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## EDP named as a defendant in Monchique fire case



According to the mayor of Monchique, a year and a half later, there are still losses that have still not been covered by programmes that the Government created to give support to those affected by the fire. (Photo: Lusa / Luís Forra) Full story P2.



It's carnival time! P4



No Brexit impact on tourism. P6



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Portugal's National Newspaper in English

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# EDP named as a defendant in Monchique fire case

EDP Distribuição has been named as a defendant in the case relating to the 2018 fires in Monchique however, the company states that they believe that the fire did not originate from an electrical source.

In a statement sent to Lusa news agency, the company said that based on the available evidence, EDP

Distribuição is convinced that the source of the fire was not in the electricity grid, taking into account that the ignition point, identified by the National [Emergency and] Civil Protection Authority, has "no line of electricity in its vicinity".

The devastating fire in Monchique began on 3 August, 2018 in the Perna Negra area, in the Serra de Monchique (Faro district), and was the largest recorded in 2018 both in Portugal and Europe, only having been dominated by firefighters on the eighth day, on the morning of 10 August.

As a result of the fire, more than 27,000 hectares of forest and agricultural land was burned and in total, the fire destroyed 74 houses, 30 of which were primary residences.

"The company remains available to provide all the information requested, in order to assist the competent entities in reconstructing the relevant facts and in investigating the causes that led to this fire", EDP added.

The fire also caused significant damage in the neighbouring municipality of Silves, after having also affected, with less impact, the municipalities of Portimão, in the district of Faro, and Odemira, in the district of Beja.

At the time the fire was fought by more than 1,000 operatives, with the help of

helicopters and additional air support from Spain. The fire forced the evacuation of at least three hotel units and caused 41 injuries, 22 of which were to firefighters, the majority due to smoke inhalation. "The company, within the scope of its legal obligations, will continue its daily work of management of vegetation in the electric grid, collaborating with society and the authorities in the prevention of fires, whose frequency is propitiated by climate changes", said EDP Distribuição.

A further defendant has also been identified by the authorities, although the identity of this defendant is still unknown. The Mayor of Monchique, Rui André, told Lusa that there are electrical lines in the area in question, with problems related to the high, medium and low voltage lines which are "often the focus of ignitions", arguing that the areas where lines are needed to be "properly cleaned, so that in the future these situations are avoided". According to Rui André, Monchique Câmara will be constituted as an assistant if the judicial process for the Monchique fire advances further and that if this is the case that the council intends to "be compensated" for the losses incurred due to the fires.

According to the mayor, a year and a half later, there are still losses that have still not been covered by programmes that the Government created to give support to those affected by the fire.



As a result of the fire, more than 27,000 hectares of forest and agricultural land was burned and in total, the fire destroyed 74 houses, 30 of which were primary residences. (Photo: Lusa)

"In terms of signage and affected infrastructure alone, we have accounted for around €700,000, which has not yet been able to be covered," said the mayor who highlighted the fact that the effects of the fire were still being felt in the municipality.

According to the Mayor of Monchique, "many people were unable to fit into government or community programmes" made available to deal with the damage caused by the fire.

For this reason, if the judicial case proceeds, the municipality will become an assistant and seek, in addition to "being compensated for the losses it had, also to be a voice that represents the citizens" affected by the fire.

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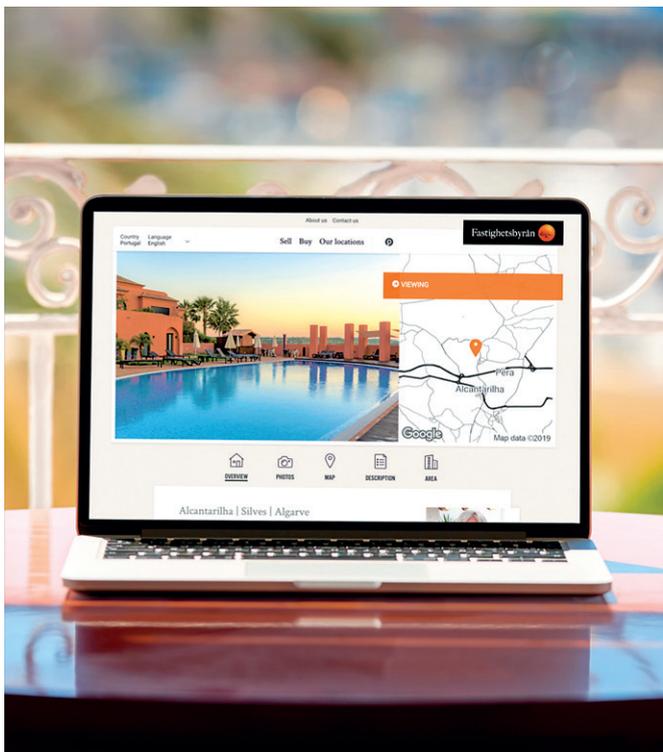
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Forest and agricultural land were burned and in total, the fire destroyed 74 houses, 30 of which were primary

**N** News in Brief

**Portugal with fewest new-builds in Europe**

Portugal has been listed as the country with the fewest newly built homes. According to a new study, that assessed 19 European countries, Portugal has an annual average of 1.5 new homes per thousand residents, four times fewer that of Finland, Austria or Switzerland. The study found that the slower rate of building in Portugal was due to stricter environmental rules, and a shortage of labour and space on which to build.

**China's aviation market shrinks to smaller than that of Portugal**

China's aviation market, projected to overtake the U.S. this decade and become the world's biggest, has shrunk to such an extent due to the coronavirus outbreak that it's fallen to behind Portugal. According to OAG Aviation, China has fallen from third to 25th, and is now smaller than that of Portugal's. China has seen its share of the market shrink by 80 percent, or a loss of 1.7 million seats.

**Algarve International Race Track hosting 14 events in 2020**

The Algarve International Race Track will this year be hosting 14 events, a number of which are international competitions. The calendar began with the Rotax Trophy, the biggest karting event in the world, which took place at the track last weekend. In April it hosts the "Masters Historic Racing", while the most highly-anticipated event of the year, the Superbikes World Championship, will take place from 4 to 6 September.

**Portugal EU country with third fewest marriages**

Portugal is the third country in the European Union (EU) with the fewest number of marriages. Portugal had a rate of 3.4 percent of marriages per thousand inhabitants registered in 2018, according to data released by the EU's statistics office Eurostat. Portugal trails the list, with only Luxembourg and Italy having fewer. Conversely, Cyprus has the highest number of weddings, followed by Romania and Lithuania.

**Portugal rebuked by EU over delays in money-laundering reforms**

Brussels has sent legal warnings to Portugal over its delays in applying anti-money laundering rules adopted two years ago. EU states were required to enact tighter rules to counter dirty-money risks in a wide range of sectors, including cryptocurrency exchanges, prepaid cards and shell companies. The rules were proposed in 2016 by the EU Commission in the wake of the Paris terrorist attacks which killed more than 130 people. The clampdown was meant to hamper terrorist funding and other financial crimes.

**WEATHER**

**Warm and sunny weekend in Portugal**

It will be feeling like spring has arrived in Portugal this weekend with warm days and no chance of rain across the country.

**Lisbon:** The weekend is to be warm and sunny in Lisbon with no chance of rain and daily maximums reaching 21 degrees. From Monday, intermittent cloud cover is expected and winds are to become north westerly making it feel cooler with average daily highs of 17 degrees and lows of 8 degrees.

**The south:** A few clouds are predicted for the weekend in the south but it will remain warm with average highs of 21 degrees and lows of 12 degrees. From Monday the wind direction is changing to become northerly although skies are to remain clear and temperatures are to reach highs of 22 degrees.

**The North:** A warm and dry weekend is predicted for the north with temperatures reaching highs of 21 degrees and lows of 8. From Monday cloud cover is to increase and there will be a chance of rain from Tuesday with temperatures dropping to average daily highs of 15 degrees.

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# It's carnival time!

Carnival is returning to the streets of Portugal with parades planned around the country, with one of the biggest parades taking place in Loulé.



Tickets to watch the Loulé Carnival cost €2 and are available from the onsite box office.

**A** total of 600 participants will be taking part in the Loulé carnival alongside 14 floats during the

event which is taking place on 23, 24 and 25 of February. More than 75,000 visitors are expected in the centre of Loulé for the three day event,

one of the oldest carnival celebrations in the country. This year the local council budgeted €365,000 for the carnival and while mayor

Vítor Aleixo admitted that he was unable to quantify the financial return generated by carnival, he stated that he did know that “this is an event with a very large impact” on the economy of the municipality.

The theme of carnival this year is “Louléwood”, and some of the most iconic figures from cinema will be central to the festivities which include satirical floats and a million paper flowers as part of the decorations along the streets. As usual, stars from sports and politics will be brought into the eclectic mix which is set to feature Donald Trump as “Captain Trampa” alongside UN leader António “Gulkerres” who will be represented by the image of the cartoon character Hulk. Meanwhile, British Prime Minister Boris Johnson will be shown as detective Sherlock Holmes who is looking, not to unveil a crime, but instead a withdrawal agreement from the EU.

Tickets to see the carnival parade cost €2 and are available from the onsite box office.

## Zoomarine reopening on 6 March

Algarve theme park Zoomarine will be reopening on 6 March following a €4 million investment over the winter period.

In total, over the past five years €17 million has been invested in Zoomarine, with €2.7 million being supported by Turismo de Portugal.

During 2019, the number of visitors to Zoomarine rose by 6 percent as the park continues to focus on improving educational entertainment, conservation and a green business model which now includes zero emission vehicles.

Water used in the park for the habitats now uses sea water collected locally which helps the environment of the inhabitants and also removes the need for artificial salinisation, while the park has also managed to increase its own produced electricity consumption to almost 40 percent.

In a statement from Zoomarine, the management highlights the work of the company to encourage the regeneration of natural systems by providing community activities to reduce waste on Algarve beaches (scheduled for 10 May) and mass planting initiatives (8 and 9 November).

This year the restaurant areas of the park have been refurbished and there are new attractions to enjoy including three new rides, Ferry boat, Torre Farol and Twist Manta and two new 4D films to watch and experience.



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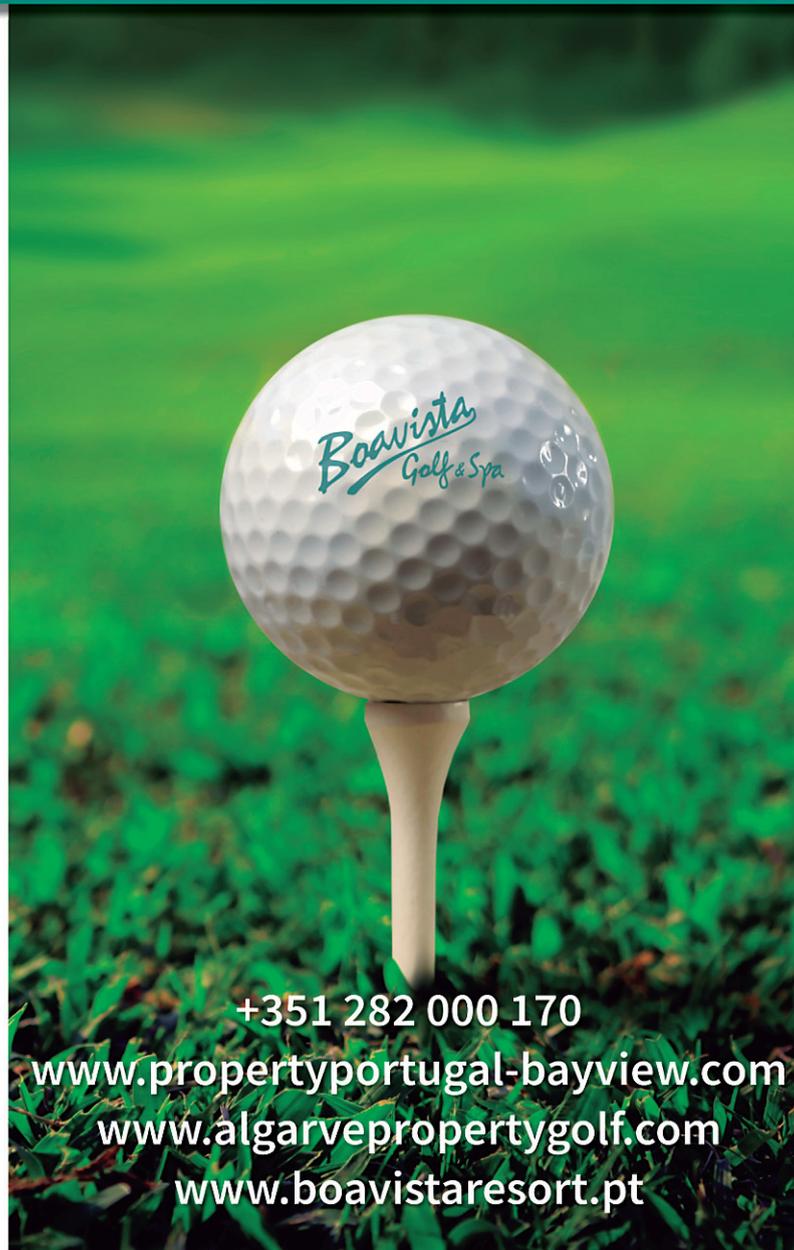
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# No Brexit impact felt on tourism in Portugal



Tourist demand in the Algarve showed a positive performance in all months of the year, with the number of guests increasing between January and December.

**F**ears that Brexit could have a serious impact of tourism in Portugal have been dispelled with new figures from the National Statistics Institute (INE) which have shown that the UK remains the main market for tourists in the country. According to the INE,

between 2013 and 2019, the UK market showed an increase of 51.2 percent in the number of guests and 32.2 percent in the number of overnight stays. The data from the INE showed that the preferred destinations for British guests were the Algarve (63.4 percent of overnight stays in the market),

Madeira (18.5 percent) and the Lisbon Metropolitan Area (10.8 percent). According to INE, in the Algarve, overnight stays from Britons represented 37.3 percent of the total overnight stays of non-residents in the region (37.0 percent in 2018) and were the "most significant" market, while in Madeira

Tourist from the United Kingdom continue to represent the largest market of visitors to Portugal, with numbers increasing in the country during 2019.

26.6 percent of overnight stays of non-residents were from UK guests (27.3 percent in the previous year).

In 2019, the British market registered increases in all regions of Portugal, with the exception of Madeira (-7.5 percent), highlighting the growth registered in the North (+19.2 percent), followed by the Metropolitan Area of Lisbon (+5.7 percent).

INE data show that, in the last year, hospitality concentrated 91.9 percent of overnight stays by Britons, with emphasis on the types of hotels (48.1 percent) and apartment hotels (21.3 percent), followed by local accommodation (7.2 percent) and tourism in rural areas and housing (0.9 percent).

"In hotels, demand was centered on five- and four-star units, while four-star units stood out particularly in the typology of apartment hotels", said the INE statement.

Meanwhile, in the Algarve,

2019 was described as a "historic" year for tourism by the regional tourism board. According to preliminary data from the INE, the region reached historic figures of 20.95 million overnight stays, 5.07 million guests, and €1.23 billion total income.

Tourist demand in the Algarve showed a positive performance in all months of the year, with the number of guests increasing between January and December, with a very residual exception in October (decrease from 459 928 guests to 459 535).

In the Algarve there were also positive signs for tourists from the United Kingdom, whose number of guests reached 1.19 million (+7.1 percent). Also relevant was the Italian market that grew 26.8 percent in the number of guests to the Algarve (a total of 87,700) and the growth of emerging markets such as Brazil, which increased 26.5 percent in the number of

guests, and the United States of America with a 19.8 percent growth in the number of guests.

For João Fernandes, president of the Algarve Tourism Region (RTA), "the results of tourism in the Algarve for 2019 confirm that we are, in fact, the main tourist region in the country. These results are proof of the work developed by public and private agents and reveal the strong resilience of the sector and its capacity to adapt to contingencies in an especially demanding year".

He added: "Proof of this ability are the facts: we achieved a good performance in the British market, thanks to structured strategies for anticipating Brexit; we conquered a greater demand in global markets such as Brazil and the USA and we registered a growth in guests throughout the year, reflecting the region's strong commitment to diversifying the tourist offer".

## Portugal considering subsidised health for UK tourists

Portugal is considering plans to offer British tourists access to medical care in the country at a similar cost to local residents according to Rita Marques, the minister for tourism.

In a statement made to the British newspaper The Guardian, Marques said that the government is working on unilateral plans to offer medical care at the same cost as those

living in Portugal if there is no deal regarding the European Health Insurance Card (EHIC) by the end of the year.

Marques told The Guardian: "The Portuguese and the UK

are the oldest allies in the world and no matter what happens the Portuguese will stand by the British. The British traveller is very important to us.

"We are looking to guarantee this health cover next year.

We are currently looking at how often it is used and if it is making a positive impact.

We are in the process of

testing this and the other ideas right now.

"If these are issues that are important to the British traveller, then we have to go for it. We are trying to minimise the disruption to British tourism."

If no new deal is reached between the UK and the EU before the end of the year then the EHIC, which guarantees

citizens within the bloc access to medical care in other EU countries, will no longer be valid.

In the interview Marques added that the government is also considering special passport lanes for British travellers in Portugal and plans to recognise UK driving licenses and pet passports.



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# Calls to ban electric cars in new reduced emission zone



According to the federation this should be an opportunity to "unite the riverside bike lanes to the west and east of Baixa"

Plans to reduce traffic in downtown Lisbon have been welcomed by the Portuguese federation of Cyclotourism (FPCUB) however they have warned against possible problems relating to electric vehicles in the plans.

Last month the mayor of Lisbon, Fernando Medina, presented the downtown reduced emissions zone for the city, a plan which foresees that only residents, badge holders and authorised vehicles will be able to circulate in this zone between 6.30am and midnight, starting this summer. While the plans have been broadly welcomed the FPCUB has stated that "projects to reduce circulation and car parking in the past have ended up with the council making commitments that resulted in mitigating the positive results", citing the removal of one of the cycle paths planned for Avenida da República as an example of this. "We call on the city council to remain faithful to the principles and objectives

set out in the presentation of the ZER Baixa-Chiado", said the federation while highlighting that allowing electric vehicles to circulate in this area is already a contradiction of the proposals. "The enormous power of electric vehicles, even at low speeds, means that they can quickly approach people without the driver even noticing which can be an additional reason for accidents," said the FPCUB. According to the federation this should be an opportunity to "unite the riverside bike lanes to the west and east of Baixa, filling a gap that currently exists in the network of the capital city", the federation added that further pedestrian areas would also be beneficial. "The pedestrianisation of public space and the creation of leisure spaces increases the length of stay

for visitors and residents and this helps to dynamise all the activities and establishments that are in the area, contradicting the idea that people only go somewhere if they can take their car", argues FPCUB. The ZER zone covers part of the parishes of Santa Maria Maior, Misericórdia and Santo António, being bordered to the north by Calçada da Glória, Praça dos Restauradores and Praça do Martim Moniz, and to the south by the axis formed by Cais do Sodré, Rua Ribeira das Naus, Praça do Comércio and Rua da Alfândega. This area of reduced emissions is bounded to the east by Rua do Arco do Marquês de Alegrete, Rua da Madalena and Campo das Cebolas, and to the west by Rua do Alecrim, Rua da Misericórdia, Rua Nova da Trindade and Rua de São Pedro de Alcântara.



