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Track and trace app download "civic duty"



Prime Minister António Costa has stated that installing the 'Stayaway Covid' application on mobile phones, which allows infection contacts to be tracked, is a "civic duty" to stop the pandemic while there is still no vaccine. (Lusa / Rui Manuel Farinha) **Full story P4.**



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Germans flocking to the Algarve. **P8**



Postponing end of single use plastic "bad news". **P10**

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Brits anticipating closure of Portugal air bridge

British tourists in the Algarve are arranging to leave their holidays early as uncertainty regarding the air bridge between the UK and Portugal intensifies.



British tourists are reportedly cutting short their holidays in the Algarve as removal from the UK air bridge looms for Portugal

A representative of the Portuguese Hospitality Association (AHT) in the Algarve said that "British customers are anticipating" their early departure from hotel units. "The news of a possible closure

of the air corridor is already causing a great deal of concern, particularly among customers who are currently in the Algarve, with some asking to move forward their return to England," the association leader João

Soares told Lusa.

João Soares said that, in addition to early departures, there are also cancellations of reservations: "At the moment, the cancellations are considerable in number". João Soares said that hoteliers are looking at the situation with great concern, considering that a British decision to restore the mandatory quarantine on arrival in British territory, coming from Portugal, due to the Covid-19 pandemic, "does not make much sense, because the Algarve fulfils the contamination ratios and is the region least affected by coronavirus".

The associative leader defends that "different treatment for the Algarve should be given because the region should not be penalised by the contagion ratio that exists in other areas of the country". For his part, the president of the Association of Hotels and Tourist Enterprises of the Algarve (AHETA) told Lusa that, "for the time being,

there is still no record" of British tourists who are returning to their country due to the news pointing to a possible decision by the UK Government to reinstate the quarantine requirement. "What can be said is that this is not good news and, if it happens, it will bring huge losses to the region and the country", said the president of AHETA, Elidérico Viegas, stressing that "the British market is strategic and a priority for the region, it represents more than a third of overnight stays and tourists and, in revenue, it represents more because the 'per capita' expenditure is higher than the average of visitors from other countries". Elidérico Viegas added that "it makes no sense to consider Portugal as a whole as an unsafe destination when, in truth, the Algarve had very few people infected" and registers a value of "just over two per 100,000 inhabitants".

WEATHER

Bright and sunny weekend in Portugal Clear skies and high temperatures are expected across the country this weekend.

Lisbon: Slight cloud cover is expected on Saturday before clearing on Sunday when temperatures will reach highs of 35 degrees and lows of 20 degrees. Temperatures are to peak on Tuesday to highs of 37 degrees and lows of 21 degrees before slowly decreasing for the remainder of the week.

The north: Cloud cover is to clear by Sunday and will see thermometers rising to average highs of 31 degrees and lows of 16 degrees by Sunday. For the rest of the week blue skies are predicted and temperatures are to remain stable with no chance of rain and easterly winds.

The centre: A hot weekend is expected with clear skies and temperatures reaching daily highs of 35 degrees on Saturday and Sunday. Some slight cloud cover is predicted later in the week, which will see the mercury falling a little to highs of 33 degrees and lows of 22 degrees.

The south: It will be a hot and sunny weekend with average daily temperatures of 29 degrees and nightly lows of 21 degrees. From Tuesday some slight cloud cover is expected and temperatures are also set to rise to highs of 31 degrees.

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N News in Brief

18 reservoirs with less than 40 percent water

At the end of August, eighteen reservoirs out of the 59 monitored had water availability below 40 percent of the total volume, while 12 had values above 80 percent, according to data from the National Water Resources Information System (SNIRH). On the last day of August and compared to the previous month, there was an increase in the volume stored in one river basin and a decrease in 11. At the end of August, the Ribeiras do Barlavento basin had the lowest water availability, with 18.3 percent, when the average was 62.5 percent. This basin is in the red, that is, with values much below the average.

Portuguese Community Centre in London helping Portuguese

Hundreds of people in the UK are benefitting from aid being supplied at a Portuguese Community Centre in London. The centre is providing food to Portuguese and Spanish-speakers in the UK affected by the Covid-19 pandemic. Coordinator Marco Lopes said between 200 and 300 people are being helped with food baskets distributed on Monday and Thursday afternoons.

Another shark sighting in Eastern Algarve

Red flags were raised along Cacela Velha beach on 29 August evening after a beachgoer said they spotted a shark in the water. The incident happened around 7.30pm. The captaincy of the port of Tavira and Vila Real de Santo António confirmed the report but said they did not spot any animal similar to the one described by the beachgoer. A shark was also sighted off Barril beach in the Eastern Algarve earlier this month on 2 August.

Portugal among EU countries with most nursery school teachers and assistants

Portugal is among the EU countries with the most nursery school teachers and assistants working. According to the most recent figures from Eurostat, last year nursery school teachers and assistants made up 1 percent of the total employed population in Europe. Country-wise, Denmark has the highest number of nursery teachers and assistants, followed by France and Sweden, while Portugal and Finland and Ireland and Malta have the same numbers, rounding off the top-five spots.

Portuguese moving to the UK down 72%

The Covid-19 pandemic has dramatically reduced the number of Portuguese who have immigrated to the United Kingdom, having fallen 72 percent in the second quarter compared to the first three months of the year.

Between April and June 2020 only 1,411 Portuguese immigrated, against 5,021 between January and March, according to data from the Ministry of Labour and Pensions.

In the second quarter of 2019, 7,015 Portuguese were registered in British social security, 80 percent more than in the same period of 2020.

The impact of the pandemic on the arrival of workers in the UK is reflected in the record 55,000 social security enrolments in the second quarter between April and June 2020, a 72 percent reduction from the same quarter of 2019, and the lowest figure since 2002. The Ministry of Work and Pensions quarterly report, published with data for the 12 months prior to June, shows that between June 2019 and June 2020 there were 18,314 Portuguese, 18 percent less than the 22,369 written in the previous 12 months between June 2018 and June 2019. These figures represent a reversal of the upward trend that had occurred at the beginning of the year, before the impact of the

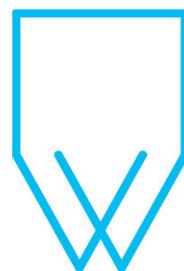


In the 12 months to the end of March, 23,925 Portuguese were registered in the British social security system

pandemic was recorded. In the 12 months to the end of March, 23,925 Portuguese were registered in the British social security system, 22 percent more than in the same period last year. Meanwhile, more than half of Portuguese candidates received a permanent residence permit in the United Kingdom under the European Union (EU) Citizen Registration System opened following Brexit. Of the 271,210 Portuguese applications processed by

the British Home Office up to 30 June, 192,980 (60 percent) received the permanent title ('settled status'), awarded when people have been in the country for at least five years, and 103,400 (38 percent) the provisional title ('pre-settled status') because they arrived less than five years ago. However, 4,820 (1.8 percent) were refused, withdrawn or considered invalid. These figures compare with a total of 3,463 million applications processed, of

which 1,984 million (57 percent) received permanent status, 1,427 million (41 percent) provisional status and 51,320 (1.5 percent) rejected or invalidated. Portugal is the country with the fourth highest number of applications, behind Poland, Romania and Italy. The system will be open until 30 June, 2021 for Europeans settling in the UK until 31 December, the end of the transition period negotiated following the UK's departure from the EU on 31 January.



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Covid-19 tracking app download a “civic duty”

Prime Minister António Costa has stated that installing the ‘Stayaway Covid’ application on mobile phones, which allows infection contacts to be tracked, is a “civic duty” to stop the pandemic while there is still no vaccine.



The Minister of Health, Marta Temido, also called for citizens to download the app while reiterating that it is a “confidential and safe” tool that is “absolutely essential” to help the work of health authorities. (Photo: Lusa/Rui Manuel Farinha)

“Understand that it is a civic duty for people to download this application and to signal if they have had a positive test of Covid-19,” said

António Costa at the launch of the initiative, in Porto, during a ceremony attended by the Minister of Health, Marta Temido. The ‘Stayaway Covid’ app is a voluntary mobile application that, through the use of physical proximity between ‘smartphones’, allows the quick and anonymous tracking of the contagion

networks by Covid-19, informing users if they have been in the same location as someone infected with coronavirus within the past 14 days.

“Please download the application, do not be afraid”, said the Prime Minister. As the schools and courts reopen, people return from their holidays and to their places of work and concentrations of people on public transport increases the prime minister has said that downloading the ‘Stayaway Covid’ app

is a “very important” tool to stop the spread of the virus.

The only way to ensure that the Covid-19 pandemic does not get out of hand and that the country does not go through the same situation as in March and April depends “solely on the citizens”, he said, adding that the application does not guarantee a cure but it guarantees the interruption of the transmission chains. “This is a small effort, but a fundamental effort”, he said, adding that people still need to continue with wearing masks, disinfecting hands and maintaining social distance.

The Minister of Health also called for citizens to download the app while reiterating that it is a “confidential and safe” tool that is “absolutely essential” to help the work of health authorities. The app, which is available in the Apple store and the Google store, is available in English and has been downloaded over 100,000 times.

The app works as a radar by sharing randomly generated depersonalised identifiers with nearby mobile phones. These identifiers are stored for 14 days on your mobile phone only. The app does not require access to individual’s location nor to personal data.

According to information from the app: “If someone you have been in close contact with very recently later tests positive for Covid-19, Stayaway Covid will alert you. With this information on your side you can self assess your infection risk and make decisions that will affect your health and the health of those you live and interact with.

“If you have been diagnosed with Covid-19, with the result of your test you will be given a code that will allow the app to alert all of those you have come in close contact with in the past 14 days but preserving your anonymity. This is a fundamental step to break chains of infection and protect you and others health”.

While the government is calling on citizens to download the app, consumer association Deco has highlighted reservations about Stayaway Covid in relation to the possibility of the misuse of personal data by Google and Apple. “We cannot recommend the installation of Stayaway Covid without reservation”, says Deco Proteste, adding that “the decision is on the consumer side”.

The organisation considers that “there is a possibility of undeclared and misuse of personal data by Google and Apple”. The Stayaway Covid app uses the ‘Google / Apple Exposure Notification’ system, known as GAEN, which provides access to features at the level of the mobile phone’s operating system (Android or iOS).

According to Deco Proteste, the GAEN notification system “does not follow the principle of open code and transparency about entities involved in data processing”, so “it opens the door to the possibility of third parties, in particular the two technological giants (Google and Apple), to make undeclared and improper use of the personal data obtained”.

The mobile application, being based on the GAEN system, “does not allow total scrutiny, since the code of this part of the system is not public”.

A deadly July on the roads

July this year was the month that recorded the highest number of deaths and serious injuries due to road accidents, with fatalities increasing almost 50 percent compared to the same period in 2019.

The National Road Safety Authority (ANSR), which published the road accident and inspection report for the first seven months of 2020, stated that the month of July had the highest number of fatalities and serious injuries this year.

According to ANSR, in July a total of 49 people died on Portuguese roads, 48.5 percent more than in the same month of 2019, when 33 died, and 212 people suffered serious injuries, the same number as last year.

During the first seven months of 2020, there were 14,217 accidents, resulting in 216 deaths at the accident site or during transport to the health unit, 991 were seriously injured and 16,493 cases involved minor injuries.

The ANSR also reports that, between January and July, 65 percent of accidents occurred in the districts of Lisbon (22 percent), Porto (18 percent), Braga (9 percent), Aveiro (8 percent) and Setúbal (8 percent).

According to ANSR, 66.7 percent of the total fatalities between January and July were drivers, 17.1 percent passengers and 16.2 percent pedestrians.

The document also points out that around 64.6 million vehicles were inspected between January and July, an increase of 28.1 percent compared to the same period in 2019, due to the

increase by 34.4 percent of the ANSR’s radar systems and 44.8 percent of the radars from the Municipal Police of Lisbon.

According to ANSR, in these actions more than 728,000 infractions were detected, which represented a reduction of 0.4 percent compared to the previous year, with speeding being the most registered infraction.



According to ANSR, in July a total of 49 people died on Portuguese roads, 48.5 percent more than in the same month of 2019

N News in Brief

Price of flights from Portugal to UK soar

The price of a flight from Portugal to the UK has soared as the country is expected to be added to the British government’s quarantine list. British Airways had seats available for €623, while the same journey can be made seven days later for just €156. EasyJet had sold out all its flights from Faro to airports in Britain on 2, 3 and 4 September. British Airways’ parent company warned restoring Portugal to the UK’s quarantine list would cause “further chaos and hardship”.

Air force ships two donated organs in 24 hours

Portugal’s air force made two flights within 24 hours to transport donated organs, one of which to another European country. The first was made during the early hours of 31 August between Portugal and another European country and the second was flown later that same day within Portugal. This comes after news that the number of transplants carried out in Portugal during the first half of this year fell by 28 percent, according to national transplant coordinator, Margarida Ivo da Silva. She said during the pandemic “responses to transplants were only given to urgent or very urgent patients”.

GNR register 200 offences for wild camping on Algarve west coast

GNR officers have registered some 200 offences relating to wild camping on the Algarve’s west coast. An operation to clamp down on camping and motor-homing outside permitted spots was staged in the municipalities of Aljezur and Vila do Bispo, with particular incidence on the Southwest Alentejo and Costa Vicentina Natural Park, between 26 and 31 August. A similar operation was staged in Lagoa on 22 and 23 August.



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Union claims schools not ready to open

The teachers union, Fenprof, has stated that the Ministry has failed to ensure that the necessary health security conditions in educational establishments have been clarified before the reopening of schools this term.



Mário Nogueira again defended that the Ministry of Education should have carried out "Covid-19 screenings for the entire school community" before reopening the schools across Portugal.

“The conditions that are required for the opening of schools have not been created”, said the secretary general of Fenprof, Mário Nogueira. For Mário Nogueira, “face-to-face education is essential” to restore some

normality to schools, since “remote education, again, would be tragic” for students, teachers and auxiliary staff. In view of the Covid-19 pandemic and the risk of people being infected by the new coronavirus, the beginning of school activities, which has been

scheduled for between 14 and 17 September, should be accompanied by “strict measures that guarantee that the possibility of infection is reduced as much as possible”, he added. “The Government have wasted two months, July and August, when they had the opportunity to improve” the sanitary measures, complying with the guidelines of the Directorate-General for Health (DGS), criticised the union leader. Mário Nogueira again defended that the Ministry of Education should have carried out “Covid-19 screenings for the entire school community” before reopening the schools across Portugal. He believes that screenings should take place “prior to the beginning of the academic activities” and that it would be up to the Government “to articulate with the municipalities on how to make this happen”, according to the “Plan for the safe opening of the 2020-2021 academic year in person”, proposed by the national secretariat of Fenprof, on 30 July. “There have been no screenings, there are no social distancing measures in place and there is also a lack of personnel. The Ministry of Education has been sleeping for two months,” he concluded.

N News in Brief

Very serious speeding offences caught on camera double

The number of ‘very serious’ offences caught by Lisbon’s speed cameras doubled in a year. Very serious speeding offences increased from 2654 in 2018 to 5248 in 2019. Such offences are when drivers exceed speed limits by more than 40kms/h. According to Lisbon’s Municipal Police the top-three speeding spots are on the Ceuta, Marechal Gomes da Costa and Campo Grande avenues.

