / Monday to Sunday

+351 282 420 400

clinicaloule@grupohpa.com

www.grupohpa.com



GRUPO HPASAÚDE

It's time to take shopping addiction seriously

Whether it's a new nail polish, a fresh pair of trainers or a top you've been eyeing up in the ASOS sale, treating yourself to something nice on payday feels good.



We live in a society that encourages us to consume and chase after the next must-have purchase. (Photo: iStock/PA)

purchase turn into a more serious compulsion? In the age of online shopping, addiction experts say there's a need for a greater understanding and recognition of just how damaging a condition like shopping addiction can be, and the trickle-down impact it can have on relationships, work, finances and emotions. Also known as 'oniomania', compulsive buying is a difficult addiction to spot, because we live in a society that encourages us to consume and chase after the next must-have purchase.

"People with oniomania feel completely ruled by the compulsion to 'shop and spend' - either for themselves, or by excessive gifting to others," says Pamela Roberts, addiction programme manager at the Priory Hospital in Woking (priorygroup.com). "The time and emotional stress involved in online searching, social media scrolling, visiting shops,

The positive feelings we experience during a shopping session has led to the popularisation of the term 'retail therapy', where people make purchases based on their emotional impulses rather than rational thinking. But when does the little rush of pleasure at the point of

CLÍNICA PACÍFICO

BRITISH & PORTUGUESE DENTAL PRACTITIONER

Dr. John McKean, BDS
Dr^a. Joana Cesário, DDS

SPECIALISING IN THE CARE OF NERVOUS AND FRIGHTENED PATIENTS

All costs agreed prior to treatment using the most cost effective solutions.

PAIN FREE DENTISTRY IS A REALITY!

Rua Alexandre Herculano, Conjunto Ria Formosa, n.º Q, R/C
8200-271 ALBUFEIRA
(Behind the yellow shop VESPARENT)

Tel: 289 543 545 (24h)
www.clinicapacifico.com
clinica.pacifico.albufeira@gmail.com

Martin's BIKE Dutch Quality

The E-Bike specialist

E-Bike RENTAL & SALES
www.martinsbike.com

info@martinsbike.com
Avenida Duarte Pacheco 48
8135-104 Almancil
+351 289 098 603

SHIMANO BOSCH

EYE CENTRE

Dr. med. **ALÉN SULZBACHER, PhD**
OPHTHALMOLOGIST

EXCELLENCE IN MEDICAL EYE CARE

Vale do Lobo Medical Centre Tel. 289 353 433
Albufeira Clínica Pacífico Tel. 289 543 545
Cascais Clínica Sabeanas Tel. 218 025 501

Pain-FREE Shoulder Clinic

da Vinci knew
(now you can too!)

The British Journal of Sports Medicine finds...
"THE most Effective Treatment" -- provided by Dr. Bock

93% of Patients recover in 1-5 Treatments

Call today for your FREE Consultation & Examination

282 352 202

Paloma Rios
DENTAL IMPLANTS SPECIALIST.

FIXED ALL TEETH IN 6 OR 5
MORE STABLE. MORE COMFORTABLE

KEEP SMILING

ALVOR
RUA PADRE MENDES, 05
8500-022 ALVOR
TLM: +351 96 460 56 58
INFO@CLINIALVOR.PT

PORTIMÃO
AV. BRASIL, LT 11 - LOJA IB
8500-504 PORTIMÃO
TLM: +351 96 025 50 90
PORTIMAO@CLINIALVOR.PT

www.clinicalvor.pt

juggling credit card bills, hiding purchases from family and returning goods can cause severe disruption to everyday life. "This serious form of addiction can lead to debt, dysfunctional family life, neglected or over-indulged children."

Why do people become addicted to shopping?

Shopping has a tangible effect on the brain. Research shows that during the buying experience, the chemical 'dopamine' surges as you anticipate a new purchase. For some people, the pleasurable feeling rapidly declines, sometimes as soon as they've clicked to make an online purchase. This leads shopping addicts to repeat the process to experience the same 'high'.

The increase of dopamine in the brain can trigger powerful feelings of reward and motivation, and while most of us can usually keep this balanced by self-control and practical financial considerations, when the process gets out of balance and people become addicted to the pleasure of spending, it can turn into a full-blown shopping addiction. Roberts says: "Any addiction is a way of coping with emotions - so shopping for some people is a way to avoid confronting negative or uncomfortable feelings such as sadness, boredom, stress and anxiety. If you're overloaded with work, for example, you feel you deserve a treat."

"If you become reliant on that 'hit', it can develop into a negative habit, whereby your response to stress is hardwired to buy something. In the online age, with many people having smartphone access, it can be an

irresistible distraction from the working day and from other family or relationship problems."

How do you know if you, or a friend, has a problem?

Do you buy an excessive amount of things that you really don't need - and then don't use? Are you hoarding goods at home, or going to extreme lengths to conceal items and your credit card bill? Even if you don't class yourself as a 'shopaholic', it's healthy for all of us to review our shopping behaviour, says Roberts. She suggests checking how much time you spend scrolling through shopping or bidding sites. "It could be a problem if you feel it's a disproportionate amount of time or if it is so consuming that it is constantly distracting you from other priorities."

Many compulsive shoppers also buy in quantity, admitting to buying a product "because it was a bargain". "If you have removed shopping apps only to download them again, you may have a problem that you need to seek help for," Roberts says. "Consistently overspending, taking out multiple store cards, juggling a raft of credit cards, running up significant debts in order to 'fund' your shopping are all a real concern."

The road to recovery

The most important step is recognising and accepting that you have a problem, before seeking help for a suspected addiction.

Treatment for shopping addiction usually involves a combination of psychology, therapy and sometimes medication, and patients can identify any deeper psychological problems that may be influencing their

behaviour. For instance, compulsive buying can be linked to psychiatric conditions like OCD, depression and bipolar disorder.

"There is withdrawal with shopping addiction as well, which often surprises people," Roberts says. "Just like a dependence to a substance, there can be a period of physical shakes and emotions may be erratic when not shopping or trying to cut down." Without the behaviour, Roberts says that self-esteem issues and uncertainties may come to the fore too. "Fears and paranoia that are usually masked by addictive behaviour can emerge and with withdrawals, come cravings and the mistaken belief that only the shopping will relieve the discomfort."

Roberts, who has treated many people for shopping addiction, says that recovery requires patients to become familiar with triggers and gradually develop a resilience to emotions that at first seem incredibly raw.



Consistently overspending, taking out multiple store cards, juggling a raft of credit cards, running up significant debts in order to 'fund' your shopping are all a real concern. (Photo: iStock/PA)

She explains: "Instead of hiding true emotions behind shopping, there's a gradual process of building a tolerance of, and responding

emotionally to, life experiences, which ultimately brings freedom. "Learning positive coping techniques and alternative methods for

receiving the same pleasurable effects that shopping gives, is an important part of the healing process."

PA/TPN







www.luzdoc.com

- GENERAL AND FAMILY MEDICINE
- MEDICAL SPECIALTIES
- COMPLEMENTARY EXAMS
- OCCUPATIONAL MEDICINE
- SPORTS MEDICINE
- AESTHETIC MEDICINE
- NURSING
- HOUSE CALLS

WE CARE FOR YOUR HEALTH

Luzdoc: Rua 25 de Abril, 12, 8600-174 Luz, Lagos
 T 282 780 700 F 282 780 709 E info@luzdoc.com

Medilagos: Rua José Ferreira Canelas, Loja 40, 8600-744 Lagos
 T 282 788 217 E medilagos@luzdoc.com

24h Urgência / Emergency
 +351 919 869 700

Big Summer Sale Now On!

Open Mon-Fri 10-1 3-6 and Sat 10-1
Call Fiona for more information on 914538888
 Urb. Quinta dos Arcos, Lote 13,
 Loja 3, 8365 -186, **Armação de Pêra**



Seller of Energetix Jewellery, Karmaskincare and Rain International food supplements.



PRIVÉ

estética avançada

www.clinicaprive.com



Preventive and Cosmetic Dentistry

Non-invasive Facial Rejuvenation

Non-invasive Body Contouring

Laser Therapies

Call our PORTIMÃO office at:
 282 457 018

This Week's profiles:



Grasshopper Greens

For further information, Tel: 910365071 / 289 093 387, email: info@grasshoppergreens.com or visit www.grasshoppergreens.com.



PPI Estate Agents

For more information Tel: (+351) 282 698 621, (+351) 926 035 326 or email: info@ppiestateagents.com



Algarve Assistants

For more information, Tel. 289816390, email: info@algarveassistants.com or visit: www.algarveassistants.com



Danielle Shrimpton

For more information, Tel: (+351) 282 080 008 or visit: www.edwinashrimptonlawyer.com

DISCLAIMER:

While The Portugal News has done its utmost to ensure the information contained on this page is correct, all advertorials are supplied by advertisers.

Synthetic grass solutions to combat increasing water costs

What can you buy nowadays that's long-lasting, needs almost no maintenance and helps conserve natural water 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 have also in recent years have constructed 2 bespoke pro putting 18-hole mini golf projects in Lagos and Albufeira and have recently constructed a large commercial mini golf park in Hossegor Southern France, so spreading



our business further abroad.

Grasshopper Greens only uses the very best quality products available on the international market from only European producers using advanced fibre technology.

We pride ourselves as being the longest established and 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 and expertise only using European manufactured goods of the finest pedigree.

We offer full design and 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!

Let Algarve Assistants help you today



Are you thinking about investing in a property? Looking to purchase the car you have always wanted or enjoy the holiday of your dreams?

We can help!

At Algarve Assistants we provide tax, accounting and credit intermediation services.

Given the growing interest of our mainly foreign clients in the real estate market we have grown to increase credit intermediation as a fundamental service within our organisation.

Algarve Assistants aims to advise and present the very best and most advantageous financing solutions for all of our clients, always working to provide the lowest monthly instalments.

With strong professional relationships with lenders, agents, lawyers and other industry professionals we are able to have

a full understanding of the market in which we operate.

Thanks to the increasing appreciation within the Algarve property market, it has never been more important to have a credit intermediary represent you and to negotiate the very best rate for you.

Why choose Algarve Assistants?

Algarve Assistants have agreements with 10 banking and three financial entities, are able to provide quotes within 24 to 48 hours and work with no contractual obligations for clients with completely free and independent advice. Algarve Assistants offer a professional and qualified service with 100 percent transparency.

Office contact: Empresa Intermediária de Crédito, Rua Mar e Guerra nº 75A, Braciais, Patação. 8005-511 Faro

PPI offering you a wide range of properties and investments



PPI (Portuguese Property Investments) is a very reputable real estate agency located next to the entrance of Golf Santo António, Villas, Golf and Spa in the heart of the beautiful, unspoiled Western Algarve.

PPI offers your extensive local expertise with over 20 years of knowledge of the property market in this region. We can offer you a wide range of properties

and investments.

The PPI team can help you, whether you are looking to purchase a large villa overlooking the ocean or to sell a small piece of land! We aim to achieve the best result for you.

Please feel free to contact us for a friendly, no obligation chat to see if we can help you purchase your dream Western Algarve property.

Danielle Shrimpton, independent Solicitor

Danielle Shrimpton has moved to a new office in Lagos, which is modern, bright, easy to access and has plenty of parking.

There she continues to share the space with her daughter Edwina, who works as an independent lawyer, while Danielle works as an independent Solicitor.

Together they are able offer a full range of legal services dedicated to various branches of law.

Danielle's status as a dual national citizen of Portugal and England, and her understanding of both UK and Portuguese law, enables her to work with foreign and local clients and to provide the expected level of service to those clients.

Danielle speaks English and Portuguese fluently, making communication, trust and results a clear focus of her work, ensuring that clients understand and are kept informed during the whole process.

To support clients and guarantee trust, in what can be an unknown journey, Danielle sets clear communication and transparent pricing, along with regular client contact as her priorities.

Danielle was born in Sutton Coldfield and first came to Portugal with her family over 40 years ago. She studied through the English system in the UK and through the International School in Porches. Danielle later moved back to the UK and obtained her LLB at Warwick University.

Upon graduating and prior to qualifying



as a Portuguese Solicitor she gained experience by working with Property Development Companies and Foreign Exchange Companies in various countries. Danielle also worked in the role of Pro-Consul at the British Consulate in Portimão, Algarve for several years.

Legal services include: Buying & Selling Properties, Contracts, Wills, Probate, Family Law, Civil Law, Fiscal Representation, Alojamento Local (Rental Licences) and Legal Translation Services.

A luxury front line golf 2 bedroom apartment that is now open to offers!

This lovely ground floor apartment is part of a luxury 18-hole golf course with amazing views over the course and located only a few minutes away from beautiful beaches, the historical town of Lagos and less than an hour drive from Faro Airport.

Enjoy a great quality of life here in the Algarve, as being an owner of a property on this resort you can enjoy all the resort has to offer at a great discount. There is a large communal pool, 24-hour security, the 18-hole golf course, restaurant, bar, gym, spa, football pitches and a children's play area.

The entrance hall gives access to a bright living/dining area with sliding doors onto a terrace which has lovely views over the 17th hole and the lakes. There is a large fully-fitted and equipped kitchen and a guest bathroom.

The spacious ensuite master bedroom and guest bedroom both have built-in wardrobes and sliding doors onto the south-facing terrace. This is a perfect place

for permanent living, holiday home or/and a great rental investment.

Viewing is highly recommended as this property is NOW OPEN TO OFFERS! Contact Abacoz Properties today for your private viewing.

The asking price for this property (Ref: AA-563SN) is €279,000. For further information or to arrange a viewing, please contact our helpful team at Abacoz Algarve Properties, we speak your language!

Tel: (+351) 282 044 886 or email: info@abacoz-properties.com. Visit us online at www.abacoz-properties.com or drop in to our office in the beautiful Lagos Marina, shop 18/19.



