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Figo handed top UEFA job P14
Former Portugal midfielder Luis Figo has joined UEFA as a football advisor. The appointment is part of UEFA's plan to get more former players involved in the decision-making process over how football is run.



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The current year is set to finish with more than 20 billion euros changing hands in real estate transactions across the country.

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Government under fire as weekend wildfires claim 44 lives, bringing 2017 total to 108

PORTUGAL REELS FROM WILDFIRES

Full story, see p. 2



Portugal's fire services were brought to their knees once again this past weekend as firefighters laid their lives on the line to protect people and their property in wildfires, which claimed 44 lives.
(Photo: PAULO NOVAIS/LUSA)

THE PORTUGAL News

Portugal's National Newspaper in English
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Portugal reels from wildfires

Long-awaited rain showers and cooler weather have probably heralded the end of the fire season, but the country will long still be counting the cost of the most recent spate of wildfires that claimed 44 lives.

A total of 108 people, many of them fire-fighters, perished in what has been an unprecedented year for Portugal in terms of wildfires.

Fires have this year consumed the biggest amount of land ever. To date, flames have destroyed an area 44 times the size of Lisbon.

This month alone more land has burned than in any year in the past decade.

The total for the year so far stands at 520,000 hectares, or 5.5 percent of Portuguese territory.

On a monetary level, the devastation caused by this year's fires is estimated to cost at least €1.3 billion.

Previous records, according to data from the Institute for Nature Conservation and Forests (ICNF), said the worst years for forest fires were recorded in 2003

(425,839 hectares) and 2005 (339,089 hectares).

While the rest of Europe has also been subjected to wildfires, the total area burned in Portugal this year is already more than half that registered in the European Union.

This comes as a series of wildfires flared up in cen-

N

BRENDAN DE BEER

tral and northern Portugal over the weekend.

With the horrors of the Pedrógão Grande fires, that

claimed 64 lives, still fresh in the memories of Portuguese, it came as a shock that history had repeated itself so swiftly and with similar devastation four months later.

As news started emerging that dozens of people had once again lost their lives, Home Affairs Minister Constança Urbano de Sousa handed in her resignation on Wednesday morning.

It came hours after President Marcelo Rebelo de Sousa had called for political accountability and even asked Parliament to ponder whether the current government deserved its confidence in the wake of the weekend wildfires.

The outgoing minister, in her open resignation letter, revealed that she had offered to quit in June after the wildfires that claimed 64 lives, but was convinced to remain in office by Prime Minister António Costa.

She repeated her request after 44 people died this past weekend. She said she has pre-



A burnt-out truck belonging to the Leiria fire-brigade, destroyed after being caught up in a fire

WEATHER

Warm and dry week ahead

The weekend and coming week is looking similar throughout Portugal, with temperatures in the 20's, some cloud around, and a possible chance of light showers towards the end of next week but mostly in the north.

Lisbon: The capital will be blanketed with high cloud for the weekend, and temperatures will be cool, at around 20 degrees Celsius. From Monday the cloud cover will start to break up, the sun will shine through, and thermometers will rise to the mid-20's.

South: The Algarve is looking similar to the capital, with high cloud over the weekend and clearer, sunnier skies from Monday onwards, although it will be significantly warmer in the south of Portugal, with thermometers staying in the mid-to-high 20's for the foreseeable future.

North: After some light scattered showers on Friday the weekend will be pleasant in northern Portugal, with a mix of sun and cloud and temperatures rising to the 22 degree mark by the end of next week, although more rain is forecast to fall from Thursday.

pared the ground for policy changes expected to be adopted by the government.

The outgoing Minister said: "Although the tragedy (last weekend) was caused by multiple factors, I came to the conclusion that I could not continue for political and personal reasons." Minister Urbano de Sousa had been under severe political pressure in recent weeks to quit. Investigations into the June wildfire deaths, which all occurred in one night, found numerous shortcomings in the official response, which all fell under her responsibility. Prime Minister António Costa shortly afterwards named Eduardo Cabrita as Constança de Sousa

Urbano's replacement.

The resignation comes as a failure in the communications system during the deadly June fire in Pedrógão Grande is believed to have contributed to the lack of coordination on the part of the firefighting and rescue services.

These are among the conclusions contained in the report 'The complex of fires in Pedrógão Grande and surrounding municipalities', which was submitted on Monday by Coimbra University's Centre of Studies on Forest Fires to the government and published by *Lusa News Agency*. Portugal's prime minister said in the wake of these recent fires that the cabinet would be meeting this

weekend to discuss ways of acting on the report's findings.

The report, drafted by Domingos Xavier Viegas, states that "the system of communications by radio and by telephone suffered a general failure in the whole region, both because of limitations inherent to the systems, such as its lack of protection against exposure to fire, and because of being overloaded by users, and also because of deficient use of some of the systems".

It added that this situation was "aggravated by the lack of availability of complementary means [of communication] due to the lack of planning." This failure, the report went on, "is believed to



in Pinhal de Leiria, Água Formosa (Cravide, Leiria), on 15 October. (Photo: PAULO CUNHA/LUSA)

have contributed to the lack of coordination of the firefighting and rescue services, to the difficulty in requesting help on the part of residents, and to the worsening of the consequences of the fire.” The report was commissioned by the government amid pressure from the political opposition in the wake of the June fires. According to the report, the failure of communications was not a decisive factor in the initial phase of the fire in Escalos Fundeiros, from its detection to around 6pm or 7pm on 17 June, at which time “control over the fire was lost”. However, in the critical period between 7pm and 10pm “the lack of communications, between the Operational Command Post and the forces ... on the ground, is believed to have been very important”, both in failing to respond to calls for help and in coordinating resources. “We cannot understand the lack of care of those in charge of communications since this was not the first recorded report of a collapse of communications,” the report notes. “Even at the level of mobile antennas, it is unacceptable that none were operational.” The report calls for “operators to be obliged to

reinforce mobile communications in a very short space of time, with the aid of mobile antennas as happens in major sporting events and in other events that involve large numbers of people.” The report also proposes that the emergency communications system, SIRESP, should have more mobile antennas functioning, that it increases its bandwidth, and possibly “educate users of the network to be able to use it more efficiently, so as to avoid unnecessary communications or [ones] that may be made on other networks.” It recommends that a communications plan should be drafted for each theatre of operations. Meanwhile, protests are planned for this weekend in an effort to press the government into taking more decisive action. Authorities say arsonists are to blame for starting most of the wildfires, with the number of arrests already up to 153 for the year, triple the 53 people that were detained in 2016. According to police figures, of the 152 suspected wildfire arsonists, 20 are said to have been women. While almost ten thousand investigations into fires were launched last year, fewer than 200 of these cases made it to the country’s courts.

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Record year for Portuguese housing market on the cards

The current year is set to finish with more than 20 billion euros changing hands in real estate transactions across the country.



The building industry and the housing market have both shown marked improvements during the course of 2017. (Photo: NUNO ANDRE FERREIRA / LUSA)

The news of the continued growth in the Portuguese property market was revealed this week by the National Real Estate Agents' Association (APEMIP).

The association said that with this projected growth, the property market will have expanded by 20 percent on last year's figures.

APEMIP further forecast that this growth will continue for at least the coming two years. It said that the real estate market has received a decisive push through foreign investment, but said that continued growth is now also being supported by the domestic market, with investors cashing in on their bank deposits to invest in the buy-to-let market.

Meanwhile, new figures

have show that the building industry has registered growth of over 40 percent.

According to the Pipeline Imobiliário Index, the number of building licences issued between the second quarter of 2016 and the second quarter of 2017 has climbed by 42.7 in mainland Portugal.

The issuing of licences to renovate or rebuild old homes performed particularly strongly, with an increase of just over 68 percent for the period in question.

Meanwhile, official figures out earlier this autumn indicated that the national housing price index has seen property prices rise by eight percent during the second quarter of the year when compared with the same period in 2016. House prices also rose on the first quarter of

2017, with the cost of housing up 3.2 percent.

Figures published by Portugal Statistics (INE) further revealed that new properties continued to report growth, while used properties, while still recording strong increases, slowed during the second quarter of the year.

The INE said that a total of just under 37,000 properties were sold between April and June, which is up 16.1 percent on 2016 and almost five percent above the number registered between January and March this year.

The total value of real estate sold during the second quarter was up 23.3 percent on last year, totalling 4.6 billion euros, of which 3.7 billion euros accounted for used homes.

Weight of school bags to debated

Parliament is to debate a petition handed to MPs concerning the weight of school bags.

The petition is calling for school bags not to weight more than ten percent of children's weight.

A recent study by consumer watchdog DECO

found that more than half of children carried school bags which were above the maximum weight recommended by the World Health Organisation.

The petition is also calling for an increased use of digital technology at schools to reduce the number of books children need to carry on a daily basis.

Anti-depressant use on the rise

Portuguese have recorded a marked increase in the use of anti-depressants in recent years.

According to new figures, more than 30 million boxes of anti-depressants were

handed over to patients during the course of last year. Authorities say this figure

is up by 200 percent on the 15 million packages sold back in 2013.

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Budget proposal outlines plans for tax on salty foods

The Portuguese government wants to tax high-salt foods such as crisps and crackers starting next year, according to a preliminary draft of the State Budget for 2018.

The preliminary version of the State Budget proposal for 2018

reveals that the Government wants to introduce a new tax on food that will depend on the levels of salt it contains.

Crackers, cereals and crisps will be covered by this tax "when they have a salt content of 1 gram or more per 100 grams of product" or 10 grams per kilo.

A tax of €0.80 will be levied on each kilo of these foods according to the State Budget proposal, and any crackers, crisps or cereals with less than one gram of salt per 100 grams will be exempt from this payment. This new tax is added to the Consumer Excise Code (IEC) and revenues from it will be "allocated to the health promotion and disease prevention programmes managed by the Directorate-General for Health."

Back in January, the government introduced a new tax on soft and sugary drinks and is expected to raise €80 million in State revenues from the "sugar tax" this year.

The price of a soft drink with up to 80 grams of sugar per litre rose by €0.15 and drinks with more than 80 grams of sugar per litre now cost an additional €0.30. The price rises include VAT (value added tax).

The 2018 budget proposal approved by the Government will now be presented to parliament and a public presentation of the document by Minister of Finance, Mário Centeno, will follow.

The socialist government said the general outline of the document forecasts one of the highest growth rates since 2000. The final overall vote on the 2018 State Budget is scheduled for 28 November, following a month of debate.

The presentation of the document, in the parliament, by the Minister of Finance, Mário Centeno, is

scheduled for 24 October, at the Budget and Finance Commission. On 25 October the Minister of Labour, Solidarity and Social Security, Vieira da Silva, will present the budget at the same com-

mission.