€1.6m improvement work starts on Lagos’ EM 537

Improvement works have started on the EM 537 road in Lagos, which connects Quatro Estradas to Luz de Lagos. The first phase takes place on the stretch between the Orbitur camp site and Luz village. Traffic will be affected. The intervention as a whole is set to cost about €1.6 million, and will take six months to complete.

Ryanair challenges Portugal's TAP bailout

Low-cost pioneer Ryanair says it has taken its challenge over Portuguese aid for state-owned carrier TAP to the European courts. The Irish-based carrier said it was appealing against a June decision by the European Commission to authorise a €1.2 billion rescue loan for ailing TAP to keep it afloat as the coronavirus pandemic buffeted the aviation industry. The Irish carrier has also challenged aid packages for other rival carriers including SAS, Air France and Lufthansa, insisting that it gets by without such help.



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Germans flocking to the Algarve

Demand from the German market for the Algarve is increasing, with growth in air travel to the region following a campaign that brought together Algarve Tourism and the German company Eurowings.



In 2020, the amount invested in joint marketing campaigns with operators and airlines aimed at the German market amounted to €1.8 million

In a statement, the Association of Tourism of the Algarve (ATA) said that the latest 'flash sale' campaign to boost last-minute bookings in the region until the end of October "has had a very large take up, leading to an increase in sales of 94 percent.

The German market is the second largest for the region, in number of tourists, after the United Kingdom, and has been, over the last three years, "the target of the largest investment" in the "promotional strategy for the destination," said the president of Turismo do Algarve,

João Fernandes. Eurowings, which provides eight connections between Faro and different German cities, is one of the airlines with which Turismo do Algarve is operating similar campaigns, and is also carrying out actions with Ryanair and Easyjet, which also fly to

Germany, by the end of the year. "We are very enthusiastic about the interest and receptivity with which the various initiatives that Turismo do Algarve has been carrying out in this market have been welcomed," stresses João Fernandes, quoted in the statement.

The digital communication campaign that the Algarve has launched during the months of July and August on platforms such as Facebook, Instagram and Youtube, aimed at the German market, is also obtaining "very positive results", he added.

Under the motto "Die Algarve tut dir gut" ("The Algarve looks good on you"), the campaign consists of promoting a video about the Algarve, which has already exceeded 120,000 views.

By the end of 2020, the online campaign will be reinforced with the German market, to the value of €100,000, through the promotion of contents related to golf, nature tourism, cycling, tours, culture and gastronomy. "The German tourist appreciates the differentiating experiences and authenticity of the Algarve and visits the region based on very diverse motivations," explains João Fernandes,

stressing that he also travels outside the high season. In 2020, the amount invested in joint marketing campaigns with operators and airlines aimed at the German market amounted to €1.8 million, with Turismo do Algarve providing half of this investment

"We believe that, in a progressive way, we are managing to restore the confidence that German tourists have always had in the Algarve, a destination that is already familiar to them", concluded João Fernandes.

Last year, the Algarve saw 360,000 tourists from Germany, which translated into approximately 1.9 million overnight stays, a figure corresponding to a 15 percent growth between 2014 and 2019. Hotel occupancy in July in the Algarve fell by 60.2 percent compared to the same month last year, with an overall average occupancy per room of 33.2 percent.

In a statement, the Association of Hotels and Tourist Developments of the Algarve (AHETA) states that the British market was the one that contributed most to the decline, having registered a drop of 91.1 percent.

Staycations boosting Alentejo

The Alentejo region registered the best tourism recovery in July, driven by internal tourism, with a 25.8 percent year-on-year decline in the number of overnight stays, the lowest in the country, said the National Statistics Institute (INE).

According to the rapid estimate of tourist activity, published by INE, in July 2020, the Alentejo continued to show the smallest decrease in the number of overnight stays, decreasing 25.8 percent (-6.6 percent in the case of residents and -63.3 percent for non-residents) and totalling 267,700.

According to data published by INE, in July 2020, the tourist accommodation sector should have registered 1 million guests

and 2.6 million overnight stays, which corresponds to negative year-on-year changes of 64 percent and 68 percent, respectively, after decreasing by 82 percent and 85.2 percent in June, in the same order.

The recovery, adds the statement, is mainly due to residents, whose overnight stays reached 1.7 million and represented 65.5 percent of the total (decrease of 31.3 percent, after a decrease of 59.7 percent in June, compared to the same time in 2019).

According to figures, in July 2020, the Alentejo continued to show the smallest decrease in the number of overnight stays



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New plant species discovered in Costa Vicentina

The University of Évora has announced the discovery of a new species of plant, “ which grows in temporary ponds and is “restricted worldwide to small areas of the Costa Vicentina”.



The new species of plant has been discovered on the Costa Vicentina and is named after the specific area in which it was found.

Designated as ‘*Helosciadium milfontinum*’, the plant was

discovered thanks to a joint study between the University of Évora (UÉ) and botanists at the

University of Oviedo, in Spain. The researchers demonstrated “clearly that

this new species differs” from any another “previously identified”. The team was able to show that it is “a different species” from one that was already classified and stressed that this new plant “is restricted worldwide to small areas of the Costa Vicentina”.

According to Carla Pinto Cruz, researcher at MED - Mediterranean Institute for Agriculture, Environment and Development of the EU, the flowers “reminds me of a small umbrella, similar to the watercross flowers, which blooms between July and August and bears fruit in the beginning of September”. The new plant has creeping stems, “which take root and the leaves are lobed and have toothed margins,” added the researcher.

Through a taxonomic study (the science that explores, describes, names and classifies all organisms

and aims to organise the biological diversity of preserved specimens) and using samples from herbariums, but also collected in nature, “it was possible to clarify the identity of this plant”, she highlighted.

Since the beginning of the century, scientists have used molecular data to improve the classification of plants and the identification of species “through the identification of small DNA sequences, specific to each species”, which allowed “the discovery of ‘*Helosciadium milfontinum*’ to be possible”, explained Carla Pinto Cruz.

“Each species of plant is designated by an exclusive combination of two words in Latin”, the first referring to the “genus” and the other to the specific epithet, recalled UÉ. The same happens with this discovery, in which ‘*milfontinum*’ is alluding to

the area of occurrence of the plant, that is, Vila Nova de Milfontes, in the municipality of Odemira, in the district of Beja.

The “precise identification of each species is essential, but also in order to better plan conservation efforts properly”, stressed the researcher and professor at the Department of Biology at UÉ.

“When we realised that this small plant is more genetically isolated than we initially thought, we became more aware of its true status, its importance and its high degree of threat”, said Carla Pinto Cruz.

This plant has already been the target of some conservation efforts, but “only with a good knowledge of the species, as we came to demonstrate in this study”, are we able to “properly anticipate and prioritise conservation efforts”.

Postponing end of single use plastic “bad news”

The environmentalist organisation, Zero, considers the government’s decision to extend the end of the use of disposable plastic tableware in restaurants until March next year as “bad news”.

“This is bad news because it sends the wrong message. We regret the lack of vision and capacity of a concrete strategy for a more sustainable country”, said Susana Fonseca, from Zero’s management.

Susana Fonseca also considered that the decision of the Government, which occurred

“at the worst possible time”, as a bad sign.

The restaurant and similar sectors can continue to use disposable plastic tableware until 31 March, 2021, according to a decree approved by the Council of Ministers as part of the measures related to the Covid-19 pandemic.

The decree “extends the period that catering and beverage service providers have to adapt the provisions regarding the non-use and non-availability of single-use plastic tableware, until 31 March, 2021,” the Council of Ministers communiqué said.

At the same time, “a deadline of 31 December 2020 is set to clarify and harmonise legislative provisions in this matter, in order to proceed with the first phase of transposition of Directive (EU) 2019/904, of the European

Parliament and of the Council of 5 June 2019”.

“There is an incorrect idea that reusable plastic is less safe than disposable,” said Susana Fonseca, adding that the measure taken “does not increase any safety” in relation to Covid-19 and the delay in implementing the ban will only reinforce this wrong idea.

The Government had decided to ban disposable plastic crockery as of 3 September, anticipating by more than a year (July 2021) an EU directive in

this regard.

Organisations in the catering sector had already asked for the use of disposable tableware to be allowed until the date of the directive, July next year.

On 24 August, the Minister of Environment and Climate Action, João Pedro Matos Fernandes, reiterated how fundamental it was to implement the directive on disposable plastics, and admitted that Covid-19 “disturbed” this work. But he did not say at the time whether or not there would be a postponement.



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Apolónia wine fair 2020

The 10th edition of the Apolónia wine fair is back between 10 and 27 September.



Apolónia was awarded best Portuguese wine shop 2019 by "Revista de Vinhos".

The supermarket, with branches in Almacil, Galé and Lagoa, will be showcasing their selection of wines with discounts up to 50 percent available on over 350 different wines. Choose wines from Portuguese producers from all the wine growing regions and also from across the world, with everything from everyday wines, organic wines and low alcohol wines to some of the most famous wines in the world available on the shelves of the supermarket. A spokesman for Apolónia said: "After 37 years, Apolónia can proudly look back over many years of dedication in satisfying the needs of its valued customers, who can rest assured that they will always find incredible variety, unerring quality and the friendliest of assistants in a highly appreciated and familiar setting. "This year our wine sections were the proud recipients of the award for "Best Store/Wine Shop of the Year", at the "The Best of 2019" awards, held by Revista de Vinhos magazine. This accolade is clear proof that our passion for wine has given rise to the best and most varied selection of wine to be found in Portugal, placing our wine sections at the forefront of national and international wine stockists".

Bank valuation of houses up to new record

The median value of bank valuation rose €12 in July, to €1,127 per square metre (m2) compared to the previous month, surpassing the record it had reached in June, the National Institute of Statistics (INE) announced.

This figure represents a deceleration in year-on-year terms, with the rate of change slowing from 8.3 percent in June to 8.0 percent in July.

The number of bank assessments, according to the INE, rose to around 20,000 in July 2020, 15.9 percent less than in the same period of the previous year.

The largest increase over

the previous month was registered in the North (1.4 percent) and the largest reduction was observed in Alentejo (-3.5 percent).

In comparison with the same period of the previous year, the median value of the valuations grew 8 percent, registering the most intense variation in the North (10.4 percent) and the smallest in the Alentejo (2.2 percent).

Portuguese lessons at a distance!

Centro de Línguas in Lagos has been successfully teaching online for many years as a popular alternative method of delivery to face-to-face courses for those students who live overseas or, for work or personal reasons, are unable to attend class-based sessions.

Online lessons add a level of flexibility to teaching and learning and can provide students with a range of high-quality learning options.

A spokesman for Centro de Línguas said: "Obviously, we were obliged to temporarily close our doors to students attending courses on-site in the middle of March. We were optimistically hopeful that things would return to normal fairly quickly, but it wasn't until mid-June that we were given the go-

ahead to re-open our doors to private students on a one-to-one basis.

"However, during lockdown, we were extremely busy. We moved our group sessions and most private lessons to our online facility and quickly adapted to the present reality".

Currently, all of the Portuguese group courses are online. Since April, there have been eight courses running for 30 sessions each, covering all levels

Due to the success of



Language teacher Sónia Mello teaching online groups

these courses, Centro de Línguas received many student enquiries about the possibility of setting up teacher-led conversation sessions to consolidate what they'd learned. So, over July, three trial groups were run and as a result, regular online conversation classes are now organised. These consist of one lesson per week without any obligation to pay for more than a month at a time. Students will therefore be

able to dip in and out of the sessions. Two levels are available: Level 1 for people with a basic knowledge of Portuguese, and level 2 for those with better knowledge of the language.

Centro de Línguas offers a free 30-minute practice session to take you through everything you will need to know to participate in the sessions.

For further information visit: www.centrodelinguas.com/en/

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The Salvation Army in the south of Portugal



From its beginning, the focus has been the outreach to the poorest communities, bringing some relief to those struggling to live.

In the late 1980's, the leadership of The Salvation Army (TSA) in Portugal were considering expanding their work into other areas of the country.

Such a move would require strategic thinking, funding, and Officers allocated to the task of 'opening fire' - expression used in TSA - meaning the start of the work in new places.

As consideration was being given as to where in the country TSA should start its work, a letter from a British Salvationist (member of TSA) who had moved to the Algarve arrived at the headquarters in Lisbon enquiring if TSA existed in the region.

The Algarve had not been considered initially, as it was a big step down from Lisbon - leadership wanted something in-between to start with.

However, seeing that there was already someone there who had showed interest, it became the priority. This was confirmed when more information was gathered showing that many Salvationists visited the Algarve regularly on holiday and that there was a substantial colony of 'permanent' British residents in the Algarve.

In August 1990, a young couple was appointed to start the work in São Brás de Alportel, where TSA had acquired its premises. By November of that same year, the Corps/Church was officially opened with the kind and generous support of many British

friends of TSA who always showed interest and supported financially the work of The Salvation Army.

From its beginning, the focus has been the outreach to the poorest communities, bringing some relief to those struggling to live. There have been many families, youth and children that have been helped and given hope, to face difficulties.

Through the ministry of TSA, many have become members and volunteers and even leaders in TSA! "Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime."



email to: saobras@exercitodesalvacao.pt

Volunteers

If you would like to become a volunteer in The Salvation Army, and give some hours of your week to help those in need, or if you would like to know more about The Salvation Army work, please send us an

Donations

Donations can also be made via the Salvation Army Bank Account details below.

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If you donate, please send an email with your name and Fiscal number, so that we can issue you with a receipt which can be deducted in your taxes (IRS).

For other donations, clothing, furniture, food etc, please send us an email with your contact, and we will get back a.s.a.p. Thank you.

John Hammond – Built on reputation

John Hammond's love for the Algarve region of Portugal led him to found one of the region's first real estate agencies in 1972.



John Hammond Estate Agents in Vale do Lobo & Quinta do Lago, Algarve has over 40 years in Portugal; established since 1972

John stayed throughout the 1974 revolution and today is widely acknowledged as one of Portugal's leading authorities on Portuguese real estate; often employed as a consultant with his then partner, John Levitt, by major international companies such as Shell International and Bovis.

John's expertise is also considered invaluable to the many private investors he has

brought to the Algarve's most prestigious developments. These include: São Rafael Albufeira, Boavista Lagos, Shell Vilamoura, Quinta do Lago, Tennis project Vale do Lobo and Dunas Douradas. He is proud to confirm that these projects have all generated substantial profits for their new owners.

John feels that to give total investment advice one needs to be "close" to the project; being

active in all key sectors: land, planning, architecture, building, tourism and, perhaps most importantly, agency activity.

John Hammond is extremely proud that JH Lda. (License N° 340) is still considered to be one of the Algarve's most ethical and knowledgeable real estate agencies, especially as there are presently 12,000 agencies listed in the region. JH Lda. is highly regarded by APEMIP (The Portuguese Real Estate Professionals and Brokers Association), banks and the Law Society.

John believes that his agency's success is due in part to his philosophy that each satisfied client will, on average, produce three more clients. Of course, to ensure satisfaction, JH Lda. must offer a complete real estate service. This means delivering all of the resources required by investors and purchasers of real estate in Portugal through a team of highly trained, professional staff. John is proud to announce that in this context he has already successfully represented 3 generations.