DECKING DAVE
Quality wooden construction for the home

Decking- terraces, pools
Car Ports, Pergolas & Gazebos
Gates & Fencing
Garden Offices, Studios & Spas
Kids' Dens & Pet Palaces

Visit our NEW website for lots of great ideas!
WWW.DECKINGDAVE.COM
289 149 476 info@deckingdave.com
Alvará Nº 91519

Get decked-out...



It's summer and the Algarve's glorious outdoors lifestyle is upon us once more... Time to get decked-out with Decking Dave!
An attractive outdoors area adds appeal to any home, and decking brings a natural touch that's hard to beat - to relax in sun or shade, by the pool, or to dine al-fresco style on balmy evenings. For holiday rentals, a deck adds an extra dimension to a property's outdoor space, and will attract increased interest. Bars & restaurants also benefit from the inviting ambience a smartly-decked terrace creates. Today's decks needn't even be of wood, with attractive alternatives available, such as high-compressed bamboo (as strong as hardwood and retains its natural colour), plus the latest composite materials in a range of stylish contemporary colours. Decking Dave also builds pergolas, gazebos, car ports, garden studios – all manner of quality wooden constructions for the home.
For all kinds of decking, check out their website – or just ask **Decking Dave!**



AMI: 10429

WHATEVER YOUR BUDGET, AND WHATEVER YOUR REQUIREMENTS OUR TEAM IS DEVOTED TO FIND THE BEST PROPERTIES FOR YOU!
Our mission is to help you, to make sure everything goes as planned and to avoid nasty surprises! In addition we are always there for you, even after 5 O'clock!

www.abacoal-properties.com
Email: info@abacoal-properties.com
Tel: +351 282 044 886
Office: Marina de Lagos, Nucleo Gil Eanes, Loja 18/19, Lagos





REF: AA-683SDJ - LAGOS
BEAUTIFUL. SOUTH-FACING TWO BEDROOM APARTMENT LOCATED IN A WELL-ESTABLISHED GOLF RESORT WITH GREAT VIEWS, COMMUNAL POOL, 24-HOUR SECURITY, 18 HOLE GOLF COURSE, RESTAURANT, BAR, GYM, SPA, AND MORE!
ASKING PRICE: €330.000



REF: AV-698SJ - SALEMA
WITHIN WALKING DISTANCE OF SALEMA BEACH AND PRICED TO SELL. THE PROPERTY HAS 3 APARTMENTS WHICH COULD MAKE A OWNER-OCCUPIED RENTAL INVESTMENT OR CONNECT THEM ALL INTERNALLY AS A PRIVATE VILLA!
ASKING PRICE €550.000



REF: AV-699SN - PORTIMÃO
A SPACIOUS 3 BEDROOM VILLA IN THE QUIET URBANIZATION OF BELMONTE, JUST A SHORT DRIVE FROM PORTIMÃO WITH ITS VIBRANT NIGHT LIFE AND STUNNING COASTLINE, SURROUNDED BY MATURE GARDENS AND A SWIMMING POOL!
ASKING PRICE €490,000



Sociedade de Mediação Imobiliária Lda. AMI 6232

For detailed information please visit our website:
www.landandhousesalgarve.com
www.landandhousesalgarve.de

Tavira: 281 320 281
Vilamoura: 289 301 294



Tavira
Fully fenced, 2 storey 4 bedroom/2 bathroom house with lovely front garden & sunny patio located in St. Margarida, very close to Tavira. . EC: E
Ref:LHV-1455 Price: €335,000



Tavira
Top floor 3 bedroom / 2 bathroom apartment (113 m2) with great sea view & 110 m2 private roof terrace. Walking distance to town. Elevator. Underground parking. EC: D
Ref:LHA-1468 Price: €310,000



Tavira
Superb opportunity! 3 bedroom / 2 bathroom end of terrace apartment with large, south facing patio in green residential area. Not far from the centre. EC: C
Ref: LHA-1480 Price: €229.000



Tavira Centre
Top floor 2 bedroom / 1 bathroom (+ guest toilet) apartment with terrace offering sea & country view. Close to all amenities. Pre-installed a/c. EC: IP
Ref: LHA-1477 Price: €187,500



Tavira
Single storey 2 bedroom / 1 bathroom countryside villa with pretty garden. Peaceful countryside, 15 minute drive from Tavira. Private borehole.. EC: D
Ref: LHV-1416 Price: €170,000



AMI 15430

00351 282 357 133
00351 927 200 182

SPC1 - COMMERCIAL



120m2 shop in Carvoeiro

99,000€

REF SPV79 - VILLA



3+1 beds in Vale do Milho

499,000€

REF SPA62 - APARTMENT



2+1 beds in Carvoeiro

315,000€

REF SPV24 - VILLA



4 beds in Odelouca - Silves

635,000€

COMMISSIONS FROM 2.5%+IVA | WWW.SAMPSONPROPERTY.COM | info@sampsonproperty.com

AMI 7557



Tel: 00351 289 314 312
Fax: 00351 289 314 260

info@silverholidays.com
www.silverholidays.com

Rua do Brasil,
Casa Italiana, Loja 5,
8125-479 Vilamoura



Casa Pequena
Vilamoura €410,000
• 2 bedroom villa with south west facing private pool and garden
• Single story villa with roof terrace
Ref: Casa Pequena



Casa Moura
Vilamoura €375,000
• Spacious 3 bedroom townhouse
• Private terrace and garden area, communal gardens and pool
Ref: Casa Moura



Victoria Garden
Vilamoura €650,000
• 3 bedroom luxury villa
• Great layout, south - west facing garden and private pool
Ref: Villa Victoria Garden



Villa Bella
Vilamoura €695,000
• South facing 4 bedroom villa
• BBQ, private pool, dining area and fenced garden
Ref: Villa Bella



Laguna Plaza
Vilamoura €330,000
• Very bright and spacious 2 bedroom apartment
• 4 communal pools and gardens
Ref: Laguna Plaza



Two Bedroom Townhouse with beautiful Views near São Brás de Alportel

Fully renovated single storey villa located on the outskirts of São Brás de Alportel, consisting of two bedrooms, living, dining room and open plan kitchen, bathroom and laundry / storage area.

It has a covered area with a wood oven, a BBQ and a small backyard with magnificent views of the mountains and the town of São Brás.

There is also a garage, two storages and a large space that can be used as additional parking area, garden or for a swimming pool.

The house is prepared to construct a first floor and had already a local accommodation certificate (AL).

Great investment!
Ref: M-074
260.000 €
Schedule your visit today!
contact +351 289 462 438




www.cchomes.pt AMI.8999

DIVINE HOME

IMOBILIÁRIA • REAL ESTATE



4 Bed Farmhouse with Annex near São Brás! €795,000



Property Ref: SVP908
Gorgeous 4+1 bedroom villa in rural setting on plot of 3,255 m², private pool, gardens, stunning views, renovated...
Call us **NOW** to arrange a viewing!

f t i y ALBUFEIRA • MONCARAPACHO • SÃO BRÁS

Tel: (+351) 289 841 751 | www.divine-home.eu | AMI: 11606

AbacoZ

algarve



OUR PROPERTY OF THE WEEK:
MONTINHOS DA LUZ, LAGOS
REF: AV-684SD

STRIKING 3 BEDROOM VILLA WITH PANORAMIC SEA VIEWS LOCATED IN THE PEACEFUL AREA OF MONTINHOS DA LUZ, CLOSE TO ALL THE AMENITIES AND THE BEACH WITH A LOVELY POOL, ESTABLISHED GARDENS AND LARGE TERRACES TO ENJOY THE SUNSHINE!

ASKING PRICE: €595.000



CONTACT OUR MULTI-LINGUAL SPECIALISTS AT ABACOSZ ALGARVE TO
SELL YOUR PROPERTY
OFFICE: MARINA DE LAGOS, NÚCLEO GIL EANES, LOJA 18/19, LAGOS
EMAIL: info@abaco-properties.com TEL: +351 282 044 886



SCAN THE QR CODE TO GO TO OUR WEBSITE



MODERN 3 BED VILLA WITH SEA VIEWS, LAGOS | REF: C3472

SPEAK TO US FOR PROFESSIONAL ADVICE

info@marcelaproperties.com 00351 282 788 977



BATISTA property

THINKING OF BUYING OR SELLING A PROPERTY?
TALK TO US!

Rua José Ventura Neto Cabrita Lote 1 Loja B 8600 - 774 Lagos, Algarve, Portugal
www.batistaproperty.com | Email: info@batistaproperty.com | Tel: 00351 282 043 679

QUALITY BEDS & LINEN

LOTS IN STOCK AVAILABLE NOW WITH

- FREE NEXT DAY DELIVERY.
- FREE WE TAKE AWAY YOUR OLD BED

• FREE PAIR OF SATIN STRIPE PILLOWS OR DUVET FOR YOUR NEW BED. (SPECIAL OFFER FROM NOW UNTIL THE END OF THE YEAR)

MASSIVE RANGE OF BEDS, BEDLINEN, TOWELS AND HOME FURNISHINGS IN OUR STORES AT QUATRO ESTRADAS, ALCANTARILHA AND CARVOEIRO.



www.hometextilesalgarve.com
email: hometextiles@sapo.pt



"Bigger stores,
Better quality,
choice and value"



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

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

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



Kit&Caboodle



HIGH
QUALITY
PRE-LOVED
FURNITURE

www.kitandcaboodle.pt | Tel: 289394257 | sales@kitandcaboodle.pt

AMI 10185

STAR PROPERTY - Vilamoura

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

Ref: FS108 Price: 165,000€



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

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

AUTUMN DEALS



3 BED TOWNHOUSE PRIVATE POOL
VILA NOVA DE CACELA - REF: 2507 €265.000

- SECOND LIVING ROOM IN BASEMENT
- AIR CONDITIONING
- THREE DOUBLE BEDROOMS
- MODERN EQUIPPED KITCHEN
- QUIET CUL DE SAC
- CLOSE TO THE CENTRE OF TOWN
- 1300M FROM MANTA ROTA BEACH
- CLOSE TO ALL LOCAL TRANSPORT ROUTES

2+1 BED SEMI DETACHED VILLA
MANTA ROTA - REF: 2532 €239.000

- ON COMPLEX OF 8 HOUSES SHARED POOL
- SOLD FULLY FURNISHED
- LIGHT AND BRIGHT
- LIVING / DINING OPEN PLAN
- SPACE TO PARK
- AIR CONDITIONING
- TWO BEDROOMS FIRST FLOOR
- LOFT WITH VELUX WINDOWS (THIRD BED)

algarve manta properties
AMI: 7673

Office phone: 00351 281 952 820
Mobile: 00351 911 041 862
www.algarvemantaproperties.com
Rentals: www.algarvemanta.pt
Email: sarah@algarvemanta.pt

Magnificent single storey, 3 bedroom villa

A piece of paradise! This very special villa and landscaped gardens are a dream come true. Located on the outskirts of Carvoeiro on the very sought after estate of Quinta das Pias down a cul-de-sac with similar standard properties surrounding.

The house sits on a fully fenced plot of 1070m2 with automatic gates and a sweeping calçada driveway leading up to the house bordered by stunning mature landscaped gardens and ample parking for several cars as well as a shaded car port.

An impressive entrance door leads into a bright hallway opening through to the spacious living and dining area with featured high ceilings, from the living/ dining area there are patio doors opening onto the various terraces (with electric awnings) surrounding the property and overlooking the pool and automatically irrigated gardens.

Returning to the exceptionally tasteful interior there is a fully fitted kitchen with breakfast bar, laundry/storage room. To the other side of the house there are 2 double bedrooms (1 en suite plus a

separate bathroom). The 3rd bedroom has its own external (as well as internal) entrance and en suite shower room. Equipped with underfloor heating and A/C

The property maximises the Algarvian lifestyle with magnificent outdoor areas and mature landscaped gardens offering an array of colours. A truly special house and garden in a very attractive setting. Ref: SPV90, Price: €695,00

Sampson Property. Tel: +351 927 200 182 / +351 282 357 133, email: info@sampsonproperty.com or visit: www.sampsonproperty.com

Property Highlight




Property search

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

The Portugal News is at the hub of EVERYTHING including the latest property deals! YOU can be the first to see PROPERTY OF THE WEEK and the latest featured properties by subscribing to our weekly property newsletter.

SATURDAY 02

BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 Flour Power.
12.00 Football Focus.
13.00 BBC News; Weather.
13.15 International Rugby League.
14.30 Money for Nothing.
15.00 Seven Worlds, One Planet.
16.00 Final Score.
17.20 Celebrity Mastermind.
17.50 BBC News.
18.10 Pointless Celebrities.
19.00 Strictly Come Dancing.
20.30 The Wall.
21.20 Casualty.
22.10 BBC News; Weather.
22.25 National Lottery Update.
22.30 Match of the Day.
00.00 The NFL Show.
00.30 **FILM:** Disturbia (2007).
02.10 Weather for the Week Ahead.
02.15 BBC News.

BBC Two

06.45 Top Class.
07.15 Mustangs FC.
07.40 Blue Peter: Halloween Special.
08.10 The Amelia Gething Complex.
08.30 **FILM:** Strange Magic (2015).
10.00 Robot Wars.
11.00 Celebrity Antiques Road Trip.
12.00 The Hairy Bikers' Comfort Food.
12.30 Children in Need: Got It Covered.
14.00 Best House in Town.
14.30 The World's Most Extraordinary Homes.
15.30 **FILM:** Queen of Katwe (2016).
17.30 Britain's Biggest Warship Goes to Sea.
18.30 Dad's Army.
19.00 H Is for Hawk: A New Chapter - Natural World.
20.00 Great Australian Railway Journeys.
21.00 QI XL.
21.45 Pose.
22.25 Pose.
23.25 **FILM:** Election (1999).
01.05 **FILM:** The British Guide to Showing Off (2011).
02.35 The Name of the Rose.