After the general vote, with a debate scheduled for 2 and 3 November, the sectoral discussion, ministry by ministry, will be held by the respective committees. *TPN/Lusa*



Finance Minister, Mário Centeno, has singled out salty foods as one of his tax targets in the 2018 state budget. (Photo: LUSA)

TAP plane engine catches fire on takeoff from Italian airport

Passengers on a TAP flight from Italy to Portugal suffered a fright earlier this week when one of the aircraft's engines caught fire shortly after take-off, forcing the jet to U-turn and perform an emergency landing.

National tabloid *Correio da Manhã* reported the incident happened on Tuesday, when a fire in the engine of the TAP airbus

A321 forced the aircraft to return to the Leonardo da Vinci airport in Fiumicino, Rome, and make an emergency landing.

Quoting the Italian press, CM reports the aircraft had taken off just fifteen minutes earlier, and was carrying 171 passengers and seven crew at the time.

It landed safely and no one was injured.

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New Algarve Hyperthermia Center opens in Faro

The Grupo HPA Health Group has inaugurated the Algarve Hyperthermia Center which will aid doctors in better dealing with cancer. The treatment is said to expedite the elimination of cancer cells and is used as complimentary method in conjunction with traditional ways of fighting the disease.



A patient pictured here undergoing hyperthermia treatment. (Photo: Supplied)

The Algarve Hyperthermia Center was inaugurated on 14 October and is now operating at the Gambelas Hospital in Faro. Hyperthermia treatment, despite being recently available in Portugal, has been developed in other countries for many years, with very encouraging results. It is considered to be the fourth pillar in the treatment of cancer, after surgery, radiotherapy and chemotherapy. "In Portugal, this is the second centre to be inaugurated and we believe it is a very important step for the region and for all the patients who daily struggle with cancer disease", the hospital said in a statement. At the Gambelas Hospital two types of equipment are available, loco-regional radiofrequency hyperthermia and whole body hyperthermia (infrared). Both can be used on their own or in addition to traditional cancer treatments, allowing faster results. Studies show a 60 percent improvement in the response to chemotherapy and radiotherapy. Loco-regional hyperthermia is indicated for the selective destruction of the tumor, especially in situations where it is necessary

to reduce its size, before surgery. The session lasts approximately 60 minutes. Two non-invasive electrodes, emitting electromagnetic energy are applied. Whole Body hyperthermia is indicated for tumors of the cervix, head and neck, lung, breast, pancreas, melanoma, bladder, rectum, prostate, oesophagus, soft tissue sarcomas and of the Central Nervous System including multi-organ metastasis. The whole body is heated up to 43 degrees, causing a destruction of the cancer cells, which are more sensitive to heat than normal cells. The Hospital Particular do Algarve is known for its differentiated and innovative therapies, and oncology treatment is an area that the Group has been developing for the past 6 years, with the opening of the Oncology Day Hospital at the Gambelas Hospital. On Saturday the HPA Health Group also inaugurated a new unit in São Brás de Alportel, the *Clinica Particular Siipemor*, with an Emergency Department open daily with a doctor on permanent duty supported by medical specialties and radiology as well as In-Patient facilities for mental health.

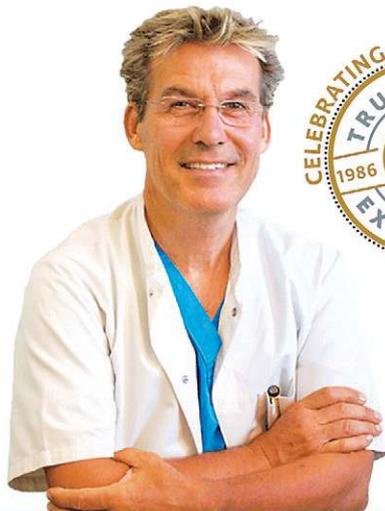
Faro GNR officer accused of pocketing fines

An officer from the Faro GNR Brigade has been accused of four crimes of peculation by the Public Prosecutor.

The officer is accused of having pocketed money from fines issued to drivers between 2013 and 2014. According to newspaper

Correio da Manhã (CM), the policeman has already been suspended from his job after an enquiry was launched. CM states it was the GNR

force itself that reported the suspicions surrounding the officer, which led to an investigation being launched by the PJ police.



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PJ police recover arsenal of weapons stolen from army base

Portugal's PJ police force has intercepted and recovered a stash of military weapons that were stolen from the Tancos army base earlier this year, at the end of June, after being tipped off with an anonymous phonecall.



On 29 June thieves stole anti-tank grenades, plastic explosives and more than 1,400 rounds of ammunition from the Tancos military complex. (Photo: EPA/PAULO NOVAIS)

It was announced on Wednesday - coincidentally, the same day that Portugal's Minister for Home Affairs,

Constança Urbano de Sousa, announced she was quitting her job - that the arsenal had been intercepted in Chamusca,

Santarém district. In total 44 war weapons, including grenades, grenade launchers and explosives, were recovered. According to reports, almost all of the stolen stash was recouped, with the exception of ammunition. News channel SIC Notícias said the arsenal was found scattered in scrubland. The stash was taken to a bunker at the Santa Margarida military base, where it was being guarded by the army. In a statement issued on Wednesday, the PJ mili-

tary police said that the recovery was made as a result of investigations into the trafficking and illegal selling of war weapons, and with the help of the Loulé GNR. "During the early hours of this morning we recovered, in the region of Chamusca, with the collaboration of the criminal investigation nucleus of the Loulé GNR, the war material stolen from the National Park of Tancos", the official statement read, adding that "the recovered material is already in the Santa Margarida Bar-

racks, in the custody of the Army, where an expert assessment is being carried out for a more detailed identification." The stash was reported missing from the Tancos based on 28 June 2017. On 29 June the army revealed that the security perimeter surrounding the Tancos base had been violated and one of the two barracks broken into, and that a large quantity of weapons had been stolen, among them grenades, explosives, and tear gas. The Army Chief of Staff ordered three enquiries to be launched, namely into the functioning of the CCTV system, intrusion into the base, and cargo management. Five army commanders were temporarily removed from office. At the time, Portugal's then-Home Affairs Minister, the recently-resigned Constança Urbano de Sousa, said national authorities were "doing everything" possible to investigate the theft. Her comments came after Spanish newspaper, El Mundo, quoting sources from the Spanish interior ministry, reported that the incident could have been connected with an international arms ring, and not 'jihadism', which was a suggestion initially put forward by Spanish Home Affairs Minister, Juan

Ignacio Zoido, during a G4 meeting. This was denied by Portugal's Home Affairs Ministry, which told *Lusa News Agency* that the El Mundo article "did not correspond to the truth". Following the robbery, and due to concerns that the stolen military equipment could enter the black market to feed terrorism, national authorities alerted their European counterparts, such as Europol, and worked directly with the Spanish police. Portugal's President, Marcelo Rebelo de Sousa, called for an in-depth investigation into the theft to ascertain "facts and responsibilities", to "prevent the occurrence of incidents that are as or even more serious than this" from happening again. At the time of the theft, *Lusa News Agency* reported it was widely believed that there had to be inside knowledge about which building contained the weapons the thieves wanted, and when there were security rounds. Following the PJ's announcement on Wednesday, the PS socialist party said it wanted to hear Defence Minister Azaredo Lopes, in parliament, with urgency. It is not yet clear exactly how the Loulé GNR contributed to this week's seizure.

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The government and the baking industry has this week reached an agreement to progressively reduce the amount of salt contained in Portuguese bread. (Photo: MÁRIO CRUZ/LUSA)

Salt content in bread to be reduced starting 2018

The salt and trans fat content in Portuguese bread will be gradually reduced from 2018 to 2021 according to a protocol signed on Monday between the state and the Portuguese baking industry.

The law currently allows for a salt content of 1.4 grams per 100 grams of bread. According to the protocol which Lusa had access to, the goal is to reach 1 gram of salt per 100 grams of bread and less than 2 grams of trans fats per 100 grams of product. The reductions will be greater and sooner for bread supplied to state

schools and by the end of 2018 this bread should already contain less than 1 gram of salt per 100 grams of bread. The Portuguese population consumes an average of 7.3 grams of salt per day which is above the World Health Organisation (WHO) recommendation of 5 grams per person per day. The protocol intends to reduce the amount of

salt used in the salty-food industry by 10 percent. In the case of traditional Portuguese products, the protocol establishes that the salt content reduction should be monitored and a plan for more gradual reduction drawn up. Alongside these measures a national campaign to promote bread consumption will be launched.

TPN/Lusa



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Around 40 percent don't understand food labelling

Around 40 percent of Portuguese consumers do not understand the basic nutritional information on food labels, according to a study ordered by the Directorate General of Health (DGS).

The study by the Portuguese Institute of Marketing Administration conducted on behalf of the DGS and validated by the World Health Organisation, was carried out based on a sample of 1,127 consumers and will be issued on Monday, which is also World Food Day.

The aim was to understand how clearly consumers understood the information on food labels.

More than half of the consumers surveyed, look at food labels to see the expiry date, how to use that particular product and to understand the nutritional information. However when the results were analysed, 40 percent did not understand the information given.

The study also concluded that the more qualified a consumer is, the more

chance they have of understanding the label. In fact, one of the barriers to understanding information on food labels is low levels of literacy among the Portuguese population leading to difficulty in understanding the nutritional information, said the authors of the study.

The analysis has raised the question of how information is presented on the labels, said the director of the National Programme for the promotion of healthy eating of the DGS.

As a solution, the DGS launched a "traffic light" system categorising food into red, yellow and green. Consumers are encouraged to opt for food and drinks labelled as green and to avoid those with the red labels.

TPN/Lusa



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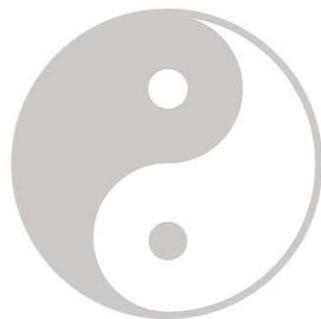
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Figo appointed in key UEFA role

Former Portugal midfielder, Luis Figo, has joined UEFA as a football advisor.



Former Portuguese international footballer, Luis Figo, has been given a key role in UEFA. (Photo: EPA)

The 44-year-old, who won more than 20 trophies during a playing career at Sporting, Barcelona, Real Madrid and Inter, will work with president Aleksander Ceferin across a variety of technical and legal matters as well as continuing to be an ambassador for the game. Figo's appointment is part of Ceferin's plan to get more former players involved in the decision-making process over how football is run. He said: "Luis Figo was a fantastic player who was exemplary in the way he conducted himself both on and off the pitch. "He is a highly respected figure within the game and I am very pleased he is joining our team. His tremendous football experience will be a very valuable asset to UEFA."