Christmas is not that far away!

The Salvation Army Angel Tree projects start their preparations this month!



This Christmas is looking to be an exceedingly difficult time for these families in need and, therefore, we need all the help we can get.

Christmas is not that far away, and preparations are being initiated to make a few thousand children happier! Every Year, in September, The Salvation Army begins the process that will last until Christmas day, the moment when many parents deliver a present into the hands of their children.

With three different Christmas projects in the south of Portugal, The Salvation Army, over the last few years, has reached near 4,000 children in the Algarve and in the Alentejo, providing a present, a piece of clothing and food just before Christmas eve. This is only possible because of the many partners that come forward as "angels helping little angels"

During Covid-19, the number of families, looking for The Salvation Army food parcels, had the biggest increase from the last years, a consequence of many who have lost their jobs and/or

find themselves on lay-off, making it very difficult to gather an income to survive.

This Christmas is looking to be an exceedingly difficult time for these families in need and, therefore, we need all the help we can get.

The following month of October, benefactors, their companies, friends and family can commit to help one or a few children by buying a present, some clothing and food, and make a child happy this Christmas. Every present is subsequently sent to the parents/care takers, who then give them to their children.

If you would like to help us, please contact The Salvation Army - in São Brás de Alportel - via email: (saobras@exercitodesalvacao.pt) and we will make arrangements to collect your donation, in case it's not possible for you to do so in our installations or delivery points. "Together, serving others!"

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Living lively

You may not have heard of Dallas-born Haile Thomas just yet, but she is poised to make real change when it comes to food and health. The 19-year-old became interested in healthy eating when her dad was diagnosed with Type-2 diabetes and her mum changed the family's eating habits in a (successful) bid to reverse his condition. Since then, Thomas has been working to educate young people in the ways of eating well - a mission that has seen her become a motivational speaker, vegan chef and even perform a TEDx talk and meet Michelle Obama. She's all about "self-reflection, self-love and self-empowerment" and her debut cookbook, Living Lively, combines the lot with food...

The book: Living Lively by Haile Thomas
Who will love it? Novice vegans, youngsters looking for their voice as well as a leader who has their health and confidence in mind. Plus anyone who loves avocados as much as Thomas.
What is it trying to get us cooking? Well, it's not just trying to get us cooking. In fact, Living Lively is a two-parter. Part one sees Thomas outline her '7 points of power' - featuring things like wellness, relationships and social media - describing how she's redefined them and the influence they have on how she feels about herself and

how she attains happiness. In part two, the self-confessed 'foodie' gets to recipes - which are all plant-based. Think smoothie bowls and spiced tacos, cashew 'cheesecake' squares and key lime avocado mousse cups, as well as vegan versions of mac and cheese and Jamaican jerk.

How easy is it to use? You'll need to stock up on some ingredients that may be new to you (and might be simpler to find online than in the supermarket), like maca powder, beetroot powder and liquid smoke, as well as vegan versions of milk, cheese and butter, but once you've got what you need, the recipes themselves are straightforward. And only the 'overnight' preps (there's a whole overnight oats section) require a little thinking ahead.

The best recipe is... the red-hot roasted cauliflower steaks with chimichurri sauce - because if you have a decent cauliflower recipe in your arsenal, you're winning. Or the sun-dried tomato and walnut tacos (recipe below).

The American activist, food writer and speaker is destined for great things, in the food world and beyond.

The recipe we're most likely to post on Instagram is... the shortcut sweet potato pie boats. Sweet potato pie is a big deal in America and is on almost every table come Thanksgiving, but these are more like baked sweet potatoes with a crumble topping and lashings of coconut cream.

The dish we're least likely to try is... the maple cashew cream and banana toast with super seed crunch - because although it looks great, it's essentially a more convoluted way of doing peanut butter on toast. And first thing in the morning, we're definitely just going with standard peanut butter on toast.
Overall rating: 7/10 - passionate and thoughtful, this is a way of living and approaching life, not just a cookbook. But the recipes still pack a punch.

Thomas' Sun-Dried Tomato and Walnut Tacos...

Ingredients:
 (Makes 4 servings)
 230g raw walnuts
 20g sun-dried tomatoes in

olive oil, drained
 60ml tamari
 1tbsp ground cumin
 1tbsp onion powder
 2tsp chilli powder
 1/2 to 1tsp cayenne pepper
 12g roughly chopped fresh coriander
 Romaine or butter lettuce leaves
 Optional but highly recommended toppings:
 Coriander aioli
 Halved cherry tomatoes
 Sliced red onion
 Sliced jalapeno rounds
 Fresh coriander
 Your favourite vegetables

1. In a food processor, combine the walnuts, sun-dried tomatoes, tamari, cumin, onion powder, chilli powder, cayenne and coriander and pulse two to four times. The goal is to have a texture that is crunchy and chewy, not mushy. Set aside.

2. Build the tacos by filling a lettuce 'shell' with the walnut mixture and your choice of toppings.

Living Lively: 80 Plant-Based Recipes to Activate Your Power & Feed Your Potential by Haile Thomas is published by HQ



Sun-Dried Tomato and Walnut Tacos. (Photo: Haile Thomas/Will Coleman/Alexsey Reyes/HQ/PA)



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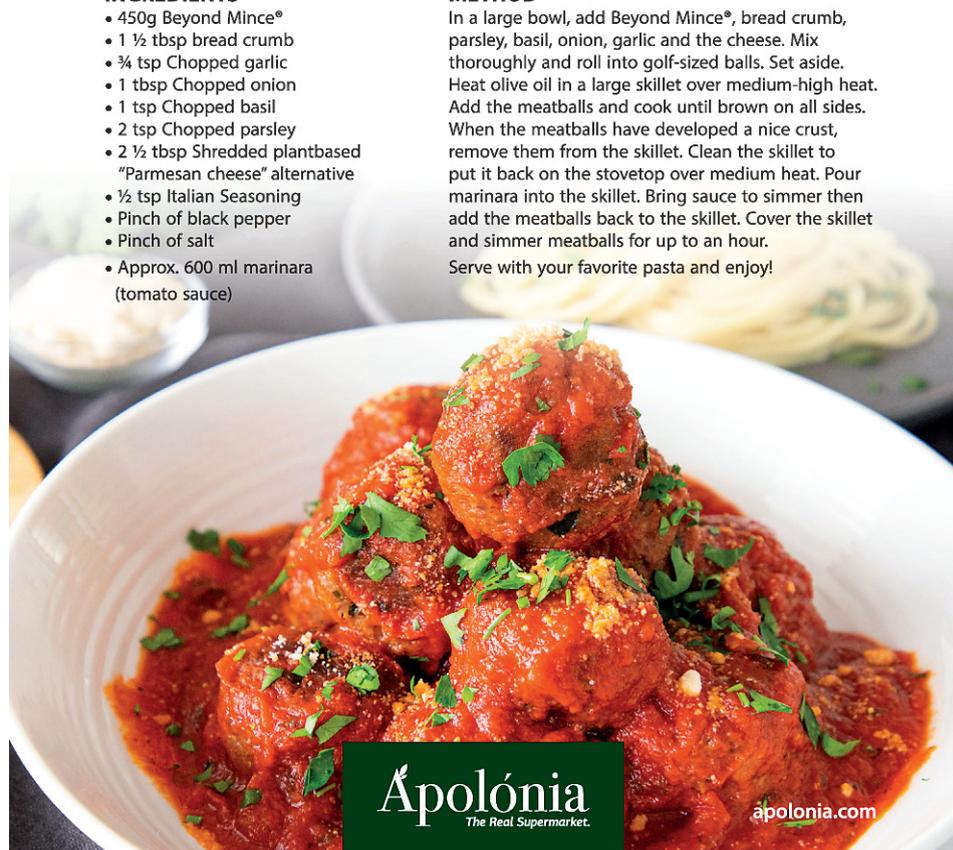
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INGREDIENTS

- 450g Beyond Mince®
- 1 ½ tbsp bread crumb
- ¾ tsp Chopped garlic
- 1 tbsp Chopped onion
- 1 tsp Chopped basil
- 2 tsp Chopped parsley
- 2 ½ tbsp Shredded plantbased "Parmesan cheese" alternative
- ½ tsp Italian Seasoning
- Pinch of black pepper
- Pinch of salt
- Approx. 600 ml marinara (tomato sauce)

METHOD

In a large bowl, add Beyond Mince®, bread crumb, parsley, basil, onion, garlic and the cheese. Mix thoroughly and roll into golf-sized balls. Set aside. Heat olive oil in a large skillet over medium-high heat. Add the meatballs and cook until brown on all sides. When the meatballs have developed a nice crust, remove them from the skillet. Clean the skillet to put it back on the stovetop over medium heat. Pour marinara into the skillet. Bring sauce to simmer then add the meatballs back to the skillet. Cover the skillet and simmer meatballs for up to an hour. Serve with your favorite pasta and enjoy!



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Make summer last longer... Clean, calm and surprisingly versatile, white can work wonders in a range of decor looks.

Just as colourful schemes can be zingy and energising, white spaces make us feel instantly cool and calm, and adopting pale tones is a brilliant way of making a home feel summery long after the season has ended. Wondering how to work white in your home? We asked the experts how to go about it, so it's practical and glamorous...

Let white rule

"The summer months are worshipped not only for the warmth they bring, but for the abundance of natural light that fills our homes," says Claire Hornby, head of creative, Barker and Stonehouse. "For those looking to eke out as much of this wonderful brightness as possible, you can't go wrong with a white interior scheme. "Brilliant for maximising natural light and bouncing it around a room, this fresh neutral shade will evoke memories of pretty white-washed villas and provide an ideal backdrop against which to display all of your treasured finds from summer holidays past." **Decor tip:** To prevent white spaces from feeling stark, make sure you incorporate an abundance of different textures and finishes, such as ceramic accessories in stone-hued finishes. If you love a splash of colour, azure blues and canary yellows will provide an instant injection of summer spirit.

Make an entrance

"Using this effortlessly cool look in an entrance hall will set the tone for the whole home," promises David Snazel, hard flooring buyer, Carpetright. "Start with a backdrop of white for walls and floors, and then inject personality with accent colours for

furniture and accessories. Crisp blues, vivid greens or punchy sunset shades such as yellow, orange and red will add an instant 'pop'." **Decor tip:** Choose flooring with a pared-back minimalist look, so you don't distract from the overall open effect. Consider whitewashed boards, marble-inspired luxury vinyl, or a tiled floor with white rugs.

Get set for sweet dreams

"In our hectic age - an era of constant connectivity - bedrooms need to be calming spaces, where we can retreat and sleep well," says Chrissie Rucker, founder of The White Company. "White can be wonderfully warm and welcoming. In a predominantly white home, choosing warm whites for the walls and layering in soft textures is key. I love to add natural elements and to pile on the texture." **Decor tip:** Remember that homes using a white or neutral scheme - a great canvas to work on - still need to feel emotive and sensory, to ensure they don't become too bright or sterile. Soft throws and scented candles will help create the right mood. Natural materials, such as weathered wood, slubby linen or marbled slate, connect back to nature and add interest. Revamping sofas and chairs by covering them with easy-wash white throws is an instant way of creating this look.

Let it flow

"Colour flow is the concept of using colour to connect adjacent spaces in your home, to give a harmonious feel throughout," says Helen Shaw, director of paint specialists, Benjamin Moore UK. "Colour flow is made easier by selecting a

core white for ceilings, woodwork and doors, especially when a home has open-plan spaces with no obvious place to change from one colour to another. "Make sure the white you choose works with the colours you've chosen for all the spaces. Remember, reds and yellows harmonise with warmer whites, while greens, greys and blues sync better with cooler white paint shades" **Decor tip:** White paint is like a chameleon - it can look different depending on the type and orientation of the light that hits it, and whether its base colour has been tinted. Be sure to test your colour out and view it at various times of day and under artificial light before taking the plunge.

Feast on white

"White interior spaces are extremely restful, bring a feeling of endless summer days, and create a soothing zen-like space when mixed with a palette of neutral tones," says Sarah Ratty,

creative director, Ciel Shop Interiors.

"Natural materials pop against the cool white, and somehow furniture and furnishings become more defined. Layering white texture creates depth and a beautiful simplicity, great for mindful and inspired moments."

Decor Tip: Introduce hints of terracotta, pinks (ultra fashionable currently) or even monochrome accents to add dimension to a space. Artwork, tableware, or floral arrangements could do the trick.

Work the walls

"White murals are increasingly popular in homes, as not only are they ideal for most spaces but they're also a brilliant backdrop for the more colourful furnishings that we're embracing, as part of a trend for more decorative homes," says Rachel Kenny, studio manager, Wallsauce. "Whether you have a small wall at the end of the



White spaces make us feel instantly cool and calm, and adopting pale tones is a brilliant way of making a home feel summery. (Photo: Ciel Shop Interiors/PA)

hallway that needs a little 'je ne sais quoi', or a huge wall in a large room that requires a statement that's not so

brash, the mellow designs are really flexible for any space or style."

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The natural beauty of Lagos

The municipality of Lagos is home to some of the most beautiful beaches in the country, with crystal clear waters, white sand and golden rock formations along the iconic Costa D'Oiro.



The variety of beaches range from the cosy enclaves embedded in the rocks, such as Praia da Dona Ana and Camilo, whose photos are a constant presence in the world press, to places close to the city such as Praia da

Batata or large expansive beaches such as Luz, Porto de Mós and Meia Praia, recently elected by European Best Destinations as one of the safest beaches in Europe during the times of pandemic. However, along 15 km of

coastline, there are also real treasures hidden in the rocks, such as Praia do Pinhão or Praia dos Estudante, a place that has been a success on social networks due to its unique scenery that has inspired thousands of selfies, especially

from couples in love. Environment and security are also areas of major intervention by the municipality. The Blue Flag, one of the national symbols that proves the quality of the beaches, was hoisted during this bathing season on the beaches of Dona Ana, Porto de Mós, Luz and Meia Praia. In line with this year's theme, "Back to the sea with an attitude of change", the municipality has developed several environmental awareness campaigns, adapted to the new pandemic reality, in order to make the holidays of residents and visitors the safest and most pleasant possible. In fact, safety has been a constant concern of the municipality, with the council carrying out an intense campaign to promote health recommendations to make beaches safer for everyone. To this end, beach assistants and lifeguards were hired to provide support to swimmers throughout the summer.

With a fabulous climate all year round and with dreamy coastal scenery, Lagos is the perfect place for sports, whether on land or at sea. Those who visit the

municipality have at their disposal several different options including tennis and golf, with the latter having several award-winning courses, some of which have the wonderful ocean as a landscape. It is in nautical sports that the county stands out internationally, with the coast, the calm sea, the sun and even the wind allowing the growth of fans of emerging activities such as surfing, windsurfing, paddle, jetski, canoeing, wakeboarding and sailing. Annually, the municipality promotes several initiatives and events based on the celebration of its sea as a privileged means of these sports. Due to its natural conditions, Lagos has also attracted national and international sportspeople for training, including the recent example of Bayern Munich football club that chose the municipality to prepare for their game with Barcelona. If you want to practice a more relaxing sport, you can simply take a walk on the footbridges of the emblematic Ponta da Piedade, a trail through coastal nature where you can breathe the fresh air and marvel at the charms of the Lagos coast.