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## Training and investment key to Azores fishing

The Azores aims to improve the quality of fishing with investment in facilities and training. Between 2015 and 2019, the Azores government has invested around €7 million in fishing infrastructure and in fishermen training. "During the last five years we have seen the value of fish presented at auction increase by 21 percent. Between 2015 and 2019 we are talking about more than €150 million worth of transactions in the industry while the average price for fish has doubled from around €2 to €4," said Vasco Cordeiro, the head of the regional socialist party. Cordeiro underlined that the main objective of the fishing industry is "not exactly to increase fishing but to sell better fish to guarantee a better income for those who make their living from the sea". "The results so far show that we are on the right track," said Cordeiro who added

that investment in training must be maintained to be able to continue to boost the income of fishermen on the islands. According to the President of the Government of the Azores "around 1,100 fishermen throughout the region have benefitted from training programmes" whether in relation to conservation and storage on board or linked to the sustainable exploitation of stocks. "Training diplomas show recognition to our fishermen while also allowing them to have better conditions in which to develop their trade," he said while stressing the continued importance of resource sustainability. Local resident Lídia Raposo was one of three women who were being presented with the fishing diploma. She told Lusa: "I go fishing with my father but now thanks to this diploma I can take the boat out when he can't."



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# Blood reserves at “far below recommended levels”



**Most Portuguese have blood groups A and O and this is why these two blood groups are in highest demand.**

The current levels of blood reserves in Portugal has led to the federation of Blood Donors stating their concerns about the situation.

**T**he president of the federation, Alberto Mota, told Lusa news agency that the levels of blood reserves were “far below the recommended levels”, a situation which has not occurred at this time of the year to this extent for many years, especially in the A and O blood groups. “We need to increase the donations of these blood groups. We appeal to healthy people, who are between 18 and 65 years old and over 50 kilos to consider giving this gift. We need to quickly restore reserves,” he said. Alberto Mota said that every year there is

a decrease in blood donations at the end of the year, largely due to the festive period of Christmas and New Year and due to typical winter illnesses. The Portuguese Institute of Blood and Transplantation (IPST) has already called for the reinforcement of blood donations, in particular for groups A and O, which are the ones with the lowest levels” and below the recommended levels, a situation that has not yet been overcome”. Most Portuguese have blood groups A and O and this is why these two blood groups are in highest demand.

## Iberian nature at risk

According to researchers, the consequences for biodiversity can be severe, as overgrowth of plants in wetlands reduces the oxygen in the water needed by other species.

The work, developed with the analysis of maps of the concentration and deposition of nitrogen and sulphur compounds with the highest level of detail so far existing for mainland Portugal, was published in the journal Atmospheric Environment.

The burning of fossil fuels associated with transport and industrial activities, together with agriculture and livestock, are factors that contribute to air pollution, through nitrogen, sulphur and other compounds that later deposit on the surface through rain and

sedimentation, “With potentially serious consequences for health and ecosystems”, warn the researchers.

The study’s first author was researcher Maria Alexandra Oliveira, from the Centre for Ecology, Evolution and Environmental Changes, at the Faculty of Sciences of the University of Lisbon.

Natura 2000 is a network of protected areas made up of 26,000 sites that represent one fifth of European territory, “offering protection to endangered species and habitats in Europe”, according to the data accompanying the study’s release.

The results mean “more than triple what was known with previous models”, according to a statement

At least 14 percent of the Natura 2000 network locations in the Western Iberian Peninsula are at risk of eutrophication, a phenomenon that leads to overgrowth of plants.

from the Faculty of Science at the University of Lisbon. The researchers believe that the area at risk of eutrophication may be even higher.

“For 64 percent of the Natura 2000 network locations, there is still no information on the critical capacity of their ecosystems to tolerate excess nitrogen”, the document reads.

Eutrophication is one of the factors most associated with climate change.

The study was developed in partnership with the UK Center for Ecology and Hydrology.

The new maps that allow identifying these areas have a spatial resolution of 5 km by 5 km, while the previous ones had a resolution of 10 km by 10 km and 50 km by 50 km.



**Eutrophication is one of the factors most associated with climate change**

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# New Almancil GNR post reinforces Algarve as safe destination

The newly opened GNR post in Almancil should be seen as contributing to the image of the Algarve as a safe destination according to the Minister of Internal Administration.



**A total of €1.1 million was spent on the new facilities which will now offer improved working conditions for officers and a better service for the some 10,000 local inhabitants**

**T**he Almancil post, which opened on 14 February, replaces the old GNR facilities which had operated from a small space within the town, and has been equipped to meet the growing demands of the local area which includes the major tourist destinations of Quinta do Lago

and Vale do Lobo. According to Eduardo Cabrita, who led the inauguration ceremony, "Loulé is a special municipality" with a "significant percentage of tourists", highlighting that the "safe image" of the Algarve is one of the factors that differentiates it from other destinations.

A total of €1.1 million was spent on the new facilities which will now offer improved working conditions for officers and a better service for the some 10,000 inhabitants of the local population. The new post is made up of 26 personnel, working a total area of 62.30 square kilometres.

## Portimão – Bragança flights "temporarily" cancelled

MPs have questioned the government as to the reason behind the temporary interruption of flights between Portimão and Bragança which is due to come in to force on 22 February.



**Sevenair announced last week that the route would be "temporarily" closed from 22 February**

PSD MPs Adão Silva and Isabel Lopes have submitted a set of questions for the Minister of Infrastructure and Housing, requesting explanations in to the delays surrounding the validation of the concession in a bid to prevent the discontinuation of flights.

Sevenair, the company responsible for the regional flights that link Bragança, Vila Real, Viseu, Tires (Cascais) and Portimão, announced last week that the route would be "temporarily" closed from 22 February with the reactivation pending on the tender for the next four years.

The aeronautical group claims that it is "an external situation to the company", and they are waiting for

it "to be resolved at any time".

Questioned by Lusa, the Ministry of Infrastructure and Housing clarified that the public service contract signed with Sevenair for the regional air connection has not yet been finalised because the company has not yet sent its full financial reports for auditing.

When the connection, which is subsidised by the state, is running, passengers are able to travel from the north and the south, the interior and the coast, and it is possible to travel from Bragança to Portimão in two hours and 35 minutes at a rate of €47.

Since mid-July 2019, this air link has not stopped in Vila Real due to the "indefinite" closure of the municipal aerodrome.



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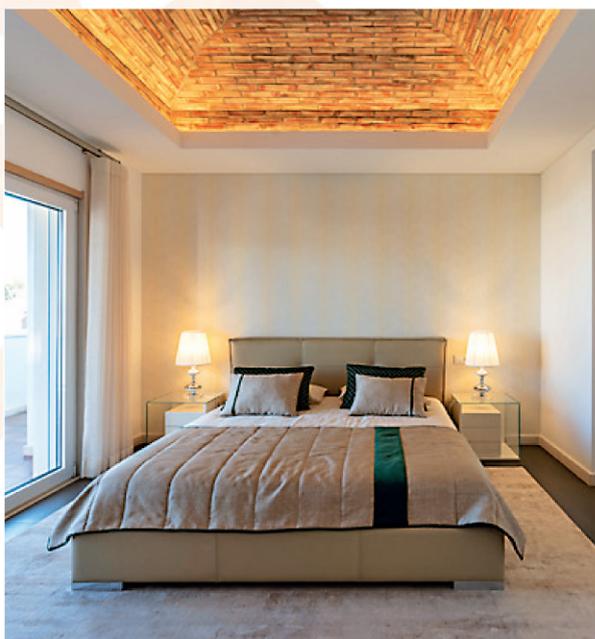
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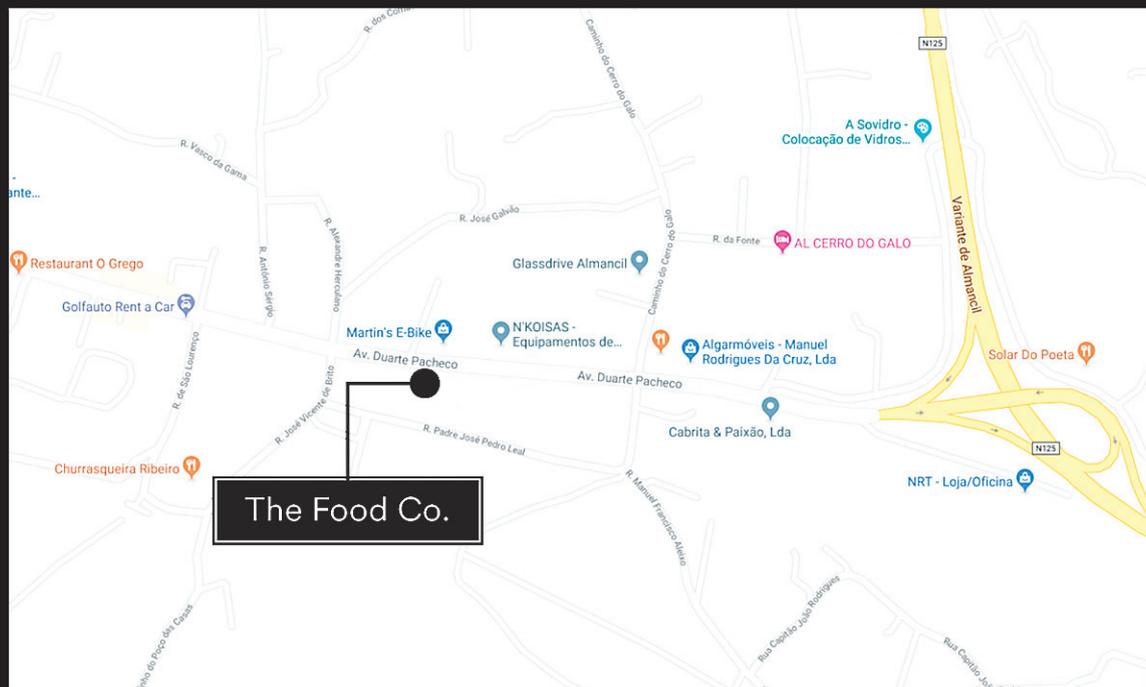
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In a survey that Luso Living conducted, 70 percent of foreigners who already own properties in the Algarve said that Brexit did not affect their decision to keep the property.

# Ten years of Luso Living

Running a property management company that is trustworthy and reliable can be a tricky thing to do, but with the help of a professional team, Luso Living has done exactly that and now gets to celebrate 10 successful years in the business.

**E**stablished in 2010, Luso Living offers a wide array of services that range from condominium administration and property management to holiday rentals and have now added sales to their portfolio of services offered, all aimed at making your life easier. They are currently adding new properties to their portfolio, specialising in holiday homes between the Vilamoura to Albufeira areas.

In this line of work there are different factors that influence the market, good and bad, but all of

them need to be considered in order to maintain a fruitful business. In the Algarve, a big factor was, and still is, Brexit. According to José Afonso, one of the owners at Luso Living, Brexit has stalled the market for 24 months due to the effect it had on exchange rates, but also because people became more hesitant to buy or rent a property, as they often wait to see what consequences Brexit might bring with it.

Still, José's partner, Susan Santos describes the tourists coming to Portugal as "loyal" and

after a year with a dip in the market, the following year usually shows an increase.

In a survey that Luso Living conducted, 70 percent of foreigners who already own properties in the Algarve said that Brexit did not affect their decision to keep the property. 40 percent said they intend to hold on to their property for their own retirement and 73 percent said the primary reasons for buying a property in the Algarve is the security, reputation and the kindness of the people living in the area.

## Companies need to be more competitive in hiring

An increase in workers income is one of the suggestions made by the prime minister to companies who are looking to improve competitiveness, especially in the export market.

António Costa told journalists that "I believe that there is a general consensus in Portuguese society that the general level of income must go up," adding that the government has "done in part" with regard to the increase in the

national minimum wage which came into force at the start of the year.

He noted that the minimum wage in Portugal already exceeds 60 percent of the average wage in the country but conceded that this is "not because

minimum wages are high" but that instead because the average wage is "very low" which has contributed to the country "having difficulty in attracting talent" especially among younger generations.

"Companies have to do

their part", said the prime minister, when it comes to attracting talent by offering higher wages.

"Companies have to realise that, if they want to be more competitive in exporting, they have to be more competitive in hiring," he said, stressing that "in matters of income the State has done its part", referring to the executive's efforts with regard to, for example, social passes or taxation under IRS and tax exemption for young people.



"Companies have to do their part", said the prime minister when it comes to attracting talent by offering higher wages.

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## House rentals up by 3.4%

The price of rent for houses in Portugal by square metre have risen year on year by 3.4 percent according to the National Statistics Institute (INE).

Rental prices in Lisbon continue to have the strongest growth in Portugal with January figures showing "all regions with positive year on year variations in housing rents with Lisbon registering the most intense growth at 4.1 percent".

Average housing rental prices registered a monthly increase of 0.3

percent in January, up by 0.1 percentage points when compared to the previous month. The region with the highest monthly increase in this indicator was Madeira, with a rate of 1.0 percent, and the only region that registered a negative monthly variation was the Azores, with a rate of -0.2 percent.

## Toy company to create 90 jobs in Guarda

A new toy company which plans to open in the city of Guarda is expected to create 90 jobs by 2025 according to the mayor.

Mayor Carlos Chaves Monteiro told Lusa news agency that the toy factory is currently occupying a space that is able to accommodate 12 to 14 workers but that this is to "soon" increase to 24 before then increasing again to 90 employees when at full capacity.

According to the mayor,

the activity to be carried out by the business unit will involve painting toys "for a German company, which will then enter the European and international market".

The mayor said that he has already met with the investor, together with the councillor of the municipality of Guarda,

who is responsible for the area of entrepreneurship, Cecilia Amaro.

"We want to show that Guarda can have a competitive capacity to attract not only business, but also has the qualified labour required to be able to boost these initiatives", concluded Carlos Chaves Monteiro.



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Blevins Franks seminars



Blevins Franks hold seminars twice a year at various locations in Portugal, aimed at expatriates already living here as well as those still planning their move. Their seminars this spring discuss holistic financial planning in Portugal, with a focus on:

- Brexit update** - what we know now and what you need to do
- Non-Habitual changes** - lump sum pension transfers and tax allowances
- Residence**
- Estate planning** - planning for life's advances and your family's future
- The right time to invest** - what have we learned from the past
- Choosing investments** - property vs liquid assets, and the rollover relief
- Financial health check** - how regular holistic reviews protect your wealth

To reserve your place at one of the seminar venues, call 289 350 150, email events.pt@blevinsfranks.com or book

online at www.blevinsfranks.com.

- 3 March - ESTORIL, Lisbon
- 19 March - FUNCHAL, Madeira
- 31 March - LAGOS, Algarve
- 31 March - VILAMOURA, Algarve
- 1 April - TAVIRA, Algarve

Blevins Franks specialises in providing cross-border tax and wealth management advice to British expatriates in Europe, with offices in Portugal, Spain, France, Cyprus, Monaco, Malta and London. It has been established in Portugal for over 20 years, with nine advisers living locally. Together with their tax, investment and pension specialists, they look at the whole picture to establish the most effective solutions for you. Their overriding aim is to give you the peace of mind that your financial affairs are in order, for today and the future.

*Seminars this spring discuss holistic financial planning in Portugal*

Getting the most from your investment property



Purchasing a property in the Algarve can be an exceptional investment but if you are looking to maximise the return on your investment, renting the property out throughout the year is a wise choice.

The team at Algarve Hidden Gems are experts in holiday rentals and management, drawing on their years of experience in the industry to get the best results for all property owners, whether you are looking to rent out your own property during the summer months or have a property portfolio you are looking to monetise fully.

The buoyant real estate market in the Algarve has made it a top choice for savvy investors looking to realise the true potential of this market. Increasing house prices has meant that a property bought only a couple of years ago will likely have already increased in value. To further increase the value of your investment, Emma from Algarve Hidden Gems recommends renting out this property for

holiday guests.

"The team are used to working with a wide variety of clients and are able to work with investors and developers with holiday rentals, offering a completely bespoke service and we are even able to aid with finding real estate opportunities if this is what a client is looking for," said Emma.

She added: "All of our clients are unique and while we deal with many individual property owners we also work with investors and developers on larger projects according to their needs."

And it is still not too late to make the most of the 2020 summer season: "We are still working with bookings for 2020 so if you have not yet placed your property on the holiday rental market yet we can help you with that now; we are also already working on the 2021 season."

For further information about all of the services offered by Algarve Hidden Gems, please visit their offices in the Albufeira marina.

Solar solutions with Solartec



Producing energy from the climate that we enjoy here in the Algarve makes perfect sense. By creating a sustainable home you will reap the benefits of producing electricity, hot water, underfloor heating, swimming pool heating and many other options which will save you money. Although the initial outlay is unavoidable, the payback time can be shorter than most people think. Also taking into account that the cost of buying electricity, gas or oil will only get more expensive in the future, makes the investment something to seriously consider.

Our products include solar for producing electricity, solar for producing hot water, heatpumps for underfloor heating, central heating & pool heating, thermodynamic hot water systems, underfloor heating and central heating systems, pellet burners, infrared heating.

If you have a rental property the utility cost can be high. The average hot water consumption is around 40 litres per person a day but for tenants in rental accommodation this can increase to up to 80 litres per day. Most people have done this. I am on holiday so I will have 2 or 3 showers a

day although when at home I only have one a day.

Swimming pool heating with a rental property will have a quick payback. By installing a heatpump to guarantee the pool temperature, you not only extend the potential rental period but can also charge extra to clients for a heated pool.

Winter in the Algarve can become cold and in most houses there is not any heating.