ITV London

06.00 CITV.
07.30 You've Been Framed!
08.00 RWC 2019 Live: The Final.
11.45 Riding a Dream.
12.15 The Mountain.
12.45 ITV News and Weather.
12.50 Ninja Warrior UK.
13.50 You've Been Framed!
14.55 Midsomer Murders.
16.55 Tipping Point.
17.55 ITV News and Weather.
18.15 The Chase Celebrity Special.
19.10 Take Me Out.
20.30 The X Factor: Celebrity.
22.20 The Jonathan Ross Show.
23.25 ITV News and Weather.
23.40 Lethal Weapon.
00.30 Rugby World Cup 2019 Highlights.
01.20 Ideal World.
03.00 Bang on the Money.

Channel 4

06.05 Cheers.
07.00 Everybody Loves Raymond.
08.15 Frasier.
09.15 The King of Queens.
10.10 The Big Bang Theory.
11.05 Four in a Bed.
13.35 The Simpsons.
15.35 A Place in the Sun: Winter Sun.
16.35 Four Rooms with Sarah Beeny.
17.35 The Secret Life of the Zoo.
18.30 Channel 4 News.
19.00 Britain's Most Historic Towns.
20.00 Great British Car Journeys.
21.00 **FILM:** Ghostbusters (2016).
23.40 Gogglebox.
00.40 Formula 1 United States Grand Prix Qualifying Highlights.
02.10 The Simpsons.
02.35 The Last Leg.
03.30 Hollyoaks.

BBC Four

19.00 Nature's Wonders: Islands of Evolution.
20.00 Wild China.
21.00 Spiral.
22.50 Blackadder Goes Forth.
22.50 Top of the Pops: 1988.
01.20 Get Rich or Try Dying: Music's Mega Legacies.
02.20 Franco Building with Jonathan Meades.

SUNDAY 03

BBC One

06.00 Breakfast.
07.30 Match of the Day.
09.00 The Andrew Marr Show.
10.00 Sunday Politics.
10.30 Sunday Morning Live.
11.30 Wanted Down Under.
12.15 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Songs of Praise.
13.50 Points of View.
14.05 Escape to the Country.
14.35 **FILM:** War Horse (2011).
16.50 BBC News.
17.15 Countryfile.
18.15 Seven Worlds, One Planet.
19.15 Strictly Come Dancing: The Results.
20.00 His Dark Materials.
21.00 World on Fire.
22.00 BBC News.
22.30 Match of the Day 2.
23.30 Not Going Out Halloween Special.

BBC Two

00.10 A Question of Sport.
00.40 Weather for the Week Ahead.
00.45 BBC News.
06.40 The Great Chelsea Garden Challenge.
07.40 Around the World in 80 Gardens.
08.40 Countryfile Ramble for BBC Children in Need.
09.55 Saturday Kitchen Best Bites.
11.25 Tony Curtis: Talking Pictures.
12.05 **FILM:** The Vikings (1958).
14.00 NFL Live.
18.00 Africa with Ade Adepitan.
19.00 Dragons' Den.
20.00 Britain's Biggest Warship Goes to Sea.
21.00 The Americas with Simon Reeve.
22.00 Live at the Apollo.
22.30 **FILM:** Silence (2016).
01.00 Question Time.
02.00 Best House in Town.
02.45 Holly City.

ITV London

06.00 CITV.
09.25 ITV News.
09.30 Beautiful Baking with Juliet Sear.
10.30 John and Lisa's Weekend Kitchen.
11.30 Nadia's Family Feasts.
12.30 ITV News and Weather.
12.40 **FILM:** About a Boy (2002).
14.40 The X Factor: Celebrity.
16.30 Back to Mine.
17.00 ITV News and Weather.
17.20 **FILM:** Harry Potter and the Order of the Phoenix (2007).
20.00 Celebrity Catchphrase.
21.00 David Walliams Presents - Revenge of A Right on the Night.
22.00 ITV News and Weather.
22.15 Prince Charles: Inside the Duchy of Cornwall.
23.15 Paul O'Grady: For the Love of Dogs.
23.45 Holiday Horrors: Caught on Camera.
00.15 Ideal World.
03.00 Motorsport UK.

Channel 4

06.20 Cheers.
06.50 The King of Queens.
07.40 Frasier.
08.30 The Simpsons.
09.30 Sunday Brunch.
12.30 The Simpsons.
13.55 The Great British Bake Off: The Final.
15.10 The Dog House.
16.10 **FILM:** Mrs Doubtfire (1993).
18.30 Channel 4 News.
19.00 Great Canal Journeys: Asian Odyssey.
20.00 Escape to the Chateau: DIY.
21.00 Celebrity Hunted.
22.00 It's Grime Up North.
23.00 Formula 1 United States Grand Prix.
01.00 **FILM:** Rush (2013).
03.05 The Great British Bake Off: An Extra Slice.
04.00 Come Dine with Me.

BBC Four

19.00 For Folk's Sake: Morris Dancing and Me.
20.00 Britain's Nuclear Bomb: The Inside Story.
21.00 Philip Pullman - Imagine Stanley Kubrick: A Life in Pictures.
00.25 The Sinner.
01.05 Pappano's Classical Voices.
02.05 Natural World.
02.55 For Folk's Sake: Morris Dancing and Me.

MONDAY 04

BBC One

06.00 Breakfast.
09.15 For Love or Money.
10.00 Homes Under the Hammer.
11.00 Claimed and Shamed.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Head Hunters.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Inside Out.
20.00 EastEnders.
20.30 Countryfile: Ready to Ramble.
21.00 Dublin Murders.
22.00 BBC News at Ten.
22.35 The Young Offenders.
23.10 Have I Got a Bit More News for You.

BBC Two

23.50 The Graham Norton Show.
00.40 Weather for the Week Ahead.
00.45 BBC News.
06.00 Money for Nothing.
06.45 Countryfile Autumn Diaries.
07.30 Weasels: Feisty and Fearless.
08.30 The Week in Parliament.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 Yes Chef.
13.45 Street Auction.
14.15 Coast and Country Auctions.
15.00 Who Do You Think You Are?
16.00 Chase the Case.
16.45 Eggheads.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Celebrity Antiques Road Trip.
20.00 Only Connect.
20.30 University Challenge.
21.00 Meet the Bears.
22.00 Motherland.
22.30 Newsnight.
23.15 The Americas with Simon Reeve.
00.15 The Cameron Years.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 The Mountain.
20.30 Coronation Street.
21.00 Fifty Shades of Green with Alan Titchmarsh.
22.00 ITV News at Ten; Weather.
22.45 Riding a Dream.
23.15 Banks of England.
23.45 All Elite Wrestling: Dynamite.

Channel 4

06.30 The King of Queens.
07.45 Everybody Loves Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Escape to the Chateau: DIY.
17.00 Junior Bake Off.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Rory Peck Awards.
20.00 Puppet Masters: The Men Who Really Run Britain.
20.30 48 Hours in Krakow.
21.00 Smuggled.
22.00 The End of the ****ing World.
22.55 8 Out of 10 Cats.
23.50 Emergency Helicopter Medics.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 A Stitch in Time.
20.00 Great Barrier Reef.
21.00 A British Guide to the End of the World.
22.15 The Story of China.
23.15 A Call from the Hostage Takers.
00.15 Nietzsche: Genius of the Modern World.

TUESDAY 05

BBC One

06.00 Breakfast.
09.15 For Love or Money.
10.00 Homes Under the Hammer.
11.00 Claimed and Shamed.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Head Hunters.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Holly City.
21.00 Dublin Murders.
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 Love and Hate Crime.
23.30 Earth from Space.
00.30 Weather for the Week Ahead.
00.35 BBC News.

BBC Two

06.30 For Love or Money.
07.15 Claimed and Shamed.
08.00 Hairy Bikers: Route 66.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 Yes Chef.
13.45 Street Auction.
14.15 Coast and Country Auctions.
15.00 Who Do You Think You Are?
16.00 Chase the Case.
16.45 Eggheads.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Celebrity Antiques Road Trip.
20.00 MasterChef: The Professionals.
21.00 Rick Stein's Secret France.
22.00 Live at the Apollo.
22.30 Newsnight.
23.15 Babies: Their Wonderful World.
00.15 NFL This Week.
01.05 The Big Hospital Experiment.
02.05 Food: Truth or Scare.
02.50 The Empty Housing Scandal.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
20.00 The Pride of Britain Awards 2019.
22.00 ITV News at Ten; Weather.
22.45 On Assignment.
23.20 The Jonathan Ross Show.
00.20 Ideal World.
03.00 River Monsters.

Channel 4

06.30 The King of Queens.
07.45 Everybody Loves Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Escape to the Chateau: DIY.
17.00 Junior Bake Off.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Rory Peck Awards.
20.00 How to Halve Your Supermarket Bill.
21.00 The British Tribe Next Door.
22.00 The End of the ****ing World.
23.05 Shut-Ins: Britain's Fattest People.
00.05 Ramsay's Kitchen Nightmares USA.
00.55 Smuggled.
01.50 **FILM:** Nachom-iá Kumpasar (2015).
04.30 Puppet Masters: The Men Who Really Run Britain.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 A Stitch in Time.
20.00 Dive, Dive, Dive!
21.00 Rich Hall's Red Menace.
22.30 **FILM:** Dr Strangelove - or How I Learned to Stop Worrying and Love the Bomb (1964).
00.10 The Silent War.

WEDNESDAY 06

BBC One

06.00 Breakfast.
09.15 For Love or Money.
10.00 Homes Under the Hammer.
11.00 Claimed and Shamed.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Head Hunters.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
20.00 DIY SOS: The Big Build.
21.00 The Apprentice.
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 Breaking Fashion.
23.05 The Wall.
23.55 The Truth About Antibiotics.
00.55 Weather for the Week Ahead.
01.00 BBC News.

BBC Two

06.30 For Love or Money.
07.15 Claimed and Shamed.
08.00 See Hear: Deaf Brain.
08.30 The Big Cook Out.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
11.15 Politics Live.
11.30 Yes Chef.
13.00 Street Auction.
13.45 Coast and Country Auctions.
14.15 Coast and Country Auctions.
15.00 Who Do You Think You Are?
16.00 Chase the Case.
16.45 Eggheads.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 The Andrew Neil Show.
19.30 Grand Tours of Scotland's Lochs.
20.00 MasterChef: The Professionals.
21.00 GUILT.
22.00 The Apprentice: You're Fired.
22.30 Newsnight.
23.15 Murder, Mystery and My Family.
00.00 See Hear: Deaf Brain.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Paul O'Grady: For the Love of Dogs.
20.30 Coronation Street.
21.00 Doc Martin.
22.00 ITV News at Ten; Weather.
22.45 Peston.
23.40 Tenable.
00.35 Ideal World.

Channel 4

06.30 The King of Queens.
07.45 Everybody Loves Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Escape to the Chateau: DIY.
17.00 Junior Bake Off.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Rory Peck Awards.
20.00 The Secret Life of the Zoo.
21.00 The Accident.
22.00 The End of the ****ing World.
23.05 8 Out of 10 Cats Does Countdown.
00.05 Harry Hill's Clubnite.
01.05 The British Tribe Next Door.
01.55 **FILM:** Manmarziyaan (2018).

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Top of the Pops: 1988.
20.00 London Calling: Cold War Letters.
21.00 The Fall of the Berlin Wall with John Simpson.
22.00 The Secret Life of the Berlin Wall.
23.30 Atomic: Living in Dread and Promise: Storyville.
00.40 Top of the Pops: 1988.
01.10 Africa's Great Civilisations.

THURSDAY 07

BBC One

06.00 Breakfast.
09.15 For Love or Money.
10.00 Homes Under the Hammer.
11.00 Claimed and Shamed.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Head Hunters.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Inside the Supermarket.
21.00 The Met: Policing London.
22.00 BBC News at Ten.
22.35 Question Time.
23.35 Brexitcast; Weather.
00.10 BBC News.

BBC Two

06.30 For Love or Money.
07.15 Bargain Hunt.
08.00 Antiques Roadshow.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 Yes Chef.
13.45 Street Auction.
14.15 Coast and Country Auctions.
15.00 Who Do You Think You Are?
16.00 Chase the Case.
16.45 Eggheads.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 MOTDx.
19.30 Saving Lives at Sea.
20.00 MasterChef: The Professionals.
21.00 Gini/Haji.
22.00 Later - with Jools Holland.
22.30 Newsnight.
23.15 A Dangerous Dynasty: House of Assad.
00.15 Abused by the Police.
01.05 Home Is Where the Art Is.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Cash in Your House: Deal or No Deal? Tonight.
20.00 Emmerdale.
20.30 Coronation Street.
21.00 Charles: 50 Years a Prince.
22.00 ITV News at Ten; Weather.
22.45 Exposure: Britain's Hidden Hunger.
23.45 The Pride of Britain Awards 2019.
01.30 Ideal World.

Channel 4

06.30 The King of Queens.
07.45 Everybody Loves Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Escape to the Chateau: DIY.
17.00 Junior Bake Off.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Rory Peck Awards.
20.00 The Secret Life of the Zoo.
21.00 The Accident.
22.00 The End of the ****ing World.
23.05 8 Out of 10 Cats Does Countdown.
00.05 Harry Hill's Clubnite.
01.05 The British Tribe Next Door.
01.55 **FILM:** Manmarziyaan (2018).

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Top of the Pops: 1988.
20.00 London Calling: Cold War Letters.
21.00 The Fall of the Berlin Wall with John Simpson.
22.00 The Secret Life of the Berlin Wall.
23.30 Atomic: Living in Dread and Promise: Storyville.
00.40 Top of the Pops: 1988.
01.10 Africa's Great Civilisations.