📍 LAGOS, ALGARVE, PORTUGAL

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HUGLESS YEAR...
YET WITH
STRIDES
IN THE SEA.**



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#ForHappyTravels

Celebrating its 21st Birthday

This pull-out section is designed to introduce the resort of Boavista Golf & Spa in Lagos to those who are not acquainted with this jewel in the western Algarve. We hope that the following pages will encourage you to visit and find out more.



Magnificent views across the Golf course toward the Atlantic Ocean



The Goldfinch from the Properties of Distinction range



Continuing to build luxury homes for a New Tomorrow

Buying a home on resort is not only a sound investment in blocks and mortar but also a privileged lifestyle choice. The facilities are numerous and include an acclaimed 18-hole golf course, a driving range, clubhouse, two restaurants, a spa that is open to all, tennis courts and a games area. For those who are seeking a relaxing or activity-driven holiday, Bela Colina 5 star holiday village is the perfect choice with 112 self-contained duplex apartments.

Our history and philosophy

More than two decades ago, The Emerson Group (Jones Homes Portugal) made a commitment to create a new and exclusive community on the outskirts of Lagos by providing luxury homes that would overlook a well-designed golf course. This commitment has been fulfilled and today the resort thrives and provides

homes of character and distinction to an international community. Despite adverse conditions brought about by Covid-19, the company remain resolute in their conviction to build and is confident that the future is bright. To this end, it continues to make significant financial investments in the next phase of building with two major projects - Bayview Village (a lifestyle village within the development) and a collection of prestigious front-line golf residences.

The concept of Bayview Village is to lift the standards and expectations of luxury living, thus allowing the homeowner to maximise precious leisure time. In an increasingly pressured world, the senior management identified the need for easy administrative-free living and, therefore, set out to create a village community with designated all-inclusive facilities and services - a lifestyle

community that does not currently exist in the western Algarve.

For those, who prefer independent living, new detached and semi-detached villas are currently under-build affording spectacular views over the golf course toward the Atlantic Ocean. These properties are designed to meet the requirements of modern-day life and built to an exceptionally high specification. The environment is clean, and the gardens manicured while maintaining harmony with the natural surroundings. This comes with no extra charge to the resident (in non-condominium areas) as there are no resort or condominium fees in this case.

Making a significant investment, for most people, calls for peace of mind. There have been too many horror stories in the past. An investment at Boavista eliminates any such concern as the

British-based parent company, the Emerson Group, have worldwide assets in excess of 1 billion pounds sterling and have been established since 1959. In that time, they have been responsible for domestic and commercial developments throughout the world that include The Lowry Outlet Mall in Manchester and the Bolton Wanderers Football Stadium, both in England. In the USA, the company is responsible for the award-winning Eagle Creek Golf Community and Twin Lakes in Florida. Here in Portugal, there are four long established residential and touristic communities, Boavista Golf & Spa being the flagship.

The Emerson Group is synonymous with financial security, sustainability, reliability, and credibility. Invest in a home on resort and buy more than bricks and mortar. We are committed to building with confidence for a new and brighter tomorrow. ■



Built by the Emerson Group, The Lowry Outlet Mall in Manchester, England



Prestige Villas flanking the 18-hole championship golf course

Bayview Village - When leisure time is precious!

Located prominently and affording breath-taking views over the golf course, Monchique hills and the Atlantic Ocean, the striking modern residences of Bayview Village offer a lifestyle unique to the western Algarve.

For those seeking an almost administrative-free property, a home on this prestigious development is the answer as an annual condominium charge includes the maintenance/repainting of the building, insurance, security, telephone/calls, fibre internet and use of Bay Fitness. This leisure complex offers two heated pools (indoor and outdoor), a well-equipped gymnasium, a relaxation and meeting room, a Jacuzzi, steam room and sauna.

These facilities are for the exclusive use of Bayview's residents.

Two-bedroom apartments with garage parking and storage room are currently available from €365,000; three-bedroom linked villas with integral garage are priced at €495,000 and four-bedroom townhouses offer spacious living for €590,000.



Bay Fitness Leisure Centre



Linked 3-bedroom villas each with *en suite* bath/shower rooms – 495K



A terrace with a view. 2-bedroom apartments with garage parking and storage. From 365K



4-bedroom townhouses with basement, garage & leisure room – 590K



Properties of Distinction and Prestige

Boavista Golf & Spa offers a home solution for everyone – for those seeking independent living, there are new apartments, semi-detached and detached villas available to purchase under-build.

These properties all enjoy a front-line golf location with glorious panoramic views and are well-equipped with modern kitchens, beautiful en-suite bath/shower rooms, air-conditioning

and solar panels to heat the water. Each property is presented with landscaped gardens, stocked with herbaceous plants and trees indigenous to the Algarve.



From the Prestige range of villas 4 *en suite* bedrooms with large private pool enjoying magnificent views over the golf course – 975K



4-bedroom detached villa, with private pool located on the fairway – 775K



4-bedroom semi-detached villas with private pools located on the fairway with panoramic views – 730K



Life on resort – living the dream!

Boavista Golf & Spa offers year-round activities for those who wish to participate.

In addition to golf, there are tennis courts and a games and archery centre. Essential Spa offers a well-equipped gymnasium, fitness training, osteopathy, beauty treatments, yoga, a large indoor heated pool, swimming lessons and classes in water aerobics. Dine in our clubhouse restaurant or relax on the terrace with a coffee or refreshing gin and tonic. Alternatively, try a homemade pizza at La Bistro. There is sure to be something to tantalise all taste buds!



Bela Colina 5* holiday village with 112 self-catered duplex apartments

18 Hole Championship Course

Designed in 2002 by Howard Swan, the Boavista Golf Course presents itself as a challenging course for players, particularly holes 6 and 8 where golfers have to drive the ball over a ravine.



A golfer's paradise – 18 varied holes, suitable for players of all levels

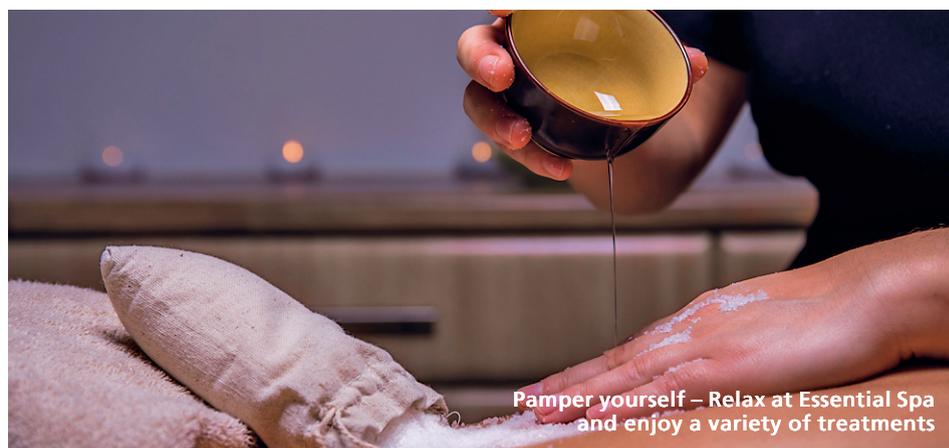
The meticulous design of the course took into account the natural contours of the terrain and made the most of the landscape which afford magnificent views, in places over the Bay of Lagos and the Serra de Monchique. The quality of the course and the variety

of holes, set amongst lush vegetation makes Boavista's course a unique experience for all players regardless of their standard. With two distinct sections - the first hole is a par 4 that sets a challenge as the fairway leads to a green positioned just over the brow of the hill. Lining

the fairway are residences that have been designed to harmonise with the course and the beauty of the natural surroundings. The first 9 holes climb gently to the highest point of the resort, where the 9th tee provides the most stunning views. Players should take a moment to soak up the beauty of this vantage point before embarking on the next 9 holes which descend gently. Lakes and water features provide challenges to test the most experienced golfer. For those who wish to improve their golf, book a lesson with the resident professional or spend time on the driving range or short game practice area. There will also be a warm welcome at the 19th hole, where a refreshing orange juice or long cold beer awaits!

Essential Fitness & Spa

Enter and experience a whole new sense of health and well being at Essential Fitness and Spa.



Pamper yourself – Relax at Essential Spa and enjoy a variety of treatments

Whether you prefer to have a challenging workout at the gym, a sauna or steam, spoil yourself with a day of beauty, or just relax by the pool, Essential has you covered. Set in an elevated position next to the clubhouse, with the bay of Lagos as the backdrop and glorious views of the Atlantic, enjoy the warm water of the large

indoor swimming pool or jacuzzi. Go the distance in the newly refurbished gym on one of our elliptical machines, or sculpt your body with state-of-the-art Technogym equipment while watching players putt-out on the 18th green. Following a good workout, retreat upstairs to relax and recharge in the Essential Spa. Set your worries and

cares adrift as you immerse yourself in the relaxing surrounding while enjoying a soothing aromatherapy massage or body treatment. We have several types of membership, from weekly to annual, in order to attend your needs and preferences. Contact the reception through **+351 282 790 930** to find out our rates.

Dining out in Boavista

Enjoy a variety of dining experiences at Boavista. Choose from the Clubhouse Restaurant or La Bistro restaurant and experience food and drink at their best.

Strategically located the clubhouse has two outdoor terraces, one that overlooks the bay and town of Lagos and the other that enjoys panoramic views over the 18th green and surrounding countryside. From the west terrace, stunning sunsets can be enjoyed while relaxing with a cocktail. During the day, a variety of snacks are available with options for

all preferences. Consult the website to learn about up-coming events - music nights, themed dinners and barbecues.

At La Bistro you can try our delicious homemade pizzas as well as a selection of snacks and refreshing drinks. Sit out on the terrace open to the lawn, perfect for the little ones to play as you enjoy a meal. Take-away service are also available.



Clubhouse dining

Boavista Golf & Spa are offering a 3-night stay for 2 at

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Want to grow your own chillies? Here's what you need to know

Expert Nigel Parker offers top tips on picking, planting and maintaining your own spicy crops.

Nigel Parker says that providing you follow a few key rules, you shouldn't go far wrong. Here, he discusses the dos and don'ts and shares some top tips for growing chillies...

How hot should you go?

"Don't underestimate the heat," Parker warns. "Often people grow types that are too hot for them. A jalapeño is around 6,000-8000 Scoville units, the measuring scale of heat.

"A habanero can be 30 times hotter than a jalapeño. So when you say something is 'a bit hotter', people don't realise it's a significant jump. "Extremes include as the 7 Pot group - including 7 Pot Jonah - which are really hot, and then you have the ghost chillies such as the bhut jolokia, which are running at a million Scoville units." Milder types include 'Beaver Dam', a really large podding type, which is quick to grow and can be stuffed or used in a salad. For a slightly warmer flavour, you might prefer purple jalapeño, which is also an attractive plant.

Germination is key

You need a propagator for germination, at a minimum of 22°C, or ideally 28°C. If you sow seeds in the ideal conditions, they can germinate in six to 10 days. Cooler

temperatures will result in much slower germination times. "Don't sow too early. Some people sow in January or February, but you'd be wasting your time. Sow chillies in early March through to late March. They will grow faster because the light's better," Parker advises. "If they need watering, use warm water, not water straight from the tap which will be too cold and you'll stop the germination."

Potting them on

If growing chillies in a pot, you can put six to eight seeds in a 9cm pot in a standard seed and potting compost. If you're using a propagator, take the lid off as soon as the seeds have germinated because lids reduce light levels, even if they are clear plastic or glass. Too little light will make seedlings leggy.

Don't overwater them, and transplant when there are two mature leaves big enough to handle on each seedling and pot on to a 7cm or 9cm pot individually, using a good quality compost, and definitely not a soil-based one.

Buy plants to save time

Small chilli plants can be obtained from garden centres, to be planted straight into a pot and placed in a sunny, sheltered spot on the patio. "If you put the plant close to a brick wall, the wall will act as a heat reservoir so

you're creating a little micro-climate to improve conditions," says Parker.

Maintenance is key. Add granular slow-release fertiliser to the compost, which will feed your plants for three to six months, but also feed the plants with a high potash feed, such as tomato food, when the fruits have set.

Epsom salts (magnesium sulphate) and seaweed extract (calcium nitrate) can also be watered in. Do that from time to time from flowering onwards.

When will they be ready?

If you put your plants out at the end of May, you should be picking fast varieties by the middle of July onwards. "Super chilli", for instance, is very quick and you'd be picking green pods in mid-July and red pods at the end of July and beginning of August. Flavours do change depending on the ripeness," says Parker. "Purple jalapeño is nearly black to start with and when it ripens it goes burgundy.

Harvesting and preserving

"Once you've picked them, chillies will keep in a fridge for several weeks. You can keep them longer by freezing them. I just freeze them whole and they do retain their heat," adds Parker. "They may go a bit mushy, like soft fruit, but if you are using them in curries and stir-fries it doesn't matter."

PA/TPN



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Could your garden poison your pets?

Are you concerned your garden might be a hazard to your pets?



Pets can be a challenge for keen gardeners, especially when it comes to safety, and as the weather warms up and your animals start spending more time in the garden, they may chew on plants or try to explore areas you thought were

out of bounds. Caroline Reay, senior vet at national pet charity Blue Cross, says: "It's important for owners to be aware some plants are not as harmless as they seem, but we want people to enjoy their garden. "With a bit of planning, you can

create a beautiful and safe garden for everyone to enjoy, including your pets, all year round."

What's poisonous?

Lilies - the leaves, flowers and pollen - are highly poisonous to cats, even in minuscule quantities, and have the potential to be fatal.

Most crocuses are a good alternative for spring colour to daffodils, which are toxic, but avoid colchicums or autumn crocuses, which can also be poisonous. Bluebells can be too, but severe poisoning is rare. Other plants which are toxic to cats and dogs include tulips, daffodil bulbs, foxgloves, hyacinth, ivy, azalea, cyclamen root and buttercups.

Cats should avoid iris, yucca, leeks, tomatoes and potatoes, while dogs can have an adverse reaction to bluebells, lupins, yew, rhododendron, wild cherry tree and the stems of sweet peas.

Safer choices

Many herbs, including rosemary, parsley, lavender, thyme and sage are good, safe choices.

Other safe plants for your cat and dog include African daisy, calendula, nasturtium, Boston fern, rose, camellia, gerber daisy, pampas grass, marigold, petunia, spider plant, star jasmine, sunflower, viola, snap dragon and zinnia. Many cats like catnip or catmint, while rosemary and snapdragons provide stimulation if you have a dog.

Potential hazards

Fences and gates must be secure so dogs can't escape. Six foot is a good height for most. Slugs and snails can infect pets with lungworm, but avoid slug pellets which can be toxic. Stick to using barriers like soot, sharp sand or beer traps and ask your vet pet about lungworm protection.

Be cautious with fertiliser

Lawn feed and moss killer may

irritate your pet's paws and can cause gastrointestinal upsets, so keep your pets away from any area you treat.