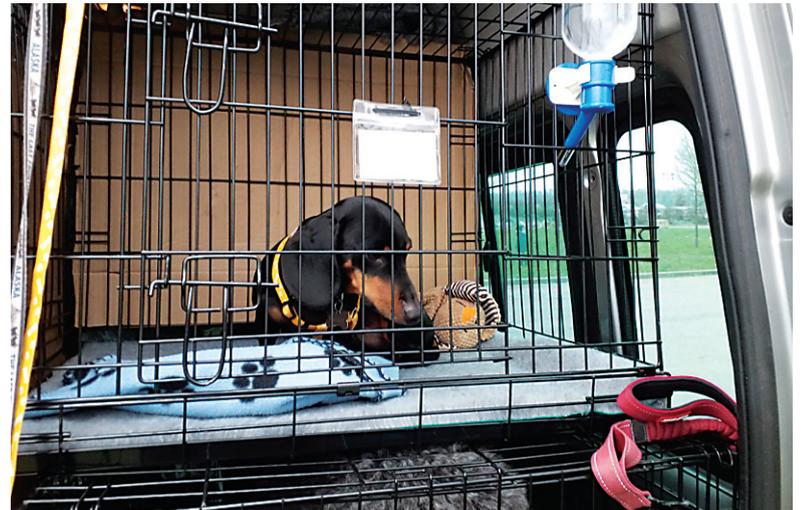
We can install underfloor heating or central heating in older houses and new build projects. All these systems are heated primarily using renewable energy products such as solar or heatpumps.

Installing a heating system will also help combat the very high levels of humidity experienced in the Algarve.

We are also extremely aware that it is everyone's responsibility to maximise the usage of our natural resources such as the sun, with the danger of fossil fuels becoming less accessible and more expensive.

We are constantly looking at extending our quality product range so please contact us for a bespoke specification and recommendations for your requirements.

We've got Brexit covered



Are you considering transporting your pet to the UK in the coming weeks or months? Are you concerned about how Brexit is going to affect the transportation of your pet across the UK border?

At Euro Pet Transport we have been working with authorities to ensure the safe and hassle free transport of your pet from mainland Europe into the UK.

Euro Pet Transport is a small family run Company, operating for over 10 years, and we are able to talk with any pet owners who have concerns about transporting their pet.

Working alongside many animal rescue centres as well as private pet owners, we offer a safe, comfortable pet transport service operating from Portugal-Spain-France to various locations within the UK and return to Portugal.

If you are planning to return to the UK or relocate to another part of Europe with

your pet this summer, we are able to pick up your pet in Portugal, Spain or France and offer a discount on booking the return journey back.

At Euro Pet Transport, your pet's needs come first. Our Defra certified transport is fully equipped with spacious cages, clean bedding and air conditioning, ensuring your pets are comfortable throughout their journey. Good quality food and fresh drinking water is always available for every animal, although customers are welcome to provide a favourite or special dietary dry food if preferred.

Pets safety is paramount therefore all our cages are only accessible inside the transport, with cages only being opened when all doors and windows are firmly closed. We exercise all dogs, unless otherwise requested, on a regular basis using slip leads, with transport stopping frequently at safe locations during daylight hours.

# The best things come in small packages

**N** DOUGLAS HUGHES

People often point out to me that my native Wales is only a tiny little place. I suppose on a global scale – it probably is. Small is often beautiful though.

**M**y challenge to those who perceive Wales as only being small in stature is that they should, perhaps, one day drive from the north of Wales to its southernmost reaches. Then I would ask that they pause and reflect, look me in the eye and still insist that my Welsh homeland is only small! I sometimes hear people declare that Portugal is also only small geographically. Compared with other countries, I suppose it is. But - the Algarve is an awful long way from Lisbon is it not? Especially if you happen to be traveling by car. Lisbon, of course, is roughly only a third of the way enroute to the very northernmost reaches of Portugal. I think there is an awful lot to be seen in-between the extremities of say, Sagres in the south and Chaves in the north. Or between the stunning blue coast resort of Nazaré in the west and Vila Real de Santo António in the extreme south east? A lot of very special things in life can be treasured and savored having been unwrapped from such 'smaller' packages. I have always tended to go off the beaten track when I travel around. The entrapments of tourism don't always float my boat. I enjoy seeing 'real' places as well as the more biscuit tin, picture-postcard scenes that are often found within

earshot of airports and resorts. Having said that, I often appreciate all the convenience and the many great amenities offered at the tourist traps too. It all depends on the mood of the moment I guess. This is my tenth year travelling around Portugal. I've racked my brains and I just cannot declare with any degree of confidence that I have found a 'favorite' part of the country. That's because all I've seen of it has something good to offer. Wherever I go, I get to appreciate Portugal's amazing vistas and architecture and perhaps even learn a little about the history of some of the many different areas too. Naturally, it's always good to sample some of the many excellent local foods and wines that are always on offer. I confess that this aspect of my trips to Portugal are amidst my most favoured pastimes. I don't think I'm alone in this one am I? One recent notable trip was to the town of Reguengos de Monsaraz in the Evora District. The drive up from the Algarve via Mértola and Serpa revealed endless miles of stunning countryside as well as the spectacle of vast olive groves and lines of regimented vines - all growing almost as if to attention in the vast vineyards of Alentejo Central. There were many, many highlights of our exploration

of this region, not least of all experiencing the ancient village of Monsaraz standing, as it does, so majestically on its exquisite vantage point. This is a natural position for a fortress and a castle. After all, Monsaraz is an ancient walled fortification standing on the highest hill in the area within close proximity to the deep Guadiana valley. This made it a location of great strategic importance during Roman occupation. It was later successively occupied by the Visigoths, the Arabs, the Mozarabs and the Jews - not to mention the present day Christians. Monsaraz is place steeped in history, like a great many other areas of Portugal. Monsaraz is perched 195 metres (640 feet) above the vast expanses of Alentejo with incredible views that reach far and beyond. It isn't really all that high up at 640 feet but seeing as the rest of the area is so very flat, it feels a lot higher than these statistics suggest. But, I have seldom beheld such breathtaking scenery. Views that quite literally stretch as far as they eye can see from horizon to horizon. This is an absolutely perfect spot to witness a Portuguese sunrise or indeed, a Portuguese sunset for that matter. Surreal doesn't really cut it. Words fail me - it is simply just one of those things that must be seen in order to be wholly



Reguengos de Monsaraz in the Evora District.

appreciated. It is an experience to tease all of the senses and because of that - it is quite simply unforgettable. Lunch at Taverna os Templários in Monsaraz also brought together several great delights. To savour, for example, the fresh taste of a delicious tomato and onion salad, served with some of that highly renowned freshly baked Portuguese bread. All washed down, naturally, by a glass or two of some locally produced vinho branco, chilled to crisp perfection to help quench and cool the balmy ambience of an exquisite, pure blue-skied Portuguese afternoon. All this whilst sitting at an open air table taking in views of the great lake of. Life is good. It gets no better than this for pure, chilled-out bliss. I can guarantee it. There isn't a deckchair or a sun lounger anywhere to be

seen, nor the blended wafts of chlorine and Ambre Solaire. Just birdsong punctuates the peaceful silence. Our hotel was just off the square in Reguengos de Monsaraz which offered a selection of nearby café bars and eateries to cater for the evening's festivities. We opted for a cosy but pleasantly busy tapas restaurant called Chafarica Tapas & Wine Bar which creates an array of freshly cooked tapas dishes reflecting a bit of the area's ancient Spanish (Andalusia) heritage as well as serving some of the more traditional Portuguese favourites. Naturally, being in Reguengos, it was all washed down by some of the areas fine wines. I am yet to sample better red wine than what is produced in this region of Portugal. I think it is well worth asking for some friendly advice

from the wine waiter or the bar tender before making your choice and perhaps paying just that little bit extra for your evening tipple. Even then, the value is going to be truly outstanding considering the quality of some of the local product - most of which will be unfamiliar to us tourists. I have not yet seen any of these spectacular wines anywhere outside of Portugal itself. Maybe some things ARE sacred? No matter where I go in Portugal, the welcome is always as perfect as the weather, the vinho and the awesome scenery. There is something truly uplifting about the spirit of modern Portugal. There is so much going on. All the time there are so many fresh things to see as pristine new amenities are constantly being developed. Portugal is absolutely going places. I just love being a part of it whenever I can.

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## Gardening by the moon

Astrologer Jane Struthers offers an introduction to lunar gardening, and tips to help you tune into the cycles of nature.



The basic principal is that the moon has a pulling effect on all water. (Photo: iStock/PA)

**A**re you a gardener who follows astrology? If so, you may be interested to know your garden could perform better if you plan your gardening schedule according to the path of the moon, through the zodiac each month. So says astrologer Jane Struthers, whose latest book *Moonpower* offers an introduction to lunar gardening. Here, she explains the basics...

### So, how does it work?

The basic principal is that the moon has a pulling effect on all water. This includes the sap in plants, which rises during the ascending moon and falls towards the roots when it descends.

When the sap rises, it's a good time to sow seeds; when it descends, it's time to do work that involves the plant's root system, such as planting seedlings, thinning them out and

propagating by division or layering. Lunar gardening tracks the 27.3-day sidereal path of the moon, which is its journey around the zodiac in relation to the constellations, not the path which consists of one complete cycle of the moon's phases, such as from one new moon to the next.

### How do you work out which phase you're in?

The easiest way for newcomers to lunar gardening is to download an app such as *Moon & Garden* (iPhone and Android), which gives details of the lunar calendar and shows you what you should be planting and the jobs you should be doing at any particular time.

### Where do signs of the zodiac come in?

Each sign of the zodiac belongs to a particular element - Air, Earth, Fire or Water. The theory behind lunar gardening is that as the

moon moves through each sign, it transmits the energy of that element to the earth.

Whether you're digging the soil, sowing seeds, transplanting seedlings, weeding, hoeing or pruning, always do it when the moon is in the appropriate element for the type of plant you're tending.

**Fire plants** (Aries, Leo, Sagittarius) These are plants grown for their fruits or seeds, including soft fruits such as strawberries, stone fruits like apricots and top fruits such as apples and pears, as well as tomatoes, cucumbers, chillies, peppers and beans.

**Earth plants** (Taurus, Virgo, Capricorn) These are grown for their roots and include carrots, parsnips, potatoes and onions.

**Air plants** (Gemini, Libra, Aquarius) These are plants grown for their flowers, such as geraniums, violets and roses, as well as

flowering bulbs and rhizomes. In the vegetable garden air plants include broccoli and artichokes, because their heads are flower buds.

**Water plants** (Cancer, Scorpio, Pisces) These are all grown for their leaves. Lettuces, cabbages, leeks and leafy herbs are in this category.

The idea is to only work on plants that belong to a particular element, or the soil in which the plants will be grown, when the moon is in that element. So, if you're just tidying up your greenhouse to prepare to plant out tomato seedlings, do it on a Fire day.

### When should I harvest?

Harvest Fire element plants on Fire days, preferably when the moon is ascending, but not on Air days. Harvest root plants on Earth days but not on Water days. Air element plants should be harvested on Air days but not on Fire days, and Water plants are best harvested on Fire or Air days. The moon's influence regulates the amount of moisture in the plants, so storing them at the wrong time can mean they will be either too dry when you eat them, or too wet when you store them. Make sure you check on the correct lunar phase for the best result.

### Are there any times I should avoid gardening?

Don't do any gardening at least six hours either side of a new or full moon, and at least 12 hours either side of an eclipse, because the moon's energy is too strong and may adversely affect the plants and the soil. *Moonpower* by Jane Struthers is published by Edison Books

## Brush up

**I**t's strange, in one sense, how much we worry about the appearance of our home interiors. After all, most residences are seen from the outside by countless people every day, while a lot of the time the only person that sees your interior is you. Even when guests do come calling, first impressions can work wonders - and when it comes to our homes, it's the outside they'll see first. Here's how to maximise your kerb appeal, and impress your guests before they've even crossed the threshold...

### A lick of paint

Never underestimate the rejuvenating effects of a fresh splash of paint. In or out of the home, your paintwork lays the groundwork for your look, and keeping it tip-top will keep your outer walls looking their best. If replenishing your home's whole facade seems a lot of effort, your front door is a good place to start. For extra points, paint the trim as well as the door itself, or consider adding matching moulding.

### Outside lighting

The lantern-either-side-of-the-door look is classic for a reason, and having an illuminated exterior can be as important for safety as it is for aesthetics. Most outdoor lights will be wall-mounted, but for homeowners with porticoes, floor lamps are equally effective (if a little more available to light-fingered passers-by). Aesthetics range from ornate, old-fashioned metal torches, to sleek, contemporary spotlights. More traditional options often look elegant during the day but by night, targeted modern lamps

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# the outside of your home

It's not always what's on the inside that counts, here are easy ways to boost your home's exterior.

can 'wash' your outside walls by splashing them with a sheet-like glow.

**Front door furniture**  
Metal isn't your main material for domestic decor, but it comes into its own on the front door. The brass lion's head door knocker never went out of style - nor did burnished letterboxes, elegant door handles, and ornate house numbers.

**Smart window shutters**  
There's any number of ways to banish light from your interior - curtains, blinds, putting something large in the way - but only shutters amp up your aesthetic on both sides of the brickwork. These statement window dressings are more expensive than their peers, and may periodically need restorative coats of paint, but they more than make up for it with a breezy, Mediterranean feel.

**Verdant vegetation**  
The mere presence of

greenery in your living space does wonders for your wellbeing (seriously, science says so), and you don't need a garden to get into gardening. Install window boxes, flank your entrance with pot plants, frame your front door with creepers, or hook hanging baskets onto your porch. Choose your flora wisely, as you wouldn't be the first homeowner to pick out their fave flowers, only to find that winter withers them into skeletal stalks.

**Install a bird feeder**  
A firm favourite in back gardens, there's no reason a bird feeder shouldn't be just as pleasant round the front. A boon more for the ears than the eyes, you can help your local wildlife while adorning your house-front with the sound of tinkling birdsong. It's a win-win.

**Embrace symmetry**  
The human brain adores

symmetry - in art it's soothing, in people it's sexy - and it can be a guiding light in almost any form of visual design. The front door is your centrepiece, and you can mirror your decor around it - two lanterns, two windows, two plant pots... Two doorbells might be a stretch, but you never know until you try.

**Move the bins**  
The devil is often in the detail, and something so simple as moving or hiding your rubbish bins can help make your home exterior feel far fresher. The equation is simple: what do you want your visitors to see when they first arrive - a gate, garden and welcome mat, or a foul-smelling pile of garbage?

**Clean your gutters**  
This is the outdoor equivalent of cleaning your toilet - wholly unglamorous but essential if you don't want guests wrinkling their noses. An

unattended gutter can quickly transform into a sodden, foul-smelling mass of insects and debris, causing leaks into the masonry and through the roof. Out of sight should not mean out of mind. Gloves on, ladder up, mess out.

**Pick up a power washer**  
Whatever you have in front of your house - porch, doorstep, garden path - it's most likely coated with dollops of dirt, and there's nothing more satisfying than purging the lot with a high-pressure power washer. Easily one of the most fun household chores, the compact power pack and vacuum-like nozzle come with strong Ghostbusters vibes, and indiscriminately scour everything from fence-post to driveway. Alfresco cleanliness doesn't often last long, but while it does, you'll look like an outdoor Martha Stewart.



A firm favourite in back gardens, there's no reason a bird feeder shouldn't be just as pleasant round the front.

**Add a friendly doormat**  
If you want your home to be more welcoming, why not say it in as many words? If a traditional welcome mat seems a little elementary, the remarkably extensive novelty doormat market will open a new world of possibilities. Just avoid the inexcusably clichéd: "Hello, I'm Mat." PA

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# Effortlessly Provence

French chef Alain Ducasse is something of a legend - but at its heart, his mission is a simple one.



Tender Greek vegetables served at L'Hostellerie de l'Abbaye de la Celle. (Photo: Guillaume Czerw/PA)

The word 'Provence' conjures up a sense of romance. Woodsmoke and the scent of garlic; huge, regimented fields of purple lavender; bottles of throat-catching olive oil, and bubbling pans

of tomato-heavy chicken stew. Chef Alain Ducasse - although born in Orthez in the south-west of France - knows the cuisine of the region better than most. And what he loves about it, he says, is its "simplicity and spontaneity".

Of course, Ducasse, who became the world's first chef to own restaurants carrying three Michelin stars in three cities (New York, Paris, London), does somewhat elevate Provencal cooking, particularly at his restaurant and inn, Hostellerie de l'Abbaye de la Celle, which has just celebrated its 20th anniversary. At the core of its ethos and menu - as with Ducasse's wider businesses - is an awareness of sustainability and seasonality. Here are two recipes from Hostellerie de l'Abbaye de la Celle for you to try at home:

**Greek style tender vegetables**  
(Serves 4)  
8 carrots

2 fennel  
2 white fresh onions  
1 green courgette  
15cm length of celery  
2 turnips  
50g broad beans  
50g green peas  
1/2 long cucumber  
Chervil  
Coriander  
Basil  
50g of brousse des Roves cheese  
10ml of olive oil  
50ml of chicken stock  
20ml of white wine  
4ml of wine vinegar  
Salt  
Ground pepper  
**Herbs:**  
25g of dried coriander  
1 sprig fresh thyme  
Zest of 2 lemons  
1 small bay leaf  
5g of dried fennel  
Method:

1. Clean, peel and chop all the vegetables.
2. Put all the herbs in a sterile gauze compress and close it.
3. Cook the vegetables, except the green vegetables, and the herbs in a pan with a dash of olive oil.
4. Pour the wine vinegar and the white wine in the pan, then add the chicken breast stock and put the pan cover on.
5. When the vegetables are almost cooked, add the green vegetables in the pan: the green peas, the half cucumber, the broad beans and courgette.
6. Arrange the vegetables on the plate, the fresh herbs (chervil, coriander and basil) and the brousse des Roves cheese. Season to taste with salt and



Ratatouille served at L'Hostellerie de l'Abbaye de la Celle. (Photo: Pierre Monetta/PA)

pepper.  
**Fancy Ratatouille**  
(Serves 4)

- 2 white onions  
4 garlic cloves  
2 aubergines  
2 long green courgettes  
4 courgette flowers  
2 red peppers  
2 ripe tomatoes  
1 sprig of green basil  
1 sprig of purple basil  
Olive oil  
Cooking oil (such as rape seed oil)  
50ml sparkling water  
25g flour  
Salt  
Pepper  
Sugar  
Method:  
1. Peel the aubergines, peppers and one of the onions. Dice them, as well as the courgettes but keeping their skin on.  
2. Peel the tomatoes,

- keeping the skins and insides and then cut them into small cubes. Put them in a colander for 10 minutes mixed with salt to drain.  
3. Crush the four garlic cloves in their skin.  
4. Sweat the aubergines, peppers, courgette and onion separately, each time with olive oil and garlic. Meanwhile, chop the green and purple basil and set aside, keeping the stems and branches.  
5. Combine the cooked vegetables, diced tomatoes and basil, and put in the fridge.  
6. Brown the tomatoes, including the skins in olive oil with the basil branches, the second white onion and a pinch of sugar. Then, gently cook in the oven for 30 minutes at 130-140°C.  
7. Once cooked, drain the vegetables and save the syrup. Put in the fridge.  
8. Mix the flour and sparkling water and then brush the courgette flowers with the mixture. Plunger them into the cooking oil at 170°C for one minute on each side. Once fried, place the flower fritters onto kitchen roll. Season with salt and pepper and set aside.  
9. Place the thin ratatouille on a plate. Decorate with a courgette flower and the basil leaves. Serve chilled with a drizzle of the tomato syrup.  
L'Hostellerie de l'Abbaye de la Celle offers superior double rooms from €239 per night based on two sharing. For more information, see [abbaye-celle.com/en](http://abbaye-celle.com/en).