Commenting on his new role, 2000 Ballon d'Or winner, Figo, said: "I have been lucky to gain a wealth of experience and I believe I can have a positive influence in passing on my knowledge. "Football is constantly evolving. I am privileged to be involved with UEFA and I would like to thank Aleksander Ceferin for giving me this opportunity. "I have learned so much from football that I am now really looking forward to giving something back. "When I started playing football professionally in 1990, I could never have imagined that one day I would have the opportunity to join UEFA and work alongside the president of this organisation and some of the best football minds from around the world."

TPN/PA

Cristiano Ronaldo to play in the Algarve

Cristiano Ronaldo is set to once again perform in front of Algarve football supporters.

The Portugal national team captain will be leading his team against the United States in a friendly match scheduled for 14 November at the Algarve Stadium.

Four days earlier, Portugal will be taking on Saudi Arabia in Leiria in another match that will serve as preparation for the World Cup in Russia next summer.

Ibericman triathlon to take place along Guadiana River

The Ibericman triathlon is to take place along the Guadiana River in the Eastern Algarve this coming Saturday.

The challenging sports event will see participants swim, run and cycle 216 kilometres along the Guadiana in the Algarve,

Alentejo and even Spain. The event starts and finishes in Monte Gordo and takes place on 21 October.

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Former PM Santana Lopes to launch PSD party leadership bid



Pedro Santana Lopes pictured here is set to launch his candidacy for the leadership of the opposition PSD party this weekend. (Photo: MIGUEL A. LOPES/LUSA)

Pedro Santana Lopes, a former prime minister of Portugal, is to present his bid for leadership of the opposition Social Democratic Party (PSD) this weekend, a member of his campaign team said.

The launch event is to take place on Sunday at 4pm in Santarém, at the National Centre of Agricultural Exhibitions and Markets. Last week, Santana Lopes announced his intention to stand in the leadership election that is to take place on 13 January, with all party members having a vote. He made the announcement on television, during his regular commentary spot on the SIC channel. As well as prime minister from

2004 to 2005, Santana Lopes has been the PSD leader, and mayor of Lisbon and of Figueira da Foz. He is currently head of the state-owned but autonomous social services organisation, the Santa Casa da Misericórdia de Lisboa. The PSD's current leader, Pedro Passos Coelho, announced earlier this month that he would not be standing again as leader, following poor results for the party in local elections on 1 October. TPN/Lusa

Banks to release client data if terrorism, money laundering suspected

Portugal's tax office is set to gain access to information on banks' customers when public prosecutors or the criminal police suspect that operations relate to terrorism and money laundering, under measures contained in a preliminary version of the 2018 state budget.

According to reporters, there would be a new situation in which tax inspectors can access the data of clients of banks and other

financial institutions, breaking the usual banking secrecy. Under a new line in article 63-B of the General

Tax Law (sub-clause i), there is "grounds to lift banking secrecy" when the tax authorities receive "notice of suspect opera-

tions" from the Central Department of Penal Action and Investigation, the office of Portugal's Attorney-General, or the Unit of

Financial Information of the PJ police. This action may be taken, the draft bill states, "in the ambit of legislation

relating to the prevention and countering of money laundering and the financing of terrorism." TPN/Lusa



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Azores sharks and rays centre of innovative study

An innovative, non-invasive telemetry method is being applied to track giant manta rays and blue sharks found in waters in the Azores, as part of an ongoing project to learn about the ecology of the sea species.



An award-winning photo of a free-diver surrounded by giant rays in Azores waters, taken in 2011 by Portuguese photographer Nuno Sá. (Photo: NUNO SÁ/LUSA)

While the giant manta rays - the largest type of ray in the world - are circumglobal and typically found in tropical and subtropical waters, they can also be found in temperate waters like those surrounding the Azores. The near-threatened Blue Shark is also found in temperate and tropical oceans, although the species prefers cooler waters, and migrates long distances. Both are important to ecotourism in the Azores island region.

To better understand the species and what role the Azores plays in their life cycle, a new, non-invasive form of telemetry (automated tracking) is being used in the study. The traditional method involves the capture, retention and invasive forms of placing transmitters on animals, such as using a small harpoon through the muscle. This innovative method involves diving, and trackers are placed on animals "without them realising that they are being followed and manipulated",

explained marine biologist, Jorge Fontes, of the Azores University's Department of Oceanography and Fisheries. "We have really had to innovate and create new methodologies, as we have always done and are doing at an international level, by abandoning traditional telemetry methods", he elaborated. The marine ecology specialist said that the new devices are ring-shaped transmitters placed on the animals near the fin when they are in "complete freedom".

The equipment is also innovative in the way its platforms receive data. The study is the result of a partnership with a Matosinhos-based innova-

tion and engineering centre in northern Portugal, which develops work for the aeronautics, aerospace and electric mobility industries, among other areas.

Jorge Fontes added that the project started about a year ago, and aims to find out where the blue sharks and rays go to when they are not in the Azores, as well as the importance of the archipelago for their life cycle.

The biologist believes that the study is "much more important" in the case of the giant rays, as "very little is known about its ecology".

"Very little is known about what [the rays] do when they are in the Azores, since it is a seasonal species that aggregates in only two seamounts in the region", he said.

Work already developed on the rays, which were tracked for between six and nine months, led to the conclusion that "they travel

identical routes, heading south to Cape Verde" in early autumn.

"Blue sharks are a much more complex case", he explained: "They use the whole ocean and the species is in the archipelago all year, although they are different segments of the same population and with different habits depending on the time of year."

Jorge Fontes stated that, for the time being, the presence of maritime tourism companies has not generated "any negative impact" on the habitats of rays, but "with the foreseeable growth of this activity, it is necessary to better understand them to adopt measures to mitigate eventual impacts."

The researcher estimates that the study should be concluded sometime in the next two years, and its findings could be an important support to the sea-tourism activity, to ensure it is conducted in a "sustainable and responsible" fashion.

Heavy rain causes flooding in Lisbon and Porto

A marked deterioration in the weather at the start of the week saw heavy rain cause flooding across northern Portugal and the capital, with dozens of minor incidents being reported.

Between 8pm Tuesday night and 1am Wednesday morning, firefighters were called out to scores of small floods in homes and on the streets of Lisbon.

In all, around 50 cases were reported, also in the neighbouring areas of Sintra,

Cascais, Loures, and Vila Franca de Xira.

No significant damage or injuries to people were caused.

According to the Civil Protection Agency's website, the districts of Porto, Santarém and Setúbal were also affected by minor floods.

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Teachers give notice of strike in November in dispute over working hours

Teachers and other academic staff in state secondary schools in Portugal are threatening a partial strike towards the end of the current term, and potentially into the next one, if their demands regarding timetables are not heeded.



Teachers are planning strike action for next month. (Photo: LUSA)

Officials from the National Teachers' Federation (Fenprof) have handed the Ministry of Education a formal warning of a strike from 6 No-

vember to 15 December. The action will affect all work directly with pupils enrolled in non-curricular activities. For example, a teacher who gives extra help or

acts as an assistant in an activity, where these are deemed not to form part of the regular curriculum will be able to strike. "Teachers ... have an overall work week of 35 hours and,

at the moment, our broad survey involving thousands of teachers shows that [they] are working, on average, 46 hours and 40 minutes a week," Fenprof's secretary-general, Mário Nogueira, told journalists after handing in the strike warning. He said that the trend of teachers being asked to do activities not directly relating to their academic responsibilities has been established since 2008 and that "this government has not yet responded" to this long-standing problem. In 2015, the current Socialist government moved to restore the working week for public sector employees to 35 hours, after its predecessor had increased it to 40 hours, in a move it said was necessary as part of austerity measures to make the public sector more efficient and so reduce the deficit.

TPN/Lusa

Travel warnings issued for Madagascar, Italy

The Portuguese health department said today that travellers to Madagascar should book an appointment with the tropical medicine department before going there; to use repellent when they arrive at their destination and to avoid contact with animals because of the plague.

The World Health Organisation (WHO) issued a warning at the beginning of the month about an outbreak of plague on the island that has already caused at least 45 deaths.

The Portuguese health department is also advising travellers heading to

the Lazio region of central Italy to see a doctor because of an outbreak of Chikungunya, a disease that is spread by mosquitoes.

Cases have also been found in the Calabria region, in the 'toe' of southern Italy. TPN/Lusa

Gambelas private hospital to offer innovative cancer-fighting treatment

From this week, the Gambelas private hospital in Faro has started offering an innovative, non-invasive cancer-fighting treatment.

The unit, which is part of the HPA group, will be inaugurating its Hyperthermia Centre. Innovative therapeutic techniques will be used in the treatment of

cancer and some non-cancerous neurovegetative diseases.

This service will be available at the Oncology Day Hospital.

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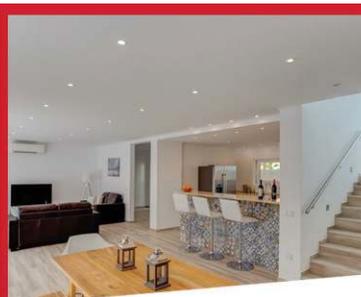
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Croquet hits new heights

The Algarve is becoming a serious venue for top croquet players as the recent Portugal Open, at the Bela Romão Croquet Club near Fuseta, demonstrated.

The third annual tournament proved to be a great success with top players from Germany, Norway, Ireland, England, Spain and Portugal showcasing their skills on the immaculate croquet lawn. With two further lawns taking shape there is no denying that more clubs will be attracted to this superb venue overlooking the golden beaches of the Ria Formosa.

Roar Michalson (Norway) was in sparkling form as he won the Singles Final 10-5 against Miguel Bausa (Spain). Michalson had overcome Car-

men Perez Noguerras (Spain), whilst Bausa was victorious against Peter Haydon (England), in the semi-finals.

The Doubles Final resulted in Roar Michalson and Steinar Olsen (Norway) taking the title 10-6 against Lionel Tibble (England) and partner Fernando Soto (Spain). The Singles Plate Competition, for first round losers, witnessed an extremely close final encounter as Christian Beitler (Germany) beat Lasse Holberg (Norway) 10-9. The Doubles Plate Competition was won 10-4 by Wolfgang Usbeck (Germany) and Peter Haydon (England) against Margot Ergstrom & Sarah Byrne (Portugal).