Lock sheds

Keep shed doors firmly shut and greenhouse entrances/exits blocked with mesh. It'll prevent explorers from becoming trapped or getting into trouble with dangerous substances or sharp tools kept inside, or succumbing to heatstroke.

Avoid chemical weed killers and pesticides too, as they can be harmful to pets (and wildlife).

Make the garden fun

Provide logs to scratch and climb on, and tunnels for your pet to go through.

Cats like to sit up high and observe the goings on below. If you don't have any trees, consider placing platforms and scratching posts around your garden.

Have you seen? European Bee-eater (*Merops apiaster*)

If you were not bedazzled by what is arguably Europe's most beautiful bird this summer, you may now have to wait until next April. Most of our breeding birds have returned to Africa to spend the winter by early September, although stragglers from further north can pass through later. Exceptionally, single birds have been seen in winter in the Algarve. Bee-eaters are very sociable. Flocks of between a dozen and up to fifty birds spend much of their time high in the sky in pursuit of large insects when their presence is revealed by the liquid "quelp...quelp" contact calls. Much larger flocks form during the migration

seasons. Their favourite prey, bees and wasps, are hunted nearer the ground in flower-rich open country, where dead trees and roadside wires provide launching pads for their sallies. After beating the head of the prey item against the perch, the abdomen is rubbed to release any venom. Some stings may be removed but others are swallowed, possibly to 'top up' immunity.

Bee-eaters' colonial nests are in enlarged chambers at the end of long tunnels excavated in river banks, quarries and sometimes even flat, sandy ground. These can take a pair taking turns between ten and twenty days to complete.

Holes in man-made structures are also occasionally used.

The northernmost representative of a large, mainly tropical, family, it is not surprising that Bee-eaters are most numerous in the hottest parts of Europe. In Portugal they are commonest in the south and south-east, with the open plains of Alentejo Province attracting the largest numbers. Numbers in Iberia have declined over the last century, but global warming is probably responsible for a recent northerly extension of their breeding range and 'pioneer' pairs have even nested in Britain. I saw my first at Selsey Bill in Dorset in the early



sixties, but it knew it had 'overshot' and I watched it head back out over the Channel just after dawn.

The slightly larger Blue-cheeked Bee-eater, with greener plumage, breeds in Africa as far north as

southern Morocco and occasionally reaches Europe. I have seen two in the Algarve in the last four years, so it may be occurring more frequently as the climate becomes more 'North African' in type Alan Vittery

PETS FOR ADOPTION



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MANHUNHA lived on the street with a homeless guy. He is around 8-years-old and loves walks and meeting new people and dogs. To meet him, email: cadelacarlota.comp@gmail.com.



FLORINDA is a 1 1/2-year-old female living in the Carvoeiro Cat Charity junior shelter and is looking for a new family. Call Corinna on: 918552788 or email: ccc.carvoeirocatcharity@gmail.com



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What you need to know about collagen

This naturally produced protein is important in terms of skin ageing.

You may have heard of collagen as a beauty buzzword and know it's important in terms of anti-ageing, but how much do you really know about this crucial skin component? We asked skin experts to answer our collagen FAQs, and here's what they had to say...

What is collagen and why is it so important in terms of skin ageing?

"Collagen is our most abundant protein," says Dr Thurein Ne Win, senior dermatologist and clinical researcher at Plymouth University Hospital NHS Trust and resident dermatologist at Absolute Collagen. "It's commonly found in the skin, bones and connective tissue within the body, providing structural support, strength and a degree of flexibility where needed. Collagen is naturally produced in the body, however it gradually starts to deplete from the age of 25, which can lead to sagging of the skin and formation of wrinkles and fine lines."

What can be done to prevent the decline of collagen production?

"Our skin ages as a result of normal changes in the body as we age, combined with the damaging effect of external factors such as sun exposure, pollution, stress and diet," says Anthony Gonzalez, head of R&D at Avon, but we can help slow down skin ageing by making certain lifestyle choices. "Diet is a great place to start, as it plays a surprisingly large role in the appearance and youthfulness of your skin," says Nu Tan, founder of Cosmic Molecule. "You get the specific component for collagen by eating a balanced diet of protein-rich foods, for example: broth, chicken, beef, eggs, legumes, nuts and whole grains." Skincare can also help, Tan says, but you don't have to shell out on expensive products. "In terms of skincare, the best preventative measure is not your €100 anti-ageing moisturiser, it's your good old trusty sunscreen with a minimum SPF30. "Another great product for your skin is a Vitamin C serum, as it is

If your diet is rich in essential fatty acids, antioxidants and proteins, there's likely no need for collagen supplements. (Photo: iStock/PA)

a great antioxidant that helps repair and prevent further sun damage when you're out and about during the day." Other key ingredients can help, Gonzalez says, "such as glycolic acid, retinol".

Is it better to start using anti-ageing products at a younger age?

"Although there is no magic remedy to revert your skin back to its teenage years, it is possible to help replenish collagen supplies to improve its structure, which will have visible benefits," says Ne Win, who recommends that if you want to take a collagen supplement the best time to start

is from around the age of 25. "Taking a daily dose of collagen from this point is where a user will see optimum skin rejuvenation and tissue renewal." "Prevention is always better than cure," says Tan. "It's worth cultivating a good skincare regime at a younger age so it becomes routine."

What's the difference between taking collagen supplements and using skincare products?

While our experts all agree that SPF is hugely important in terms of protecting skin, they diverge when it comes to skincare versus supplements.

"Although creams and serums containing collagen can sometimes give your skin a slightly more plumped effect, this is usually due to the moisturising characteristics of some of the other ingredients included, rather than the effectiveness of the topical collagen itself," says Ne Win. "If your diet is rich in essential fatty acids, antioxidants and proteins, there's likely no need for collagen supplements," says Gonzalez. "The reality is that few of us hit all three, so collagen supplements can help here, as well as topical skincare products that help stimulate collagen production." **PA/TPN**



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Surprising things you didn't know about your hair

We spend a lot of time and money taming our tresses but how much do we actually know about our hair?



Do not confuse common dandruff with other forms of scalp flaking! (Photo: iStock/PA)

From dealing with dandruff, to how often you should shampoo, you may be surprised to learn that some commonly-held beliefs about hair are actually myths.

Here, experts share seven surprising facts about hair...

1. Hair needs feeding

Anabel Kingsley, trichologist at Philip Kingsley, says clients frequently tell her they're eating a 'healthy' diet devoid of sugar or junk food, but what they don't realise is they're often not providing their hair with all the nutrients it needs.

"The wrong diet is a very common cause of excessive daily hair loss, called telogen effluvium," Kingsley says. "While hair is incredibly important to us psychologically, physiologically our body could not care less. Any nutrients ingested first go to essential systems, with hair, a non-essential tissue, receiving whatever is left over."

Hair is made primarily of protein, therefore she

recommends ensuring you're getting enough protein in your diet. Healthy snacking might also be a good idea: "Energy to form hair cells drops four hours after eating, so if longer than this is left between meals, snack on a nutrient-dense carbohydrate, such as fresh fruit or wholegrain crackers."

2. Shiny hair isn't always healthy

"Shiny hair can be a sign of healthy hair, but shiny hair is only a reflection of light from the hair strands," says Kingsley. "Conditioners help to smooth and flatten the hair's cuticle" - but it could be that your hair is damaged and weak underneath.

Struggling to get your blonde locks looking glossy? "Dark hair is naturally more shiny than blonde hair because of how it refracts the light," says Leigh Keates, John Frieda UK creative director.

"However, this doesn't mean blonde hair can't shine. Make sure you're using a lightweight conditioner, as this doesn't

weigh down the individual strands."

3. Dandruff is not just a dry scalp

"Do not confuse common dandruff with other forms of scalp flaking," Kingsley warns, as it's not caused by having dry skin. "Dandruff is usually oily, so don't rub in oil to remove it, you'll only get oilier flakes."

Instead, she recommends first trying a targeted over-the-counter shampoo: "If anti-dandruff shampoos do not help, visit your doctor, as you may have psoriasis or eczema."

4. Shampooing every day isn't bad for your hair

"Washing your hair every day isn't inherently 'bad' for your hair," says Keates, "so long as you're using products suitable for your hair type, and that don't 'strip' the hair."

"It's more likely daily heat styling which is causing damage and dryness, so if you're going to wash your hair daily, try air-drying at least a couple of times a week to help maintain a healthy condition."

5. There is no such thing as 'over conditioning' your hair

Similarly, you won't damage your hair if you use too much conditioner - but you could weigh it down, making it look limp if you overload it with product.

"Only apply conditioner to your mid-lengths and ends, where the hair is older, and it is needed the most," says Kingsley. **PA/TPN**

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How to support a person with MS

Although relatively common, MS can easily be misunderstood.

If someone you know has recently been diagnosed with multiple sclerosis, or MS, you may like to learn more about the condition, so you can better understand their symptoms and experiences. MS is the most common cause of non-traumatic neurological disability in young adults. It's not a terminal illness but it is a lifelong condition. And it's not infectious or contagious. We spoke to some experts to find out more about how MS can impact daily life...

What exactly is MS?

"Multiple sclerosis, or MS, is a disease where the immune system attacks the nervous system," says Dr Ben Turner, consultant neurologist at London Bridge Hospital, part of HCA Healthcare UK. 'Sclerosis' means scarring or hardening of tiny patches of tissue, and 'multiple' is added because this can happen in more than one place.

"The condition affects the brain and spinal cord and so can have a wide range of symptoms, which vary from person to person," Turner adds. It affects women about twice as often as men, and typically starts in the second or third decade of life but can potentially be seen at any age.

"While it is a lifelong condition that sometimes leads to serious disability, it can occasionally be mild, in which case symptoms may be treated successfully," Turner says. "In the past

decade, there's been a development of highly effective therapies which can contain the condition, which has transformed the outcome for many individuals with MS."

What are the symptoms of MS?

The symptoms of MS can range from numbness and tingling of different parts of the body to limb weakness, visual disturbances, balance issues, urinary issues, pain, and fatigue, says Turner.

He adds that people with MS may also have trouble with learning and planning or memory, but this usually occurs later in the disease. "Unfortunately, over time, symptoms and disability tend to accumulate, which is why it's important to get an early diagnosis and treatment," Turner stresses. What causes MS and how is it diagnosed?

Although it's believed genetic and environmental factors may both play a role, the exact cause of MS is still a bit of a mystery. And there is no single test to diagnose the condition.

However, MS is thought to cause the immune system to attack myelin, the protein covering the central nervous systems, which makes it harder for messages to get received, potentially causing problems with how a person walks, moves, eats and processes things.

"Many of the symptoms are present in other conditions too," says Turner, "which means it can be difficult to diagnose."

Methods of diagnosis include blood tests (which can help rule out other conditions); MRI scans (which can reveal typical lesions on the spinal cord or brain); evoked potential tests (measuring electrical activity in the nervous system) and lumbar puncture (to reveal abnormal immune activity).

"There are also different types of MS, such as relapsing and remitting (RRMS) and primary progressive MS (PPMS), which will determine the path of treatment," Turner adds. "For both diagnosis, prognosis and treatment, it is important to see a neurologist with a specialist interest in MS."

4 things not to say to someone with MS

People react in all sorts of ways when someone has a chronic illness. Whether you know someone who has had MS for a few months or for many years, there's a good chance they'll have received unsolicited advice or unhelpful comments from well-meaning friends and relatives at some point or other.

Grazina Berry, CEO of Overcoming MS, explains a few key phrases you should avoid saying to someone who has MS...

1. You don't look ill - you seem fine!

"The main thing for anyone who is a friend of someone with MS to bear in mind is that just because someone seems healthy or appears to be only slightly affected, how they feel can be a whole different matter.

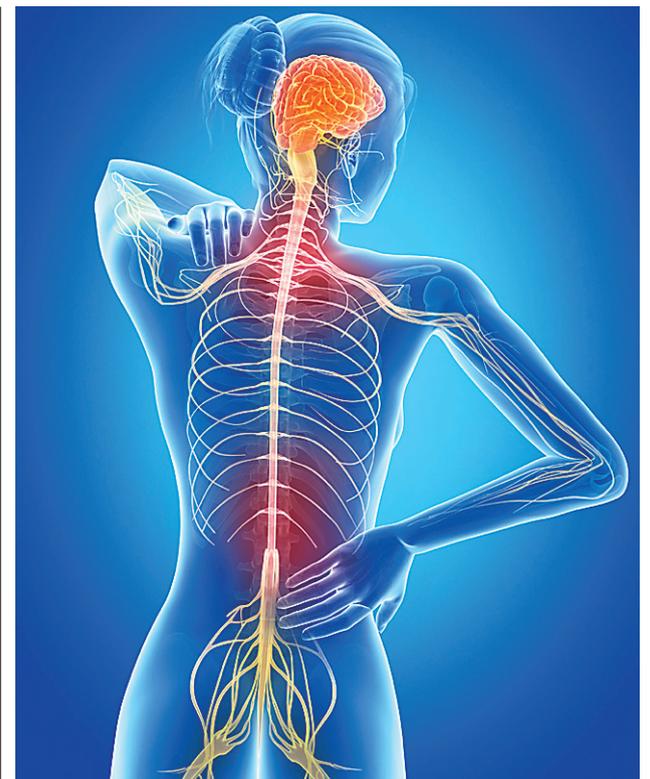
"Many of the symptoms of MS are either invisible or if they are visible, may not always be apparent. Symptoms can take time to develop and can vary from person to person and over time - no two people who have MS will be affected identically."

2. You'll feel better if you tell people
"People also won't process an MS diagnosis in the same way, like any difficult news," says Berry. "Not everyone wishes to disclose their diagnosis straight away, or to everyone, especially in the workplace, and their decision is a personal one which should be respected."

3. At least it isn't terminal
"Living with MS requires constant and long-term changes to one's lifestyle to help manage symptoms. Therefore, thinking that living with MS can be made easier solely by thinking positively, is very much wishful thinking," says Berry. "Instead, talk to the person openly and be accommodating to their needs, like making sure there is access to a toilet, or finding a less physical activity to do together."

4. You'll feel less tired once you're out and about
"MS fatigue isn't the same as being tired from a bad night's sleep and shouldn't be played down," says Berry. "If you're a friend of someone who has MS then simply be there, be present, and offer empathy instead of advice."

"Don't stop inviting them to social occasions, even if



The symptoms of MS can range from numbness and tingling of different parts of the body to limb weakness, visual disturbances, balance issues, urinary issues, pain, and fatigue, (Photo: iStock/PA)

they aren't always able to make it due to their symptoms, and don't make them feel bad about cancelled plans," Berry

adds. "Being someone to talk to can go a long way towards crucially making someone feel less isolated." PA/TPN



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Property Highlight

the master bedroom has an ensuite bathroom and sliding doors onto the same balcony as the lounge. The other 2 bedrooms share a family bathroom and have their own west facing balcony to enjoy the afternoon sun. A fully fitted and equipped kitchen with an enclosed service patio completes the picture.

Call the AbacoZ Team today for your private viewing for this must see property!