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This week, Property of the Week features a lovely 2 bedroom 2 bathroom villa with large newly built private saltwater pool. The property is located in a nice and quite residential area of Vilamoura,

The garden and large pool are south west facing. The living and dining area are nice and bright and have a half open, fully equipped kitchen.

Furthermore, there is a nice covered side terrace as well as a roof terrace that catches the sun all day long

- Entrance hall
- Guest bathroom with shower and bath
- Guest bedroom with built-in wardrobes and access to the covered side terrace
- Master bedroom with en-suite bathroom
- Fully equipped half open kitchen
- Partly round living room with direct access

- to the garden and pool
- Storage area
- Roof terrace

This single storey house is ideal for a perfect holiday home, it is easy to maintain and it has a very large swimming pool

A very nice, small villa in a good location in the heart of Vilamoura

*For more information or if you would like to view this lovely property, priced at €410,000, please contact Silver Holidays 289 314 312 or email info@silverholidays.com.*



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**510.000€**

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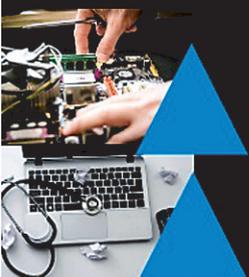
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# Age is just a number

**N** KIM SCHIFFMANN

There is more than meets the eye in this 62-year-old Finnish lady Raili Cardamone living in Monte Estoril. She moved to Portugal some 23 years ago for a two year job assignment and returned back to her favourite place on earth, Monte Estoril in 2006 when she left behind her long career at an international accounting firm.

**R**aili has always loved sports but family and work commitments did not allow much time for her sports activities. After becoming “a lady of leisure” as she calls the transition from active work life, she gradually started to take baby steps in the area of sport.

The key is, she says, that “if you have had a few decades of stress you should not rush head over heels to practise high intensity sports. I basically walked the first three years after finishing my career. The next logical step after years of walking was to join a gym.”

She was a regular gym-goer for years and those years paved the way to her latest passion, CrossFit. Today Raili does CrossFit, which is often perceived as one of the toughest exercise programmes. She heard about CrossFit from her friend and out of

curiosity started to investigate the concept on the internet. In May 2017 CrossFit Black Edition Box (CrossFit gyms are called boxes) opened in Cascais. Raili jokingly says that she gave herself the Black Edition membership as a 60<sup>th</sup> birthday present and that the gift keeps on giving as she visits the box 4-5 times per week. To understand what CrossFit is, Raili’s coach Diogo Monteiro, who is the head coach and owner of CrossFit Black Edition, lists three core concepts of the definition of CrossFit, namely

1. Constant variation-different exercise every day
  2. Functional movements that are similar to those you use in your every day’s life
  3. High intensity, however intensity levels are adjusted and scaled to challenge the individual and safely improve fitness
- The constant variety, never a same workout and the

functional body movements are the elements that fascinate Raili the most in CrossFit. In addition, Raili likes the way safety is always the priority as the class size is limited to 20 people and the attention and guidance of the coaches is individual. The CrossFit coaches do not stand far away on the stage but they move around on the floor where the athletes are training.

A typical daily CrossFit class consists of a skill part which could be gymnastics eg. pull-ups, handstands, rope climbs or a weightlifting exercise. CrossFit uses Olympic weightlifting techniques such as Cleans, Jerks, Snatches. The skill section is followed by a high intensity work-out. This high intensity part may last from less than 10 minutes to 30-40 minutes. Warming up and cooling down are crucial parts of the class. The timetable of the daily workout is made to reach

anyone as the classes run from 6.45pm to 9pm. People with different working hours can be served as the same workout is available all day long. Raili’s biggest motivation to do CrossFit has been the challenge to learn new things. She says it is very rewarding to learn a handstand or to climb a rope for the first time at the age of 60. Therefore, she emphasises that CrossFit is genuinely for anyone and everyone and every move in CrossFit is scalable. “We Crossfitters come in all sizes and shapes and we do not have mirrors in the box to judge each others’ appearances”, she states and welcomes anybody regardless of the existing fitness level to join the CrossFit family and to accomplish any goal they might have from improved health, increased mobility, weight loss or for better athletic performance. As the icing of the cake she



A typical daily CrossFit class consists of a skill part which could be gymnastics eg. pull-ups, handstands, rope climbs or a weightlifting exercise. (Photo: Supplied)

points out the importance of CrossFit community. We support each other. As there are only a few 60+ Crossfitters in Portugal, Raili follows actively a worldwide 60+ Facebook group where she gets hints and most importantly peer support, that she sometimes needs by being by far the oldest athlete at her CrossFit Box. “There are a couple of thousand 60+

Crossfitters in the world but the number of us “mature” athletes is increasing as the same trend is happening with CrossFit in general.” Raili hopes to continue with the CrossFit as long as possible. “One can never make definitive plans as anything unexpected can happen at any age”. She says that for her, age is a just number but every second counts.

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# Managing chronic fatigue syndrome



Finding Hope after illness. (Photo:iStock/PA)

ME/CFS can be debilitating and tough to manage - but there is hope. Abi Jackson talks to two women whose lives changed as a result of the condition.

**W**hen your health is suddenly taken away from you, keeping hopeful can be difficult - especially if doctors aren't entirely sure how to help. This is a familiar scenario for many people affected by ME or Chronic Fatigue Syndrome (CFS). Although awareness has improved, a lot of mystery and misunderstanding still surrounds the condition. The main symptom is debilitating fatigue (along with a host of other things, including pain, brain fog, dizziness, nausea and sleep problems), which can be immensely severe. Linda Jones, a mum-of-two and company director from West Midlands in the UK, went from being a high-flying fitness fanatic with a buzzing social life, to losing almost everything after being diagnosed in 2002 aged 34. "I lost six years of my life. I remember bits of it, but not most of it. I lost my home, everything," says Jones. At the height of the illness, some days she could barely move or speak. Her career, marriage and independence all ground to a halt. In a "weird way", getting a diagnosis was a relief. "I thought, 'OK great, at least we know what we're dealing with,'" Jones recalls

(lots of people with CFS still face a frustrating battle on this front). "But then the next stumbling block was, well, we don't actually know what to do with you." Although her GP was "lovely", CFS is often a vague condition. There's no single test to diagnose it - instead, this often involves a range of assessments, monitoring symptom patterns and ruling out other possible causes - and no set treatment, although medications may help with some symptoms. Jones remembers these early days as a "very difficult time". Fast-forward to today though, now 51, she practically glows with health, is working full-time in a new career she loves and, in many ways, is healthier and happier than ever. This hasn't happened overnight though. "It really took another 10 years," says Jones. But during that time, some very important shifts took place. Bit by bit, she began seeking out the things that would ultimately help her get her energy back, alongside looking at 'triggers' in her life that possibly needed to change - like stress and burnout. "I went to see a naturopath and a hypnotherapist. It was a big weight off my shoulders to think, 'Actually, I can talk to some people and they know what's going

on'. I started to see small changes and get a bit of hope," says Jones, who then became "sort of my own life coach, really". She found breaking down her symptoms and addressing them individually made things feel less overwhelming and more manageable. Gradually, Jones overhauled her approach to sleep and nutrition, made relaxation and managing stress a top priority, and gentle movement (walking, yoga, qigong) a central part of her life. "I've slowly integrated these different things. You kind of rebuild yourself and rebuild a completely new life. And I'm still rebuilding," explains Jones, who eventually founded the Salus Fatigue Foundation (salus.org.uk), which helps people affected by fatigue for all kinds of reasons to develop their own self-management tools. Kim Willis, 38, from London, also found taking a holistic approach to recovery life-changing. "My life became a recovery journey; sometimes one step forwards and two steps back, but with lessons and new experiences all the same. "I began to realise that recovery wasn't just about rest. It was about actively tuning into what actually gave me energy, and also

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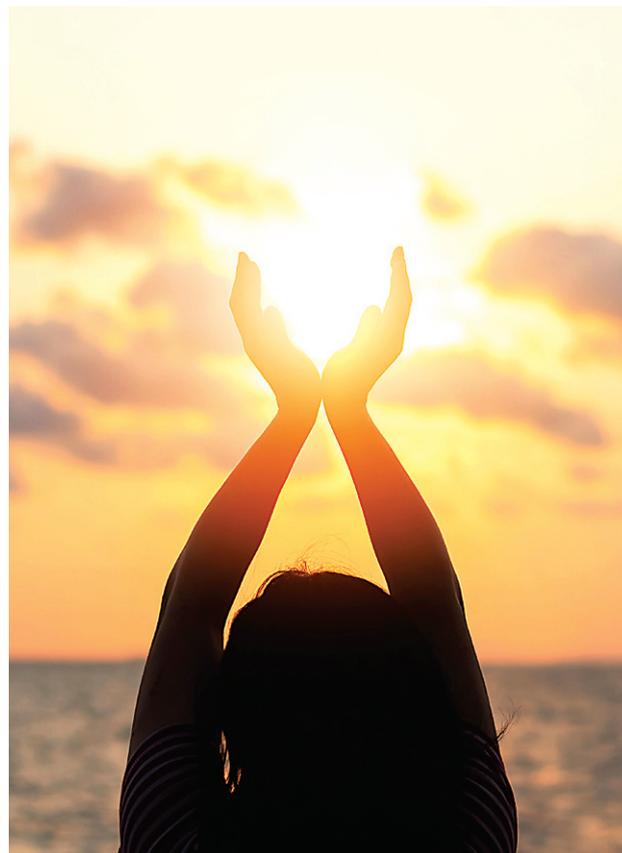
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understanding what depleted me. It meant consistently making decisions that moved me closer to things that felt lighter and away from those that felt heavier. That meant some pretty big life changes," explains Willis, whose CFS diagnosis in 2007 resulted in missing a year of work. These "big changes" included a break-up, moving house to a more "calm space", and leaving her high-flying job in the Civil Service. Now, Willis' life also looks very different to life pre-CFS. She's carved out a career she's both passionate about and which allows for some all-important flexibility and freedom, as a travel journalist and running a communications company focused on social impact. She "hikes mountains, runs events and travels the world" and fills her life with things that fuel and soothe her body and soul. Like Jones though, she says "this stuff didn't happen overnight". And both women remember what it was like in the early days, when things felt bleak and hopeless. This is a very normal and understandable response to facing any major health shift - and nobody should ever beat themselves up for having a bad day or week, or struggling with the emotional impact of illness. Although recovery stories like Willis' and Jones' certainly exist, there wasn't a magic switch. Moving forwards took time and a lot

of self-love - and a vital step in the process for both was acceptance. "Acceptance was a really big thing: 'OK, this is happening to me and I've got to address it', and then, 'Well nobody else can help me, only I can help myself,'" says Jones. Reaching this point took her about two years, she adds, but it enabled her to start listening to her body. Now, when early warning signs creep in, she slows down and does what she needs to do to restore and recharge. "I check in with myself regularly. How am I feeling, what am I doing? I make sure I nurture myself every single day. I've become very clear on my boundaries and that's really important," says Jones. Willis says "in a lot of ways, ME/CFS is a life course in acceptance. And it was incredibly hard at times. CFS felt totally unpredictable: one moment I was at 20% energy, the next I would be getting a blinding headache. You'd just accept one thing, and another would come out of nowhere," she adds, admitting that "a lot of the time, I just wanted it all to go away. Yet acceptance was an amazing practice. I really got into reading [American Tibetan Buddhist] Pema Chodron and joined a meditation community. I used to practice regularly sitting still, asking myself how I felt, and then just saying 'yes' to whatever came up in the moment. It meant really working with



CFS is often a vague condition. There's no single test to diagnose it. (Photo: iStock/PA)

my mind, so I wouldn't get so stuck in a cycle of 'why me', or 'it's not fair'. Those thoughts were understandable, but they were so unhelpful." Believing recovery was possible was key - but that doesn't mean CFS completely disappears. For many chronic illnesses, it's about a lifelong journey of listening to your body and honouring what it needs - managing, rather than curing - and sometimes this does mean making big changes. But Willis and Jones both say, ultimately, their lives have improved as a result. "It sounds like a cliché, but

with hindsight, CFS is something I'm grateful for," says Willis. "It was my body's best way of telling me that what I was doing and how I was living wasn't right for the person I am. It took me ages to accept that my body doesn't quite operate like a lot of people's, but it was also a gift. They say you don't change your life unless you really have to. I really had to. And now I have a life that's much more aligned with who I am." For Jones, channelling everything she's learned into Salus, and now living with a much greater sense of balance and self-care.

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## 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

**WORN AGAIN** charity shop (formerly Tavira Treasure) Rua Almirante Cândido dos Reis, 134 Tavira 8800-357. Open every Monday and Saturday, 10am - 1pm. We also receive donations of clothing, books, household goods, small furnit-ure. Contact Sara 967 159 010

**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

**WOOFF** Almancil, Rua Cristóvão Pires Norte, open from 10am-3pm on weekdays and 10am-1pm on Saturdays. Tel: 289 356 355, 917558121 or email: info@wooffcharityshop.com

## MUSIC

**Aljezur International Choir.** Thursdays 2pm to 3.30pm. 914285640 or email: watys100@hotmail.com, .

**The East Algarve International choir.** Rehearsals in new location in Livramento, between Luz de Tavira and Fuzeta. All welcome. Call Rineke Hofman 926684061. eastalgarvechoir@gmail.com

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

**Bella Acapella** Ready to sing and make new friends? Bella Acapella is an International choir, singing pop, jazz and more. We are currently welcoming new members. Every Tuesday at 7.30 p.m. in Misericórdia, Rua Gabriel Mendonça 4, Moncarapacho. www.bellaacapella.pt <http://bellaacapella.pt/>

## SOCIAL

**Royal British Legion Portugal** (Algarve) the Central Area. Lunches on the

3rd Wednesday of each month at various venues. Non-members welcome. Tel: 926 908 089 or email: 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 Thursdays mornings. jill.stott@gmail.com

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

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

**Coffee & conversation for expats.** Meet other newcomers in the Algarve almost every week at different venues. www.expatscentreportugal.com/events

## BRIDGE

**DUPLICATE BRIDGE.** Tuesday & Friday 1.15pm at Café Snack Bar Paris Lagos. Please contact 964 611 003 / 966 111 248.

**Vilamoura Bridge Club.** Tuesdays 1.45pm 919 833 122 or 910 448 170. www.vilamourabridgeclub.com

**Lagoa.** Thursdays 1.45pm. 282352022 / 969174130.

**Vale d'el Rei.** Beginners and Improvers 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, sally@blanchworth.co.uk

## SPORT

**Ride with the Pack** - Mountain Biking. Every Saturday, 9.30am, different hills each week. ridewiththepack@pm.me

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

**Walking Football.** Wednesdays, 10am - midday, Clube Desportivo de Odiaxere. 50+, just turn up. 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 Tuesday 2pm. Peter or Janette 966169747 or 965700536.

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

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

**afpop - Badminton** in Silves. Thursdays, 8pm to 10pm. 910108730 or suesharman9@gmail.com, .

**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 Tel:289322740.

**Valverde Lawn Bowls Club** - Monday, Wednesday and Friday from 10am, Almancil. Jen 282332628 or 937264287.

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

## afpop February events

**afpop Cascais Lunch at Hotel Baia on Saturday 22 Feb. at 1pm.**

This is for €25 pp. Drinks are not included but for an extra €4 pp you can enjoy, Water. Red/ White wine. Coffee and Tea. Hotel Baia need at least 20 people to attend for this to go ahead, so if you and your friends would like to come please contact me for a place. Kelly, afpop Area Event Organiser Cascais Email: cascais@afpop.com

**afpop East Algarve monthly Coffee and Chat Morning at Pedras da Rainha, just outside Tavira on 26 February from 10.30am to 12.30pm.** Always the last

Wednesday each month and organised by afpop EA members. If you are interested contact: Sherry: 916913612 or email: slosantaclara@gmail.com.

**afpop Loulé Lunch at Restaurant L'Auberge on 27 February at 12.15pm for 1pm.** Bert Shubrook. Email: bertshubrook@gmail.com

**afpop Lagos Lunch at Rest. Carvi on 28 February at 12.30pm for 1pm.** Members price is €22.50 and €25 for guests which includes the tip for the waiters. Pat Allen, afpop Lagos Area Event Organiser, Emaillagos@afpop.com Tel: 282697548 or 969814789

## afpop and euroFINESCO IRS Tax Seminars

The annual afpop Tax Seminars in association with euroFinesco will this year take place in March. These seminars come at a very opportune time for all those who are obliged to issue a tax declaration in Portugal for the past tax year (2019) and for 2020 and future years.

These Seminars provide the information which residents in Portugal and people moving to Portugal need to know about their individual obligations for presenting their Tax Declarations to the Finanças; the tax rates and deductions and credits that are available; ways to submit annual Declarations; double taxation treaties; the penalties for either false declaration or late submissions; and upcoming changes in legislation which may be imposed.

For the 24<sup>th</sup> consecutive year the presenters from euroFinesco are there to give impartial advice about all matters to do with individual taxation. They will answer questions which are considered of general interest in the open forum and will also be available to give more specific personal advice, after the group session has been completed. Where such advice requires euroFinesco to undertake enquiries on behalf of the individual, this would have to be done on a professional basis outside of the seminar. Where they are able to offer advice about an individual or unusual circumstance, they are

generally happy to do so at the seminar.

The dates and times for the seminars are:

- Tuesday, 3 March at Boavista Golf Clubhouse, Lagos (registration 10.30am, presentation 11am);
- Friday, 6 March at the Real Marina Hotel and Spa, Olhão (registration 10.30am, presentation 11am);
- Wednesday, 11 March at the Conrad Hotel, Quinta do Lago, (registration 10.30am, presentation 11am);
- Friday, 20 March at the Hotel Baia, Cascais (registration 12pm, presentation 12.30pm).