FRIDAY 08

BBC One

06.00 Breakfast.
09.15 For Love or Money.
10.00 Homes Under the Hammer.
11.00 Claimed and Shamed.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Head Hunters.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Still Open All Hours.
20.30 EastEnders.
21.00 Have I Got News for You.
21.30 Would I Lie to You?
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 The Graham Norton Show.
23.25 Fleabag.
23.55 The Apprentice.
00.55 Weather for the Week Ahead.
01.00 BBC News.

BBC Two

06.30 For Love or Money.
07.15 Bargain Hunt.
08.00 Gardeners' World.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 Yes Chef.
13.45 Street Auction.
14.15 Coast and Country Auctions.
15.00 Who Do You Think You Are?
16.00 Chase the Case.
16.45 Eggheads.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 MOTDx.
19.30 Saving Lives at Sea.
20.00 MasterChef: The Professionals.
21.00 Gini/Haji.
22.00 Later - with Jools Holland.
22.30 Newsnight.
23.15 A Dangerous Dynasty: House of Assad.
00.15 Abused by the Police.
01.05 Home Is Where the Art Is.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Cash in Your House: Deal or No Deal? Tonight.
20.00 Emmerdale.
20.30 Coronation Street.
21.00 Charles: 50 Years a Prince.
22.00 ITV News at Ten; Weather.
22.45 Exposure: Britain's Hidden Hunger.
23.45 The Pride of Britain Awards 2019.
01.30 Ideal World.

Channel 4

06.30 The King of Queens.
07.45 Everybody Loves Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 A Place in the Sun: Winter Sun.
16.00 Escape to the Chateau: DIY.
17.00 Junior Bake Off.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.30 Unreported World.
20.00 Flirty Dancing.
21.00 Gogglebox.
22.00 The Last Leg.
23.05 Harry Hill's Clubnite.
00.10 Celebrity Hunted.
01.05 **FILM:** The Choice (2016).
02.55 Come Dine with Me.

BBC Four

19.00 World News Today; Weather.
19.30 Top of the Pops: 1988.
20.00 It's Only Rock 'n' Roll: Rock 'n' Roll at the BBC.
21.00 Top of the Pops: 1988.
21.30 The Beatles: Made on Merseyside.
22.50 Forever Young - How Rock 'n' Roll Grew Up.
23.55 Tom Jones at the BBC.
00.50 Top of the Pops: 1988.
01.20 It's Only Rock 'n' Roll: Rock 'n' Roll at the BBC.

Direct Store with us!

★ Removals ★ Freight and logistics ★ Storage ★ UK online shopping ★ Weekly UK-PT service ★

direct

TRANSPORT & REMOVALS

Follow us on Facebook Contact us at: +351 282 313 966 info@directtransport.net www.directtransport.net



BOOKS

ALGARVE BOOK CELLAR



Edifício "O Galeão" Loja 1 & 2
Rua dos Pescadores
8400-512 CARVOEIRO LAGOA

English Language Book Exchange
Refunds on return
New books to order
Audio Books
C.D.'s Cards
DVD's

282 354 310
Tue - Fri 9.30 - 5.00
Sat: 9.30am - 2.00pm
raymond.compton@gmail.com

BUREAUCRATIC SERVICES



GB InPort
-----Gracy Biss-----
-----Mark Chiaretti-----
Helping you with all bureaucratic matters

- Driving Licences
- Importation, Registration & Inspection of Vehicles
- Residência
- Passports
- Etc

Rua do Viveiro, Lote 4, 3º D
8400-418 LAGOA, Algarve Portugal
next to Lagoa Finanças above café

Email: gbinport@gmail.com
Tel.: +351 282 341 888
Mob.: +351 96 508 48 28
Mob.: +351 91 566 18 06



ALGARVE ASSISTANTS

*Are you moving to Portugal?
We can help you!*

- Non Habitual Residency Tax Status
- Rental licenses
- Vehicle Matriculation
- Fiscal representation
- Exchange or Register Driving Licences
- Accountancy and Tax advise

Rua Mar e Guerra Nº 75 A Braciais
8005-424 Braciais - Faro
Faro office 00351 289 816 390
Mobile 00351 967 486 011
info@algarveassistants.com
www.algarveassistants.com

Caravans



Caravanas Portugal

We buy and sell used Caravans & Mobile Homes.

SALE NOW ON

964 415 069
caravanasportugal@sapo.pt
www.caravanasportugal.com

To place an advert in this section, please call 282 341 100 or email: sales@theportugalnews.com

CARPENTRY

BENSONS WOODLIVING
INTERIOR & EXTERIOR CARPENTRY



KITCHENS • WARDROBES • PORCHES • CARPORTS • SHEDS
DECKING • CLADDING • GARAGES GAZEBOS

Free quote & design for any carpentry project.
Visit our website for our full portfolio of work.

www.bensonmadeiras.com
enquiries.woodliving@gmail.com
(+351) 968 967 347

DAMP

Drymat Systems Portugal modern house drain



- The Drymat Unit (made in Germany) will eliminate all rising damp (via electro-osmose, magnetic pulses)
- No digging, no drilling, no injecting
- 20 years guarantee
- Money back guarantee
- References available in Algarve, Lisbon & Coimbra areas.

Contact us for a free inspection visit:
Tlm: 962 435 572
e: contact@drymatportugal.com • Web: www.drymatportugal.com

DRAINS

Blocked Drains? Call: ANDY

Tel/Fax 282 471 335
Mobile 918 647 305

Power Jetting | Camera Inspection
Drain Repair | Root Removal
Drain Reconstruction

DRAIN KING

New equipment for Improved Service:
Mini Digger with Operator
New Sewer Drains
Septic Tank & Soak-aways

GUARANTEED 24 HOUR SERVICE

HEATING & COOLING

FIRES OF PORTUGAL

Selected ranges of LOG, PELLET and GAS burners professionally installed by our experienced team.
Advice and quotation given on site.
Services and Repairs

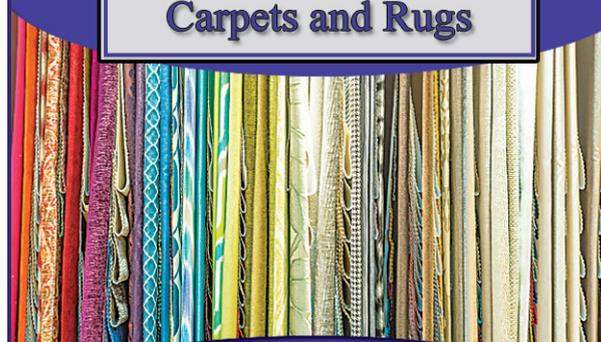
www.firesofportugal.com
sales@firesofportugal.com
TEL: 289 489 958 MOBILE: 967 721 209






INTERIORS & FURNISHINGS

The Curtain Centre
Carpets and Rugs



Made to Measure:
• Curtains • Blinds • Carpets • Rugs
• Tracks / Poles • Upholstery - All supplied and fitted



Open Monday - Friday 10am - 5pm
Estrada das Escanxinas • Loja B, Edif. Mendonça
Pereiras 8135-127 Almancil
Tel 289 355 442 • email: thecurtaincentre@gmail.com

FURNITURE WORLD

Tables, Chairs, Beds, Chests, Wardrobes, Coffee Tables, Bookcases



Turn your house into a home
www.furnitureworld.pt

Tel: 282 798 263

Urb. da Marateca
Lote 5, Chincato, Lagos

accurate, factual
and unbiased info

BEDROOMS EXTRA

 **The Biggest British Bed Retailer covering the whole of the Algarve** 

We have a large selection of beds in UK sizes on display in our two showrooms, and in stock for fast delivery.
Up to **-15%** discount available!

All mattresses are made to British Standards. 
We also have English Bed linen and Pillows with a **20%** discount!



NEW STOCK NOW IN

db DURABEDS

MLILY
The Legend of Comfort
GLOBAL PARTNER OF MANCHESTER UNITED
REDEFINING SLEEP
A better sleep means a better life.

Sleepeeze

Relyon®

Lagos Tel +351 282762383, email: bedrooms@bedroomsextra.com
Parque Industrial do Infante, on the EN125 between Odiáxere and Lagos, 500m before the A22 roundabout
MON TO FRI 9-5PM,
SAT 9.30 – 1PM



Almancil Tel +351 289050919, email: bedroomsextra@gmail.com
In front of the São Lourenço Church on the EN125 Almancil to Faro road – customer parking available
MON TO SAT 9.30 TO 5.30PM

BEDROOMS EXTRA

THE BED WAREHOUSE

Top Quality British Beds, Sofas and Solid Oak Furniture DIRECT From the Warehouse



- ✓ **Top BRITISH Brand Name Bankrupt Stock**
- ✓ **All sizes *Specialising in SUPERKING**
- ✓ **Luxury British Sofas**
- ✓ **Next Day Delivery**
- ✓ **Bespoke 'Design Your Own' Service**
- ✓ **Superior Solid Oak Household Furniture**
- ✓ **Bedding, Pillows and Mattress Toppers**
- ✓ **Unbeatable Prices**

SAVE UP TO 50% ON BRAND NAME BEDS AND SOFAS
Tel.: 918 780 783
www.bedwarehousespain.com



LEGAL



DANIELLE SHRIMPTON

Solicitor • LL.B.

Legal Qualifications for UK and Portugal
Property Conveyancing - Wills/Probate

Rua Doutor José Reis Júnior, lote 2, loja A, 8600-324 Lagos
E-mail: danielle.shrimpton@gmail.com
Tel: 282 080 008 Fax: 282 181 164 Web: www.dj-law.com

WWW
theportugalnews.com

OPTICIANS

Had your eyes tested this year?
British qualified optician.



Eye exams Glasses Contact lenses Sunglasses

Essilor
SN&N OPTICO

Avenida Cabo Bojador, Lote 6D 8600-774 Lagos | T. (+351) 282 761 506

PAINTING & DECORATING

TOFTS

Paul Tofts

Decorating & Painting

tofts@hotmail.co.uk After 6pm
Mob: 918 938 004 Tel: 289 399 370

POOLS & SPAS



ARTESIAN SPAS
PLATINUM ELITE CLASS

Probably The Best
Hot Tubs
Saunas & Swim Spas
in the World

Quality - Design - Reliability - Service

good life spas  www.glspas.com
telf: 289 358 415

Pool Service
Pool Covers
Pool Fencing
Pool Heating



www.salagua.com
N125, Sítio do Troto, Almancil
1,5km Direction to Faro

Tel: 289 992 281
salagua@salagua.com

Call Us For Free Advice

WWW.theportugalnews.com

No.1 in Hot Tubs in the Algarve



WELLNESS DREAMS
ALGARVE

HOT TUBS
•
SAUNAS
•
STEAMROOMS
•
SWIM SPA'S



SERVICE MAINTENANCE REPAIRS FOR ALL HOT TUBS

Tel. +351 912 356 287
E: info@algarvehottubs.com
W: www.algarvehottubs.com

40 years



NORBERTO POOLS



All you need for your swimming pool

New Construction • Repairs • Remodelling
Maintenance • Heating • Covers

www.norbertopools.com.pt
info@norberto-marum.com Tel: 916 982 085

REMOVALS & STORAGE

STORAGE: SHORT OR LONG TERM
in our modern, dry, secure warehouse

Refurbishment? • Inbetween houses? • Decorating? • Visitors arriving?



Wrapping & packing and transport service available
Boxes & packing materials for sale
Free quotations
Warehouse visits welcome

968 031 955 • algarvestorage@gmail.com • www.algarvestorage.com
David Wright Lda, Armazém 2, sítio do Além, 8135-011 Almancil

Pool Cover Specialists

30 YEARS **FACTORY DIRECT**




AQUA PURA LDA

Lagos: 967 025 157 • Almancil: 91 814 3491
info@aquapura.com.pt • www.aquapura.com.pt

SPECIAL OFFER **LEAK DETECTION IS OUR SPECIALITY**



Pools4U
Pools & Spa Management



FREE + **GET 2 MONTHS FOR FREE**
7 POINT DIGITAL POOL HEALTH CHECK

PAY FOR 10 MONTHS UPFRONT AND

Pools4U specialists in LEAK DETECTION, MAINTENANCE & REFURBS

'Keeping your swimming pool sparkling & safe all year round!'