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SATURDAY 05/09/20

BBC One

- 06.00 Breakfast.
- 10.00 Saturday Kitchen.
- 11.30 Nigellissima.
- 12.00 Homes Under the Hammer.
- 13.00 BBC News; Weather.
- 13.15 Athletics: British Championships.
- 16.30 **FILM:** Alice Through the Looking Glass.
- 18.15 BBC News; Weather.
- 18.35 Total Wipeout: Freddie & Paddy Takeover.
- 19.15 Pointless Celebrities.
- 20.05 **FILM:** Invictus.
- 22.10 BBC News; Weather.
- 22.30 Would I Lie to You?
- 23.00 **FILM:** Z for Zachariah.
- 00.30 Weather for the Week Ahead.
- 00.35 BBC News.

BBC Two England

- 06.45 The Dengineers.
- 07.15 Wild & Weird.
- 07.30 All Over the Place: UK.
- 08.00 Blue Peter.
- 08.30 Deadly on a Mission: Pole to Pole.
- 09.00 Rise of the Continents.
- 10.00 The Super Squirrels.
- 11.00 This Farming Life.
- 12.00 My Life on a Plate.
- 12.45 Holiday of My Lifetime with Len Goodman.
- 13.30 **FILM:** Escape to Athena.
- 15.30 Dancing Through the Blitz: Blackpool's Big Band Story.
- 17.00 Animals Behaving Badly.
- 18.00 Richard Osman's House of Games.
- 18.30 Great Continental Railway Journeys.
- 19.30 Dad's Army.
- 20.00 Royal History's Biggest Fibs with Lucy Worsley.
- 21.00 QI XL.
- 21.45 Battlestar Galactica.
- 00.45 **FILM:** Ginger & Rosa.

ITV London

- 06.00 CITV.
- 09.25 James Martin's Saturday Morning.
- 11.35 Ainsley's Food We Love.
- 12.40 James Martin's French Adventure.
- 13.10 ITV News and Weather.
- 13.25 ITV Racing: Live from Haydock.
- 16.30 Tipping Point.
- 17.30 ITV News and Weather.
- 18.00 Rolling in It.
- 19.00 The Chase Celebrity Special.
- 20.00 Britain's Got Talent.
- 22.00 Piers Morgan's Life Stories.
- 22.55 ITV News and Weather; Weather.
- 23.15 UEFA Nations League Highlights.
- 00.15 James Nesbitt: A Game of Two Halves.
- 01.10 Ideal World.
- 03.00 Tour de France Highlights.
- 03.50 Small Fortune.

Channel 4

- 06.05 Everybody Loves Raymond.
- 06.55 Frasier.
- 07.45 The Big Bang Theory.
- 09.30 The Simpsons.
- 12.00 Four in a Bed.
- 14.35 The Supernet.
- 15.40 The Great Celebrity Bake Off for Stand Up to Cancer.
- 16.55 Kirstie and Phil's Love It or List It.
- 18.00 Channel 4 News.
- 18.30 Formula 1 Italian Grand Prix Qualifying Highlights.
- 20.00 Jimmy's Big Bee Rescue.
- 21.00 **FILM:** Jack Reacher: Never Go Back.
- 23.15 **FILM:** X-Men Origins: Wolverine.
- 01.15 Ramsay's Kitchen Nightmares USA.
- 02.05 The Simpsons.
- 02.55 Car S.O.S.
- 03.45 Work on the Wild Side.
- 04.35 A Place in the Sun.
- 05.00 Fifteen to One.

BBC Four

- 19.00 This Farming Life.
- 20.00 Pole to Pole.
- 21.00 The Bridge II.
- 01.00 Top of the Pops 1977: Big Hits.
- 02.00 This Farming Life.
- 03.00 Lost Home Movies of Nazi Germany.
- 04.00 Close.

SUNDAY 06/09/20

BBC One

- 06.00 Breakfast.
- 09.00 The Andrew Marr Show.
- 10.00 Sunday Morning Live.
- 11.00 Points of View.
- 11.15 Homes Under the Hammer.
- 12.15 Bargain Hunt.
- 13.00 BBC News; Weather.
- 13.15 Songs of Praise.
- 13.50 Cricket: England v Australia T20 Live.
- 18.05 Wallace & Gromit: A Close Shave.
- 18.35 BBC News; Weather.
- 19.00 Countryfile.
- 20.00 Antiques Roadshow: Best of the Summer.
- 21.00 Strike - Lethal White.
- 22.00 BBC News; Weather.
- 22.30 The Women's Football Show.
- 23.00 Squad Goals.
- 23.30 A Question of Sport.
- 00.00 Weather for the Week Ahead.

BBC Two England

- 06.50 The A to Z of TV Cooking.
- 07.35 Countryfile.
- 08.30 Gardeners' World.
- 09.30 Beechgrove.
- 10.00 Saturday Kitchen Best Bites.
- 11.30 **FILM:** Odette.
- 13.20 Deborah Kerr: Talking Pictures.
- 13.55 Stories of Us.
- 14.55 Money for Nothing.
- 15.25 Escape to the Country.
- 16.15 Wanted Down Under.
- 17.00 Licence to Thrill - Paul Hollywood Meets Aston Martin.
- 18.00 Best of Top Gear.
- 19.00 Dragons' Den.
- 20.00 Mortimer & Whitehouse: Gone Fishing.
- 20.30 Harry Hill's World of TV.
- 21.00 Louis Theroux: Life on the Edge.
- 22.00 Better Things.
- 22.55 Heroes.
- 00.20 The Diagnosis Detectives.

ITV London

- 06.00 CITV.
- 07.30 Scrambled!: Mighty Mike.
- 07.50 Scrambled!: Mr Bean: The Animated Series.
- 08.00 Scrambled!: NinjaGo: Secrets of the Forbidden Spinjitzu.
- 08.15 Scrambled!: NinjaGo: Secrets of the Forbidden Spinjitzu.
- 08.30 Martin & Roman's Sunday Best!
- 09.25 Love Your Weekend with Alan Titchmarsh.
- 11.20 All Around Britain.
- 12.20 Love Your English Country Garden.
- 13.20 ITV News and Weather.
- 13.25 **FILM:** Never Say Never Again.
- 16.00 The Chase.
- 17.00 Supermarket Sweep.
- 18.00 ITV News and Weather.
- 18.30 Soccer Aid for Unicef 2020.
- 22.00 ITV News and Weather; Weather.
- 22.20 Sheridan Smith: Becoming Mum.
- 23.15 Wonders of the Coast Path.
- 23.40 Tour de France Highlights.
- 00.30 Ideal World.

Channel 4

- 06.05 Everybody Loves Raymond.
- 07.20 Frasier.
- 08.10 The Big Bang Theory.
- 09.30 Sunday Brunch.
- 12.30 The Simpsons.
- 14.00 **FILM:** Bend It Like Beckham.
- 16.10 A Place in the Sun.
- 16.55 The Secret Life of the Zoo.
- 18.00 Channel 4 News.
- 18.30 Formula 1 Italian Grand Prix Highlights.
- 21.00 George Clarke's National Trust Unlocked.
- 22.00 **FILM:** Dirty Grandpa.
- 00.00 **FILM:** Custody.

BBC Four

- 19.00 James May's Cars of the People.
- 20.00 BBC Proms 2020: Laura Marling and the 12 Ensemble.
- 21.30 The Flying Archaeologist.
- 22.00 Opera Mums with Bryony Kimmings.
- 23.00 Danielle de Niese: The Birth of an Opera.
- 00.00 America's Greatest Opera House: The Story of the Met.
- 01.50 Classic EastEnders.
- 03.50 Close.

MONDAY 07/09/20

BBC One

- 06.00 Breakfast.
- 09.15 Crimewatch Roadshow Live.
- 10.00 Homes Under the Hammer.
- 11.00 Ill Gotten Gains.
- 11.45 Britain's Housing Scandal.
- 12.15 Bargain Hunt.
- 13.00 BBC News at One; Weather.
- 13.45 Land Girls.
- 14.30 Hairy Bikers' Best of British.
- 15.00 Escape to the Country.
- 15.45 Garden Rescue.
- 16.30 The Repair Shop.
- 17.15 Pointless.
- 18.00 BBC News at Six; Weather.
- 19.00 The One Show.
- 19.35 Fighting for an Education - Panorama.
- 20.05 EastEnders.
- 20.30 Ghosts.
- 21.00 Sue Perkins: Along the US-Mexico Border.
- 22.00 BBC News at Ten; Weather.
- 22.45 Famalam.

BBC Two England

- 06.00 Animal Park.
- 06.45 Garden Rescue.
- 07.30 Sign Zone: Great Asian Railway Journeys.
- 08.30 The Week in Parliament.
- 09.00 BBC News at 9.
- 12.15 Politics Live.
- 13.00 The Boss.
- 13.45 David Niven: Talking Pictures.
- 14.30 **FILM:** A Matter of Life and Death.
- 16.15 Blitz Cities.
- 17.15 Flog It!
- 18.00 Richard Osman's House of Games.
- 18.30 The Farmers' Country Showdown.
- 19.00 Celebrity Antiques Road Trip.
- 20.00 Tom Kerridge: Lose Weight for Good.
- 20.30 University Challenge.
- 21.00 The Diagnosis Detectives.
- 22.00 Inside Chelsea: Britain's Wealthiest Borough.
- 22.40 The Archiveologists.
- 22.45 Newsnight.

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 Supermarket Sweep.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 19.00 Emmerdale.
- 19.30 Coronation Street.
- 20.00 Inside Animal A&E.
- 20.30 Coronation Street: Famous Faces.
- 21.00 Who Wants to Be a Millionaire?
- 22.00 ITV News at Ten; Weather.

Channel 4

- 06.30 Mike & Molly.
- 07.15 Cheers.
- 08.10 Everybody Loves Raymond.
- 09.40 Frasier.
- 11.10 Undercover Boss USA.
- 12.05 Channel 4 News Summary.
- 12.10 Ramsay's Kitchen Nightmares USA.
- 13.05 River Cottage.
- 14.10 Countdown.
- 15.00 Find It, Fix It, Flog It.
- 16.00 A Place in the Sun.
- 17.00 Couples Come Dine with Me.
- 18.00 The Simpsons.
- 18.30 Hollyoaks.
- 19.00 Channel 4 News.
- 20.00 Supershoppers.
- 20.30 Jamie: Keep Cooking Family Favourites.
- 21.00 The Yorkshire Jobcentre.
- 22.00 999: What's Your Emergency?

BBC Four

- 19.00 Mindful Escapes: Breathe, Release, Restore.
- 19.30 The Joy of Painting.
- 20.00 Africa with Ade Adepitan.
- 21.00 Africa Turns the Page: The Novels That Shaped a Continent.
- 22.00 Mexico: Earth's Festival of Life.
- 23.00 Storyville: The Queen of Africa - The Miriam Makeba Story.

TUESDAY 08/09/20

BBC One

- 06.00 Breakfast.
- 09.15 Crimewatch Roadshow Live.
- 10.00 Homes Under the Hammer.
- 11.00 Ill Gotten Gains.
- 11.45 Britain's Housing Scandal.
- 12.15 Bargain Hunt.
- 13.00 BBC News at One; Weather.
- 13.45 Land Girls.
- 14.30 Hairy Bikers' Best of British.
- 15.00 Escape to the Country.
- 15.45 Garden Rescue.
- 16.30 The Repair Shop.
- 17.15 Pointless.
- 18.00 BBC News at Six; Weather.
- 19.00 The One Show.
- 19.35 EastEnders.
- 20.00 Eat Well for Less?
- 21.00 Sue Perkins: Along the US-Mexico Border.
- 22.00 BBC News at Ten; Weather.
- 22.45 Skin.
- 23.30 Peter Kay's Stand-Up Comedy Shuffle.

BBC Two England

- 06.30 Garden Rescue.
- 07.15 Sign Zone: Gardeners' World.
- 08.15 The Super League Show.
- 09.00 BBC News at 9.
- 12.15 Politics Live.
- 13.00 Triathlon World Series: Hamburg Highlights.
- 14.30 **FILM:** The Life and Death of Colonel Blimp.
- 17.05 Royal Recipes.
- 17.15 Flog It!
- 18.00 Richard Osman's House of Games.
- 18.30 The Farmers' Country Showdown.
- 19.00 Celebrity Antiques Road Trip.
- 20.00 This Farming Life.
- 21.00 Manctopia: Billion Pound Property Boom.
- 22.00 Live at the Apollo.
- 22.45 Newsnight.
- 23.25 Weather.
- 23.30 Cricket: England v Australia T20 Highlights.

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 Supermarket Sweep.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 19.00 Doc Martin.
- 20.00 Love Your Family Garden.
- 21.00 Who Wants to Be a Millionaire?
- 22.00 ITV News at Ten; Weather.
- 22.45 UEFA Nations League Highlights.
- 23.45 Tour de France Highlights.

Channel 4

- 06.30 Mike & Molly.
- 07.15 Cheers.
- 08.10 Everybody Loves Raymond.
- 09.40 Frasier.
- 11.10 Undercover Boss USA.
- 12.05 Channel 4 News Summary.
- 12.10 Ramsay's Kitchen Nightmares USA.
- 13.05 River Cottage.
- 14.10 Countdown.
- 15.00 Find It, Fix It, Flog It.
- 16.00 A Place in the Sun.
- 17.00 Couples Come Dine with Me.
- 18.00 The Simpsons.
- 18.30 Hollyoaks.
- 19.00 Channel 4 News.
- 20.00 Food Unwrapped: Comfort Foods Special.
- 21.00 Call the Cops.
- 22.00 Bring Back the Bush: Where Did Our Pubic Hair Go?
- 23.05 Shameless.

BBC Four

- 19.00 Mindful Escapes: Breathe, Release, Restore.
- 19.30 The Joy of Painting.
- 20.00 Woof! A Horizon Guide to Dogs.
- 21.00 Dog Tales: The Making of Man's Best Friend.
- 22.00 Mexico: Earth's Festival of Life.
- 00.00 Cornwall's Native Poet: Charles Causley.

WEDNESDAY 09/09/20

BBC One

- 10.00 Homes Under the Hammer.
- 11.00 Ill Gotten Gains.
- 11.45 Britain's Housing Scandal.
- 12.15 Bargain Hunt.
- 13.00 BBC News at One; Weather.
- 13.45 Land Girls.
- 14.30 Hairy Bikers' Best of British.
- 15.00 Escape to the Country.
- 15.45 Garden Rescue.
- 16.30 The Repair Shop.
- 17.15 Pointless.
- 18.00 BBC News at Six; Weather.
- 19.00 The One Show.
- 19.30 Zoo Mum - Our Lives.
- 20.00 The Repair Shop.
- 21.00 Reported Missing.
- 22.00 BBC News at Ten; Weather.
- 22.45 Fort Salem.

BBC Two England

- 09.00 BBC News at 9.
- 11.15 Politics Live.
- 13.00 The Boss.
- 13.45 Make Me a Dealer.
- 14.30 **FILM:** The Cruel Sea.
- 16.30 Blitz Cities.
- 17.15 Flog It!
- 18.00 Richard Osman's House of Games.
- 18.30 The Farmers' Country Showdown.
- 19.00 Celebrity Antiques Road Trip.
- 20.00 Mary Berry's Simple Comforts.
- 20.30 Nadiya Bakes.
- 21.00 Harlots.
- 22.45 Newsnight.