Lita Gale, President of the FPC, was delighted with the high standard of play and congratulated the Portuguese contingent who recorded their best ever showing in an international tournament. Early versions of croquet were played by Charles II of England and his courtiers under the name of paille-maille, derived from the Latin words for "ball and mallet, but now it is the



(L to R) Mark Stephens (Ireland), Wolfgang Usbeck (Germany), Lita Gale, Carmen Perez Noguerras (Spain) and Singles Champion, Roar Michalson (Norway).

lated the Portuguese contingent who recorded their best ever showing in an international tournament. Early versions of croquet were played by Charles II of England and his courtiers under the name of paille-maille, derived from the Latin words for "ball and mallet, but now it is the

Algarve that is the crowning glory for a game that is attracting many new converts. After becoming proficient in the basic skills, players realise there is quite a bit of strategy to becoming a better player and that that is when the real fun starts! www.belaromaocroquet.com

Bowls Algarve

This week has seen most Bowls Algarve Clubs along the Algarve hosting visiting teams from many different parts of the United Kingdom. Many Clubs have had visitor teams to play every day. A busy time for all bowlers. All visiting teams expressed their appreciation and gratitude to their hosts for giving up their time and energy to ensure the visitors have an enjoyable bowling holiday. Many visiting teams promise to return again this time next year, or in the Spring of 2018.

Of course, all Bowls Algarve Clubs are also 'gearing up' for the start of the League at the end of October, and the Inter-Club competitions, many of which are already

scheduled, or in the process of being scheduled. The visiting teams give all the Algarve Bowlers a chance to return to match fitness, after the excesses of the summer.

The League this year is split into two divisions, with all the Clubs having at least one team in the top division. Each Club will play seven games before Christmas and seven games after Christmas, taking the league season to the end of February. The first competitive match begins with the Super 10's on Thursday 26 October, with the League matches following on Saturday 28 October, and the Cameron Cup beginning on Tuesday 21 November.

Miriam Hare

Open Day Browns 2017



Browns Sports & Leisure Club in Vilamoura held the 2017 Open Day last Saturday 14 October. All of the facilities were open to members and non-members alike including tennis, squash, fitness classes, gym and more.

The new classes Boxe Knock-out and Boxe Training were popular additions to the existing classes which include Pound, Spinning, Jump In, Zumba and TRX.

An exceptional promotion

was given to those joining on the day. Miss out? Another promotion is still available with 15% off all of the all-inclusive global memberships!

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Let's Walk in the Algarve

Tuesday 24 October – Let's Walk from Estoi:

A 2.5 hour fairly easy walk (no climbs) through little known countryside to the east of the historic village / town of Estoi; quietly beautiful. 10.30am start. Meet in the central square of Estoi in front of the church. Estoi is just north of Faro on the road to São Brás de Alportel. Chris 913 011 537.

Friday 27 October – Let's Walk around the Lake:

A moderate 2.5 hour walk around part of the Bravura lake and then up through the coun-

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

There is no need to book please just come along wearing shoes suitable for country walking and please bring a sense of humour! There is a nominal charge of €5 per person.

Interclub Algarve Division 1 Title decided

Interclub Algarve, established in 1993 and The only Major golf club team competition in the south of Portugal, is now celebrating its 25th anniversary year, with 20 clubs competing in 3 divisions.

Ten players from each club play matchplay golf in pairs, over 18 holes home and away.

All the participating clubs, generously offer courtesy of the course to visiting teams and All matches are played in a competitive sporting environment akin to the Ryder Cup.

This years Division 1 Title was only decided on the very last game of the season, with Pestana Alto Golf Club finishing in top spot,

Algarve Activity Bike Rides

Here are the details of this week's rides:

Saturday 21 October - Bike Ride starting in Benafim:

We meet by the roundabout in the centre of the village at 9.15am ready for a 9.30am start.

Sunday 22 October - Bike Ride starting in Algoz:

We meet in the centre of the village at 9.15am ready for a 9.30am start. This will be a regular Sunday ride with a café stop somewhere along the way.

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

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

with 73 points. Pushing Alto all the way and eventually finishing runners up and 7 points adrift, were Parque da Floresta.

Pestana Alto Interclub Team Captain Greg Morelli has been delighted with the attitude and spirit demonstrated by all his players. 'We have a great mix of Portuguese, Swedish, German and British players in our club and we are very grateful to Pestana for their continued gen-

erosity, support and development of what is a truly great golf course and membership. Thank you also, to Interclub Algarve, all the competitive teams and finally commiserations to the excellent team and golf course of Parque da Floresta. You played strongly and fairly throughout the season and we just had the rub of the green on a couple of occasions. We look forward to playing you all, again next year".

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Left to Right: Jurgen Keppler, Dave Lennard, Carlos Cappouchinho, Baz Thompson, Dave Hackett, Martin Dean, Miguel Heliodoro, Amilcar Fonseca, Geoffrey Harrison and front row Left to Right: Joao Soares, Ian Nicklin.

Please send your Club or Community news to: newsdesk@theportugallnews.com

Mediterranean Garden Fair 2017

The Algarve's only specialist Plant Sale will once again be held this year at the Museu do Trajo, S. Brás de Alportel on Saturday 28 October opening to the public from 11am until 4pm.

Entry this year remains at €1 per person, under-16's free, and there is parking around the Museu in São Brás.

There will be the following specialist practical talks, all of which are free:

11.30am Potential of Barrocal native plants as Ornamentals - *Vegetação natural potencial do Barrocal algarvio: Espécies características com valor ornamental* by Dr Ricardo Canas of the University of the Algarve - an illustrated talk in Portuguese/English.

1pm Keeping Your Home and Garden Safe from Fire - *Mantendo casas e jardins protegidos do fogo* by Eng. José Filipe who will give advice on plant choices and garden planning to resist wildfires.

2.30pm Medicinal Gardens - *Jardins Medicinais* by João Beles who lives and gardens in the Algarve and is a qualified Naturopath.

Nature Printing Workshops are a new exciting addition to the programme this year and are with renowned local Olhão artist and Life Member of the Nature



Printing Society, Dr. Rachel Ramirez. Rachel will demonstrate how to make fascinating prints directly from nature and you will be able to try out the techniques for yourself at 12.30pm and 2pm. (For more information please visit: www.rachelramirezprints.weebly.com)

There also will be organic essential oils and organic local produce (fruit and veg) and the very popular MGAP books stand with titles covering all aspects of gardening in the Mediterranean climate. If visitors have second-hand gardening books to donate the organisers, Mediterranean Gardening in Portugal, will be happy to accept them at their information point.

Refreshments and food are available at this venue and the popular Plant Crèche service will be in operation as usual with a collection point with car access. There will be a drop-off point for less able visitors to the event.

For more information email mgapfairs@gmail.com.

Charity Event

Well known Charity Event organiser Barbara Weldrick and her team held their Annual Charity Event on Saturday 30 September at her home in Moncarapacho.

Featured this year was a talk on Gardening & Irrigation in the Algarve presented by Emma which was followed by a traditional Afternoon Tea which was a great success.

On sale were homemade chutneys and jams and a variety of plants. There was also a raffle.

The event raised €1,020 which will be split between a local Animal Sanctuary to help towards vets bills, and local Homes for the Elderly.

We thank everyone who attended for their wonderful support which is sincerely appreciated.

Margaret Roscoe

Caldas da Rainha Crime Prevention Seminar

The Safe Communities Crime Prevention and Public Safety seminar held on 11 October in Caldas da Rainha proved to be a great success. Some 70 people attended the event, which was opened by Dr. Fernando Tinta Ferreira, Sr. Presidente da Câmara Municipal de Caldas da Rainha.

Speaking at the event in English, Dr. Ferreira mentioned the importance of close engagement between the community and police to help maintain the area as a safe and peaceful place to live. He congratulated the Bombeiros, who had worked hard during the summer months, not only in Caldas da Rainha, but further afield dealing with forest fires in other districts.

David Thomas President of Safe Communities' Portugal explained the aims of the seminar

and Chris Stretton (Board member) gave an overview of the work of the association and its future plans.

Presentations were then delivered by Capitão de Infantaria Rui Pereira, Oficial de Relações Públicas do Comando Territorial da GNR de Leiria; Sub-Comissário Jorge Sousa, Polícia Segurança Pública, Caldas da Rainha; Capitão-tenente Marco Alexandre de Serrano Augusto, Comandante Local da Polícia Marítima, Capitão do porto de Peniche, Polícia Marítima and Senhora Carla Caetano, Bombeiros das Caldas da Rainha.

Supporting the presentations, five excellent videos were shown depicting the work of the organisations, as well as the threat of rip tides along the west coast. In preparation for the forthcoming "A Terra Treme" (earthquake)



exercise on 13 October, Carla Caetano showed a very interesting video depicting the 1755 earthquake, along with the tsunami and firestorm that hit the capital.

During the questions and answer session, topics raised concerned, parking on roundabouts, police/public communication, marine policing and domestic violence.

Feedback from those attend-

ing was very positive indeed and those attending felt they had learned more about the work of those entities concerned. Regarding the subject of domestic violence, given its importance, a further seminar dealing with this topic is being considered.

This was the first seminar held by Safe Communities north of Lisbon and our thanks go to the Expoeste, where it was held, and the presenters.

CASA Autumn Schedule

The club does not hold any events during August due to a combination of the heat and members other summer commitments with family etc.. To make up for this we ran two events in September, and we also have a further two coming up in November. We started off on 16 September with 29 attendees for lunch at Restaurante Salgadosmar near Armacao de Pera when members met up after the August break.

The lunch was followed by a new venture (or adventure) for the club - on 27 September members met at Adventure Golf near Alvor for a round of 'golf', though not quite the game the professionals might recognise!

The course was reasonably easy to start with but got a little harder as play progressed. A great deal of entertainment was had negotiating dinosaurs and similar unusual obstructions. The weather was gorgeous and after playing their round everyone sat down to an 'English tea'. The afternoon was rounded off by the presentation of a 'star player' cup to club member David Harris. The general feeling was that all present enjoyed the event so much they would like to do this again next year - or sooner!

Our next event on 26 October is lunch at the Faro Catering College (the "Escola de Hotelaria e Turismo Algarve") which will be shortly followed by a five-day coach trip



(now fully booked) to Cordoba and Granada in early November. Full details of these and all our planned events, which are also open to non-members, can be obtained from the club web-site - www.casasocial.club or from Margaret Brito on 282 495 475 or by e-mail to info@casasocial.club

Estoi Charity Party

On 5 October, a Charity Party (Arraial de Beneficência) was held at the Poeta Emiliano da Costa School in Estoi.

The event was jointly organised by the Rotary Club Estoi Palace International and the Agrupamento de Escolas Pinheiro e Rosa to raise funds

to assist a local Estoi girl Beatriz, who has a very rare degenerative eye disease. Her nearest treatment centre is in Spain and she has to attend every 6 months. Her parents cannot support her medical and travel costs and her university fees. The Estoi community

joined together to help her.

More than 450 people attended the party. The ticket price of 5 euros included food and entertainment. The food was prepared and donated by local people and businesses.