Attendance at the Seminars will cost 15 euros for afpop Members (5 euros for a second Member per booking) and 30 euros for non-Members. The fee includes a copy of the euroFINESCO Portuguese IRS Individual Income Tax Return booklet for the fiscal year 2019.

For people who have any doubts about their legal obligations, or who have

## WORKSHOPS &amp; COURSES

**Scottish Country Dancing.** Every Monday, 7.30pm - 9.30pm, Nobel International School on the EN125 between Lagoa and Porches. Mardie Cunningham, 282356029 / 964278432 or rosevale45@gmail.com.

**Latin American and Ballroom Dancing.** Tues. 10am - 1pm Alvor. Tuesday 7pm - 9pm Carvoeiro. Caroline 961916821, strictlydancingcarvoeiro@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

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## Letters to the Editor

### Re: Portugal's Health System

SIR, Can someone buy Mr Sellers a dictionary and teach him how it works. (**The Portugal News** 8 February)

My letter about the disastrous state of Portugal's health system was apparently all opinion, but not fact. Let's take this slowly.

I arrived at Portimão hospital with a broken leg: Fact.

I was offered a bed for two months before I could be operated on: Fact.

I thought that an unnecessary waste of a bed: Opinion.

I paid to go private and saw the same doc: Fact.

A friend collapsed with broken pelvis, hole in stomach, two broken ribs, and a heart condition, plus other complications: Fact.

He was discharged from hospital within 24 hours with no tests done: Fact.

We couldn't get him from taxi to house because of his condition: Fact.

He was sent back to hospital: Fact.

He was again discharged within 24 hours with no tests done: Fact.

He was eventually taken back to hospital and put in intensive care: Fact.

He is well looked after (and about time too): Opinion.

A fortnight later we attend the funeral. Mr Sellers, please tell the congregation whether the funeral was a fact or simply an opinion?

From the above we found out that there is no state-aided after-care in Portugal. That's right, you pay. That also is a fact.

Now comes the opinion. Rather a lot of us think that last fact puts Portugal way down the list of best places for health care.

If you have the money, all well and good, but suppose you haven't? Just for a moment Mr. Sellers think of folk less fortunate than yourself. You had a good experience, I get by very well, but what about those not so lucky? In Britain you get aftercare. If you are old and dependent upon a government pension and living in Portugal you'd better start worrying right now. Oh yes, that too was an opinion.

JOHN CLARE, Arão.

### Prescriptions

SIR, Can it be presumed that John Clare's friend (**The Portugal News**, 8 February) is not a resident of Portugal and therefore does not have a family doctor here?

If she has to go back to the UK for her prescriptions then she must still be using the British NHS. If you are resident

you receive a discount on any medication prescribed by your doctor. Maybe it depends on what you require, but mine and my husband's hardly break the bank.

As for comparing various costs with Spain, why not compare them with Italy or Bulgaria? All countries will have their pros and cons. John Clare has decided to live in Portugal. I presume no-one forced him. So, take the good with the bad. Although, for myself, I find it difficult to find any major 'bad' faults.

DIANNE MEAKIN, Tavira

### Water Shortages

SIR, Having read your article on water shortages I am compelled to mention the following:

I rent a 10-year-old apartment on the second floor. Throughout the day I waste about thirty litres of water waiting for hot water to arrive.

The water is heated, as in a great many apartments, on the roof with combined solar and immersion. Just in Cabanas alone there must be about 1,000 apartments. When all are occupied it doesn't take a mathematician to work out how much water is wasted and, throughout the Algarve the amount will be millions of litres.

The solution is simple. Install a cheap easy to install circulation pump on the hot water pipe. A little more cost to the electricity bill and a little saving on the water bill.

Perhaps systems have changed recently but I doubt it. The government would have to initiate the changes.

I will be amazed if I am the first to have commented on this!

ROBIN BERWICK, Cabanas de Tavira.

### Seagull Poisoning?

SIR, My wife and I are fortunate to spend two to three months every winter in Portugal. We usually choose the eastern Algarve but this year decided on the Alvor area, attracted by the long sandy beach.

Unfortunately, our visits to the beach have been spoilt by the site of numerous dead or dying seagulls which presumably have been poisoned.

We also visited Lagos beach and again the beach was littered with dead or dying seagulls.

Who is responsible and what do they hope to achieve? As animal lovers, we will not be returning to this part of the Algarve.

CHRIS LOCKEY, UK  
By email

## Why come and see a bunch of amateurs in 'A Bunch of Amateurs'?

With The Algarvean Experimental Theatre company due to open Lagoa Municipality's HUMORFEST 2020 in just a few weeks' time, here are nine good reasons to go and see the Algarve's favourite bunch of amateurs in *A Bunch of Amateurs*.

1. The play is very funny: Fading Hollywood action hero, Jefferson Steel, arrives in England to play King Lear in Stratford only to find that it is not Shakespeare's birthplace but a sleepy Suffolk village and the cast are mere amateurs. Steel's ego clashes with the vanities and insecurities of the enthusiastic amateur thespians.

2. The production features not any old bunch of amateurs but new and old members of The Algarveans, whom regular audiences will have observed going from strength to strength perfecting their performances and extending their repertoire.

3. If you like Shakespeare,

you will enjoy the references to King Lear, the quotes and quips from the bard peppered throughout the dialogue.

4. If you don't like Shakespeare, don't worry; there isn't too much declaiming but what there is might convince you to see more.

5. The play really is very funny. Written by the indomitable duo Ian Hislop (journalist, satirist, editor of Private Eye and most sued man in English legal history) and Nick Newman (satirical British cartoonist and comedy scriptwriter) be prepared to be 'amused'.

6. Not everyone in *A Bunch of Amateurs* is an amateur. Director Paul Kloegman has enjoyed a career as screen and stage actor and director. He will ensure that the acerbic wit of Hislop and Newman metamorphoses into some hugely funny one-liners delivered with perfect comic



Frank Remiatte as Jefferson Steel and Tracey Christiansen as Mary Plunkett

timing by his cast.

7. Live theatre provides a great evening's entertainment on a dull February night.

(Performance dates are 27, 28 and 29 February 2020.) And surely there's a limit to how much karaoke one can stand?

8. The play will be performed at the 300-seat Carlos do Carmo

Auditorium, Lagoa. Drinks are available from the bar from 7 pm.

9. Tickets are only €12 and are available at all Worten and Fnac stores as well as the Auditorium and Convento de S. José box offices, or online at [www.ticketline.pt](http://www.ticketline.pt).

For all enquiries visit [www.thealgarveans.com](http://www.thealgarveans.com).

## Bowls Algarve

On Wednesday, 12 February, week four of the Australian Pairs competition was held at Pedras Bowling Club. Albufeira held off Pedras winning four points whilst Pedras won six; Floresta won seven points from Alvor who won three points; whilst Tavira won six points from Valverde winning four.

Floresta remain at the top of the League Table with twenty-nine points with Pedras chasing closely in second place on twenty-six points, whilst Albufeira in third place with twenty points. Only one more match to be played so an exciting finale is promised.

Thursday, 13 February was our Super 10's competition. Albufeira won six points from Alvor who won two points; Valverde and Floresta shared the points with four each, as did Pedras and Tavira. Balaia were the resting team this week.

This maintains Pedras at the top of the League Table with fifty-nine points, Floresta are snapping at their heels with fifty-seven points and Valverde in third place on forty-eight points.

Saturday, 15 February was our penultimate match in the rounds for the Winter League. In

League 'A' Valverde Vikings took all eight points from Floresta Foresters; Tavira Tigers shared the points with Alvor Amigos with four each; Pedras Panthers took all eight points from Alvor Rooks; whilst, Balaia Pods won two points from Albufeira Cats who won six points.

This keeps Albufeira Cats at the top of the Table in League 'A' with ninety points and Floresta Foresters in second place with seventy-six points, and Pedras Panthers in third place on sixty-four points.

In League 'B' Valverde Vulcans win all eight points from Floresta Rangers; Alvor Scorpions won two points from Balaia Whalers who won six points; whilst, Floresta Huntsman took all eight points from Valverde Vipers. Alvor Greens were the resting team this week.

This maintains Valverde Vulcans at the top of League 'B' with seventy-one points, Floresta Huntsman in second place with sixty-two points, and Valverde Vipers in third place on fifty-two points.

One more week before it is decided which teams go forward to the semi-finals.

Miriam Hare

## Portugal Walks

**Tuesday, 25 February - Let's walk from Vale Fuzeiros:**

A fascinating moderate walk of 2.5 hours in this little known area where you can pass menhirs dating from 3,000BC and ancient tombs from the Visigoth era. There are some short steep climbs - well worth the effort. 10.30am start. Meet at the café/restaurant Casa da Vinha in Vale Fuzeiros. From Silves take the road towards Messines and after 9km turn left to Amorosa. Drive through Amorosa on the main road and you will then see a left turn to Vale Fuzeiros. When you come into the village Casa da Vinha is at the far end (about 1km) on the left side. Julie 965 753 033

**Friday, 28 February - Let's Walk around the Lake:**

A moderate 2.5 hour walk around part of the Bravura

lake and then up through the countryside with great views. 10.30am start. Meet in the car park above the lake. Take the EN125 from Portimão towards Lagos until you come to Odiáxere. In the centre of the town at the traffic lights turn right. Follow the signs for the Barragem, the car park is on the left by a café. Julie 965 753 033

NB Dogs can walk as long as they are kept on a lead at ALL times - they are the owner's responsibility!

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](http://www.portugalwalks.com)

Please send your Club or Community news to: [info@theportugalnews.com](mailto:info@theportugalnews.com)

## Algarve walking meetup

Wednesday, 26 Feb at 10.30am.  
Spectacular coastal, riverside and inland loop.  
Moderate 2.5 hour walk from Burgau. You need to be reasonably fit, and have walking footwear.  
Walk is undertaken entirely at your own risk.  
Full details go to: [meetup.com/algarve-walking](https://meetup.com/algarve-walking)

## Algarve Bike Rides

Here are the details of this week's rides:

**Saturday 22 February:**  
Please contact Diana via email: [ridewiththepack@pm.me](mailto:ridewiththepack@pm.me)

**Sunday 23 February - Bike Ride starting in Santa Caterina da Fonte do Bispo:** We meet in the centre of the village by the church (<https://goo.gl/maps/>

[xqUTuRYA5e2hxQS17](https://goo.gl/maps/)) at 9.15am ready for a 9.30am start. This will be a typical Sunday ride of 35 to 40km with a café stop somewhere along the way.

For more information please contact Paul Beesley on tel: 913226954, email: [paul@algarvebikeholidays.com](mailto:paul@algarvebikeholidays.com). Visit: [www.algarvebikeholidays.com](http://www.algarvebikeholidays.com), or Facebook: [AlgarveBikeHolidays](https://www.facebook.com/AlgarveBikeHolidays).

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SATURDAY 22

BBC One

06.00 Breakfast.  
10.00 Saturday Kitchen Live.  
11.30 Lose Weight and Get Fit with Tom Kerridge.  
12.00 Football Focus.  
13.00 BBC News; Weather.  
13.15 Bargain Hunt.  
13.55 Garden Rescue.  
14.40 Best Home Cook.  
15.40 BBC News; Weather.  
16.00 Live Six Nations Rugby Union.  
19.05 The Greatest Dancer.  
20.25 Pointless Celebrities.  
21.10 Casually.  
22.00 BBC News; Weather.  
22.15 National Lottery Update.  
22.20 Match of the Day.  
23.40 **FILM:** At Any Price (2012).  
01.20 Weather for the Week Ahead.  
BBC News.

BBC Two

06.45 Wild & Weird.  
07.00 The Dog Ate My Homework.  
07.30 The Designers.  
08.00 Blue Peter: Dancing.  
08.00 Dinosaurs & Pancakes.  
08.30 Deadly 60.  
09.00 Tomorrow's Food.  
10.00 Full Steam Ahead.  
11.00 Our Coast.  
12.00 The Hairy Bikers' Comfort Food.  
12.45 Best Bakes Ever.  
13.30 Wild Brazil.  
14.30 Flatpack Empire.  
15.30 The World's Most Extraordinary Homes.  
16.30 Final Score.  
17.30 10 Puppies and Us.  
18.30 Cities: Nature's New Wild.  
19.30 Dad's Army.  
20.00 Great American Railroad Journeys.  
21.00 Qi XL.  
21.45 Live at the Apollo.  
22.30 Snowfall.  
23.15 Snowfall.  
00.00 **FILM:** In the Dark Half (2012).  
01.20 This is BBC Two.

ITV London

06.00 CITV.  
07.30 Scrambled!: Scrambled!  
07.35 Scrambled!: Mighty Mike.  
07.50 Scrambled!: Mr Bean: The Animated Series.  
08.10 Scrambled!: Ben 10.  
08.30 Scrambled!: Thunderbirds Are Go.  
09.05 Scrambled!: Craig of the Creek.  
09.25 ITV News.  
09.30 James Martin's Saturday Morning.  
11.40 Living on the Veg.  
12.40 Save Money: Lose Weight.  
13.10 ITV News and Weather.  
13.25 Six Nations Live.  
16.35 Tipping Point: Best Ever Finals.  
17.00 ITV News and Weather.  
17.20 **FILM:** Despicable Me 3.  
19.00 Ant & Dec's Saturday Night Takeaway.  
20.30 The Voice UK.  
21.55 ITV News and Weather.  
22.15 Live Boxing.  
00.00 Tenable.  
01.00 Ideal World.  
03.00 Rebound.

Channel 4

06.00 Mike & Molly.  
06.45 Cheers.  
07.40 Frasier.  
08.30 The Big Bang Theory.  
09.25 The Simpsons.  
11.55 **FILM:** Kubo and the Two Strings (2016).  
13.55 Four in a Bed.  
16.35 A Place in the Sun.  
17.35 Location, Location, Location.  
18.30 Channel 4 News.  
19.00 The Windsors: Secrets of the Royal Tours.  
20.00 Princess Diana's "Wicked" Stepmother.  
21.00 **FILM:** American Made (2017).  
23.15 **FILM:** A Million Ways to Die in the West (2014).  
01.25 The Last Leg.  
02.20 The Big Narstie Show.  
03.15 Hollyoaks.  
05.25 Cooking Up a Fortune.

BBC Four

19.00 Rick Stein's Long Weekends.  
20.00 South Pacific.  
21.00 Hidden.  
22.00 Clive James: Postcard from Rio.  
22.45 **FILM:** The Midwife (2017).  
00.40 Top of the Pops: 1989.  
01.40 Tap America: How a Nation Found Its Feet.  
03.00 Rick Stein's Long Weekends.  
04.00 Close.

SUNDAY 23

BBC One

06.00 Breakfast.  
07.40 Match of the Day.  
09.00 The Andrew Marr Show.  
10.00 The Big Questions.  
11.00 Homes Under the Hammer.  
12.00 Bargain Hunt.  
13.00 BBC News; Weather.  
13.15 Songs of Praise.  
13.50 Lifeline.  
14.00 Flog It!  
14.25 Escape to the Country.  
15.10 Garden Rescue.  
15.55 The Repair Shop.  
16.40 Spy in the Wild.  
17.40 BBC News; Weather.  
18.10 Countryfile.  
19.10 Doctor Who.  
20.00 Call the Midwife.  
21.00 Last Tango in Halifax.  
22.00 BBC News; Weather.  
22.30 Match of the Day 2.  
23.00 The Women's Football Show.  
00.30 Women's Six Nations Highlights.  
00.30 Weather for the Week Ahead.  
00.35 BBC News.

BBC Two

06.45 The Instant Gardener.  
07.30 Celebrity Antiques Road Trip.  
08.30 Countryfile.  
09.30 Beechgrove Repotted.  
10.00 Saturday Kitchen Best Bites.  
11.30 Rick Stein: From Venice to Istanbul.  
12.30 Best Bakes Ever.  
13.15 Trust Me, I'm a Doctor.  
13.45 Painting the Holy Land.  
14.45 **FILM:** Dunkirk (1958).  
17.00 Undiscovered Worlds with Steve Backshall.  
18.00 Six Nations Highlights.  
19.00 Russia with Simon Reeve.  
20.00 Top Gear.  
21.00 Win the Wilderness: Alaska.  
22.00 The Ranganation.  
22.45 Frankie Boyle's Tour of Scotland.  
23.15 **FILM:** Noah (2014).

ITV London

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09.30 Ainsley's Caribbean Kitchen.  
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11.00 The Voice UK.  
12.25 ITV News and Weather.  
12.40 Ant & Dec's Saturday Night Takeaway.  
14.10 Six Nations Live.  
17.35 ITV News and Weather.  
18.00 Dancing on Ice.  
20.00 Endeavour.  
22.00 ITV News and Weather.  
22.15 Cilla: The Lost Tapes.  
23.10 Harry Redknapp's Sandbanks Summer.  
23.40 The BRIT Awards 2020.  
01.30 Ideal World.

Channel 4

06.00 The King of Queens.  
06.50 Everybody Loves Raymond.  
07.40 The Big Bang Theory.  
08.25 Beathat Chef.  
09.30 Sunday Brunch.  
12.30 The Simpsons.  
14.20 The Secret Life of the Zoo.  
15.25 The Supervet: Noel Fitzpatrick.  
16.30 **FILM:** Night at the Museum: Battle of the Smithsonian (2009).  
18.30 Channel 4 News.  
19.00 The Great Pottery Throw Down.  
20.00 My Family and the Galapagos.  
21.00 Homeland.  
22.00 Gogglebox.  
23.00 **FILM:** Allied (2016).  
01.15 Ramsay's Kitchen Nightmares USA.  
02.05 The Battle for Hong Kong.

BBC Four

19.00 The Women's Football Show.  
19.30 Iolo's Snowdonia.  
20.00 Attenborough: 60 Years in the Wild.  
21.00 Art on the BBC: Constable: The Rural Rebel.  
22.00 Britain's Lost Masterpieces.  
23.00 Britain's Outlaws: Highwaymen, Pirates and Rogues.  
00.00 Mackintosh: Glasgow's Neglected Genius.  
01.00 Saints and Sinners: Britain's Millennium of Monasteries.  
02.00 Raiders of the Lost Past with Janina Ramirez.