CALL NOW FOR A FREE QUOTE OR TO BOOK AN APPOINTMENT

TEL: 282 098 698
EMAIL: Sales@pools4u.eu



U-STORE SELF STORAGE



- * Individual locked units
- * Daily access
- * Fully insulated premises
- * Dry, clean & secure

* For Home & Business

Urb. Industrial Marateca, lote 26 - Chincato - 8600 LAGOS
Tel / Fax: 282 798 490 - Telem: 917 010 365
www.u-store-portugal.com • info@u-store-portugal.com

Algarve Express
your next move

TRANSPORT & REMOVALS
UK-ALGARVE-UK
LOCAL - NATIONAL - INTERNATIONAL - WORLDWIDE

ALGARVE SECURE STORAGE SERVICE

ALGARVE
Algarve Express Transport & Removals
Armazem 1-3, Caminho Do Cerro Do Galo,
Almancil 8135-028, Portugal
Mob (+351) 968807244

Tel (+351) 289 393707
sales@algarveexpress.com
Open for collections Mon-Fri 8am-7pm
& Sat 9am-12.00

ONLINE SHOPPING UK TO PORTUGAL FROM JUST €4.99

UK DEPOT BASILDON ESSEX
Mobile 0044 (0)7989417625
Tel 0044 (0)1268 723601

www.algarveexpress.com



PURE POOLS

Pool Heating & Covers
Child Safety Fencing
Hot Tubs/Spas
Salt Chlorinators
Pool Repairs & Maintenance

Covering the Algarve Showroom in Lagos Est. 1992

Tel: 282 760 033 • Mobile: 919 851 016
www.purepools.com info@purepools.com

SOLARTEC
Renewable energies & all things water

A New Generation of Heating, Hot Water & Water Treatment

Underfloor - Central Heating
Solar Panels / Heat Pumps
Swimming pool heating & Products
Wood / Pellet burners
Water treatment and filtration
Drinking water systems
Maintenance & Servicing



Tlm: 962 076 003
rvsolartec@gmail.com
www.solartecalgarve.com

DLS **REMOVALS & STORAGE**
OVER 25 YEARS' PROFESSIONAL AND RELIABLE SERVICE

- Local removals, packing and storage in Almancil
- Weekly service to and from the UK
- Worldwide export packing and shipping service
- Regular service to and from Lisbon, Porto, Braga
- Dedicate loads, Personally tailored for clients

FOR A FREE QUOTATION CONTACT:
David Stebbeds on (+351) 289 399 946 (+351) 919 873 075
Email: david@dlsremovals.com Visit: www.dlsremovals.com

algarve REMOVALS

REMOVALS

- Weekly full or part load removal service to and from UK, Portugal, Spain & Ireland
- Full or part packing service
- One box to full load removals
- Villa to villa moves withing the Algarve

STORAGE

- Storage warehouse in both the UK & the Algarve
- Storage available for long or short periods
- Fully insured, secure and alarmed

ONLINE SHOPPING

- Shop online at high street stores and have your items delivered the following week
- Anything from one to multiple items

Depots: Alcantarilha - Almancil - Tavira - Lagos

Call us now for a **FREE quote**

UK Tel: 0044 (0) 1621 850070
 Mob: 0044 (0) 7711 179842

Algarve Tel: 00351 289513851
 Mob: 00351 968019226

Email: sales@algarveremovals.com www.algarveremovals.com




AIM

Removals & Storage

Local, National & European Removals
 Worldwide Shipping & Air Freight
FREE pre-move survey
 Professional Packing service
 On-site **SECURE** storage

Visit our office 9 - 5 weekdays Or call: **282 799 141**
 Email: info@aim.com.pt WEB: www.aim.com.pt
 Office/warehouse: Parque Industrial do Infante, Unit 8, Torre, EN125, Odiáxere, Lagos

S.O.S. UK TV

Immaculate Reception

If you want British TV, we have the solution.

HAVE IT ALL NIGHT LONG!

BBC, ITV, CH4 + CH5

Plus all UK freeview channels via Satellite or Internet
 Serving the Algarve for all of your television needs

Chris Whitman - 916 378 722
ukstv@sosuktv.com | www.sosuktv.com

WEDDINGS

AV&B

ALGARVE WEDDINGS & BLESSINGS

NATASHA LUCKMAN

WEDDING PLANNER



T. 934 809 144
 E. natasha@algarveweddingsandblessings.com
 W. www.algarveweddingsandblessings.com

NWDF

TRANSPORT • SHIPPING
 REMOVAL SPECIALISTS

UK | PORTUGAL | IRELAND | EUROPE

NEW France-Portugal Service

- From £55 per m³
- Regular shipping service
- Cars and Motorbikes
- Sealed and secure containers
- Commercial & personal storage from €2 per m³

Please call us for a **no obligation free quote**

www.nwdf.co.uk | peter@nwdf.co.uk
info@nwdf.co.uk

QUATRO ESTRADAS, LOULÉ DEPOT - PORTUGAL
 Tel: 00351 910767634
 0044 7951 028901

SALFORD DEPOT - UK
 Tel: 0044 161 8737863
 0044 1925 812563




Skynet

TELECOMMUNICATIONS & AUDIO

"The Latest Equipment at the Best Prices"

All Satellites TV (English, French, German, Dutch, Spanish, Italian, Russian, Arabic...)
Digiboxes (SD Sky +, Sky HD, MultiCAM, PCMCIA, Freeview, Freesat HD)
Multicards

All **BBC & ITV** + Ch 4 & 5 + News + Movies + Kids + Music + Sports + Many others + Radio
 Get 350 TV channels & 200 Radio stations **FREE**
Digital Terrestrial (Portuguese channels) **FREE**
Cable TV (Movies + Sports + Knowledge + Kids + News + Series + IPTV + Video on Demand)
Internet (Broadband, WiFi Networks)
Audio (Hi-Fi, Background Sound, Home Cinema)
CCTV, Intercoms, Domotics

High-quality systems installed by qualified engineers
 Installations and technical support within 24 hrs
 (a 3-Year Guarantee)

Tel: 964890260 Email: skynet@live.com.pt



SCOOP

ICE-CREAM BIKE HIRE

- Weddings
- Corporate events
- Private functions

www.scoopalgarve.com
 932 442 897



WHY THEY CHOSE THE PORTUGAL NEWS



- We reach more than 40,000 English language readers every week
- More than 100,000 people visit our website each month
- We connect with over 58,000 followers on social media
- Our newsletter is delivered to more than 4,000 people each week
- We have been publishing unbiased, high quality news since 1977
- Advertisers enjoy a range of multi platform benefits, including advertorial
- The Portugal News is available at targeted free distribution points, including Faro airport, and paid outlets throughout Portugal

THE PORTUGAL News

Established 1977

Apartado 13, • 8401-901 Lagoa
 Tel: 282 341 100 • www.theportugalnews.com
 Sales: sales@theportugalnews.com • Tel: 282 380 310

Cinema

NEW THIS WEEK

Doctor Sleep - Stars: Rebecca Ferguson, Ewan McGregor, Carel Struycken. **Genre:** Horror. **Director:** Mike Flanagan. **Rating:** R. **Plot:** Years following the events of "The Shining," a now-adult Dan Torrance meets a young girl with similar powers as his and tries to protect her from a cult known as The True Knot who prey on children with powers to remain immortal.

Terminator: Dark Fate - Stars: Linda Hamilton, Arnold Schwarzenegger, Mackenzie Davis. **Genre:** Action, Adventure, Sci-Fi. **Director:** Tim Miller. **Rating:** R. **Plot:** Sarah Connor and a hybrid cyborg human must



protect a young girl from a newly modified liquid Terminator from the future.

Cinema Listings

NOS Forum Algarve - Faro
Doctor Sleep; Terminator: Dark Fate; A Rainy Day in New York; Maleficent: Mistress of Evil (OV & PV); Cats (PV); Joker.

NOS Mar Shopping - Loulé
Doctor Sleep; Terminator: Dark Fate; The Addams Family (OV & PV); Zombieland: Double Tap; Maleficent: Mistress of Evil (OV & PV); Cats (PV); Joker.

Gran-Plaza NOS - Tavira
Doctor Sleep; Terminator: Dark Fate; The Addams Family; Zombieland: Double Tap; Maleficent: Mistress of Evil (OV & PV); Joker.

Algarçine - Portimão
Doctor Sleep; Terminator: Dark Fate; Maleficent: Mistress of Evil (OV & PV); Cats (PV); Joker.

Algarçine Lagos -
Doctor Sleep; Terminator: Dark Fate; Maleficent: Mistress of Evil (OV & PV); Cats (PV); Joker.

Algarçine Ria Shopping - Olhão
Doctor Sleep; Terminator: Dark Fate; Maleficent: Mistress of Evil (OV & PV); Cats (PV); Joker.

Cineplace Algarve Shopping - Guia
Doctor Sleep; Terminator: Dark Fate; The Addams Family (OV & PV); The Death and Life of John F. Donovan; Fahim; Zombieland: Double Tap; A Rainy Day in New York; Maleficent: Mistress of Evil (OV & PV); Abominable (PV); Cats (PV); Joker.

Cineplace - Portimão
Doctor Sleep; Terminator: Dark Fate; The Addams Family (OV & PV); Zombieland: Double Tap; A Rainy Day in New York; Maleficent: Mistress

of Evil (OV & PV); Abominable (PV); Cats (PV); Gemini Man; Joker.

Estação Viana Shopping - Viana do Castelo
Doctor Sleep; Terminator: Dark Fate; The Addams Family (OV & PV); A Rainy Day in New York; Maleficent: Mistress of Evil (OV & PV); Abominable (PV); Joker.

Cineplace Loures Shopping
Doctor Sleep; Terminator: Dark Fate; The Addams Family (OV & PV); Zombieland: Double Tap; A Rainy Day in New York; Maleficent: Mistress of Evil (OV & PV); Abominable (PV); Cats (PV); Gemini Man; Joker.

Cineplace Leiria Shopping
Doctor Sleep; Terminator: Dark Fate; The Addams Family (OV & PV); Zombieland: Double Tap; A Rainy Day in New York; Maleficent: Mistress of Evil (OV & PV); Abominable (PV); Cats (PV); Gemini Man; Joker.

Cineplace Riosul - Seixal
Doctor Sleep; Terminator: Dark Fate; The Addams Family (OV & PV); Zombieland: Double Tap; A Rainy Day in New York; Maleficent: Mistress of Evil (OV & PV); Abominable (PV); Cats (PV); Gemini Man; Judy; Joker; Red Shoes and the Seven Dwarfs (PV).

Algarçine
Algarçine Portimão: 282 411 888 / Olhão: 289 703 332 / Lagos: 282 799 138 / Sines: 269 633 510.

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



Cineplace Guia: 289 561 073 / Portimão: 282 070 101 / Leiria: 244 826 516 / Loures: 210 110 677 / Riosul: 210 114 352 / Parque Atlântico: 296 629 514 / Covilhã: 275 334 731 / Viana do Castelo: 258 100 260
www.cineplaceportugal.pt

North & Centre

EXHIBITIONS

Faces Project Until 2 November, 2pm - 7pm, CARRASCO art gallery, Lisbon, www.viralagenda.com

The Corner Piece Until 5 November, Galeria Francisco Fino, Lisbon, www.viralagenda.com



A Play of Boundaries. Until 9 November, Lisbon.

Harder Better Faster Stronger 7 November - 2 December, 9am - 10pm, Cultura Maia, Maia, Free entry, www.viralagenda.com

Micro-Clima Until 8 November, Galeria Valbom, Lisbon, www.viralagenda.com

A Play of Boundaries Until 9 November, Carlos Carvalho Arte Contemporânea, Lisbon, www.viralagenda.com

She Who Tells a Story Until 9 November, 10am - 7pm, Galeria Filomena Soares, Lisbon, www.viralagenda.com

Anna Schachinger Until 9 November, Galeria Madragoa, Lisbon, www.viralagenda.com

Black and White Drawings of Carlos Saramago 9 November - 29 November, 4pm - 6pm, Galeria Municipal do Entroncamento, www.viralagenda.com

Female Gaze Until 10 November, 8am - 6pm, Ordem dos Engenheiros, Lisbon, www.viralagenda.com

Marco Laborda Until 15 November, Hotel Gat Rossio, Lisbon, www.viralagenda.com

Harry Potter: The Exhibition 16 November 2019 - 8 April 2020, from 10am, Pavilhão de Portugal, Lisbon, Tickets €19, www.everythingisnew.pt

Angela Bulloch - Heavy Metal Stack Of Six Until 17 November, Palácio da Bolsa, Porto, www.viralagenda.com

URBAN SHAPES Until 18 November, 11am - 8pm, Cabanda Mad, Lisbon, www.viralagenda.com

Parallel Review 21 November - 14 December, Lisbon, www.viralagenda.com

From Indonesia with Love Until 24 November, Museu do Oriente, Lisbon, www.viralagenda.com

Daniel Blaufuks Until 24 November, Galeria Municipal Pavilhão Branco, Lisbon, www.viralagenda.com

Invisible Empire Until 24 November, 10am - 6pm, Museu do Oriente, Lisbon, Entry €6, www.visitlisboa.com

Children of the Sea 25 October - 25 November, 7pm

- 10pm, Má lingua, Lisbon, www.viralagenda.com

To be a Woman in a Man's World 16 November - 30 November, Trilhos da Terra, Aveiro, www.viralagenda.com

Zayle Until 7 December, Casual Lounge Caffé, Lisbon, www.viralagenda.com

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

Deep Deep Down, Far Far In (and Out) Until 28 December, Leal Rios Foundations, Lisbon, www.viralagenda.com

FAIRS & FESTIVALS

Portuguese Handicrafts Fair Until 28 December, every Saturday, Campo Pequeno, Lisbon, Free entry, www.visitlisboa.com

Amadora International Comic Festival '19 24 October - 3 November, Fórum Luís de Camões, Amadora, www.amadorabd.com

Imago Lisboa Photo Festival 10 October - 17 November, 10am - 6pm, Lisbon, Entry €3, www.viralagenda.com

Women's Film Festival 30 October - 3 November, Cinema São Jorge, Lisbon, Entry from €3.50, www.visitlisboa.com



InShadow. 1 November - 30 November, Lisbon.

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

NOTE: Events are correct at the time of going to press and according to information given to The Portugal News. However, events may be cancelled, delayed or fail to live up to their billing. Please send your events to events@theportugalnews.com by midday on the Monday before publication.