Starting at 5pm the party went on until 10pm. In total

€5,100 was raised, which will support Beatriz with her medical treatment and university studies.

For further information on RC Estoi Palace International contact: roc@rotaryestoi.org or visit: www.rotaryestoi.org

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Os Incêndios (4)

SIR, The weekend of 14/15 October has seen more than three hundred horrendous conflagrations across Portugal result in thirty more deaths, countless injuries and the destruction of flora and fauna across a vast swathe of a beautiful countryside. And yet we are informed by the chefe of Bombeiros that vital fire-fighting equipment and other resources continue to lie idle because funding allocated in 2016 has yet to reach its destination. The deprivation of this gallant force of its means even extended to the closure on 30 September of the "postos de vigilância" which provide essential early warnings of outbreaks. The official report discounts the criminal origin of forest fires which has been claimed in the press. But I would suggest that it is not the actions of some demented arsonists which should be held to account but rather the criminal activity of those wealthy individuals who have siphoned more than ten billion euros of unpaid taxes and illicit gains from the

Portuguese economy for off-shore "investment". Such money could have contributed to a vast array of social improvements including our National Security organisation which has been beleaguered by the austerity enforced upon the people by corrupt politicians. Recent events are going to re-occur with increasing intensity due to the inevitable progress of climatic change and the sheer wastefulness of mankind. That is the identity of the enemy and we need now statesmen, not politicians, who are capable of swiftly organising prevention and resistance on a military scale.
ROBERT KNIGHT,
By email

Forest Fires

SIR, I was in the middle of the Pedrogão Grande fire. My farm burned. Incl. 4x4 tractor, and jeep Grand Cherokee. The government said that 90% of the fires are man-made. How come that I have never heard about a single person being arrested for arson?

I have left Portugal, because I do not feel safe there. Who wants to live in a country, where nobody is arrested for arson? And the whole country is burning?
ODDVAR MYKLEBUST,
By email

A Short Note

SIR, Somebody that can speak three languages is tri-lingual. Somebody who can speak two languages is bi-lingual. Somebody who only speaks one language is British!
EDDIE, Alte

Domestic group to open seventh hotel in Alvor

SIR, To be honest this is only good news for the Pestana group. Alvor will soon lose its name to Pestana. Besides that All Inclusive is not good for the local community for obvious reasons and with the extensive golf interests of Pestana it will be rich pickings for them only. The construction jobs will be welcome and the jobs in the hotel when up and

running even if they are minimum pay will be welcome but I feel that Alvor is losing its village feel and will become another Albufera or worse.
KEVIN WILLIAMS via
www.theportugalnews.com

Christmas at Casa de Santa Amaro

SIR, The first rain of the autumn has reminded me that Christmas is approaching rapidly. I know that it seems as if yesterday were Christmas, believe me, but the signs are already here. Christmas goodies on sale, and Christmas gift packages are appearing in the supermarkets. For the last two years your readers have generously donated presents for the disabled residents of Casa de Santo Amaro. Many of these people are wheelchairbound and have no family to give them a gift at the season of goodwill. I can assure you and your readers that the pleasure on their faces when Stephanie and I brought in the boxes of gifts last year and the year before was very moving. This year there are slightly

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

more men in the home than women, but in total we need about fifty gifts. The staff have told us that toiletries and perfumes are most welcome. Most supermarkets have boxed sets, if they could be wrapped and labelled for men or women it would make my task much easier! If not I have already bought paper and tags! Elaine, at the Card Shop, will accept the gifts and pass them on. We are trying to arrange other drop off points. I will let you know about these. We will collect ourselves if absolutely necessary, see phone number at the end of this request. I am pleased to say that the Activity Centre, after the fire which destroyed it and the contents, is being restored thanks to the work by the staff and a kind professional painter from Salema. Many of your readers have donated papers, paints, cray-

ons etc to replace all that was lost, and the staff and residents are most grateful. The continuing donations of towels and bedlinen are most welcome too. Although many of the residents cannot talk they can express pleasure. Those of you who shop at Intermarché in Lagos will have seen Leonor in her wheelchair at her little costume jewellery stand. She cannot speak, but can express thanks. Unfortunately these people are not as well funded as they would be in UK and have very little money after their living expenses are deducted, so these gifts are luxuries for them. Thank you in advance for your help!
Yours, in anticipation,
JENNIFER HERRTAGE and STEPHANIE GRAY.
282695875 (answerphone available if I am not in).



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A passion for curry

Californian Dan Toombs' introduction to British curry houses didn't come until he was 22, when he worked in a pub in Croydon while on a student visa. A few trips to the local establishment and he was hooked.

"I'd never tried Indian food because it just wasn't available over there at that time - it is now - and I loved it," says the enthusiast, who now lives in North Yorkshire. "I've been trying to make it ever since."

On his return to the United States, he scoured his home state for Indian food but his searches came up short. So, when he made a permanent move to the UK in 1993, the studious hunt for the perfect curry resumed - with Toombs meeting local chefs to find out their secrets, setting up his blog The Curry Guy and later starting his year-long curry challenge.

And his debut cookbook, The Curry Guy, in which he pools his knowledge from years of diligent curry-eating, and his quest, which he, his wife and three children took part in, brought the diversity of the cuisine into sharp focus.

Fancy a curry? Try one of these tasty treats:

Prawns and pineapple

(Serves 2)

6 garlic cloves, unpeeled
1 pineapple
1/2 tsp roasted cumin seeds
4 fresh green chillies, very finely chopped
4tbsp chopped coriander, plus extra to serve
2tbsp rapeseed oil
1tsp mustard seeds
1/2 onion, finely chopped
1tbsp garlic paste
2 cassia leaves (also known as Indian bay leaves, available from Amazon)
1tsp ground cumin
1tsp chilli powder
1/2 tsp ground turmeric
1 tomato, chopped
2tbsp tomato puree
500g raw prawns, shelled and deveined
Juice of 1 lime
Salt
Naans or chapattis, to serve

1. Roast the garlic cloves directly over a gas hob flame on a skewer or in a dry frying pan, turning them as they roast, until blackened all over. Set aside to cool.
2. Using a large, sharp knife, cut the pineapple in

half lengthways and scoop out most of the flesh from the centre. Place the scooped-out pineapple in a blender, add the cumin seeds and half a teaspoon of salt, and squeeze the roasted garlic out of their skins into the blender. Blend to a paste then transfer to a bowl.

3. Add the fresh chillies and chopped coriander to the pineapple paste and mix well. Reserve two tablespoons for the curry and store the rest in the fridge until ready to serve.

4. Heat the oil in a large saucepan over a high heat and add the mustard seeds. When they begin to pop, reduce the heat to medium-high and add the onion along with a pinch of salt.

5. Fry until translucent and soft, then stir in the garlic paste and fry for a further 30 seconds.

6. Add four tablespoons of water, the cassia leaves, cumin, chilli powder, turmeric and the reserved two tablespoons of pineapple paste. Cook for a further two minutes then add the chopped tomato and tomato puree.

7. Throw in the prawns and stir into the sauce until cooked through. Check for seasoning and spoon into the hollowed-out pineapples. Top with chopped coriander and a squeeze of lime juice, and serve with the spicy pineapple paste, and some naans or chapattis.

Pakora bites

(Serves 2)

250g boneless chicken breast, cubed or sliced
1/2tsp ground turmeric
1/2tsp carom seeds (also known as ajwain, available from Tesco)
3/4tsp garam masala
1/2-1tsp chilli powder, to taste
3/4tsp garlic and ginger paste (see recipe below)
2tbsp finely chopped coriander
White of 1 small egg
65g chickpea flour (or gram flour, available from Tesco)
Sparkling water
Rapeseed oil, for deep-frying
Salt
Lemon wedges, onion rings and lettuce, to serve

For the garlic and ginger paste:
(makes 15 generous tbsp)
150g garlic, chopped
150g ginger, peeled and chopped

For the garam masala:

(makes 18tbsp)

6tbsp coriander seeds
6tbsp cumin seeds
5tsp black peppercorns
4tbsp fennel seeds
3tsp cloves
7.5cm piece of cinnamon stick or cassia bark
5 dried cassia leaves (also known as Indian bay leaves, available from Amazon)
20 green cardamom pods, lightly bruised
2 large pieces of mace (available from Sainsbury's)

1. For the garam masala, roast all the spices in a dry frying pan over a medium-high heat until warm to the touch and fragrant, moving them around in the pan as they roast and being careful not to burn them. If they begin to smoke, take them off the heat.

2. Tip the warm spices onto a plate and leave to cool, then grind to a fine powder in a spice grinder or pestle and mortar. Store in an airtight container in a cool, dark place and use within two months for optimal flavour.

3. To make the garlic and ginger paste, place the garlic and ginger in a food processor or pestle and mortar and blend with just enough water to make a smooth paste. Store in an airtight container in the fridge for up to three days and use as needed or freeze in ice cube trays.

4. For the chicken, place the meat in a large bowl and mix with the turmeric, carom, garam masala,



Prawns and Pineapple (Photo: PA Photo/Quadrille)

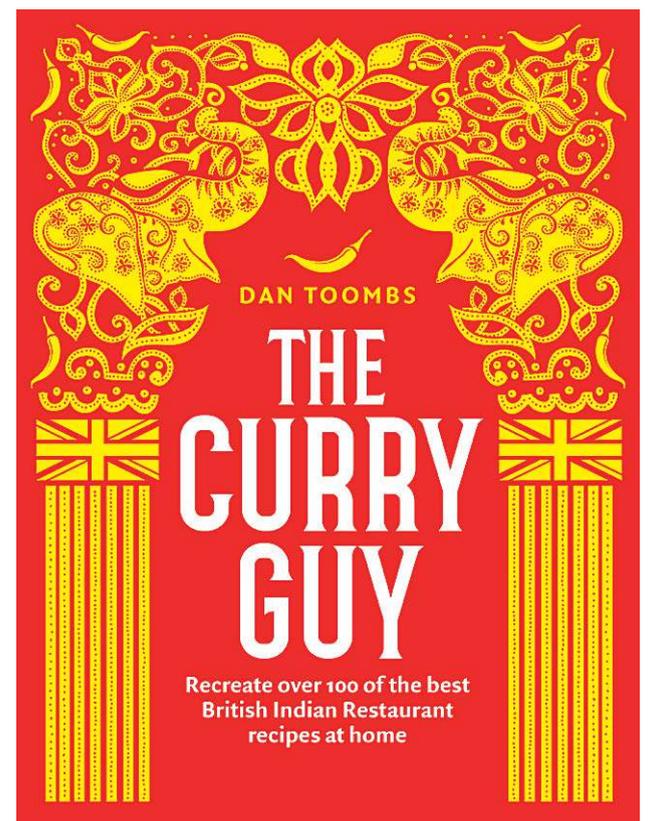
chilli powder and a little salt, so that the meat is evenly coated. Let this sit for about 20 minutes.