ITV London

- 09.00 Lorraine.
- 10.00 This Morning.
- 12.30 Loose Women.
- 13.30 ITV Lunchtime News; Weather.
- 13.55 ITV News London; Weather.
- 14.00 Judge Rinder.
- 15.00 Supermarket Sweep.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 18.30 ITV Evening News; Weather.
- 19.00 Emmerdale.
- 19.30 Coronation Street.
- 20.00 Heathrow: Britain's Busiest Airport.
- 20.30 Coronation Street Icons: Liz McDonald.
- 21.00 Who Wants to Be a Millionaire?
- 22.00 ITV News at Ten; Weather.

Channel 4

- 09.10 Everybody Loves Raymond.
- 09.40 Frasier.
- 11.10 Undercover Boss USA.
- 12.05 Channel 4 News Summary.
- 12.10 Ramsay's Kitchen Nightmares USA.
- 13.05 River Cottage.
- 14.10 Countdown.
- 15.00 Find It, Fix It, Flog It.
- 16.00 A Place in the Sun.
- 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 24 Hours in A&E.
- 22.00 Can We Cure Kids' Cancer?

BBC Four

- 19.00 Mindful Escapes: Breathe, Release, Restore.
- 19.30 The Joy of Painting.
- 20.00 Digging for Britain.
- 21.00 Jumbo: The Plane That Changed the World.
- 22.00 How to Build a Jumbo Jet Engine.
- 23.00 Africa Turns the Page: The Novels That Shaped a Continent.
- 00.00 Art of Scandinavia.

THURSDAY 10/09/20

BBC One

- 09.15 Crimewatch Roadshow Live.
- 10.00 Homes Under the Hammer.
- 11.00 Ill Gotten Gains.
- 11.45 Britain's Housing Scandal.
- 12.15 Bargain Hunt.
- 13.00 BBC News at One; Weather.
- 13.45 Land Girls.
- 14.30 Hairy Bikers' Best of British.
- 15.00 Escape to the Country.
- 15.45 Garden Rescue.
- 16.30 The Repair Shop.
- 17.15 Pointless.
- 18.00 BBC News at Six; Weather.
- 19.00 The One Show.
- 19.30 EastEnders.
- 20.00 Celebrity MasterChef: A Recipe for Success.
- 21.00 Death in Paradise.
- 22.00 BBC News at Ten; Weather.
- 22.45 I Am Not a Rapist.
- 23.30 Newscast.

BBC Two England

- 09.00 BBC News at 9.
- 12.15 Politics Live.
- 13.00 The Boss.
- 13.45 Make Me a Dealer.
- 14.30 **FILM:** The Caine Mutiny.
- 16.30 Blitz Cities.
- 17.15 Flog It!
- 18.00 Richard Osman's House of Games.
- 18.30 The Farmers' Country Showdown.
- 19.00 Celebrity Antiques Road Trip.
- 20.00 Great Continental Railway Journeys.
- 21.00 Live at the Apollo: The One About.
- 21.35 Semi-Detached.
- 22.00 Frankie Boyle's New World Order.
- 22.30 Nick Helm: The Killing Machine.

ITV London

- 09.00 Lorraine.
- 10.00 This Morning.
- 12.30 Loose Women.
- 13.30 ITV Lunchtime News; Weather.
- 14.00 Judge Rinder.
- 15.00 Supermarket Sweep.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 19.00 Emmerdale Family Trees: The Tates.
- 19.30 Weight Loss: The War on Fat? Tonight.
- 20.00 The Martin Lewis Money Show: Live.
- 21.00 Who Wants to Be a Millionaire?
- 22.00 ITV News at Ten; Weather.

Channel 4

- 09.10 Everybody Loves Raymond.
- 09.40 Frasier.
- 11.10 Undercover Boss USA.
- 12.05 Channel 4 News Summary.
- 12.10 Ramsay's Kitchen Nightmares USA.
- 13.05 River Cottage.
- 14.10 Countdown.
- 15.00 Find It, Fix It, Flog It.
- 16.00 A Place in the Sun.
- 17.00 Couples Come Dine with Me.
- 18.00 The Simpsons.
- 18.30 Hollyoaks.
- 19.00 Channel 4 News.
- 20.00 Location, Location, Location: 20 Years and Counting.
- 21.00 Council House Britain.
- 22.00 The Black Full Monty.

BBC Four

- 19.00 Mindful Escapes: Breathe, Release, Restore.
- 19.30 The Joy of Painting.
- 20.00 BBC Proms 2020: Exploring Beethoven's Seventh.
- 21.30 Coast.
- 22.00 **FILM:** Goldstone.
- 23.45 Opera Mums with Bryony Kimmings.
- 00.45 The Beauty of Maps.

FRIDAY 11/09/20

BBC One

- 09.15 Crimewatch Roadshow Live.
- 10.00 Homes Under the Hammer.
- 11.00 Ill Gotten Gains.
- 11.45 Britain's Housing Scandal.
- 12.15 Bargain Hunt.
- 13.00 BBC News at One; Weather.
- 13.45 Land Girls.
- 14.30 Hairy Bikers' Best of British.
- 15.00 Escape to the Country.
- 15.45 Garden Rescue.
- 16.30 The Repair Shop.
- 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.
- 20.30 EastEnders.
- 21.00 Peter Kay's Stand-Up Comedy Shuffle.
- 21.30 Mrs Brown's Boys.
- 22.00 BBC News at Ten; Weather.
- 22.45 **FILM:** Zodiac.

BBC Two England

- 09.00 BBC News at 9.
- 13.00 The Boss.
- 13.45 Make Me a Dealer.
- 14.30 **FILM:** In Which We Serve (1942).
- 16.20 Blitz Cities.
- 16.50 David Attenborough's Natural Curiosities.
- 17.15 Flog It!
- 18.00 Richard Osman's House of Games.
- 18.30 The Farmers' Country Showdown.
- 19.00 Celebrity Antiques Road Trip.
- 20.00 Gardeners' World.
- 21.00 The Romantics and Us with Simon Schama.
- 22.00 Rhod Gilbert's Work Experience.
- 22.35 State of the Union.
- 22.45 Newsnight.

ITV London

- 09.00 Lorraine.
- 10.00 This Morning.
- 12.30 Loose Women.
- 13.30 ITV Lunchtime News; Weather.
- 14.00 Judge Rinder.
- 15.00 Supermarket Sweep.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 19.00 Emmerdale.
- 19.30 Coronation Street.
- 20.30 Who Wants to Be a Millionaire?
- 21.30 It'll Be Alright on the Night.
- 22.30 ITV News; Weather.

Channel 4

- 09.10 Everybody Loves Raymond.
- 09.40 Frasier.
- 11.10 Undercover Boss USA.
- 12.05 Channel 4 News Summary.
- 12.10 Ramsay's Kitchen Nightmares USA.
- 13.05 River Cottage.
- 14.10 Countdown.
- 15.00 Find It, Fix It, Flog It.
- 16.00 A Place in the Sun.
- 17.00 Couples Come Dine with Me.
- 18.00 The Simpsons.
- 18.30 The Simpsons.
- 19.00 Channel 4 News.
- 20.00 Lodgers for Codgers.
- 21.00 Gogglebox.
- 22.00 Sarah Millican: Control Enthusiast.
- 23.05 First Dates.
- 00.10 **FILM:** Table 19.

BBC Four

- 19.00 Young, Gifted and Classical: The Making of a Maestro.
- 20.00 BBC Proms 2020: Sheku and Isata Kanneh-Mason.
- 21.30 Soul America.
- 22.30 Motown at the BBC.
- 23.30 BBC Proms 2017: Stax with Jools Holland.

Pick of the week

SUNDAY, 6 SEPTEMBER

Soccer Aid for Unicef 2020 (ITV, 6.30pm)



England v Soccer Aid World XI (Kick-off TBA). Dermot O'Leary and Kirsty Gallacher present the pre-match build-

up and full live coverage of the pro-celebrity charity football match to raise money in aid of international charity Unicef, which takes place this year at Old Trafford. The England side announced so far includes Joel Dommett, Marvin Humes, Danny Jones, Olly Murs, Joe Wicks and Mark Wright, backed up by legends Wes Brown, Katie Chapman, Andy Cole, David James and Kelly Smith. The World XI side includes Patrice Evra, Yaya Toure, Jason Manford, Iain Stirling, Chelcee Grimes and Kem Cetinay, and they will be hoping to lift the trophy for the second year in succession, having won the 2019 game on penalties

MONDAY, 7 SEPTEMBER

Who Wants to Be a Millionaire? (ITV, 9pm)



Jeremy Clarkson is back all week with a new run of the potentially life-changing quiz show. It's not a

spoiler to reveal that somebody during the run wins the jackpot - the first person to do so since Ingram Willcox in 2006 - although their name has been kept out of the limelight so that viewers can play along and watch the drama unfold. "I'm not embarrassed to say, it was a little emotional, but boy did it feel good." Admitted Clarkson.

FRIDAY, 11 SEPTEMBER

Soul America (BBC4, 9.30pm)



Memories of the late '60s and early '70s, a period when inequality, poverty and racism fanned the flames of radical

black politics and resulted in a harder soul sound. Stax Records went from being a label built around an integrated house band to becoming a black-centric business spearheaded by Isaac Hayes' expansive, flamboyant soul symphonies. Meanwhile, the Temptations tackled socially aware subjects like the Detroit riot and absent fathers, while Marvin Gaye conceived the epic What's Going On. Narrated by Carleen Anderson.

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BOB (THE BUILDER)

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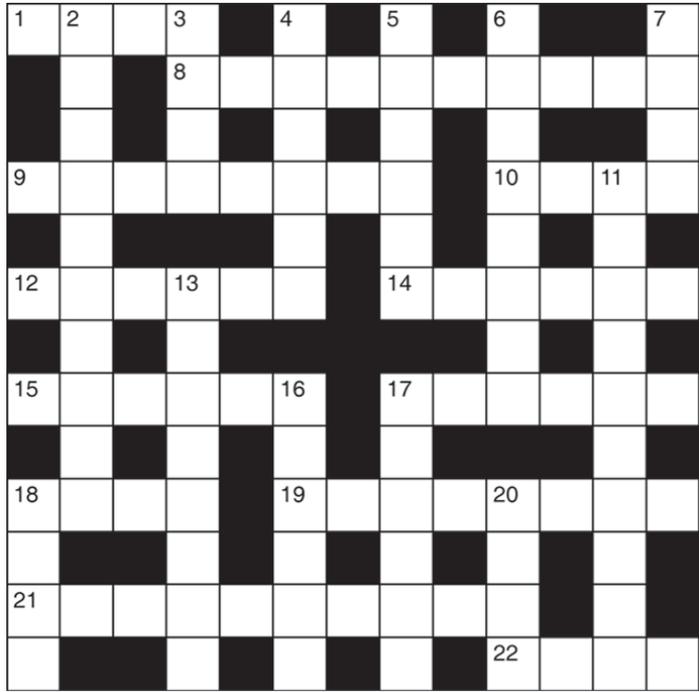
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Last week's cryptic crossword solutions

Across: 1 Edam; 3 Smuggler; 8 Tail; 9 Internee; 11 Abbreviation; 13 Credit; 14 Cinema; 17 Satisfaction; 20 Calendar; 21 Stun; 22 Bestride; 23 Keys.
Down: 1 Entrance; 2 Amiable; 4 Mantis; 5 Great niece; 6 Lento; 7 Reef; 10 Petitioner; 12 Earnings; 15 Epistle; 16 Afraid; 18 Atlas; 19 Scab.

CRYPTIC CROSSWORD

ACROSS

1. Pay a visit to 100 – that's the lot (4)
8. Continuously being extended (2,1,7)
9. No temporary status (8)
10. Uncommon in the interior areas (4)
12. Made his way to get married without purpose (6)
14. Sounds like a vehicle to kill! (6)
15. Swordsman putting up defensive railings? (6)
17. Modernise to give a flying engagement? (6)
18. Volcano features in street name (4)
19. Keeps up with us in blemishes (8)
21. Its terms may well be instructive (6,4)
22. Get rid of this shack! (4)

DOWN

2. Friendly greetings implying none are inferior (3,3,4)
3. Grass featured in the nth bit of legislation (4)
4. A drive which is not monotonous (6)
5. Clearly marked steps for acting? (6)
6. Help to stir the fire in the corner (8)
7. She holds nothing but half a pair of footwear (4)
11. The correct viewpoint at a square corner (5,5)
13. A tyrant in office? (8)
16. The outcome of... (6)
17. ...changes in Northern Ireland (6)
18. Where one letter serves for another? (4)
20. Snobbish tunes? (4)

QUICKCROSSWORD

ACROSS

1. Wealthy (4)
8. Inordinate (10)
9. Cloudy (8)
10. Raise (4)
12. Firm (6)
14. Astral (6)
15. Slanderer (6)
17. Composer (6)
18. Brave man (4)
19. Furtive (8)
21. Recompense (4,6)
22. Stream (4)

DOWN

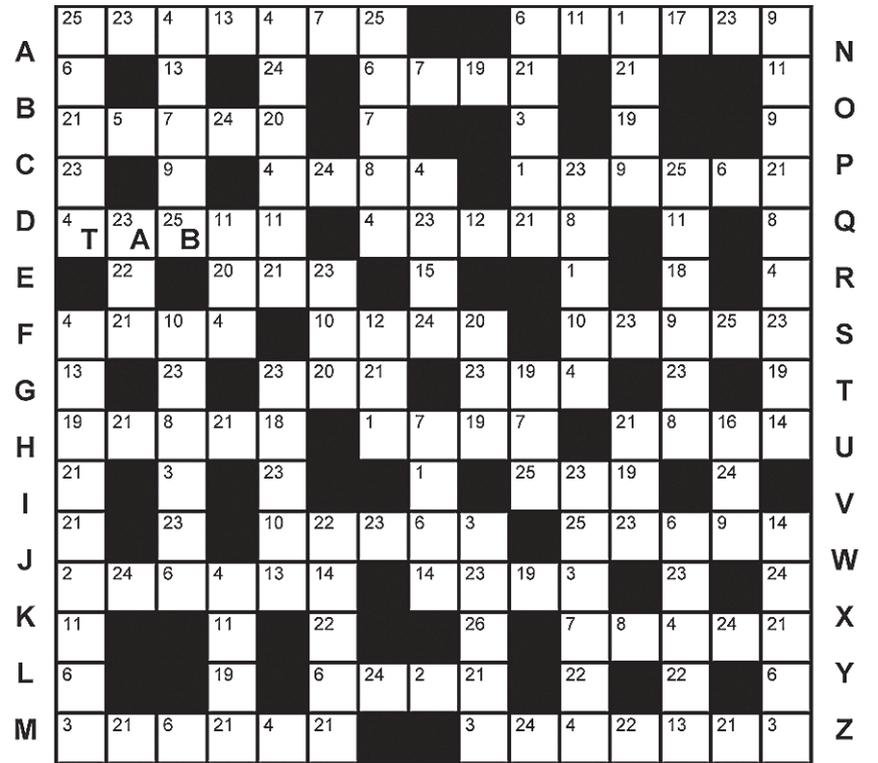
2. Unavoidable (10)
3. Listen (4)
4. Reverence (6)
5. Diminishes (6)
6. Sturdy (8)
7. Let it stand (4)
11. Move steadily on (5,5)
13. Gave (8)
16. Summary (6)
17. Not blind (6)
18. Psalm (4)
20. Hindmost (4)

Last week's quick crossword solution

Across: 1 Iota; 3 Shambles; 8 Dupe; 9 Credited; 11 Co-ordination; 13 Tendon; 14 Attach; 17 Plain clothes; 20 Original; 21 Peri; 22 Ardently; 23 Keen.
Down: 1 Indicate; 2 Typhoon; 4 Hiring; 5 Meditation; 6 Lotto; 7 Side; 10 Admonition; 12 Thespian; 15 Achieve; 16 Scrawl; 18 Laird; 19 Sofa.