InShadow - Lisbon ScreenDance Festival'19 1 November - 30 November, Lisbon, www.voarte.com

Festival Super Bock em Stock'19 1 November - 30 November, Avenida da Liberdade, Lisbon, www.superbockemstock.pt

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

Color Sound Frames 2019 13 November - 17 November, Serralves, Porto, www.viralagenda.com

Autumn Fair 13 November - 17 November, Sociedade Nacional de Belas Artes, Lisbon, Entry €10, www.visitlisboa.com

BLACK BASS Évora Fest 2019 14 November - 18 November, SHE - Sociedade Harmonia Eborense, Évora, Tickets from €3, www.viralagenda.com

Festival Mental 2019 Porto 21 November - 23 November, Porto, www.viralagenda.com

Lisboa Games Week 21 November - 24 November, 10am - 8pm, FIL - Lisbon Exhibition and Congress Centre, Lisbon, Tickets from €12, www.visitlisboa.com

Campo Pequeno Christmas Market 29 November - 2 December, Campo Pequeno, Lisbon, www.visitlisboa.com

Lisbon Tattoo Rock Fest. 29, 30 November & 1 December, Altice Arena Lisbon. Tickets from €10. www.arena.altice.pt

MARKETS

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

7pm. Mercado de Ribeira, Lisbon

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

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

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

MUSIC

Belle and Sebastian 6 November, 9pm, Aula Magna, Lisbon. Tickets from €24, www.blueticket.pt

Djavan 8 November, 10pm, Campo Pequeno, Lisbon, Tickets from €35, www.visitlisboa.com

Blues Night by BBBF - Travellin' Brothers 9 November, 9.30pm, Fórum Cultural José Manuel Figueiredo, Moita, Setúbal, Tickets from €10, www.ticketline.sapo.pt

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

Brit Floyd. 25 November, Altice Arena Lisbon. Tickets from €20. www.arena.altice.pt

Vampire Weekend. 26 November, 8.30pm, Coliseu de Lisboa. Tickets from €30. www.everythingisnew.pt

The Waterboys. 27 November, 9.30pm, Campo Pequeno Lisbon. Tickets from €35. www.ticketline.pt

Harlem Gospel Choir Special Tribute to Prince. 4 December, 9pm, Casa da Música. Tickets from €30. www.ticketline.sapo.pt

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

The World of Hans Zimmer. 8 December, 9pm, Altice Arena, Lisbon. Tickets from €32. www.ticketline.sapo.pt

Gavin James 12 December, 9pm, Aula Magna, Lisbon, Tickets from €32, www.everythingisnew.pt

James Arthur. 19 January, Campo Pequeno, Lisbon. Tickets from €23. www.everythingisnew.pt

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

Keane 25 January, 8pm, Coliseu do Porto, Porto, Tickets from €30, www.everythingisnew.pt

The 1975. 7 March, Altice Arena Lisbon, 8.30pm. www.everythingisnew.pt

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



Djavan. 8 November, Lisbon.

Bon Iver. 15 April. Altice Arena Lisbon, 8.00pm. www.everythingisnew.pt

THEATRE & DANCE

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

Maxime Cabaret Show 20 September – 14 December, 8.30pm, Maxime Restaurante – Bar, Lisbon, Tickets €55, www.viralagenda.com

FIDNAC 30 October – 16 November, Teatro Garcia de Resende, Évora, Tickets from €5, www.viralagenda.com

Heidi 1 November – 14 June, 3pm, Teatro Armando Cortez, Lisbon, www.viralagenda.com

Total Immediate Collective Salvation 13 November – 16 November, Teatro do Bairro Alto, Lisbon, www.viralagenda.com

Black Stars 14 November- 24 November, 9pm, Teatro Taborda, Lisbon, www.viralagenda.com

Shrek the Musical 16 November – 2 February, Auditório Casino Estoril, www.ticketline.sapo.pt

Igor Moiseyev Ballet 21 November, Casino Estoril – Salão Preto & Prata, Tickets from €30, www.ticketline.sapo.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.campopequeno.com

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

The Sleeping Beauty 5 & 6 December, Teatro Tivoli BBVA, Lisboa, Tickets from €20, www.visitlisboa.com

Swan Lake 7 & 8 December, Teatro Tivoli BBVA, Lisbon, Tickets from €20, www.visitlisboa.com

The Nutcracker by the Russian Classical Ballet 21 December, 9.30pm, Auditório Jorge Sampaio, Sintra, Lisbon, Tickets from €18, www.ticketline.sapo.pt

WORKSHOPS & COURSES

Ashtanga Yoga Class, 4 September – 17 December,

7.30pm – 8.30pm, Jardim do Torel, Lisbon, www.viralagenda.com

Life Coaching Masterclass 28 September – 25 January, 9am – 12.30pm, Estúdio Mariposa, Lisbon, Tickets from €25, www.viralagenda.com

Yoga for Anxiety and Stress Relief 4 October – 28 January, 7pm – 8pm, Jardim do Torel, Lisbon, Cost: €6, www.viralagenda.com

Public Speaking Course 6 & 7 November, Faculdade De Direito da Universidade do Porto, Porto, Tickets from €30, www.viralagenda.com

Azulejo Workshop 9 November – 7 December, 9.30am – 1pm, Museu do Oriente, Lisbon, www.viralagenda.com

Sat Nam Rasayan – Art of Healing 26 January – 21 December, SER YOGA, Porto, www.viralagenda.com

SPORTS

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

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

Moche XL Games World. 14 – 16 November, Altice Arena. Tickets from €8. www.blueticket.pt

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

AUCTIONS

Auction House Algarve. Live auction 2 November. All items can be viewed at the auction house and through our online catalogue: www.ahalgarve.com, 289 832 380, info@ahalgarve.com

EXHIBITIONS

Denizens of the Deep exhibition. Until 16 November, B.A.M Art Gallery, Rua do Tennis 13, Albufeira.

Hans van Hoogdalem exposition. Until 4 November, Mon – Sun 2pm – 5pm. Museu do Traje, São Brás de Alportel. www.amigos-museu-sbras.pt

Collective exhibition. Until 16 November, Hotel Vale D'el Rei, Carvoeiro. info@artisticspace.pt

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

Century of the Seas Until 28 December, 9.30am – 5pm, Ponta da Bandeira Fort, Lagos, Entry €3, www.visitalgarve.pt

Afro – Disiac' Until 28 December, 10am – 6pm, Cultural Centre, Lagos, Free entry, www.visitalgarve.com

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. Ochála Casa de Chá, 12 Rua Dr. Samora Gil, Monchique 8550 249 Wednesday - Sunday 10-6pm. 282 912 524

FAIRS & FESTIVALS

Performing Arts Festival. 20 October – 2 November, Various locations. www.festivalveraoazul.com

ACCA's Golden, Glamour & Glitz Gala. 2 November, from 7.30pm, Conrad Algarve Ballroom. Cost €150. 919 617 995

Aljezur Sweet Potato Festival. 29 November - 1 December, 12pm-12am. EMA

– Aljezur Multipurpose Space, Aljezur.

St Andrew's Ball. 30 November, from 7pm, Penina Hotel & Golf Resort. Ticketed from €45. 919 635 246

MARKETS

Loulé - Every Saturday

Quarteira - Every Wednesday

Lift Market Lagos - Every Saturday

São Brás de Alportel Market – Every Saturday

Algoz Flea Market - 1st Saturday of the month

Barão de São Miguel - 1st Monday of the month

Budens - 1st Tuesday of the month

Raposeira - 1st Wednesday of the month

Vila do Bispo - 1st Thursday of the month

Almancil - 1st and 4th Sunday of the month

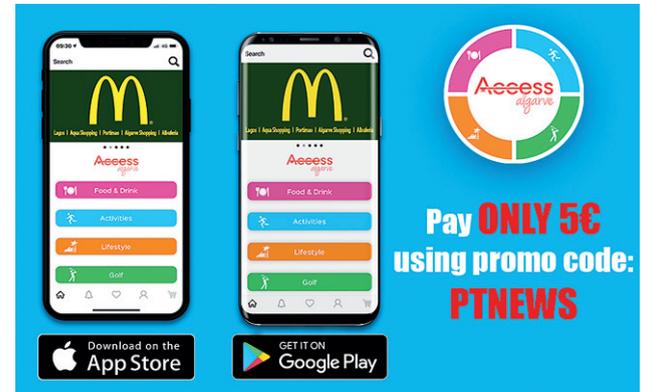
Ameixial - 1st Thursday of the month

Quarteira Flea Market - 1st Saturday of the month

Lagos Market, Next to the Stadium - 1st Saturday of the month

Lagos Flea Market - 1st Sunday of the month

Padere - 1st Saturday of the month



Show and Sunday roast €13. 914 900 031

The Dixie Kings. 14 November, 7.30pm, Raj Indian Restaurant, Holiday Inn Algarve, Armação de Pêra. info@hialgarve.com

Remembrance Day Service with Aljezur International Choir. 17 November, 11am, Aljezur Cemetery. Watts100@hotmail.com

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

New Orleans Jazz with The Dixie Kings. Every Sunday at O'Navegador Restaurant, Alvor. 935 086 365

SPORT

Casinos of the Algarve Rally. 30 October – 2 November. Various locations. Free entry. www.clubautomovelalgarve.pt

Portimão. www.autodromodoalgarve.com

Run Quinta. 9 – 10 November, Quinta do Lago. Half marathon, 10k and 5k. Single entry €15. www.runquinta.com

FIM International Six Days Enduro. 11 - 16 November. Algarve International Racetrack, Portimão. www.autodromodoalgarve.com

THEATRE & DANCE

Rhythmic Dance Show. Special Charity event. 8 November, from 7pm, Restaurant Horta Grill, Montes de Alvor. 964 171 294

Madagascar – A Musical Adventure 21 – 23 November, Teatro das Figuras, Faro, Tickets from €5, www.viralagenda.com

The Wizard of Oz by The Algarveans. 21 – 23 November, 7.45pm, matinee on 23rd at 2pm, Carlos do Carmo Auditorium Lagoa. Tickets €10. www.ticketline.pt

WORKSHOPS & COURSES

Coffee & Conversation for Expats. 6 November, 10.30am, Loulé. All information www.expatscenterportugal.com

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

Algarve Dental Implant Info Sessions. 31 October & 28 November Albufeira, 12 December, Faro. Free entry. www.algarvedentalimplants.com



Walk & Art Fest. 1 – 3 November, Lagos.

Olhos de Água Flea Market - 1st Sunday of the month

Moncarapacho - 1st Sunday of the month

Fuseta - 1st Thursday of the month

Vila Real de Santo António Flea Market - 1st Sunday of the month

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

Monchique Market - 2nd Friday of the month

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

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

MUSIC

J J Johns. 3 November, 2pm – 6pm, Restaurant A Cegonha, N395 Camping Albufeira.

South



ACCA's Chaity Gala. 2 November, Algarve.



Last weeks winner is Maria Detheridge, Algarve

Announcements

HOT WATER without any sunshine needed: see more at www.shs-pt.com

PROFESSIONAL CLEANING
Private Villas, Restaurants, Shops, Condominiums and Companies:
info@nice-cleaning.com

CONSERVATIVES ABROAD.
We are restarting the association in Portugal. We live in a critical time for the UK. Your vote counts. And you probably can vote. **CONTACT US!** conservativsabroadpt@gmail.com

GARDENER/HANDYMAN wanted for a very small garden in Vale Judeu. For as few hours as necessary. Tel: 964739276

Auctions

AUCTION HOUSE ALGARVE
NEXT LIVE AUCTION
Saturday, 2 November 2019
10.00am onwards

Approx. 500 lots.

- Antiques and Collectibles
- Designer Handbags
- Furniture and Art
- Tools
- Jewellery: Antique, Vintage & Modern
- Sports Equipment

Check out our Facebook page & view items coming up at Auction. View the catalogue and bid on line at www.ahalgarve.com where further details are available. Tel: 289 832 380 or email us at info@ahalgarve.com

Caravans & Motor Homes

CARAVAN/MOBILE HOME wanted to live in, please call 00351 966706140

Chimney Sweep

LOG BURNERS
FIRES OF PORTUGAL
WOODBURNING FIRE SPECIALISTS
sales@firesofportugal.com
www.firesofportugal.com
289 489 958 or 967 721 209

CHIMNEYSWEEP for a quick dust free cleaning of your chimney using the new power sweep system Tel 282330640/934927944

Education

LEARN PORTUGUESE one-to-one. Qualified teacher, native, very experienced (15 years teaching, 7 at UK universities). Students say: "fantastic teacher", "fast progress", "really enjoyable". Email: learn.portuguese.home@gmail.com

LEARN PORTUGUESE easily on our accredited courses (with focus on conversation). A popular 10-day beginners course starts 18 November. Centro de Línguas de Lagos. Call 282761070. Email info@centrodelinguas.com.

For Sale Private

EXRENTAL Callaway and Taylormade Golf Clubs excellent condition 300 Euros Per Set Including Bag . Rod 969180644

DIGITAL PIANO for sale. Kawai CM24. Lagos area. €500. Tel: 0046708132201

Friendship

WIDOWED WOULD like to meet lady for friendship, socializing and quality time together. 916658008

Place your free ad under 'Friendship' up to 12 words. Call 282 380 315.

Furniture

L&J Louise & Leon
(Second hand furniture)

Art & Antique Brocante & Vintage Inside & Outside

EN 125, between Almancil-Faro
www.fb.com/louiseleonmoveis
www.louise-leon.com
Mob: 918 831 211 / 914 798 796
Tel: 289 394 161

Health & Beauty

SHOULDER PROBLEM?
Pain-free Treatment!
Guaranteed Improvement or your money back.
Dr. Bock. 966 706 606.