5. Stir in the garlic and ginger paste, coriander and the egg white. Now start adding the chickpea flour a little at a time, coating the meat, adding a splash of sparkling water from time to time. Continue until all the flour is used up and it has the consistency of ketchup.

6. Heat enough oil for deep-frying in a deep, heavy-based pan or deep-fat fryer, to between 170C and 180C. Using a wire mesh spoon, slowly lower the pakora into the hot oil. You may need to fry in batches and cooking times will depend on the size of your chicken chunks, but it should take only a few minutes to cook through.

7. Serve with lettuce, onion rings and lemon wedges.

TPN/PA



The Curry Guy by Dan Toombs is available now. (Photo: PA Photo/Quadrille)

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The right evergreen for you



Garden centres are now awash with more compact conifers, that demonstrate the wide variety and colours available and what you can do with them. (Photo: PA Photo)

Conifers used to be seen as dull, boring and way too tall - think Leylandii and you get my drift - but so many new varieties are now on the market that you can add colour, architecture and form to your garden when everything else has entered winter dormancy. Garden centres are now awash with more compact conifers, that demonstrate the wide variety and colours available and what you can do with them. Derek Spicer, chairman of the British Conifer Society and owner of Kilworth

Conifers, explains: "We have between 3,500-4,000 varieties and we are finding that the dwarf range we do is becoming much more popular. People are putting dwarf conifers with alpines and in rock gardens." New and colourful varieties are starting to appear, he observes. "There are in particular a lot of Phillyrea occidentalis cultivars, which offer golden colour and varying degrees of rates of growth. But they don't suffer much from plant diseases." You can add colour to the darkest scene with an

array of conifers, he says. "There are some superb colours around now, mostly golds, but a few things which turn bronze or a reddish colour."

Create colourful hedging
Create hedging out of conifers to provide natural barriers, privacy and a great backdrop to other planting. "Thuja occidentalis 'Degroot's Spire' will make a very narrow hedge, will grow to a couple of metres in 10 years and is easy to trim. There's a really bright gold form of the Western Red Cedar, Thuja plicata

'Goldy', which is quite vigorous but very amenable to trimming. "Try Thuja occidentalis 'Smaragd' - it's Dutch for emerald - which is an upright, very narrow conifer with fine green foliage. It's ideal for a suburban hedge, as it has a naturally tight growing habit. We have two or three golden forms of that, including 'Golden Smaragd', 'Golden Anne' and a dwarf called 'Filips Magic Moment', which should only need pruning at the top."

For smaller gardens
Favourites for small gardens include Picea glauca 'Jalako Gold', Taxus baccata 'Standishii', Chamaecyparis obtusa 'Nana Gracilis', Picea pungens 'Glob-osa' and Chamaecyparis lawsoniana 'Minima Aurea'.

Gopotty
"Traditionally people have used the old Lawson cypress 'Ellwoodii', but I don't. They'd stand in a container for a long time because people don't tend to water them enough," says Derek. "You get to late spring and a dry spell and no one realises things are getting dry. Conifers suffer if they dry out. "Better choices might be pines and if you went for a slower growing pine you've got an architectural form rather than a bolt

upright type." Regular upright conifers for pots would be underplanted with pansies or other spring-flowering plants, which can then be replaced with summer bedding to extend the season. The conifer can just remain in the pot.

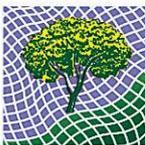
Shapely pyramids and globes
Beautifully shaped conifers can make stand-alone features on a patio or in the middle of a lawn or be put with other formal evergreens to create sharp architectural features. Spherical or bun-shaped conifers create punctuation points at the edge of a border or at either side of entrances. They can also provide a great contrasting shape in a border of dainty perennials.

Fill space in borders
"I would put a number in rather than just one, mainly to give a bit more continuity. Conifers lend themselves to a formal design at

the back or dotted around. Alternatively, if you have a formal garden, put an informal array of conifers in, in different shapes and sizes." Cryptomerias (Japanese cedar) should be considered, he suggests. C. 'Elegans' changes colour strongly in the winter (to purple and red), but it is a very vigorous grower. However, you can trim it and hack lumps off it and you won't hurt it. "There are slightly more compact versions you can buy including C. 'Elegans Compacta' and 'Elegans Nana', available from specialists.

Planting tips
Conifers are very amenable - they can be planted with virtually any compost, preferably in sun in an exposed position, although Taxus (yews) will be fine in shade and if you have a container in a shady spot they may fit the bill. But don't let them dry out or over-water them or they will suffer. TPN/PA

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Making the move to the Algarve

N DAISY SAMPSON

Finding the perfect property in the Algarve is a fun and exciting process; a chance to explore the region, discover exactly what you are looking for and to then make the most of your new home.

Finding your ideal property

It has never been easier to find the perfect property for you in the Algarve thanks to the wealth of professional, experienced and reliable real estate agencies across the region - all offering a wide selection of properties to meet the needs of every client and budget.

From farmhouses in the countryside, to apartments with sea views, the choice in the region is extensive and a visit to a local agent can help prospective buyers not only to narrow down the choices, but also find out more about the many fiscal benefits of buying a property in the Algarve.

Coming to the Algarve to view properties in person is often the best way to find out if a property is right for you, but thanks to agents listing their properties online, you can draw up a wish list from the comfort of your own home wherever you are in the world.

Paperwork doesn't have to be stressful

Once you have your property chosen then it is time to sort out the paperwork. For many people choosing to buy abroad, this part of the process can seem particularly daunting but by dealing with professional lawyers, agents and bureaucratic services you can find out all you need to know before you move forward.

The process in Portugal is clear and transparent, ensuring that both the buyer and the seller are protected at all times and there is no need to have to speak Portuguese as professional translators can be used.

There are certain procedures that have to be completed when buying or selling a property, however with the right advice, help and support this stage can be a stress-free experience.

Moving in

Once the I's are dotted and the T's crossed then it is time to make the move to your new property in the Algarve.

Removal services to bring belongings from the UK or other parts of Europe over to the Algarve are easy to find, with a number of local companies offering a frequent and professional service. Not only can you arrange for your home goods to be shipped over securely and quickly, you can arrange for vehicles and also outsized items, and there are even specialist pet transportation companies to move beloved pets between countries with all the correct paperwork and unrivalled attention to detail.

Before you put your personal stamp on the property you may want to consider doing work, small or large on the property.

Making changes

A quick way to give a property a fresh look is to paint both the inside and outside of a home or to invest in some new soft furnishings or lighting. There is a wide choice of retailers in the Algarve where you can go and choose top quality products in every colour and meeting every budget imaginable.

Not everyone is a fan of DIY but luckily painters, builders, interior designers and architects in the Algarve are of a great standard, with many

companies speaking English and offering a professional and complete service.

Whether you are looking to decorate part of your home or are considering a bigger project such as constructing a swimming pool, there is a solution to meet your needs in the Algarve.

For large building projects it is advisable to speak with an architect to ensure that plans meet building regulations and all licenses are correct - architects can also help with plans and even suggest builders and other contractors to work with on projects.

The mixture of independent retailers and high street brands in the Algarve allows property owners to find all the personal touches they need to really make their home their own.

Inside and out

Once you have updated your kitchen, replaced your windows or doors or simply found the perfect piece of furniture to complete your home you can turn your attentions to the outside of your property.

If you have an apartment then perhaps a compact barbeque or potted plants are what you are looking for, larger gardens may need pro-

fessional gardeners or landscape architects to help.

There is an enormous choice of gardening options in the Algarve, to make the most of the fantastic fresco lifestyle we enjoy here - choose everything from artificial lawns to save on water, to sustainable planting options to suit your style and budget.

Many properties in the Algarve benefit from a swimming pool and it doesn't matter if you have no experience in looking after a pool because you can enjoy a complete service from one of the specialist companies

here in the region - all well versed in everything to do with maintaining, repairing and cleaning pools to the very highest standards.

Return on your investment

While a property in the Algarve is a fantastic investment in itself, many people who are unable to live in the property full time choose to rent out their property for either long term or holiday rentals.

The Algarve continues to be

one of the most popular summer holiday destinations in Europe and its appeal in the low season is also increasing thanks to the excellent year round weather, facilities, sporting opportunities and events.

A property management company in the Algarve can not only arrange all bookings for a property, but can also manage all other aspects including cleaning, garden maintenance, meet and greets and everything else to ensure your home is kept exactly as you would keep it yourself.





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The Curtain Centre has built an enviable reputation for providing a top quality curtain service, but did you know that the professional and friendly team at The Curtain Centre can offer much more than just curtains?

As well as offering a bespoke measuring, making and fitting service of curtains, poles and tracks, The Curtain Centre also offers the same impeccable service for blinds and carpets.

Choose from a wide range of different styles and colours of blinds, including both wooden and aluminium Venetian blinds, vertical blinds, roller, pleated and also Roman.

When it comes to choosing the perfect blinds for your room, the professional team at The Curtain Centre can assist whether you are looking for special fabrics for blackout blinds, hanker after some extra privacy, are looking to filter the sun or simply wantsomething

with a specific colour or pattern - there is a fabric solution to meet every need.

All of the blinds from The Curtain Centre are manufactured in Spain and are therefore ideal to cope with the weather and conditions of homes in the Algarve.

Carpets may not be common in homes in the Algarve but they are a truly luxurious finish to any property and make a huge difference, not only to the look of a home but also to the acoustics and warmth.

Carpets from The Curtain Centre are made here in Portugal and can be fitted in most areas of the home, including in bedrooms, stairways and cin-

emarmos.

The Curtain Centre employs a fitter, Barrie, with more than 30 years of experience in fitting carpets in both domestic and commercial situations and he has worked in the UK and the Algarve, giving him an in depth knowledge and providing him with an unrivalled technique.

While Barrie is the master of fitting carpets, manageress Emma has more than 10 year's worth of retail experience in the curtains, blinds and carpet sector and draws on her wealth of knowledge to be able to offer friendly advice to customers who may be struggling to find exactly what they need.

The Curtain Centre also offers a free measuring service and prompt personalised quotations. The showroom is open from Monday to Friday from 10am until 5pm for anyone who would like to drop in and view the vast selection of samples or to arrange a measure.

The current owners have been running the business for two years now and they are going from strength to strength.

For more information Tel: 289355442 or email thecurtaincentre@gmail.com



Create your own extraordinary kitchen space

Located in Tavira, in the eastern Algarve, the *bulthaup Citrina* showroom is managed by Diana Távora. Visitors will find a renovated and discreet warehouse which displays the latest in German kitchen design technology.