MONDAY 24

BBC One

06.00 Breakfast.  
09.15 Britain's Housing Scandal.  
10.00 Homes Under the Hammer.  
11.00 Wanted Down Under Revisited.  
11.45 Defenders UK.  
12.15 Bargain Hunt.  
13.00 BBC News at One; Weather.  
13.45 Doctors.  
14.15 Shakespeare & Hathaway - Private Investigators.  
15.00 Escape to the Country.  
15.45 The Farmers' Country Showdown.  
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 Mo Farah and the Salazar Scandal - Panorama.  
21.00 MasterChef.  
22.00 BBC News at Ten; Weather.  
22.35 This Country.  
23.10 Young, Welsh and Pretty Minted.  
23.40 The Graham Norton Show.

BBC Two

06.30 Wanted Down Under Revisited.  
07.15 Bargain Hunt.  
08.00 Sign Zone: Best Home Cook.  
09.00 BBC News at 9.  
10.00 Victoria Derbyshire.  
11.00 BBC Newsroom Live.  
12.15 Politics Live.  
13.00 Lifeline.  
13.10 The Super League Show.  
14.00 Best House in Town.  
14.45 Beechgrove Repotted.  
15.00 Red Rock.  
15.45 The Great British Winter.  
16.45 Big Blue UK.  
17.15 Flog It!  
18.00 Richard Osman's House of Games.  
18.30 Great British Railway Journeys.  
19.00 Coastal Path.  
19.30 Mastermind.  
20.00 Only Connect.  
20.30 University Challenge.  
21.00 Murder 24/7.  
22.00 Inside No.9.  
22.30 Newsnight.  
23.10 Weather.

ITV London

06.00 Good Morning Britain.  
09.00 Lorraine.  
10.00 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News; Weather.  
14.00 Judge Rinder.  
15.00 Tenable.  
15.59 ITV London Weather.  
16.00 Tipping Point.  
17.00 The Chase.  
18.00 ITV News London; Weather.  
19.00 Emmerdale.  
20.00 Love Your Garden.  
21.00 The Martin Lewis Money Show.  
22.00 Coronation Street.  
22.00 Flesh and Blood.  
22.45 ITV News at Ten; Weather.  
23.45 F&B.  
23.45 F&B.

Channel 4

06.30 Cheers.  
07.20 The King of Queens.  
08.10 Everybody Loves Raymond.  
09.10 Frasier.  
10.10 Undercover Boss Canada.  
11.05 Ramsay's Kitchen Nightmares USA.  
12.00 Channel 4 News Summary.  
12.05 Find It, Fix It, Flog It.  
13.05 Posh Pawn.  
14.10 Countdown.  
15.00 A Place in the Sun.  
16.00 A New Life in the Sun: Where Are They Now?  
17.00 Couples Come Dine with Me.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 The Secrets of Big Tobacco: Has Philip Morris International Really Given Up Smoking? - Dispatches.  
20.30 Food Unwrapped.  
21.00 Prison.  
22.00 Baghdad Central.  
23.00 Emergency Helicopter Medics.

BBC Four

19.00 Beyond 100 Days; Weather.  
19.30 Handmade.  
20.00 King Alfred and the Anglo-Saxons.  
21.00 Royal History's Biggest Fibs with Lucy Worsley.  
22.00 Elizabeth I's Secret Agents.  
23.00 Armada - 12 Days to Save England.  
00.00 Inside the Medieval Mind.  
01.00 Saints and Sinners: Britain's Millennium of Monasteries.

TUESDAY 25

BBC One

06.00 Breakfast.  
09.15 Britain's Housing Scandal.  
10.00 Homes Under the Hammer.  
11.00 Wanted Down Under Revisited.  
11.45 Defenders UK.  
12.15 Bargain Hunt.  
13.00 BBC News at One; Weather.  
13.45 Doctors.  
14.15 Shakespeare & Hathaway - Private Investigators.  
15.00 Escape to the Country.  
15.45 The Farmers' Country Showdown.  
16.30 Antiques Road Trip.  
17.15 Pointless.  
18.00 BBC News at Six; Weather.  
18.55 Party Political Broadcast.  
19.00 The One Show.  
19.30 EastEnders.  
20.00 Holby City.  
21.00 The Split.  
22.00 BBC News at Ten; Weather.  
22.30 National Lottery Update.  
22.35 Plastic Surgery Undressed.  
23.30 A Question of Sport.  
00.00 Weather for the Week Ahead.  
00.05 BBC News.

BBC Two

06.30 Wanted Down Under Revisited.  
07.15 Bargain Hunt.  
08.00 Sign Zone: Great British Railway Journeys.  
08.30 Sign Zone: Yorkshire Walks.  
09.00 BBC News at 9.  
10.00 Victoria Derbyshire.  
11.00 BBC Newsroom Live.  
12.15 Politics Live.  
13.00 Lifeline.  
13.10 The Super League Show.  
14.00 Best House in Town.  
14.45 Beechgrove Repotted.  
15.00 Red Rock.  
15.45 The Great British Winter.  
16.45 Big Blue UK.  
17.15 Flog It!  
18.00 Richard Osman's House of Games.  
18.30 Great British Railway Journeys.  
19.00 The Andrew Neil Show.  
19.30 Grand Tours of Scotland's Lochs.  
20.00 Saving Lives at Sea.  
21.00 Murder 24/7.  
22.00 Live at the Apollo.  
22.30 Newsnight.  
23.10 Weather.  
23.15 Forensics: The Real CSI.

ITV London

06.00 Good Morning Britain.  
09.00 Lorraine.  
10.00 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News; Weather.  
14.00 Judge Rinder.  
15.00 Tenable.  
15.59 ITV London Weather.  
16.00 Tipping Point.  
17.00 The Chase.  
18.00 ITV News London; Weather.  
19.00 Emmerdale.  
20.00 Love Your Garden.  
21.00 The Martin Lewis Money Show.  
22.00 Coronation Street.  
22.00 Flesh and Blood.  
22.45 ITV News at Ten; Weather.  
23.45 F&B.  
23.45 F&B.

Channel 4

06.30 Cheers.  
07.20 The King of Queens.  
08.10 Everybody Loves Raymond.  
09.10 Frasier.  
10.10 Undercover Boss Canada.  
11.05 Ramsay's Kitchen Nightmares USA.  
12.00 Channel 4 News Summary.  
12.05 Find It, Fix It, Flog It.  
13.05 Posh Pawn.  
14.10 Countdown.  
15.00 A Place in the Sun.  
16.00 A New Life in the Sun: Where Are They Now?  
17.00 Couples Come Dine with Me.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 Crazy Delicious.  
21.00 24 Hours in A&E.  
22.00 The Windsors.  
23.30 Celebrity Crystal Maze.  
00.30 **FILM:** The Iceman (2012).

BBC Four

19.00 Beyond 100 Days; Weather.  
19.30 Handmade.  
20.00 King Alfred and the Anglo-Saxons.  
21.00 Royal History's Biggest Fibs with Lucy Worsley.  
22.00 Elizabeth I's Secret Agents.  
23.00 Armada - 12 Days to Save England.  
00.00 Inside the Medieval Mind.  
01.00 Saints and Sinners: Britain's Millennium of Monasteries.

WEDNESDAY 26

BBC One

06.00 Breakfast.  
09.15 Britain's Housing Scandal.  
10.00 Homes Under the Hammer.  
11.00 Wanted Down Under Revisited.  
11.45 Defenders UK.  
12.15 Bargain Hunt.  
13.00 BBC News at One; Weather.  
13.45 Doctors.  
14.15 Shakespeare & Hathaway - Private Investigators.  
15.00 Escape to the Country.  
15.45 The Farmers' Country Showdown.  
16.30 Antiques Road Trip.  
17.15 Pointless.  
18.00 BBC News at Six; Weather.  
18.55 Party Political Broadcast.  
19.00 The One Show.  
19.30 EastEnders.  
20.00 Holby City.  
21.00 MasterChef.  
22.00 BBC News at Ten; Weather.  
22.30 National Lottery Update.  
22.35 Eating with My Ex.  
23.05 Killing Eve.

BBC Two

06.30 Wanted Down Under Revisited.  
07.15 Bargain Hunt.  
08.00 Sign Zone: Great British Railway Journeys.  
08.30 Sign Zone: Yorkshire Walks.  
09.00 BBC News at 9.  
10.00 Victoria Derbyshire.  
11.00 BBC Newsroom Live.  
12.15 Politics Live.  
13.00 Lifeline.  
13.10 The Super League Show.  
14.00 Best House in Town.  
14.45 Beechgrove Repotted.  
15.00 Red Rock.  
15.45 The Great British Winter.  
16.45 Big Blue UK.  
17.15 Flog It!  
18.00 Richard Osman's House of Games.  
18.30 Great British Railway Journeys.  
19.00 The Andrew Neil Show.  
19.30 Grand Tours of Scotland's Lochs.  
20.00 Saving Lives at Sea.  
21.00 Murder 24/7.  
22.00 Live at the Apollo.  
22.30 Newsnight.  
23.10 Weather.  
23.15 Forensics: The Real CSI.

ITV London

06.00 Good Morning Britain.  
09.00 Lorraine.  
10.00 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News; Weather.  
14.00 Judge Rinder.  
15.00 Tenable.  
15.59 ITV London Weather.  
16.00 Tipping Point.  
17.00 The Chase.  
18.00 ITV News London; Weather.  
18.25 Party Political Broadcast.  
18.30 ITV Evening News; Weather.  
19.00 Emmerdale.  
19.30 Coronation Street.  
20.00 Harry Redknapp's Sandbanks Summer.  
20.30 Coronation Street.  
21.00 Flesh and Blood.  
22.00 ITV News at Ten; Weather.  
22.45 Posh Pawn.  
23.45 Tenable.

Channel 4

06.30 Cheers.  
07.25 The King of Queens.  
08.10 Everybody Loves Raymond.  
09.10 Frasier.  
10.10 Undercover Boss Canada.  
11.05 Ramsay's Kitchen Nightmares USA.  
12.00 Channel 4 News Summary.  
12.05 Find It, Fix It, Flog It.  
13.05 Posh Pawn.  
14.10 Countdown.  
15.00 A Place in the Sun.  
16.00 A New Life in the Sun: Where Are They Now?  
17.00 Couples Come Dine with Me.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 The Secret Life of the Zoo.  
21.00 Hunted.  
22.00 First Dates.  
23.05 24 Hours in A&E.  
00.10 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 Live Cycling.  
21.00 Handmade.  
20.30 Pompeii: New Secrets Revealed with Mary Beard.  
22.00 Elizabeth I's Secret Agents.  
23.00 How We Built Britain.  
00.00 Bridging the Gap - How the Severn Bridge Was Built.  
01.00 The Silk Road.

THURSDAY 27

BBC One

06.00 Breakfast.  
09.15 Britain's Housing Scandal.  
10.00 Homes Under the Hammer.  
11.00 Wanted Down Under Revisited.  
11.45 Defenders UK.  
12.15 Bargain Hunt.  
13.00 BBC News at One; Weather.  
13.45 Doctors.  
14.15 Shakespeare & Hathaway - Private Investigators.  
15.00 Escape to the Country.  
15.45 The Farmers' Country Showdown.  
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 The Truth About Takeaways.  
21.00 Death in Paradise.  
22.00 BBC News at Ten; Weather.  
22.35 Question Time.  
23.35 Newscast; Weather.  
00.10 BBC News.

BBC Two

06.30 Flog It!  
07.15 Escape to the Country.  
08.00 Sign Zone: Great British Railway Journeys.  
08.30 Sign Zone: Lose Weight and Get Fit with Tom Kerridge.  
09.00 BBC News at 9.  
10.00 Victoria Derbyshire.  
11.00 BBC Newsroom Live.  
12.15 Politics Live.  
13.00 Hardball.  
13.45 Best House in Town.  
14.30 Lorraine's Fast, Fresh and Easy Food.  
15.00 Red Rock.  
15.45 The Great British Winter.  
16.45 Big Blue UK.  
17.15 Flog It!  
18.00 Richard Osman's House of Games.  
18.30 Great British Railway Journeys.  
19.00 Celebrity Antiques Road Trip.  
19.00 Secrets of the Museum.  
21.00 Hospital.  
22.00 Vic & Bob's Big Night Out.  
22.30 Newsnight.  
23.10 Weather.  
23.15 Win the Wilderness: Alaska.  
00.15 Sign Zone: Cornwall: This Fishing Life.

ITV London

06.00 Good Morning Britain.  
09.00 Lorraine.  
10.00 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News; Weather.  
14.00 Judge Rinder.  
15.00 Tenable.  
15.59 ITV London Weather.  
16.00 Tipping Point.  
17.00 The Chase.  
18.00 ITV News London; Weather.  
18.00 Emmerdale.  
19.00 Inside M15: Keeping The UK Safe - Tonight.  
20.00 Emmerdale.  
20.30 Save Money: Lose Weight.  
21.00 Flesh and Blood.  
22.00 ITV News at Ten; Weather.  
22.45 Piers Morgan's Life Stories.  
23.45 Flesh and Blood.

Channel 4

06.30 Cheers.  
07.20 The King of Queens.  
08.10 Everybody Loves Raymond.  
09.10 Frasier.  
10.10 Undercover Boss Canada.  
11.05 Ramsay's Kitchen Nightmares USA.  
12.00 Channel 4 News Summary.  
12.05 Find It, Fix It, Flog It.  
13.05 Posh Pawn.  
14.10 Countdown.  
15.00 A Place in the Sun.  
16.00 A New Life in the Sun: Where Are They Now?  
17.00 Couples Come Dine with Me.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 The Secret Life of the Zoo.  
21.00 Hunted.  
22.00 First Dates.  
23.05 24 Hours in A&E.  
00.10 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 Live Cycling.  
21.00 Handmade.  
20.30 Pompeii: New Secrets Revealed with Mary Beard.  
22.00 Elizabeth I's Secret Agents.  
23.00 How We Built Britain.  
00.00 Bridging the Gap - How the Severn Bridge Was Built.  
01.00 The Silk Road.

FRIDAY 28

BBC One

06.00 Breakfast.  
09.15 Britain's Housing Scandal.  
10.00 Homes Under the Hammer.  
11.00 Wanted Down Under Revisited.  
11.45 Defenders UK.  
12.15 Bargain Hunt.  
13.00 BBC News at One; Weather.  
13.45 Doctors.  
14.15 Shakespeare & Hathaway - Private Investigators.  
15.00 Escape to the Country.  
15.45 The Farmers' Country Showdown.  
16.30 Antiques Road Trip.  
17.15 Pointless.  
18.00 BBC News at Six; Weather.  
19.00 The One Show.  
19.30 Garden Rescue.  
20.00 A Question of Sport.  
21.00 EastEnders.  
22.00 MasterChef.  
21.30 Mrs Brown's Boys.  
22.00 BBC News at Ten; Weather.  
22.30 National Lottery Update.  
22.35 RuPaul's Drag Race UK.  
00.05 Weather for the Week Ahead.  
00.10 BBC News.

BBC Two

06.30 Coast.  
07.15 Escape to the Country.  
08.00 Sign Zone: Winterwatch.  
09.00 BBC News at 9.  
10.00 Victoria Derbyshire.  
11.00 BBC Newsroom Live.  
12.15 Politics Live.  
13.00 Hardball.  
13.45 Best House in Town.  
14.30 Lorraine's Fast, Fresh and Easy Food.  
15.00 Red Rock.  
15.45 The Great British Winter.  
16.45 Big Blue UK.  
17.15 Flog It!  
18.00 Richard Osman's House of Games.  
18.30 Great British Railway Journeys.  
19.00 Extreme Wales with Richard Parks.  
19.30 Celebrity Antiques Road Trip.  
20.30 Our Coast.  
21.30 Qi.  
22.00 Frankie Boyle's Tour of Scotland.  
22.30 Newsnight.  
23.00 Weather.  
23.05 **FILM:** The Big Sick (2017).

ITV London

06.00 Good Morning Britain.  
09.00 Lorraine.  
10.00 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News; Weather.  
14.00 Judge Rinder.  
15.00 Tenable.  
15.59 ITV London Weather.  
16.00 Tipping Point.  
17.00 The Chase.  
18.00 ITV News London; Weather.  
19.00 Emmerdale.  
19.30 Coronation Street.  
20.30 Vera.  
22.20 ITV News; Weather.  
23.10 Dancing on Ice.  
00.50 Ideal World.

Channel 4

06.30 Cheers.  
07.25 The King of Queens.  
08.10 Everybody Loves Raymond.  
09.10 Frasier.  
10.10 Undercover Boss Canada.  
11.05 Ramsay's Kitchen Nightmares USA.  
12.00 Channel 4 News Summary.  
12.05 Find It, Fix It, Flog It.  
13.05 Posh Pawn.  
14.10 Countdown.  
15.00 A Place in the Sun.  
16.00 A New Life in the Sun: Where Are They Now?  
17.00 Couples Come Dine with Me.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 The Secret Life of the Zoo.  
21.00 Hunted.  
22.00 Gogglebox.  
23.05 The Big Narstie Show.  
00.10 **FILM:** Dumb and Dumber To (2014).

BBC Four

19.00 Live Cycling.  
21.00 Top of the Pops: 1989.  
21.30 Eric Burdon: Rock 'n' Roll - Animal.  
22.30 On Drums - Stewart Copeland!  
23.30 Burt Bacharach: A Life in Song.  
01.00 Stunning Soloists at the BBC.  
02.00 Eric Burdon: Rock 'n' Roll - Animal.

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# Cinema

## NEW THIS WEEK

**The Call of the Wild** - Stars: Karen Gillan, Harrison Ford, Cara Gee. Genre: Adventure, Drama, Family. Director: Chris Sanders. Rating: PG13. Plot: Buck is a big-hearted dog whose blissful domestic life gets turned upside down when he is suddenly uprooted from his California home and transplanted to the exotic wilds of the Alaskan Yukon in the 1890s. As the newest rookie on a mail-delivery dog sled team, Buck experiences the adventure of a lifetime.

**Gretel & Hansel** - Stars: Sophia Lillis, Samuel Leakey, Charles Babalola. Genre: Fantasy, Horror, Thriller. Director: Oz Perkins. Rating: PG13. Plot: A long time ago in a distant fairy tale countryside, a young girl leads her little brother into a dark wood in desperate search of food and work, only to stumble upon a nexus of terrifying evil.



# Cinema Listings

**NOS Forum Algarve - Faro** Seberg; Tabaluga (PV); Parasite; Love at Second Sight; Snow (PV); Little Woman; Ballet - Swan Lake Bolshoi; Ballet - Marston ROH; The Gentlemen; Fantasy Island; Birds of Prey.

**NOS Mar Shopping - Loulé** Bad Boys for Life; Birds of Prey; The Call of the Wild; Sonic - The Movie (PV & OV); Ballet - Swan Lake Bolshoi; Ballet - Marston ROH; 1917 ATMOS; Love at Second Sight.