HOMEOPATHY

Sick & tired of feeling sick & tired?
Alternative medicine

- Acute and chronic illness
- All ages
- Bespoke solutions

Based in Lagoa
Home visits available
Maria Whitehorn
T: 936 691 209
Homeopathy-algarve-uk@hotmail.com

Jobs Offered

EXPERIENCED PORTUGUESE chef looking for placement kindly contact Mr Yunus +351920190885

AMI 6902
WANTED Property Listers

- Great Earning Potential
- Training Provided
- Equipment Supplied
- All Areas of Algarve

MACKENZIE PORTUGAL is seeking to employ property consultants. For competitive salaries and opportunity to travel please send your CV: enquiries@mackenzie-realestate.com

SUNPOINT PROPERTIES (Ami 9545) in Praia da Luz Is seeking Sales Consultant & Property Lister OFFERS company car, training, great earning potential CV with photo to: susana@sunpoint.pt

GERMAN COMPANY seeking full-time English or German speaking Recruiter of skilled labour in Portugal for German market. Flexible hours/work place. Tel: +351 968 824 131

Place your jobs wanted or offered classified for free. Send 20 words to adproduction @theportugalnews

FREELANCE CONSULTANT seeks opportunities in Real Estate, Sales/Marketing, Business Development, etc. International experience. Please Email your requirements/projects to: alterup4746@gmail.com

LOOKING FOR jobs/projects/sales/positions or other income possibilities on expenses-paid basis. Skilled & experienced. All Offers to: nohorsehockey@gmail.com

TOGO FOR HOMES
REAL ESTATE AGENTS

Please send CV with photo to: admin@togofor-homes.com

DEADLINE: 5PM MONDAY
FOR following EDITION
282 380 315
classifieds@theportugalnews.com
www.theportugalnews.com

Kitchen Renovation

GEORGE & SON
Save thousands of Euros!
Lots of door designs if needed.
Don't buy a new kitchen until you've spoken to us! We can renovate your old kitchen at a very reasonable cost. Free, NO-obligation estimates. Call Jamie on 968 211 631 or 965 137 517 or email jamielkitchen83@gmail.com



HIGH QUALITY KITCHEN RENOVATIONS
100s of Door Styles & Colours
Complete Qualified Professional Re-fit Service
Tel: +351 966 521 828
newkitchendoorsalgarve@yahoo.com
www.homestyledoors.co.uk
Facebook: Replacement Kitchen Doors Algarve

Leisure

Algarve LAGOA EN125 8 NOV
Sandcity
Tickets:
Adults: €11.90
Children (6-12): €5.90
Free up to 5 years old
+65 years 15% off
World's biggest sand sculpture event!
Maior evento de escultura em areia do mundo!
www.sandcity.pt

Office, Media & Technology

INTERNETVIA SATELLITE. If PT/MEO and 4G don't work, we can help. More info: netinthesticks@gmail.com

Pets

Going on Holidays?
HAPPY PETS at HOME Pet & House Sitting
► 1 or 2 visits daily or house sitting keeping your pets Happy at Home.
► In case of an emergency, we will take your pet to their vet clinic.
petsitters.algarve@gmail.com
282 315 255
961 972 581 - 926 663 871

Property for Rent

VILAMOURA STUNNING 3BR condo apartment on Millennium golf course. Fully furnished & equipped. Living/dining room w/fireplace and large terrace. All bedroom with terraces & fitted wardrobes. 2 bathrooms, 1 ensuite. Eat-in kitchen, gas central heating, two underground parking places. Communal gardens & pool. €1250/month plus utilities. Long term rental through owner - 915546802

Property for Sale

BUILDING PLOTS Quality plots with coastal views and good access. Loule, Almancil & St Barbara. Build your dream home in a grade A position. 914574199

VILAMOURA 2BED
luxury apartment with sea & golf views, garage & storage. Closed condominium with pool at Victoria Boulevard. Quality property at €295,000 tel: 914574199

ALMANCIL HILLS. 4 bed villa with pool & garage. Good neighbourhood with coastal views. Bargain at €495,000 914574199

BARGAIN €215,000.
Three Bedroom Apartment, Parking, 200m Beach, Quarteira 934946488

VALEFORMOSO, ALMANCIL 3 bed luxury villa with apartment & garage. Coastal views and great security. Prime position in 'The Crest' Bargain at €985,000 tel: 914574199 hotalgarve@gmail.com

Property Services & Building

LEAKING ROOFS & terraces Problems solved 27 years experience in Algarve. Call 913 223 402

BUILDING WORKS

All types and sizes carried out to a very high standard. 27 years experience

Shoreland Properties Lda.
Tel. 913223402 or 282763000
shorelandproperties@mail.telepac.pt
www.shorelandproperties.com

Algarve's No1 Renewable Energies Company

Insulating Facade Covering
Solar Panels
Air Conditioning
Heat Pumps
Hot Water System
Solar Pool Pumps
Battery Storage Systems
+ 351 289 397 632
INFO@CASAVERDE-INT.COM
CASAVERDE-INT.COM

Algarve Roof & Property Renovations

From leaks to roofs and balconies, to complete renewals. Guttering supplied and fitted. Flat roof specialists and complete property renovations inside and out. All maintenance work, painting, jetwash service.

Call Jason
Tel: 960136445, 281324602.
jasonash1970@gmail.com

Removals & Storage

U-STORE Lagos Self-Storage

Individual locked units Fully insulated premises
Daily access, Dry, Clean & Secure For Home & Business
282 798 490 / 917 010 365
www.u-store-portugal.com
info@u-store-portugal.com

TW STORAGE & TRANSPORT

-Storage
-Removals & Transport
-Lift & Handyman service
-Packing service & material
-International transport to Belgium & Holland
www.transwilly.net
info@transwilly.net
(+351) 919 753 710
(+351) 282 449 126

Satellite

TV, HI-FI, Satellite repairs, Eastern Algarve. Experienced engineer. Tel: 964-721-714. www.trevortronix.com

Services offered

ASPIRALGARVE
Central Vacuuming System Specialist. Installation and technical assistance. Tel. 961 142 530 aspiralgarve@hotmail.com

SELL YOUR... Antiques, Collectables, Garden Ornaments, Architectural Salvage, Furniture, Full House Clearances. Contact Mark 914774438.

NICK 'MAN WITH VAN'
house clearances, furniture bought and sold 934491320 nicktelling@gmail.com

House Keeping

Builders Clean
Spring Clean
Regular Keeping
Ironing

Over 10 years experience
Central Algarve

Contact 966 382 378

ENGLISH PLUMBER.
Efficient and reliable. Algarve based. Call Chris on 00447723315437

HANDYMAN Hourly/Price rate. No job too small. Fire Safety Protection Specialist (Domestic only). Central Algarve. Call 933 991 967

Painting & decorating including Insulation of flat roofs and terraces

PORTUGUESE PAINTER with over 30 years experience

Free quotations
References available
914 122 898 • 914 245 464

BRITISH PLUMBER. Over 40 years experience. No job too small. Call William 937722988/07732499057



GERMAN HANDYMAN and electrician. Tobias Weltzien English and German spoken in Central Algarve 962 361 199 weltzien3@gmail.com

MAN & VAN. Light or heavy removals. Please call Blake for a quotation. Tel. 912601192/ +44(0)7789873824.

Transport

TRANSPORT PORTO, Lisbon, Algarve and any where in between, a fortnightly service one box to a full load, commercial goods, removals with packing service if required. Forwarding to England and Europe service from our depot in the Algarve, where storage is also available. Please phone David 919873075 david@dlsremovals.com

Vehicles

WEBUYFOREIGN
damaged cars. Portuguese cars for sale Volvo C70 convertible Volvo 440 Toyota Celica RAV4 VW Caddy 927716188

AUTOMATIC HYBRID
LHD Toyota Auris owned from new with full service history. Registered 2013 August, 2litre, 94000KM Metallic Grey, Sat Nav, Reverse Camera. Very economical and dreamy to drive. Al Mancil. Price €14500. Call 914318308.

WEBUY CARS Algarve all types of vehicles considered. We buy PT GB Dutch German French. We buy damaged and non runners. Call David PT 911136377 UK +447984932876



FORD MODEL T 1926.
Excellent inside & out. UK registered. €18.000. Tel: +351926137653. +44779598907

4X4 HYUNDAI TUCSON
diesel, 11/2004, 165500kms, PT-Reg taxed/tested 12 months. Reliable & economical, €5500. 920 162 316



2004 PEUGEOT 807
2.2 dsl Executive 6 speed, 7 seater UK-reg 266km. Immaculate, full service/timing belt MOT till 2020. New tyres €3995.00 ONO 914833902/ 00353872536307



ENGINE VOLVO Pent 200hp Diesel. 7m length, 2.38m beam, 1.5 draft. 8.000 Euros. Tel: +351 926137653 or +44 7779598907

Dining Out



Thursdays Live Music
Saturday Steak Night
Closed Tuesdays
We've moved!
Rua do Barranco, Carvoeiro
Mob. 969 577 644
www.tastecarvoeiro.com

Gurkha Kitchen
Nepalese & Indian Cuisine Restaurant & TakeAway
Tel: +351 282 185 776
Tel: +351 920 169 028
RUA DAS AMOREIRAS N°14, 8400-503, CARVOEIRO



LAGOA - ALGARVE
N 37.09955, W 46958
OPEN FROM 17.30
(CLOSED TUESDAYS)
(+351) 282 083 332
WWW.CHEFSKITCHEN.PT

Wanted



SAVE YOUR STAMPS
trim them to 1/2 cm all round and send to **The Portugal News**, Apt. 13, 8401-901 Lagoa. We send them to Israel where they are used

Website Design

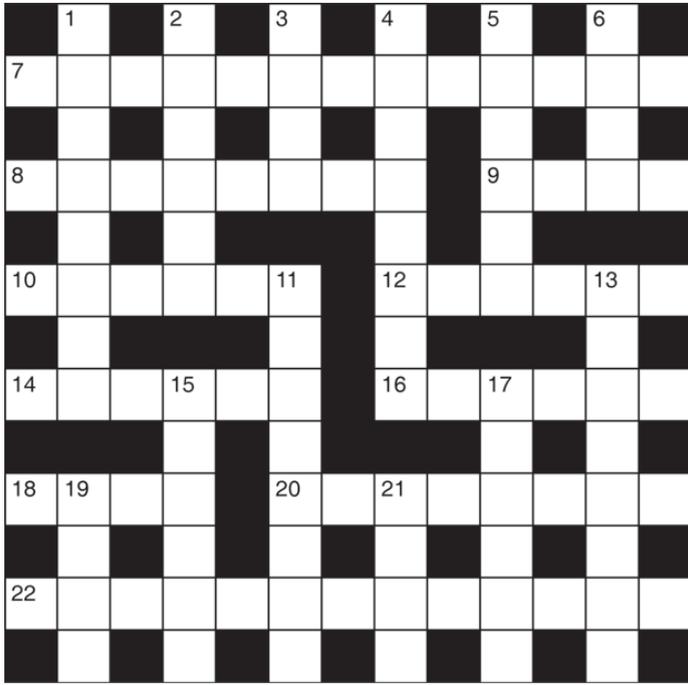
Need IT help?

Call Chris Englefield on +351 936 544 998
repairs
upgrades
installations
networks



Yoga

YOGA - ART - MESSAGES
Av. Dr. Eduardo Mansinho 26, Tavira. +351 966038379
Facebook : y.a.m.shala
Instagram : @y.a.m.shala
www.yamshala.com



CRYPTIC CROSSWORD

ACROSS

- 7. Be completely unrestrained, but don't move from zero! (4,2,7)
- 8. Wrong title for the sermon I'm changing (8)
- 9. Take a walk in the wet (4)
- 10. Changeover that affects current operations (6)
- 12. When this formidable type gets us, it's hell! (6)
- 14. The best way to negotiate the mountains? (2-4)
- 16. Critical outpouring could cause one to be in uncontrolled tears (6)
- 18. Somehow add a circle for wall decoration (4)
- 20. Painting is to test the skill of the performer (8)
- 22. Poles provide accommodation for groups of employees (7-6)

DOWN

- 1. Flight-path? (8)
- 2. Instrument made of wood in the street (6)
- 3. Very small part of N.A.T.O. manoeuvres (4)
- 4. Philosopher disguised as Cortes (8)
- 5. Kind of bath for the exhibitionist? (6)
- 6. The girl to take a meal on return (4)
- 11. Prisoners armies hold a long time (8)
- 13. Means of swift communication - could it be technique of broadcasting? (8)
- 15. A group of directors on a cruise? (6)
- 17. Type of architecture can't change round the United States (6)
- 19. Lily is a tot! (4)
- 21. In government, a skilful job (4)

QUICK CROSSWORD

ACROSS

- 7. Blameworthy (13)
- 8. Compel belief (8)
- 9. Kind (4)
- 10. Evil-doer (6)
- 12. Confirm (6)
- 14. Inequitable (6)
- 16. Labiate (6)
- 18. Arduous journey (4)
- 20. Severe (8)
- 22. Dull (13)

DOWN

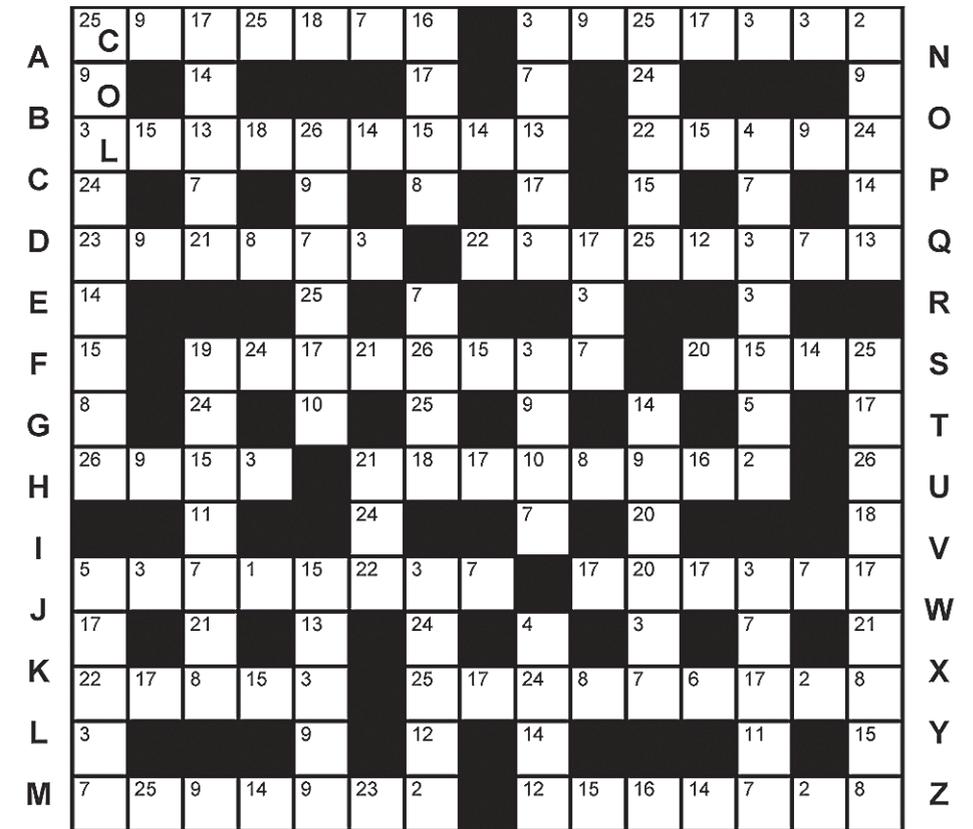
- 1. Strong affection (8)
- 2. Cowardly (6)
- 3. Eschew (4)
- 4. Pause (8)
- 5. Acrid (6)
- 6. Mistake (4)
- 11. Slowed down (8)
- 13. Haunt (8)
- 15. Harsh (6)
- 17. Faultlessness (6)
- 19. Circle (4)
- 21. Merriment (4)

Last week's quick crossword solution

Across: 1 Crises; 4 Ledger; 9 Expostulation; 10 Strayed; 11 Patio; 12 Sully; 14 Sever; 18 Nabob; 19 Riposte; 21 Embarrassment; 22 Treble; 23 Lessen.
 Down: 1 Crease; 2 Imperturbable; 3 Essay; 5 Example; 6 Guiltlessness; 7 Ransom; 8 Guide; 13 Liberal; 15 Invent; 16 Break; 17 Beaten; 20 Paste.