Diana hopes that Algarve residents will understand that *bulthaup* is about more than simply a well-designed kitchen. She notes: "The depth of research and care that goes into creating every *bulthaup* living space takes into detailed account the rituals, routines, functional requirements and enjoyment of its users, resulting in a perfectly calibrated design that is innovative and intuitive, smart and sensuous. In addition, *bulthaup's* specialist planning team and expert installers will ensure a seamless project from start through to completion."

bulthaup affords clients the freedom to let their design ideas and dreams be fully realised. Clients can create

their own unique living space with a variety of hand-selected materials that match the character of the space and the people that live in it.

Hand-finished forms harmonise with human ergonomics and the surrounding architecture. The b3's precisely engineered functionality works simply and perfectly. This freedom of design continues right down to the finest kitchen detail.

Form and function merge to create a single entity in *bulthaup* products and both their design and utility are tailored to the individual. Adapted accurately to the personal processes of the user, a *bulthaup* kitchen environment makes the work easier, whether it is about creating storage

space, preparing and serving dishes, or working around the water point and cooktop. The end result is an overall better quality of life.

bulthaup invites people to spend precious moments together.

We will be glad to welcome you to our renovated *bulthaup* showroom in the Algarve. Extraordinary moments happen on ordinary days. Every day can be extraordinary. With *bulthaup*.

Contact: Diana Távora, *bulthaup Citrina*, Rua das Salinas nº 1, 8800-337 Tavira - Algarve. tel: (+351) 281 325 625, diana.tavora@citrina.pt, www.citrina.bulthaup.com



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Make the most of your outdoor living space... for longer!

The new Plaza Viva with Optistretch from the leading German brand Weinor, is designed to withstand more robust weather.



An elegant textile, patio awning that not only provides sun protection but remains stable with gusty winds and showers meaning you can enjoy your patio without any interruptions.

The Optistretch system holds the fabric captive on all 4 sides making it highly tensioned with no light gap around the edges.

A telescopic post is available, to lower the inclination at one corner allowing even easier rain drainage.

The Optistretch system is also available for the WGM Top, that can be fitted above

or below any existing pergolas.

We are very proud to present our Moonich Lounge collection.

Soft, airy indoor and outdoor lounge pieces. Weatherproof collection using Sunbrella®. Special collections featuring the vibrant Missoni® fabrics. Hard-wearing armchairs and sofas for use indoors and outdoors that are particularly light and durable. This makes them extremely flexible - you can always reposition them, set them up, change them, adjust them... Just the way you need them or where they are most beautiful!

Please contact us for

expert advice on our our large range of interior and exterior solutions including awnings, screens, louvre roofs, blinds, shade sails, bespoke shutters, mosquito nets and more!

We pride ourselves on high quality, expertise and sustainability. Therefore we only stock from top end manufactures with a proven track record.

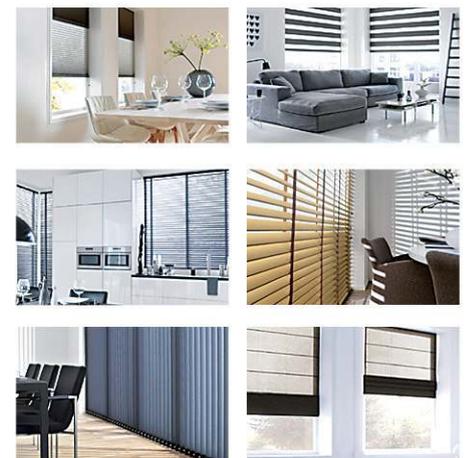
Contact us for all your sun, wind and rain solutions.

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shades & shutters
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Making your money work for you in Portugal

Portugal has much to offer the expat. It has sun, excellent hospital care, renowned international schools and wonderful food. It also has a relatively low cost of living as well as excellent air transport links with all the major UK and European destinations.

One of the most attractive things about Portugal for UK and US expats is its favourable pension taxation rates; non-habitual residents incur no tax on their pensions for their first ten years of residence, while after that they are taxed only at Portugal's marginal rates - a scheme that is also open to those who are in employment.

However, the country's bureaucracy can sometimes be frustrating and may even seem to present obstacles to your objectives. As such, now may be the right time to ensure that your money works for you in the best possible way by making financial plans for your future in Portugal.

Here at Blacktower we work to ensure that our clients receive the financial products and services that best advance their financial objectives and circumstances.

With an office in the heart of Portugal's Algarve and another in Cascais, near Lisbon, our representatives can ensure that all of your inheritance tax planning, pension planning, pension transfer schemes and savings and investments are in safe hands.

Whether you wish to discuss your general wealth management needs or require QROPs or SIFPs, or perhaps you want to plan overseas asset management, talk to the independent financial advisers in our Algarve and Cascais offices to gain the clarity and confidence you need for your financial future.

Talk to us today by calling 289 355 685 (Quinta do Lago) or 214 648 220 (Cascais), Email info@blacktowerfm.com or visit www.blacktowerfm.com

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If you are looking for a complete wellness solution, then look no further than the “Wonder” cabin

A 3-in-1 Wellness Suite that provides a traditional Finnish Sauna, Turkish Steam Bath and Experience Shower (everything from a Mountain Mist to Tropical Deluge) – with an optional aromatherapy system that complements the type of shower selected.

Combining the best of German technology with Italian style, the “Wonder” is manufactured in Italy, by Carmenta and supplied exclusively throughout Portugal by Good Life Spas.

The “Wonder” cabin is not only stylish it’s a technological marvel, incorporating the highest quality materials available, including; Corian benches, 316 Stainless steel frames and high density insulation in the structural panels.

Available with a choice of interior finishes and extras, the “Wonder” can be supplied in a

variety of sizes and layouts to accommodate up to 9 people.

Why not call into our elegant showroom in Almancil and see the quality for yourself. Our display models show the superb build quality, options and stunning design.

While there you might also want to see our impressive range of Spas, Finnish Saunas, Banho Turco and medically endorsed Full Spectrum Infrared Saunas, we really are your one-stop-shop for anything related to wellness.

Not only can you be confident of unbeatable quality and

the most exclusive wellness products available in Portugal, you can rest assured of the best after-sales service available on the Algarve..... Just ask our existing customers.

And - Don’t forget we stock the widest range of Spa Water Care Products, Accessories and Spa Parts on the Algarve, including; replacement Thermal Covers, Pumps, Jets and Filters.

For further details, please contact Good Life Spas on Tlf: 289 358 415, or visit the website at www.glspas.com.



Concretseal Solution - sealing with InnerSeal

Unique, durable, cheap, fast, non toxic!

Our sustainable solution concepts for masonry and concrete problems in new construction and renovation are used in cellars, facades and balconies.

Solution for damp walls - Horizontal bar

Especially for the rehabilitation of exposed walls, we have a rehabilitation system, which is particularly time-saving and cost-saving, but extremely effective to eliminate moisture problems. Extensive excavations on the outside are not necessary in our procedure. Our barrier with InnerSeal sits indissolubly deep in the masonry and not in front of it and thus even withstands negative pressure. Thus, both laterally horizontal barriers against rising dampness and surface treatment with this system are carried out.

The injection procedure!

InnerSeal is inserted into the masonry in order to prevent



moisture from being transported capillary in the masonry; this is done by holes with a diameter of about 14 millimeters drilled at a distance of 10 centimeters to a depth of about 2/3 of the wall thickness. The aim of this measure is to distribute InnerSeal over the entire masonry cross section. InnerSeal permanently blocks the pores (capillaries) of the masonry. As a result, capillary water transport can no longer take place and the overlying masonry can dry.

InnerSeal of the injection

InnerSeal solves water immobility or moisture problems in concrete and most mineral, lime- or cement-containing building materials by means of a permanent, moisture-diffusion-enhanced depth impregnation. It protects permanently against moisture and aggressively corrosive chemicals. It makes mineral building materials pressure-impermeable, resistant to acids and salts, and strengthens them.

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Before



After

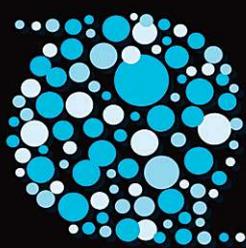
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New look kitchens for less

A new look kitchen is an affordable option when you choose a bespoke service from Mr Fussy.

MrFussy is able to supply and provide the professional installation of new replacement kitchen doors, drawer fronts, panels and a whole host of other made to measure, quality controlled items to give your kitchen a completely new look at a fraction of the price.

Choose from a range of colours and styles to suit all tastes and enjoy a fully encompassed and streamlined service - from initial inquiry all the

way through to becoming a satisfied client.

Exceptional attention to detail is observed in every kitchen, while the fully detailed quotation ensures that clients can see exactly what they will be getting before works even begin.

To complete a full kitchen, professional tradesmen can be sourced to attend to any minor building alterations if required by the client and at all times

work is carried out professionally, quickly and without leaving any mess.

Find out more about all the different options available for updating your kitchen, including the opportunity to buy new worktops, by contacting Mr Fussy for a quotation.

Tel 966521828, email: newkitchendoorsalgarve@yahoo.com
Take a look at the main site www.homestyledoors.co.uk



The main photo shows the kitchen after Mr Fussy's renovation work and the inset shows how the kitchen looked before.

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QP Savills

QP Savills deals with some of the most exclusive and exciting properties in and around Quinta do Lago and Vale do Lobo.

As the local Savills associates, we have access to over 700 owned and associate Savills offices worldwide, and more than 30,000 people in over 60 countries throughout the Americas, Europe, Asia Pacific, Africa and the Middle East. With this exceptional back-up, we are well placed to help vendors sell their property. For buyers, our local property portfolio features over 200 properties alone.

Our 20 years of experience in the local property market allows us to offer in-depth knowledge and experience of the local market, and anyone who knows QP Savills and has dealt with Alison, Kerstin, and the team will know we are passionate about property and providing a truly first class service to all of our clients.

The QP Savills team is made up of a group of like-minded individuals. Dynamic, hard working and prepared to go the extra mile to achieve the desired results of our clients. Our team is highly qualified and experienced in the local property market and, above all, enjoy what they do.

"We make it our business to support you, to explain all the options, procedures and pitfalls and to carefully guide you through the entire process from purchasing, owning and selling property in the area. Our goal is to help you meet yours - and make the process not only enjoyable and memorable but also making sure we protect your best interests while achieving your objectives".

"Coming to work is a joy. Not only do we work in the

beautiful surroundings of the Quinta do Lago and Vale do Lobo areas, but the properties we represent are stunning and our clients some of the most interesting and accomplished professionals from across the world."