**Gran-Plaza NOS - Tavira** Ballet - Swan Lake Bolshoi; Ballet - Marston ROH; Birds of Prey; Gretel e Hansel; Sonic - The Movie (PV & OV); Fantasy Island; Tabaluga(PV & OV); Love at Second Sight.

**Algarcine - Portimão** Sonic - The Movie (PV & OV); Birds of Prey; 1917 ATMOS; J'accuse.

**Algarcine - Lagos** Parasite; Wild Rose; Birds of Prey; Sonic - The Movie (PV & OV); Snow (PV); Tabaluga (PV).

**Algarcine Ria Shopping - Olhão** Sonic - The Movie (PV & OV); Birds of Prey; 1917 ATMOS; J'accuse.

**Cineplace Algarve Shopping - Guia** Tabaluga (PV); Trauma Center; Gretel & Hansel; Wild Rose; Seberg; The Call of the Wild; Snow (PV); Sonic (PV & OV); Parasite; Fantasy Island; Birds of Prey; Little Woman; Mosley (PV); Frozen II (PV); 1917 ATMOS; Dolittle; Bad Boys for Life.

**Cineplace - Portimão** Tabaluga (PV); Trauma Center; Gretel & Hansel; Wild Rose; Parasite; Fantasy Island; Sonic (PV & OV); Birds of Prey; Snow (PV); 1917 ATMOS; Dolittle; Bad Boys for Life.

**Estação Viana Shopping - Viana do Castelo** The Call of the Wild; Tabaluga (PV); Parasite; Fantasy Island; Sonic - The Movie (PV & OV); Birds of Prey; Snow (PV); 1917 ATMOS.

**Cineplace Loures Shopping** Tabaluga (PV); Trauma Center; Gretel & Hansel; Wild Rose; The Call of the Wild; Parasite; Fantasy Island; Sonic - The Movie (PV & OV); Birds of Prey; Snow (PV); Mosley (PV); Bad Boys for Life; Dolittle; Spies in Disguise (PV); Frozen II (PV); 1917 ATMOS.

**Cineplace Leiria Shopping** Tabaluga (PV); Trauma Center; Gretel & Hansel; Wild Rose; The Call of the Wild; Parasite; Fantasy Island; Joker; Sonic - The Movie (PV & OV); Birds of Prey; Snow (PV); Little Woman; Jojo Rabbit; 1917 ATMOS; Bad Boys for Life; Dolittle; Spies in Disguise (PV).

**Cineplace Riosul - Seixal** Tabaluga (PV); Gretel & Hansel; Wild Rose; The Call of the Wild; Parasite; Fantasy Island; Sonic - The Movie (PV & OV); Birds of Prey; Snow (PV); Jojo Rabbit; 1917 ATMOS; Dolittle; Bad Boys for Life; Spies in Disguise (PV).

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

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

**CINEPLACE**

**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

**She Looks Into Me** Until 23 February 2020, from 6.30pm, Centro Cultural de Cascais, www.viralagenda.com

**Blood Red Luxury** 21 December 2019 - 1 March 2020, 10am-5pm, Museu Nacional do Traje, Lisbon, Entry €4, www.visitlisboa.com



Loving As The Road Begins, Until 20 April 2020, Lisboa

**Before the Beginning and after the End** Until 1 March 2020, 10am - 1pm & 2pm - 6pm, Atelier-Museu Júlio Pomar, Lisbon, Entry from €2, www.visitlisboa.com

**LEAP Magazine Launch and Exhibition** 25 January - 14 March, theLAB, Porto, Free entry, www.viralagenda.com

**Sarah Affonso - Days of Little Things** Until 22 March 2020, 10am - 6pm, Museu Nacional de Arte Contemporânea, Lisbon, Entry €4.50, www.visitlisboa.com

**Boundless objects** Until 29 March 2020, Centro de Arte e Cultura de Fundação Eugénio de Almeida, Évora, Entry €2, www.viralagenda.com

**Around the World** Until 31 March 2020, 9.30am - 7.30pm, Biblioteca Nacional de Portugal, Lisbon, Free entry, www.visitlisboa.com

**Harry Potter: The Exhibition** Until 8 April 2020, from 10am, Pavilhão de Portugal, Lisbon, Tickets €19, www.everythingisnew.pt

**Heritage for Generations** 18 April 2020, Lisbon, Free entry, www.visitlisboa.com

**O Mundo Animado de Tim Burton** 6 February - 19 April, Museu da Marioneta, Lisbon, www.viralagenda.com

**Loving As The Road Begins** Until 20 April 2020, 11am - 7pm, MAAT, Lisbon, www.maat.pt

**Picasso. Universal Master** 25 January - 30 April, Anjos Palace - Manuel de Brito Contemporary Art Centre, Algés Oeiras, Free entry, www.visitlisboa.com

**Weaving (the) Cosmos** 20 February 2020 - 10 May

2020, Museu do Oriente, Lisbon, www.viralagenda.com

**Home Sweet Home** 14 December 2019 - 17 May 2020, 12pm - 7pm, Edifício dos Leões, Lisbon, Entry from €4, www.visitlisboa.com

**Electric - A Virtual Reality Exhibition** 25 January - 24

May, Serralves, Porto, www.viralagenda.com

**Gago Coutinho. Traveller and Explorer** Until 24 May 2020, Museu de Marinha, Lisbon, Entry €6,50, www.visitlisboa.com

**Countless Hands** 19 May 2020 - 6 June 2020, 10.30am - 5.30pm, Centro Cultural de Belém, Lisbon, Free entry, www.visitlisboa.com

**Flora Fluminense** 14 May 2020 - 18 June 2020, Torre do Tombo, Lisbon, Free entry, www.visitlisboa.com

**Meet Vincent Van Gogh** 28 February 2020 - 30 June 2020, Terreiro das Missas Belém, Lisbon, www.viralagenda.com

**PUM! The Secret Life of Intestines** Until 2 August 2020, Pavilhão do Conhecimento Ciência Viva, Lisbon, www.viralagenda.com

**The Sea is our Land** 10 March 2020 - 20 September 2020, 10am - 6pm, Centro Cultural de Belém, Lisbon, Entry €6, www.visitlisboa.com

**The Scribble Group - Drawing in Notebooks and Photography** 12 February 2020 - 12 February 2021, Museu Nacional de História Natural e da Ciência, Lisbon, Free entry, www.visitlisboa.com

**ONE - The Sea like you never felt it** 11 January 2020 - 11 January 2023, Oceanário de Lisboa, Lisbon, Entry from €13, www.visitlisboa.com

May, Serralves, Porto, www.viralagenda.com

**Gago Coutinho. Traveller and Explorer** Until 24 May 2020, Museu de Marinha, Lisbon, Entry €6,50, www.visitlisboa.com

**Countless Hands** 19 May 2020 - 6 June 2020, 10.30am - 5.30pm, Centro Cultural de Belém, Lisbon, Free entry, www.visitlisboa.com

**Flora Fluminense** 14 May 2020 - 18 June 2020, Torre do Tombo, Lisbon, Free entry, www.visitlisboa.com

**Meet Vincent Van Gogh** 28 February 2020 - 30 June 2020, Terreiro das Missas Belém, Lisbon, www.viralagenda.com

**PUM! The Secret Life of Intestines** Until 2 August 2020, Pavilhão do Conhecimento Ciência Viva, Lisbon, www.viralagenda.com

**The Sea is our Land** 10 March 2020 - 20 September 2020, 10am - 6pm, Centro Cultural de Belém, Lisbon, Entry €6, www.visitlisboa.com

**The Scribble Group - Drawing in Notebooks and Photography** 12 February 2020 - 12 February 2021, Museu Nacional de História Natural e da Ciência, Lisbon, Free entry, www.visitlisboa.com

**ONE - The Sea like you never felt it** 11 January 2020 - 11 January 2023, Oceanário de Lisboa, Lisbon, Entry from €13, www.visitlisboa.com

PLEASE BE AWARE THAT THE NEW MAAT (MUSEU ARTE ARQUITETURA TECNOLOGIA) BUILDING IS CLOSED AND REOPENS ON 27 MARCH.

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.

## FAIRS & FESTIVALS

**Festa do Chocolate** 8 February - 25 February, 12pm - 11pm, Rua Alfredo Cunha, Matosinhos, Free entry, www.viralagenda.com

**Festival de Jazz de Lisboa '20** 1 March 2020 - 31 March 2020, Teatro Municipal São Luiz, Lisbon, www.visitlisboa.com

**ModaLisboa - Lisboa Fashion Week '20** 5 March 2020 - 8 March 2020, Pavilhão Carlos Lopes, Lisbon, Free entry, www.visitlisboa.com

**BTL - Lisbon Travel Market '20** 11 March - 15 March, Feira Internacional de Lisboa, www.visitlisboa.com

**Monstra - Lisboa Animation Film Festival '20** 18 March 2020 - 29 March 2020, Cinema São Jorge, Lisbon, www.visitlisboa.com

**Lisbon Coffee Fest 20 - 22** March, 10am - 8pm, LX Factory, Alcântara, www.viralagenda.com

**MIL - Lisbon International Music Network 2020** 25 - 27 March 2020, 10am - 12am, Cais do Sodré, Lisbon, Tickets from €25, www.viralagenda.com

**Portugal Handpan Festival 2020** 27 - 29 March 2020, 3pm - 11pm, Santarém, www.viralagenda.com

**Festival BANG! 2020** 28 March 2020, 11am, Fórum Lisboa, Tickets from €10, www.ticketline.sapo.pt

**Cortex Festival '20** 1 April 2020 - 30 April 2020, Centro Cultural Olga Cadaval, Sintra, Entry from €3, www.visitlisboa.com

**ID NO LIMITS Festival 3 & 4** April, Centro de Congressos do Estoril, Tickets €40, www.visitlisboa.com

**Westway LAB 2020** 15 April 2020 - 18 April 2020, 10am - 11.30pm, Guimarães, www.viralagenda.com

**Music Days in Belém** 23 April 2020 - 26 April 2020, Centro Cultural de Belém, Lisbon, www.visitlisboa.com

**Arco Lisboa - International Contemporary Art Fair '20** 1 May 2020 - 31 May 2020, Cordoaria Nacional - Galeria

do Terreão Nascente, Lisbon, www.visitlisboa.com

**IndieLisboa '20** 1 May 2020 - 31 May 2020, Cinema São Jorge, Lisbon, www.visitlisboa.com

**Festival of the Iberian Mask '20** 1 May 2020 - 30 May 2020, Praça do Império, Lisbon, Free entry, www.visitlisboa.com

## 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 - 6pm, Estrada de Benfica, Lisbon

**Flea Market.** Tuesdays and Saturdays, 9am - 6pm, Campo de Santa Clara Lisbon

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

**Antique Book Fair** Saturdays 10am - 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 - 1pm, Caldas da Rainha

## MUSIC

**Ghostmane** 28 February 2020, 8pm, LAV - Lisboa ao Vivo, Lisbon, Tickets from €22, www.everythingisnew.pt

**The 1975** 7 March, Altice Arena, Lisbon, 8.30pm, www.everythingisnew.pt

**Fat Freddy's Drop** 29 March 2020, 8pm, Campo Pequeno,



Portugal Handpan Festival 2020, 27 - 29 March 2020, Santarém

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



**Guns N' Roses 20 May 2020, Lisboa**

Lisbon, Tickets from €22, [www.everythingisnew.pt](http://www.everythingisnew.pt)

**Bon Iver** 15 April, Altice Arena, Lisbon, 8pm, [www.everythingisnew.pt](http://www.everythingisnew.pt)

**Nick Cave and the Bad Seeds.** 19 April, 8.30pm, Altice Arena, Lisbon, [www.everythingisnew.pt](http://www.everythingisnew.pt)

**JP Cooper** 4 May 2020, 9pm, Teatro Tivoli BBVA, Lisbon, Tickets from €18, [www.everythingisnew.pt](http://www.everythingisnew.pt)

**Lauv** 11 May 2020, 8pm, Coliseu de Lisboa, Lisbon, Tickets from €27, [www.everythingisnew.pt](http://www.everythingisnew.pt)

**Guns N' Roses** 20 May 2020, Passeio Marítimo De Algés, Lisbon, Tickets from €69

**Harry Styles** 20 May 2020, 6pm, Altice Arena, Lisbon, Tickets from €41, [www.everythingisnew.pt](http://www.everythingisnew.pt)

**Blue Man Group** 28 - 31 May 2020, Coliseu de Lisboa, Lisbon, Tickets from €18, [www.everythingisnew.pt](http://www.everythingisnew.pt)

**Blue Man Group** 3 - 7 June 2020, Coliseu do Porto, Porto, Tickets from €20, [www.everythingisnew.pt](http://www.everythingisnew.pt)

**Aerosmith** 6 July 2020, 8.30pm, Altice Arena, Lisbon, Tickets from €59, [www.everythingisnew.pt](http://www.everythingisnew.pt)

**Kiss** 7 July 2020, 8.30pm, Altice Arena, Lisbon, Tickets from €39, [www.everythingisnew.pt](http://www.everythingisnew.pt)

**Lenny Kravitz** 25 July, 8.30pm, Altice Arena, Lisbon, Tickets from €35, [www.everythingisnew.pt](http://www.everythingisnew.pt)

## THEATRE & DANCE

**Forever King of Pop** 20 February 2020 - 23 February 2020, Casino Estoril, Cascais, Tickets from €25, [www.visitlisboa.com](http://www.visitlisboa.com)

**Fake** 19 March 2020 - 5 April 2020, Teatro Nacional D. Maria II, Lisbon, [www.viralagenda.com](http://www.viralagenda.com)

**Disney on Ice 2020** March - 22 March, 7.30pm, Altice Arena, Lisbon, [www.blueticket.pt](http://www.blueticket.pt)

**Chicago** Until 29 March 2020, 9pm, Teatro Trindade INATEL, Lisbon, [www.viralagenda.com](http://www.viralagenda.com)

**FIMFA - International Festival of Puppets and Animated Forms'20** 1 May

2020 - 31 May 2020, Teatro Municipal Maria Matos, Lisbon, [www.visitlisboa.com](http://www.visitlisboa.com)

**La Bohème** 4 - 10 May 2020, Teatro Nacional de São Carlos, Lisbon, Tickets from €20, [www.visitlisboa.com](http://www.visitlisboa.com)

**PaPI - Opus 8** 13 May 2020 - 17 May 2020, Centro Cultural de Belém, Lisbon, Entry €3.50, [www.visitlisboa.com](http://www.visitlisboa.com)

**Les Somnambles** 22 & 23 May 2020, Centro Cultural de Belém, Lisbon, Entry €3.50, [www.visitlisboa.com](http://www.visitlisboa.com)

**Orizuro** 29 & 30 May 2020, 10.30am - 4pm, Centro Cultural de Belém, Lisbon, Entry €3.50, [www.visitlisboa.com](http://www.visitlisboa.com)

**Loo** 4 - 6 June 2020, Centro Cultural de Belém, Lisbon, Entry €3.50, [www.visitlisboa.com](http://www.visitlisboa.com)

**Heidi** Until 14 June 2020, 3pm, Teatro Armando Cortez, Lisbon, [www.viralagenda.com](http://www.viralagenda.com)

## WORKSHOPS & COURSES

**Workshop Fluid Body** 17 - 22 February 2020, 10am - 5.30pm, Travessa de São Vicente, Lisbon, [www.viralagenda.com](http://www.viralagenda.com)

**Health Coaching** 11 January 2020 - 22 March 2020, 9.30am - 6.30pm, Restelo, Lisbon, [www.viralagenda.com](http://www.viralagenda.com)

**Basic Patternmaking Skirt** 17 February - 30 March, The Loft Atelier, Lisbon, [www.viralagenda.com](http://www.viralagenda.com)

**Yoga Life Coach Course** 28 March - 6 June, 2pm - 5pm, São Domingos de Rena, Cascais, [www.viralagenda.com](http://www.viralagenda.com)

**Portuguese for foreigners** Until 31 May 2020, Wednesdays 6.30pm, Biblioteca Municipal da Maia, Maia, Cost €30, [www.viralagenda.com](http://www.viralagenda.com)

## SPORTS

**Lisbon Half Marathon'20** 15 March 2020, Ponte 25 de Abril, Lisbon, [www.visitlisboa.com](http://www.visitlisboa.com)

**Arrábida Walking Festival** 27 - 29 March, Arrábida Nature Park, Setúbal, Tickets from €13, [www.visitlisboa.com](http://www.visitlisboa.com)

**Nazaré Big Wave Challenge** Until 31 March 2020, Praia do Norte, Nazaré, Free entry, [www.worldsurfleague.com](http://www.worldsurfleague.com)

**Millennium Estoril Open** 2020 25 April 2020 - 3 May 2020, 1pm, Clube Ténis do Estoril, Tickets €85, [www.blueticket.pt](http://www.blueticket.pt)

**Lisboa International Triathlon** 23 May, Parque das Nações, Lisbon, [www.visitlisboa.com](http://www.visitlisboa.com)

# South

## AUCTIONS

**Auction House Algarve** 7 March 2020. All items can be viewed at the auction house and through our online catalogue: [www.ahalgarve.com](http://www.ahalgarve.com), 289 832 380, [info@ahalgarve.com](mailto:info@ahalgarve.com)

## EXHIBITIONS

**A Step with Future** 17 January 2020 - 31 March 2020, Arts and Crafts Centre, São Brás de Alportel, [www.visitlargo.com](http://www.visitlargo.com)

**Amazon** 25 January 2020 - 18 April 2020, 10am - 6pm, Centro Cultural de Lagos, Free entry, [www.viralagenda.com](http://www.viralagenda.com)

**Spaces In Between** 25 January 2020 - 18 April 2020, 10am - 6pm, Centro Cultural de Lagos, [www.viralagenda.com](http://www.viralagenda.com)

**Nature's Treasures** 1 February - 29 February, 9am - 5.30pm, Silves Castle, Entry €2.80, [www.visitlargo.com](http://www.visitlargo.com)

**Algarve Terracotta: The Art of Clay** 1 February - 30 April, 2pm - 5pm, Alportel Museological Centre, São Brás de Alportel, [www.visitlargo.com](http://www.visitlargo.com)

**Maria Mergulhão, Messages in a bottle** Until 23 February 2020, Museu Municipal de Faro, [www.viralagenda.com](http://www.viralagenda.com)

**Estuaries** Until 23 February 2020, 10am - 6pm, Municipal Museum, Portimão, [www.visitlargo.com](http://www.visitlargo.com)