CODEWORD

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



SUDOKU

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

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

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

Medium

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

Last week's solutions

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

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

linen-etc.com
Quality and Value Guaranteed

SALE Everything is in the sale whilst stocks last **UP TO 75% OFF** **SALE**



Buy in store, online or order by email . We deliver...
Better prices and quality than the UK and other EU countries.



Budens Shop, En 125
Rua Areias de Cima 2,
8650-070, Budens



+351 282 697 791



info@linen-etc.com

Lagoa Shop, En 125,
P. Empresarial, Lote 3,
8400-431 Lagoa



+351 282 071 674



lagoa@linen-etc.com

Maiden victory for Brown at Portugal Masters

Steven Brown claimed his first European Tour title at the Portugal Masters with a nerveless 66 under pressure.

The Englishman entered the final regular event of the season at 150th on the Race to Dubai Rankings and needed a good week just to keep his playing privileges for 2020. He started the final day at Dom Pedro Victoria Golf Course three shots off the lead after carding a season's best 65 in round three and revealed he was feeling relaxed in what he called a "win or bust" scenario. After turning in 33, a birdie on the 11th put him into a position where he would keep his card and an eagle on the next had him at 17 under. He then showed nerves of steel to par his way home and finish a shot clear of South African duo Brandon Stone and Justin Walters. Walters finished second here in 2013 to keep hold of his card just weeks after the death of his mother and after sadly losing his father in the summer, he was runner up once again to keep his place on Tour as he moved up from 121st on the Race to Dubai Rankings.

Brown graduated from the European Challenge Tour in 2017 and came within a whisker of winning in his maiden campaign, losing out to Matt Wallace in a four man play-off at the Made in Denmark. A tie for 11th at last week's Amundi Open de France represented his best finish of the season so far and he maintained that momentum to claim a first win and ensure his campaign will continue to the Turkish Airlines Open. "You just never know with this game," he said. "It's crazy to think how well I've played the last month to how bad it was the first two thirds of the year. "I never thought this was going to happen. I was just counting down ready for Tour School to get my game ready for that. "The last few weeks I've had a calmness in my head. Even today, I liked the fact that I had to go for it and I wasn't just trying to have a good result. That's probably the difference. "I went to Turkey as first reserve last year and didn't get to play so it'll be nice to

turn up and actually be in the field this year." Stone started the final day with a two shot lead and played a wonderful bunker shot on the second for a birdie before hitting a stunning approach into the third to move three ahead. Another gain as he got up and down from a bunker on the par five fifth moved Stone to 18 under but he missed the green at the sixth for a bogey as Walters made his move. He turned in 32 as he took advantage of the fifth, holed from 12 feet on the seventh and made a tricky left to right on the ninth. The 39-year-old then found himself in sand off the tee at the tenth but played a wonderful second for another gain and was within two. Brown had birdied the second from five feet and holed a 25 foot left to right on the ninth to turn in 33 but at that point he was still three back. Stone holed a long putt on the tenth to hold a three shot lead but Walters took advantage of the par five 12th and then birdied the 14th to trim the lead to one.



Portugal Masters winner Steven Brown being presented his trophy by Filipe Silva of Turismo Portugal. (Photo: Luke Walker Getty Images)

A tap-in at the 11th edged Brown closer before he put a stunning second at the 12th to five feet for an eagle and he was alongside Walters. A Stone bogey on the 13th made it a three way tie at the top and Walters three putted the

16th before making the most of the par five 17th and bogeying the last. Stone three putted the 16th to hand Brown the lead and the 32-year-old kept his head to par his way home. Wang carded a 69 to move

up from 119th on the Race to Dubai Rankings, while Singh Brar recorded a closing 66 to get to 12 under and move up from 117th. Anton Karlsson made the 27th hole-in-one of the season as he holed a five iron from 197 yards.

Portuguese Open to be held in Óbidos

The 58th edition of the Portuguese Open, a one-off event for the European golf challenge circuit, will be held from 17 to 20 September 2020 at the Royal Óbidos course.

The competition, which in recent years has been held at the Morgado Golf Course in Portimão, will bring together 144 players and will award prizes of €200,000.

The tournament, which is part of the 'challenge' circuit, the second division of European golf, was

created in 1953 and is organised by the Portuguese Golf Federation.

This year, the event took place between 12 and 15 September in Portimão, and was won by Polish national Adrian Meronk.

The Royal Óbidos golf course (par 72) was

designed by the former Spanish golfer Severiano Ballesteros.



The 58th edition of the Portuguese Open will be held at the Royal Óbidos course.

DISCOUNT TEE TIMES

GolfinPortugal.com

BEST GOLF IN THE ALGARVE

O melhor golfe do ALGARVE

MEMBERSHIP Available w/ Unlimited Golf from **€167,00*** per month

Pestana GOLF & RESORTS PORTUGAL

Gramacho PESTANA GOLF RESORT

Vale da Pinta PESTANA GOLF RESORT

Silves Golf PESTANA GOLF RESORT

Alto Golf PESTANA GOLF RESORT

Vila Sol PESTANA GOLF RESORT

BOOK NOW: Tel: +351 282 340 900 | www.pestanagolf.com

*Price mentioned considers an annual subscription.

BIGGEST REAL ESTATE AGENT IN WESTERN ALGARVE

PPI

PORTUGUESE PROPERTY INVESTMENTS SOC. MED. IMOBILIÁRIA UNIP. LDA

REAL ESTATE AGENTS AMI 9454

PRICES FROM: €250,000

WITH OVER 20 YEARS OF EXPERIENCE

PRICE: €215,000

OFFICE PHONE: + 351 282 698 621

EMAIL: INFO@PPISTATEAGENTS.COM

OPEN 7 DAYS A WEEK

PORTUGUESE PROPERTY INVESTMENTS SOC. MED. IMOBILIÁRIA UNIP. LDA, E.N. 125 - ENTRADA DO PARQUE DA FLORESTA. 8650-060 BUDENS

Porto back on top


 CHRIS WRIGHT

Famalicão suffered their first defeat of the season at FC Porto while Benfica chalked up a narrow win at Tondela.



Fabio Silva (L) celebrates after scoring a goal during the FC Porto vs Famalicão game. (Photo: EPA/Estela Silva)

Sporting put their shock defeat in the Portugal Cup, at lowly Alverca, to take all three points off V.Guimarães. SC Portimonense grabbed a

point at Gil Vicente but remain just a point above the drop zone. Newly promoted Famalicão faced the might of Sérgio Conceição's team at the Estádio do

Dragão with first place and an unbeaten record on the line. Porto took the lead just before the break when Diaz scored from the edge of the box after combining well with Jesús Corona. Soares

added a second in the seventy-second minute when he rounded Famalicão keeper Defendi and slotted home into an empty net. Defendi was caught in all kinds of trouble two minutes from time, losing out to high pressure from the Porto front-line prior to Fábio Silva's first ever league goal, making him the Dragons youngest ever Primeira Liga goal-scorer at 17 years of age. Benfica grabbed their first victory in the UEFA Champions League against Olympique Lyonnais and followed it up with a single goal hard fought victory at Tondela. The team, based in the central Portuguese sub-region of Dão-Lafões, threatened Odisseas Vlachodimos' goal twice in the opening ten minutes, through Denilson and António Xavier. Benfica

responded in the nineteenth minute with the only goal of the game when Ferro headed home low into the bottom-left corner. The Eagles made it seven victories from eight games to go second in the Primeira Liga on goal difference behind Porto. In a clash between two of Portugal's Europa League representatives, Sporting were determined to put on a convincing display in front of their less-than-satisfied home crowd. V.Guimarães were out to prey on the Lions' frailties and bounce back from their valiant defeat to Arsenal in midweek. Sporting took the lead on the half-hour mark when Jesé Rodriguez, one-on-one with the goalkeeper, grabbed his first goal in Sporting colours. Two minutes later and Marcos Acuña added a second and that's the way

it stayed until midway through the second-half when Léo Bonatini clawed a goal back for the visitors. Five minutes later Sporting restored their two goal cushion via Sebastian Coates and moved up to fourth in the table, seven points off top spot. SC Portimonense took the lead through Aylton Boa Morte at Gil Vicente five minutes before the interval but the home side drew level in the sixth minute of first-half stoppage time when Sandro Lima scored from the penalty. The Portimão side continue to struggle, their only league win was back in August, and were in action against Benfica at the Stadium of Light last night (Thursday). On Tuesday (4 November) SC Portimonense entertain Santa Clara (Azores) at the Portimão Municipal Stadium at 9pm.

Porto Marathon hosts 6,000 athletes

Three Kenyan and two Ethiopian athletes are the main favourites to win the 16th Porto marathon, which will bring together more than 6,000 athletes from 73 nationalities on 3 November.

Joel Kiptoo, who won in Edinburgh, Scotland, Justus Kiprotich, who triumphed last year in Munster, Germany, and Daniel Yator, the winner this year in Iten, Kenya, are the favourites to win the race, which also passes through Matosinhos and Vila Nova de Gaia.

Carlos Costa and Daniel Pinheiro are among the strongest Portuguese athletes in a competition in which Spain's Martin Fiz will try to beat the veterans' world record.

Ethiopian Genet Getaneh, who this year was second in the São Paulo marathon, and compatriot Tizita Terecha, who in 2015 was the strongest in Guangzhou, China, are the women in the spotlight, as is Luísa Oliveira among the Portuguese.

The Porto event again received the bronze level from the International Athletics Federation (IAAF), which attests to its quality, and it is part of an international championship of great

marathons to be scored for a global ranking.

Run Porto, the organising entity, now pursues the silver level and one of the criteria for this rise in rank has to do with the number of finishers.

According to a study carried out by the University of the Algarve, the 2018 marathon had an impact of €12.7 million on the local economy and estimates that in the 15 editions already held, the value has already exceeded €100 million. *TPN/Lusa*

Sport in Brief

Farensense and Olhanense riding high

Bitter rivals SC Farensense and SC Olhanense are attracting the attention of scouts from a number of senior clubs as they top their respective leagues. SC Farensense are joint top of the Segunda Liga with SC Covilhã on eighteen points. In the Campeonato Portugal (third tier Division D), SC Olhanense are two points clear of Alverca and DC Louletano. On Sunday, Farensense play CD Mafra at the Estádio de São Luís (behind Faro Hospital) kick-off 11.15am whilst SC Olhanense play basement team Fabril Barreiro (Setúbal District) at the José Arcaño Stadium, Olhão (behind McDonalds on the EN125) kick-off 3.00pm.

International women's football in VRSA

A tournament featuring the cream of young women footballers from Norway, The Netherlands and England takes place in Vila Real de Santo António next week. The Under19 Women's Tournament which features a number of professional players with top clubs, kicks-off on Wednesday 6 November at 4pm when The Netherlands play England. Friday 8 November 4pm:- England v. Norway and on Sunday 10 November:- Norway v. The Netherlands. Free admission at the Complexo Desportivo VRSA Sports Centre, Vila Real de Santo António.

Montalegre to host World Rallycross Championship

The Montalegre International Circuit will once again host the World Rallycross Championship in 2020 after a year's break, after agreement was reached with the promoter.

"We have an agreement that is virtually the same as before. What changes is the time, that is, an agreement was established for one year with annual renewal if the two parties are receptive to continuity," said the mayor of Montalegre, Orlando Alves. David Gillett, the new head of IMG, promoter of the world championship under the International Automobile Federation (FIA), was recently in Montalegre, in the district of Vila Real, to close the agreement with the municipality. For Orlando Alves, 'justice was served' after the suspension of the protocol that left Montalegre out of the 2019 calendar. "It was a major setback for the entire region and the institution. Fortunately, the recognition of our cause, our organisational capacity and the quality of our track spoke louder, and the result is there," he stressed.

SEA VIEWS




2


3


Views


Air Con


Garage

Cerro D'Águia • €287,500

Ref. CNV7793

cerronovo.com
T. +351 289 510 790
sales@cerronovo.com
Soc. Med. Imobiliária, Lda. AMI 860



CERRO NOVO
PROPERTIES
ESTABLISHED 1981



toldolanda
sun
protection







info@toldolanda.com | www.toldolanda.com | 914 609 517 | Portimão