CODEWORD

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



SUDOKU

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

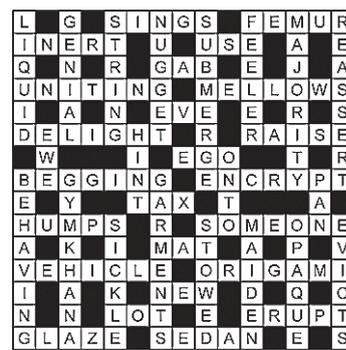
	6		9	8				
1		9	6		4			
3	2				1			
6		2		9				
5								1
			8		7			6
	7					1	3	
	6		2		8		4	
		6	3				9	

Medium

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

Hard

Last Week's Codeword Solution



Last week's solutions

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

Can you crack a VINCICODE®

Vincicode is a three digit number (eg.384), presented in alphabetic figures, like ABC, in which 'A' represents the first digit (number 3), 'B' represents the second digit (number 8) and 'C' represents the third digit (number 4).

Cracking the code is not difficult. Just remember: Any even number is divisible by one digit number of 2, or 4, or 6, or 8.

- Any odd number finishes with 1, 3, 5, 7, or 9;
- Any number which is not divisible by any one digit number, 2,3,4,5,6,7,8 or 9 finishes with 1, 3, 7 or 9;

• Any number divisible by 5 finishes with 5.

For example :

Let's crack ABC code when:

- 1) A, B and C are numbers between 1 and 9, included.
- 2) A+B+C=10 (the sum of A plus B plus C is 10).
- 3) C>A>B (Number C is larger than number A which is larger than B).
- 4) ABC ÷ 4 (The three digit code is divisible by 4).

When the code, ABC is divisible by 4, then C, the third digit can be 2, 4, 6 or 8.

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C can't be 2 or 4, because it does not cover the conditions (1) and (2).

If C=6, then A+B= 4, and options are: A=4 and B=0 => **ABC = 406** and A= 3 and B=1 => **ABC= 316**

code **ABC=406** doesn't cover condition (4)
 If C=8, then A+B=2 and the only option is A=2 and B=0 which doesn't cover condition (1).
 then: **Vincicode is 316.**

Now your turn: Puzzle 596

ABC is the three digit Vincicode number, in which A, B and C are numbers between 1 and 9, included. Find the code ABC where :

- A+B+C = 11
- B > A > C
- ABC ÷ 1
- 3AB - BC < 5

To confirm your answer to the Vincicode®, or ask for more codes to crack, please send an email to: vincicode104@gmail.com

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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.

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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. Temporarily closed due to Covid-19.

THE DONKEY SANCTUARY Refugio dos Burros charity shops have opened in Ferragudo and Carvoeiro and Lagoa with temporary opening hours, 10am -2pm Monday to Friday and 10am -1pm Saturday. Come along there's lots of bargains and all new summer stock. As we have had no income at all for the last few weeks we would welcome any donations. For more info 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. Email ccc.carvoeirocharity@gmail.com or call 918 552 788.

ASMAA CHARITY & UP-Cycling Hub. Volunteers are now needed for our shop. Wed, Fri and Sat 11.30am to 5pm, other days by appointment only. Tel 969 320 231, email info@asmaa-algarve.org Rua J. Pereira Sampaio Bruno, N° 53, Portimão (Behind Bombeiros).

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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 furniture. 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. (Worn only once Fashion & Furniture) charity shop in Al Mancil. High quality second hand clothes and furniture. All profits to Animal Rescue Algarve. New opening hours Mon-Fri 10am-3pm, Sat. 10am-1pm (during the Covid-19 pandemic). Tel: 289 123 456 or 917558121

Letters to the editor

Portuguese Citizenship

SIR, Ex-patriates who have been resident in Portugal for no less than six successive years may obtain on-line from the Ministry of Justice full details of process 6.1. The form is simple to complete and requires the presentation of identification documents and "proof that one knows sufficiently the Portuguese language". The latter can be in the form of a certificate issued by IAVE or another recognised educational entity. A.C.V. summarising the contribution made to Portuguese cultural, commercial or professional life during the foregoing period of residence is a desirable supplement.

For those intending to obtain the certificate of proficiency from IAVE but who suffer a disability, extraordinary facilities are available for both written and oral examination. These can include attendance in the domicile of the applicant. Candidates with speech handicaps such as xerostomia and slowness of comprehension due to senility are given special consideration. ROBERTO KNIGHT CAVALEIRO, Tomar

Whingeing Brits abroad

SIR, Your wonderful newspaper brings me joy every week. Such great content and mostly full of positivity and optimism for this wonderful

country. The letters page is usually amusing and awe inspiring. How some of our readers find the time to complain about the most petty annoyances is a marvel instead of filling their days being out and about, enjoying the glorious sunshine. In fact, I should be on my way to the beach right now.

Bernardo Sottomayor from the "Golden Triangle" was particularly funny, moaning about those awful leaf blowers. Such a 1st World whinge. With respect, he could simply turn up the music or gets in his car/on his mobility scooter and go for a freshly squeezed orange juice, for example.

Because of his name, there is a good probability that he is not a whingeing Brit Abroad.

However, while cutting in to my play time by writing this (might go for coffee before the beach), please may I also make the point that we are no longer "ex-pats" from a colonial era, we foreigners are immigrants. LEELA, Vila do Bispo

Air Bridge instituted

SIR, It is with mixed feelings and trepidation that I welcome the sanity from Whitehall.

Obviously, there will be a benefit to the tourist sector in Portugal.

My concern is based on the upsurge of Covid-19 infections when air bridges were established for Spain, France and Italy Etal. Spain 's has been rescinded and there exists every probability that

N The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address and should preferably be under 300 words, to: The Portugal News, Apartado 13, 8401-901 Lagoa. Email: letters@theportugalnews.com

France and Italy will follow!

As I indicated in an earlier letter, the problem was predominantly England as opposed to Europe.

I also suggested that all visitors from England should be in possession of test results from the NHS dated 72 hours prior to arrival at an European destination. Cumbersome but we are living under trying circumstances.

Let the Algarve welcome the Brits with open arms. However, let the Brits reciprocate with a negative test result certificate.

A fair compromise!
GEORGE SANTA CLARA, Olhão

Re. Leaf blowers

SIR, I fully agree with Bernardo Sottomayor's letter on Petrol Leaf Blowers. Don't resort managers get it yet? People come down here to escape the stress of cities,

traffic, noise and pollution. Yet in so many Algarve resorts they get the horrible noise of leaf blowers, hedge trimmers, etc kicking off most mornings.

I look at tourists who've paid good money for one week of peace and quiet, trying to have breakfast out on their terrace, and having it ruined by the sound of leaf blowers. Peace and relaxation should be the Algarve's big selling point, especially now when the need to attract tourists is much more acute. Most people who come here are not impressed with something that sounds like a motorbike revving up outside their house. Many US municipalities have listed them as a noise nuisance and banned their use. **The Portugal News** has featured letters on this in the past. Catch up, resort managers, and get your gardeners using quiet tools. It's better for their health too. DAVE GOODWIN, email

Shocking

SIR, This is not how to keep the air bridge.

Many people were elderly as am I. I will never ever return to Portugal. This is not the first time this has happened and it seems the only way I can prevent it happening to me again is to stop coming.

I am quite upset and concerned now that we may all have Covid and worried for myself. Not everyone wore masks and tempers were fraught. This is appalling.

MC, by email



Covid-19 Preparing for the Autumn

From the experiences abroad, especially in France, Spain and UK - and Portugal's own increased number of Covid-19 confirmed cases in recent days - a worsening of the pandemic situation in Portugal may be on the horizon very soon.

The Government guarantees that it is keeping an eye on the epidemiological situation and that is why it has already decided that there will be an increase in the country's state of readiness, to the Situation of Contingency, as of 15 September. The goal is to have the support to take new measures and "prepare for autumn / winter".

What measures will result from this new situation is not yet known. Outside, there are countries imposing a

mandatory mask or banning smoking in public areas. Here, the Government has not yet decided on the measures, which should be announced during the week prior to the country's entry into a Situation of Contingency i.e. after the Council of Ministers meeting scheduled on 8 September.

Before then, technical experts and politicians will resume the meetings at Infarmed headquarters, on 7 September, to discuss the conditions to combat the pandemic, and recommend the new rules.

Safe Communities welcomes the statement by the Minister of State and Presidency, Mariana Vieira da Silva, that the government's aim is to act in a

preventive manner, explaining that "we will live in times that are more difficult given the international context, the change in the lives of families and the circumstance of facing autumn".



So the message is: Be prepared, use Face masks, practice hygiene etiquette and maintain social distancing.

West Coast Car Boot Postponed until 2021

AMOVATE, organisers of the west coast car boot sale normally held in Vales, Aljezur, on the first Sunday of each month, but which has not been held since the start of the pandemic, have reluctantly decided to continue suspending the sales until 2021.

The situation will be reviewed again in the New Year when a further announcement will be made, taking into consideration Government advice and guidelines operating at that time.



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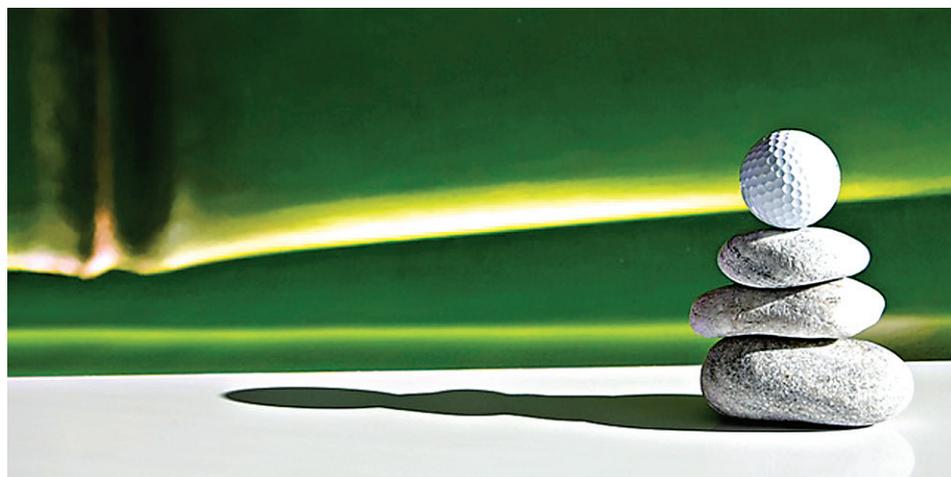
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Karma on the course

N NEIL
CONNOLLY

It's been a long time since I attended a National under 18 tournament; in fact the last one I attended was middle of August 2019.



There is one coach who comes with a great reputation for developing players and a horrible reputation for what he does to players when they fall foul of his coaching philosophy or his performance targets.

And it was definitely the first one I've attended in Portugal, so to be walking fairways watching the junior best players compete over a little known but excellent links course, was a joy for a coach like me. I was there to recruit for our new golf college called

Edge. It felt as if I was attending a junior event from 20 years ago, when Junior Golf was as much about enjoying the game as respecting the other players. In the UK, especially in England, when you reach the dizzying heights of playing in a national championship, almost every player has

sacrificed education for the pursuit of playing Professional Golf. They are in effect full-time amateur players or semi-professional golfers. At these tournaments every shot appears to be career defining with the parents feeling and hitting every shot from the side-lines. What I found this past

weekend was junior amateur golf being played for golf's sake, with very little agenda on the side. Unlike in the UK, the Portuguese parents have a plan with the player on where their education is going once they turn 18. What became apparent very quickly is that there are four major teams in Junior Golf in Portugal. These teams are split equally amongst the South, the Central and two in the North. Each team has its uniform and has its coach. The teams are clearly well funded judging by the quality of the clothes, and the pride with which the players wore their uniform was plain to see. Each coach representing a region, wanting the best for their players whilst abiding within the rules of the game. There is one coach who comes with a great reputation for developing players and a horrible reputation for what he does to players when they fall foul

of his coaching philosophy or his performance targets. The type of reputation which would be more akin to a football coach from the 60s, where phrases such as, "It's my way or the highway!" had their place in time. I know that if this coach learns one of his students is having a lesson with another coach, he will blacklist the player and excommunicate him from the team, with immediate effect. Not exactly the player centred approach which has been indoctrinated into modern day coaching, where the player chooses who coaches them based on the coaches skill, reputation and the personal relationship between the two, the coach and the player. I kept a low profile, well as low as I possibly can. Let's just say I was quiet and watched the players swinging and the coaches coaching. I was there actually to watch one of my past students, a Portuguese player that regularly takes a lesson with me during the summer when they're in the Algarve. This player is a straight 'A' student, who treats his golf with the same preparation and care as his studies. He asked me just to have a look at him on the range to see if there was anything going on which could be improved. The biggest 'no no' in coaching is to get involved with any technical changes during a

tournament - the last thing he needed was technical coaching, apart from anything else, he is obviously being well looked after by his local coach. So my role really was to talk about shot selection and strategy for the course that he was playing. Then I started noticing that one of the teams was singling out the player I was watching, making fun of his stretching and warm up routine, and trying to disrupt his practise session even with me stood in his bay. My player was so in the zone that I'm not sure he even noticed. And sure enough, these players were the charges of the same coach I've mentioned earlier. These players had already been berated for their performance on the golf course that morning and unfortunately my player was leading the tournament. The instigator of quite possibly the worst etiquette I've ever seen on a driving range shot 87 the next day and withdrew from the tournament. While the leader shot a second day 70 and went on to obliterate the field by 17 shots. Whilst I was surprised to see such behaviour, I was very pleased to see that karma works just as timelessly as ever. It was like watching golf's equivalent of "Karate Kid".

Portugal preparing to face Croatia

The Portuguese national football team have been in training in preparation for their defence of their League of Nations title, with a match against Croatia on 5 September in Porto.

So far, according to information provided by the Portuguese Football Federation, coach Fernando Santos has had all 25 players of the squad available for training and there are no injuries reported in the lead up to the game.

For the first time, the Portuguese

team will be staying at the 'Casa dos Atletas' until they travel to Porto to face Croatia in the first round of Group 3.

Three days after the match at Estádio do Dragão, the Portugal team then travels to Solna, on the outskirts of Stockholm, to face Sweden.

The national team has yet to play a game in 2020 due to Covid-19. The last meeting took place on 17 November last year, in the 2-0 victory in Luxembourg, which qualified Portugal for the final stage of Euro 2020, which has been postponed to 2021 due to the pandemic.

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