**ART at the MAG Winter Exhibition Opening** Until 22 March 2020, 6.30pm - 10pm, The Magnolia Hotel, Almancil, [www.viralagenda.com](http://www.viralagenda.com)

**Awarded Photographs from the 19th Portimão Photography Race** Until 12 April 2020, 10am - 6pm, Entry €3, Municipal Museum, Portimão, [www.visitlargo.com](http://www.visitlargo.com)

**Writing in the Lower-Alentejo: from the origins until today** Until 2 May 2020, 9.45am - 4.30pm, Municipal Museum - Islamic Centre, Tavira, [www.visitlargo.com](http://www.visitlargo.com)

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

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

## FAIRS & FESTIVALS

**Traditional Sausage Fair** 7 - 8 March, 10am - 12am, Municipal Heliport, Monchique, [www.visitlargo.com](http://www.visitlargo.com)

**Windward Performing Arts Festival** 20 March 2020, 9.30pm, Lagos

## MARKETS

**Loulé** - Every Saturday

**Quarteira** - Every Wednesday

**Lift Market Lagos** - Every Saturday

**São Brás de Alportel Market** - Every Saturday

**Tunes** - 4th Saturday of the month

**São Bartolomeu de Messines** - 4th Monday of the month

**Almancil** - 1st and 4th Sunday of the month

**Querença** - Last Sunday of the month

**Boliqueime** - Last Thursday of the month

**Odiáxere** - 4th Monday of the month

**Ferreiras** - 2nd and 4th Tuesday of the month

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

**Quelfes** - 4th and 5th Sunday of the month

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

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

**Pereiro** - 4th Sunday of the month

**Santa Catarina** - 4th Sunday of the month

**Rogil** - 4th Sunday of the month

**Organic Market.** Every Wednesday, 10am - 3pm, República 14 Olhão.

**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](mailto:info@quintashopping.com)

## MUSIC

**JJ Johns Dinner-Dance show & 3 course meal.** 1 March, 2pm - 6pm, Restaurante Ponte Romana, Silves. Show and dinner €14. Reservations 914 900 031, [jjjohns.cw@gmail.com](mailto:jjjohns.cw@gmail.com)

**Play with Music and Movement for Babies** 21 March 2020, Municipal Library, Lagos

**20 Fingers - 4th Algarve International Piano Festival** 29 February, 9.30pm, TEMPO - Teatro Municipal, Portimão, Tickets from €20, [www.visitlargo.com](http://www.visitlargo.com)

**UB40** 6 August, 10.30pm, Centro de Congressos do Arade, Parchal

## THEATRE & DANCE

**Tell me Antonio** 22 February 2020, 9.30pm, Lagos

**A bunch of amateurs.** 27 - 29 February, Carlos do Carmo Auditorium, Lagoa. [www.thealgarveans.com](http://www.thealgarveans.com)

**Volta Portugal em Revista** 14 March 2020, 9.30pm, Lagos

**"Neverending Tour"** 6 March 2020, 9.30pm, Cultural Centre, Lagos

**Vagina Monologues** 27 March 2020, 9.30pm, Lagos

**Traditional Creative Family Music and Dance** 22 February, 28 March 2020, Municipal Library, Lagos

**Letice and Lovage.** 18 - 20 June, Convento do São José, Lagoa. [www.thealgarveans.com](http://www.thealgarveans.com)

**A Christmas Carol.** 26 - 28 November, Carlos do Carmo Auditorium, Lagoa. [www.thealgarveans.com](http://www.thealgarveans.com)

## WORKSHOPS & COURSES

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

**Transformation workshop** Every Monday, 10am - 12pm, 1 Chakras, 917 899 115 [vdvreugde@hotmail.com](mailto:vdvreugde@hotmail.com)

**Cork Workshops** Mondays & Thursdays, 2.30pm, Algarve Costume Museum, Cost: from €25, [www.viator.com](http://www.viator.com)

**Let's Talk Books** 23 February, 3pm - 5.30pm, Loulé, Cost €10, [www.expattcentrepportugal.com/events](http://www.expattcentrepportugal.com/events)

**The Wallflowers Club.** Every Tuesday starting 25 February, Fonte Figueira, Salir, Loulé. Turn your worries into wonderfully weird masterpieces! First session €12, other sessions €6. [theloungeuloule@outlook.com](mailto:theloungeuloule@outlook.com)

**Let's Dance Algarve** 26 February, 3pm, Vila Real de Santo António. Beginners and

improvers workshop in ballroom and Latin. Cost €5. [info@laresidance.nl](mailto:info@laresidance.nl)

**PNL Practitioner Algarve** 7 March - 26 September, 9.30am - 7pm, Portimão, [www.viralagenda.com](http://www.viralagenda.com)

**Loulé Walking Tour** 27 February, 10.30am - 1pm, Loulé [www.expattcentrepportugal.com/events](http://www.expattcentrepportugal.com/events)

**Street Art Lab** 7 December 2019 - 30 May 2020, 10am - 5pm, LAC - Laboratório Actividades Criativas, Lagos, Cost €15, [www.viralagenda.com](http://www.viralagenda.com)

**Retiro** 21-23 February 2020, Picota, Monchique, Tickets from €185, [afloramentos@gmail.com](mailto:afloramentos@gmail.com)

**Library II Meditation and Relaxation Cycle** 22 March 2020, Municipal Library, Lagos

**Library Nights** 7 March 2020, Municipal Library, Lagos

**Life is Beautiful** 22 February & 21 March 2020, Municipal Library, Lagos

**PNL Practitioner Algarve** 7 March - 26 September, 9.30am - 7pm, Sitio do Valongo Senhora do Verde, Portimão, [www.viralagenda.com](http://www.viralagenda.com)

**Poesia** 21 20 March 2020, 9.30pm, Adega Almadrage, Lagos,

**Riverside painting week** Beginning 6 June 2020 and 19 September 2020, Morning workshop every day, Cost €230. [www.figsonthefuncho.com](http://www.figsonthefuncho.com)

## SPORTS

**46th Algarve Tour** 19 - 23 February 2020, Various Locations, [www.visitlargo.com](http://www.visitlargo.com)

**2nd Solidarity Walk** 23 February, 8.30am, Cabanas de Tavira - Hotel Golden Club, Free entry, [www.visitlargo.com](http://www.visitlargo.com)

**1st Ponta da Piedade Trail** 23 February, 9am, Lagos, [www.visitlargo.com](http://www.visitlargo.com)

**Ride the Via Algarviana by mountain bike.** We are 5 friends riding the Via from 2-6 March 2020 And have space for one more in our van. It's 65km per day, over 1500m climb, hard but fun. Interested in joining us? Contact [ridewiththepack@pm.me](mailto:ridewiththepack@pm.me)



**20 Fingers - 4th Algarve International Piano Festival 29 February, Portimão**

**NOTE:** Please send your events to [events@theportugalnews.com](mailto:events@theportugalnews.com) by midday on the Monday before publication.

**Announcements**

**HOT WATER** without any sunshine needed: see more at [www.shs-pt.com](http://www.shs-pt.com)

**QUALITY PAINTS**  
Lagos closure.

9 tons sold - Residual UK paint & accessories "bought" via Finanças.  
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**Auctions**



**Viewing days:**  
Saturday, 7 March 2020  
Saturday, 4 April 2020

- Antiques and Collectibles
- Furniture and Art
- Jewellery: Antique, Vintage & New
- Sports Equipment

Check out our Facebook page & view items coming up at Auction. View the catalogue and bid on line at [www.ahalgarve.com](http://www.ahalgarve.com) where further details are available.  
Tel: 289 832 380 or email us at [info@ahalgarve.com](mailto:info@ahalgarve.com)

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**LEARN PORTUGUESE** one-to-one and online. Qualified teacher, native, very experienced (15 years teaching, 7 at UK universities). Students say: "fantastic teacher", "fast progress". Email: [learn.portuguese.home@gmail.com](mailto:learn.portuguese.home@gmail.com)

**ENJOYABLE PORTUGUESE** courses (all levels) with focus on conversation starting regularly. Private lessons: 2 students together pay for 1. Centro de Línguas de Lagos. Call 282761070.  
Email [info@centrodelinguas.com](mailto:info@centrodelinguas.com).

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**Entertainment**



**JJJOHNS DINNER-DANCE** afternoon. We're Back at Restaurant Ponte Romana (on old Roman Bridge) in Silves. On Sunday March 1st from 2 till 6pm. Choice of 3 course Dinner: Pork in Mushroom Sauce, ½ Chicken or Fish Fillets - €14.-. On stage Country-Singer JJJOHNS, Sweetheart of the Rodeo Suzanna Wilson. Special guest: Jane Hennessy. Line-Dances teacher: Mary Buckinham.  
Reservations + directions: Telephone(s): 914900031 or 282442621  
Email: [jjjohns.cw@gmail.com](mailto:jjjohns.cw@gmail.com)

**For Sale Private**



**POOL TABLE** 7ft, refurbished with accessories. Can be delivered. €1200  
Tel: 966006666



**HIGH END** Estate Sale over 60 items including new 300L Indesit Fridge Freezer, 43" Samsung TV plus cabinet, Large glam wardrobe, kitchen equipment, sofa, crockery, nightstands, coffee table, patio furniture, chairs. Viewing near Estoi 29th March. Phone: +447585253320 or +447576269721

**Furniture**

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(Second hand furniture)  
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EN 125, between Almacil-Faro  
[www.fb.com/louiseleonmoveis](http://www.fb.com/louiseleonmoveis)  
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Contact us at: [info@eavillas.com](mailto:info@eavillas.com)  
Tel. 282 353 019

View these pages online

**Vacancy for a long term House Manager & Housekeeper will suit a couple or individuals to assist young retired couple with no children.**

**House Manager/PA**  
To assist in managing a private house in Loulé area. Liaising with Bank, local authorities, supervising staff, clerical administration.  
Must speak English and Portuguese and have own transport. Ability to do basic maintenance work and some gardening would be an advantage.

**Housekeeper**  
Experienced housekeeper required in Loulé must speak English and Portuguese and have own transport. Ability to work on own initiative to a very high standard with little supervision.  
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# New recruit at Quinta do Lago promotes a green approach

Quinta do Lago's new golf course superintendent has made the earth move to take his skills to the Algarve as he targets an environmentally-responsible approach to the new role.

**A**fter nine years as agronomy manager at Jumeirah Golf Estates in Dubai - where the Earth Course hosts the European Tour's season-ending DP World Tour Championship - Mark Tupling is determined to focus his efforts on sustainability to maintain Quinta do Lago's position as one of Europe's leading resorts. And the 40-year-old is keen to establish some mutually-beneficial relationships to preserve and enhance the natural surroundings of the resort and the location. Tupling said: "Quinta do Lago is stunning. I have known of the property for a number of years having been within the golf industry and having been part of the European Tour Destinations portfolio.

"I am an advocate for environmentally-responsible approaches to life and this is something I also aspire to uphold in the way I manage golf courses. Quinta do Lago is blessed to border the Ria Formosa - one of the world's largest nature reserves - and working with environmental organisations is going to be a focus of mine in promoting the benefits that golf courses offer in nature." Originally from Yorkshire in the UK, Tupling is the son of former professional Peter Tupling - who played in the Open Championship four times - but opted to pursue a career elsewhere in the golf industry. He explained: "I was raised in golf as my father was a PGA professional but knowing I was not going to follow the playing side, I took up education in

golf course management and then completed an Excellence in Golf Award programme at Gleneagles. That's where I fell in love with the turf industry. "When the opportunity came up to join Quinta do Lago, it was impossible to refuse. Our time in the UAE was coming to a natural conclusion and our two girls are entering their formative school years, so a move to Europe was already in our minds. But the timing was perfect and it's an exciting challenge." Sean Moriarty, chief executive at Quinta do Lago, said: "To be able to attract someone of Mark's calibre is a huge coup for us. His record and CV speaks for itself and we believe he will take our standards to an even higher level."



Mark Tupling is determined to focus his efforts on sustainability in Quinta do Lago

## West Cliffs picks up more awards

Golfers across Europe have given their overwhelming approval to West Cliffs Golf Links after voting Cynthia Dye's layout as their favourite golf course in Portugal - and the one offering the best value for money.

Dye's links-style course, which is managed by Praia D'El Rey Marriott Golf & Beach Resort and opened less than three years ago, was the number one choice of members in the Golfhäftet Awards 2020, which were voted for by thousands of players all over the continent.

More than 87,000 votes were cast in the awards, with courses being marked in three categories - overall golf experience, quality of golf course and standard of facilities.

And there was further good news for Praia D'El Rey with the resort's other

18-hole championship layout being ranked second behind West Cliffs in the poll for Portugal's favourite course.

Francisco Cadete, director of golf at West Cliffs and Praia D'El Rey, said: "It's fantastic to receive these two accolades, and the great thing about them is that they have been voted for by the people that count the most - the golfers.

"We knew West Cliffs was going to be special when we were creating it and it has started to fulfil its potential in a very short space of time. People have very quickly

taken it to their hearts and we're looking forward to it getting even better as it develops and matures."

Based in Sweden, Golfhäftet is a membership scheme offering golfers preferential rates at more than 950 participating golf courses in 15 European countries including Spain, Portugal, Germany, Scandinavia, Italy, the UK and Ireland.

Fredrik van Speijk, CEO and co-founder of Golfhäftet, said: "West Cliffs really stands out as a course as it excels in so many areas; from the design to the

facilities and its impressively high service levels. We congratulate them on their tremendous achievement."

The latest awards for West Cliffs follow quickly in the footsteps of a series of other top recent honours for the course - including being

named as the best golf course in Portugal for the first time in the 2020 Today's Golfer Travel Awards, an accolade that helped Praia D'El Rey Marriott Golf & Beach Resort to be crowned as 'Portugal's Best Golf Resort'.

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# Racism rocks Portuguese football

What should have been a weekend of celebrating Braga's remarkable victory at Benfica was overshadowed by disgraceful scenes at Guimarães, the reputed birthplace of the Portuguese nation.



FC Porto's Moussa Marega (3-L) leaves the pitch after racist insults by fans from Vitória Guimarães. (Photo: EPA/Hugo Delgado)

Vitória Guimarães were entertaining FC Porto whose striker Moussa Marega, scorer of what turned out to be the winning goal, was the subject of racist abuse from the home supporters and refused to play on. As he stormed off the pitch, his Porto teammates and manager Sérgio Conceição, as well as the Guimarães players, tried to persuade him to change his mind. They might have done better to have supported him and left the field in an act of solidarity against the insidious racist chants that have no place in today's society. Marega was resolute in his decision, however, and ended up being substituted. After the game Porto issued a brief press release stating that: 'The entire FC Porto organisation and its fans fully support Moussa Marega, who was forced to take drastic action in the wake of repeated racist insults. FC Porto repudiates and vehemently condemns the racist

behaviour this afternoon, which comprises one of the lowest points in the recent history of Portuguese football and must be duly punished'. Incredibly the V. Guimarães president Miguel Pinto said that while his club condemns discriminatory behaviour he suggested that Marega was at fault for provoking the fans. João Paulo Rebelo, Secretary of State for Youth and Sport issued the following statement: "What happened in the match between Vitória de Guimarães Sport Clube and FC Porto is absolutely intolerable and unacceptable. The insults directed at the player Marega shame all those who fight for an inclusive society. The values of sport have nothing to do with these racist, xenophobic and appalling attitudes. The Authority for Prevention and Combat against Violence in Sport is already working with the police and sports authorities to identify and punish those responsible for this sad episode".

## Portuguese hacker triggers Manchester City ban

Manchester City have been banned from competing in the Champions League for two years.

UEFA handed down the punishment, which includes a €30 million fine, to the Premier League giants for breaching Financial Fair Play rules.

Following an investigation, the Adjudicatory Chamber of UEFA's Club Financial Control Body (CFCB) found City guilty of "overstating its sponsorship revenue" between 2012 and 2016. Most damaging were emails and accounting

documents which appeared to show that City's owner, Sheikh Mansour, of the Abu Dhabi ruling family, was mostly funding the huge, €70m annual sponsorship of the club's shirt, stadium and academy by his country's airline, Etihad.

The source of the leaks was traced to Rui Pinto, a Portuguese hacker, who worked out of his modest home under a pseudonym. Pinto spend three years sending

confidential information in 70million documents from top club officials to German magazine Der Spiegel. At the time 31 year-old Pinto was living in Hungary but was subsequently extradited to Portugal where he remains in a Lisbon prison awaiting trial in relation to 147 charges of illegitimate access,

violation of correspondence, computer sabotage and attempted extortion but within the context of Portuguese football.

Speaking to German magazine Spiegel, Pinto, who launched the website 'Football Leaks', said that football is "untouchable" before the courts, accusing the authorities

of not investigating the industry due to its "high public interest".

He continued, "If you look at Benfica, the most important club in Portugal, you can see that it is like an octopus of influence among the elite. The club has very good connections with the police, and often gives free VIP tickets to the

prosecutors and politicians for the games. It would be a huge conflict of interest if they ever had to investigate Benfica," he says.

It is obvious that this story will have many more twists and turns both here in Portugal and the wider European football scene.

CW

## Amazing Amorim

Last weekend SC Braga's 35 year-old manager Rúben Amorim returned to his home city and the Estadio de Luz where he was a player just ten years ago.

Much to the delight of the euphoric 'Os Arsenslistas' fans they saw their revitalised team record a first victory at Benfica for sixty-five years thanks to a Palhinha first-half header.

Since being promoted to first team boss in early January the former Portugal international has clocked up eight victories, including wins over FC Porto (twice), Sporting and now Benfica.

As the paper went to print Braga were due to play Glasgow Rangers on Thursday evening in the first-leg of their Europa League tie at Ibrox Park with the return leg in Braga next Wednesday. With second place FC Porto winning at V. Guimarães the gap at the top of the Primeira Liga has been reduced to just one point.

Sporting drew 1-1 at Rio Ave where the home side took the lead inside the first minute through Chelsea loanee Lucas Piazon. The Lions were reduced to ten men twenty minutes from time when Sebastian Coates picked up a second yellow card.

**Sporting de Braga's head coach Ruben Amorim**



Despite the numerical disadvantage they levelled the score in the 84<sup>th</sup> minute through a Jovencio Cabral penalty. Sporting drop to fourth place below Benfica, Porto and Braga.

SC Portimonense, still looking for their first win since the end of November, were held to a 1-1 home draw by Moreirense. Jadson opened

the scoring for the home side on twenty-six minutes but the visitors equalised ten minutes later through Fábio Abreu.

Portimonense face a Herculean task if they are to pull away from the relegation zone; on Sunday they are away at FC Porto and a fortnight later travel to a rejuvenated SC Braga. CW

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