Give us a call if you are interested in buying, selling, up-sizing or down-sizing! Please let us know if we may offer you a valuation and we are more than happy to discuss your options in this property market. We pride ourselves not only on the quality of our portfolio, but also in the quality of the service we provide.

Kerstin, Alison and the rest of the Special Agents

For more info please contact us at +351 289 396 073 or info@quintaproperties.com



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Market Report September 2017



2017 is officially the best year in sales from our point of view. Until this year, 2007 was by far our most successful year closely followed by 2016 in number of sales and sales volume achieved, 2011 the least impressive. During the first 8 months of this year we have surpassed our achievements of 2007 and sales have exceeded Euro 100m in total sales volume. In certain sections, the market is most certainly a vendors market again and there is less property on the market than there has been in over 10 years and prices are on the increase.



QP Savills, often referred to as the Special Agents, have been active in the Quinta do Lago and Vale do Lobo market for over 20 years. Here a view on the property market as Brexit looms, the Pound weakens and summer draws very slowly to an end.

As our market continues to be dominated by the British (60%), the question we are regularly asked is: Has Brexit affected the market? Surprisingly our buyers and vendors over the past 8 months say No! Brexit has not influenced their decisions.

Digging a little deeper, we have made some interesting observations. Most of our sales (55%) are due to people selling and immediately reinvesting in another local property. Our clients seem disinclined to take their money out of this Euro based property market. So indirectly Brexit is having an effect on the market as the Pound continues to lose its value during the somewhat chaotic negotiations in Brussels. Our clients feel their Euro based assets are a "safe bet" and as the predominant reasons to buy continue to be lifestyle, decisions to own a property here seem elementary. New buyers to the market (40%) are also influenced by the fluctuation in the currencies. Today's buyers are sophisticated and well informed and many, who have been flirting with a purchase, have decided not to wait for the Pound to decrease any further and make that purchase now.

So, yes Brexit is having an influence but, as no one really knows what Brexit will mean, the current effect of Brexit is the falling value of the Pound and yes this is having a profound effect on our client's local property investment decisions.

Supply and demand

So we have almost all of our sellers reinvesting in property (95%) and many new buyers coming into the area and the obvious consequence of this is a lack of property on the market. Buyers have over the past 10 years never had as little to choose from as they do now and this is pushing prices up. Up until the end of last year beautiful big villas within our area were regularly achieving around Euro 4.5m. This year we have seen this threshold increase significantly with more houses

being sold for between Euro 5m and 8m and some even at over Euro 10m. Some may find this astonishing but Savills research shows that when compared to other European markets our top property prices have some way to go. Top prices achieved in France for second homes bought by foreigners have reached in excess of Euro 25m over the past 12 months.

We do not doubt that many of our clients could and have owned properties in these other areas but choose the central Algarve now for the following reasons (the most common answers and in no particular order): ease of access, weather, security, food, people, no global wealth tax, the NHR program, no traffic and last but certainly not least, they have been coming here with their families for years. It literally is a second home to many UK buyers.

Having said all that, the actual number of British buyers is the same but the actual % of Brits is down from 75% in 2016 to 60% so far this year. There is no major change to the number of Irish buyers at around 10% but what we are happy to observe is that for the first time in many years we have a significant number of German and Swiss buyers equalling 12%. The remainder of the buyers are from other northern European countries and a small number are from outside of Europe. A healthy mix of buyers makes for a healthier market. Interestingly enough, here in our area and in stark contrast to other markets around Portugal and the Algarve, we have no French, Scandinavian, Italian, Middle Eastern or Chinese buyers at all.

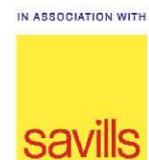
And it is not all rosy. Where our market cannot compete, is in rental income. Running costs are high and even if properties are rented out aggressively, after costs are paid yields are not exciting. This explains why our market does not appeal to the Golden Visa buyer, who generally invests between Euro 500K and 750K and as these buyers do not need to occupy their properties at all, they do insist on rental income. Developments like Pine Cliffs, Amendoeira and Quinta da Ombria who offer guaranteed rental income and city properties in Lisbon which rent well to long term tenants, are far more attractive to the Golden Visa buyer than a villa in Quinta! Well, we can't win them all!

High costs do pay off

On the bright side, the high running costs contribute to the spectacular environment of these 2 resorts. Infrastructure and facilities are second to none and with the continued reinvestment of the developers, buyers confidence runs high and we are seeing demand outweigh supply. This has increasingly been the case over the past 5 to 7 years with many older properties (15 years and older generally!) being demolished and replaced with big new state of the art properties which according to our Savills colleagues around the globe compete well with the very best properties they have seen.

New developments and a new era for the Algarve

Developers are keenly aware that wealthy travellers from around the globe are interested in the Algarve. Marriott's most glamorous branch, the W Hotel is coming to the Gale area just west of Albufeira. Due to open in the winter 2018/19, the beachfront resort will comprise of a very glitzy 136 room hotel with spa restaurants and over 80 branded apartments. Anantara are in Vilamoura and the Viceroy are opening in combination with Quinta da Ombria in Loule. Exciting things are happening. The sleepy Algarve has come a long way since tourism began in the 60s. Who would have guessed?



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QP Vale do Lobo Properties
Avenida do Mar, Vale do Lobo
8135-034 Almancil, Algarve - Portugal
T: +351 289 009 810 Mail: vdl@quintaproperties.com



What Wellness Dreams are made of!

Wellness Dreams let their work do the talking for them, by providing the best quality hot tubs in the Algarve and supporting customers with excellent service throughout, and Thomas Grunewald from Wellness Dreams would like to thank his customers for another fantastic year.

Recent product line changes at Wellness Dreams, including new products from Villeroy & Boch Hot Tubs as well as the Swimspa have proved to be very successful with clients. The Villeroy & Boch spas incorporate new technology and jetpacks that allow customers to customise their personal jet configuration. While the Riviera Hot Tubs from Germany have successfully managed to meet both modern contemporary design demands and the highest levels of manufacturing.

Most would agree that these hot tubs are very stylish and boast a completely new design and appearance alongside renowned German

quality throughout. Riviera Hot Tubs are far more than just a hot tub, they are also an eye-catching piece of furniture and art which is a necessary fixture in any luxury home.

One of the features of the Riviera Hot Tub is the daybed which can be used to cover and convert a hot tub into a sun lounger.

While a normal covered hot tub can lead to a loss of space when it is not in use, it can now be a functional area at a time of the day and even when the hot tub is not in use itself.

A new holding system stores the cover while in use and disappears into the side of the tub when the cover is

on. This means no more lifting of covers and is just another exciting feature of these exceptional hot tubs.

The swimspas have also proved to be hugely popular because there is no need for property owners to gain a license for the swimspa yet they are still able to have all of the enjoyment of a larger pool thanks to it coming complete with underwater bicycle and it being able to absorb the force of the body while still providing a great workout.

For more information tel: 912 356 287, email: wdalgarde@gmail.com or visit our website: www.algarvehottubs.com



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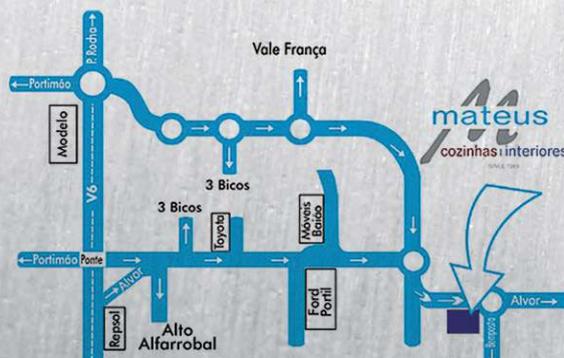
When Mateus Kitchens was established in 1969 in the area of household appliances, we made it our policy to be associated with well-known brands, such as BOSCH, SIEMENS, AEG, ELECTROLUX, ZANUSSI, TEKA, SMEG, FRANKE, RODI among others.

Association with these and other brands over the last 46 years has ensured credibility and confidence for our clients.

Our company has a long tradition of combining innovation, design with functionality, technology and comfort in the wonderful world of custom kitchens, wardrobes, wood floors and wooden doors.

The range of materials used in our products include solid wood, wood veneer, lacquered, laminated and melamine. We have quality to suit all budgets.

We have vast experience, great versatility and have great pleasure in offering a first class service to our clients, providing a full service with free quotes and design all over the Algarve.



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The Estate Agency of Choice

One Select Properties was founded on a love for the Algarve, and determination to share our passion for this stunning region of Portugal. We believe that the temperate climate and relaxed atmosphere provide the perfect location both for living and investing in property.

And whether you are a buyer or a seller, our specialist knowledge of the Quinta do Lago and Vale do Lobo areas, our experience and commitment, help make it possible for you to own the property you desire. Property sales in the Algarve present exciting opportunities. So, if you are seeking a new lifestyle or an investment, One Select Properties is here to help.

As an independent real estate agent we provide a personal service for property in the Algarve that makes the One Select Properties team a pleasure for you to do business with - whether you are a buyer or a vendor. We know that people prefer to do business with those they like and trust. Many of our clients from around the world who come to us to talk about Algarve property remain friends long after their sale or purchase has been successfully concluded.

We believe that the strength and

length of our relationships is the true measure of our success, rather than the number of villas and houses we sell.

Our founder José Carvalho has spent his entire career spanning nearly thirty years in real estate. Driven by a vision to position the Algarve as a leading global destination for living, retirement and investment, he has contributed to the success of the prestigious resort of Quinta do Lago since its very early days.

For many years, José dreamed of pursuing this vision independently, and in 2015, this dream became reality when he launched One Select Properties.

Our service does not stop when we have found the perfect houses or villas. Algarve properties are unique and distinctive. Our local knowledge, and our network of solicitors and tradespeople help us ensure the



process of buying or selling and of moving is problem-free.

Our intention was not to be the largest real estate agent in the region but in line with José's values, to be recognised as the best and most

trusted; by providing a new level of service to our clients when making their property sale, purchase and investment.

Please contact us for more information: +351 289143940 or +351

912287989
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<http://www.oneselectproperties.com> and
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Let's Keep Your Pool Ready!

With Summer having come and gone, it's the perfect time to address your swimming pool needs.



Whether you are readying a pool that you have been using for years, or you are getting ready to enjoy your new swimming pool, proper start-up will have you enjoying the waters faster! It can even help prevent problems into the summer. Have your pool grouting checked. Lack of proper grout-

ing can lead to increased bacterial growth as well as problems with the pool tiling. When filling your pool, remember that the water level should always reach the approximate halfway point (at a minimum) of the skimmer opening. Always maintain your pool equipment according to the

manufacturer's instructions. Continuous disinfections throughout the year are a must! Regular pool maintenance will ensure that you can enjoy your swimming pool all-season-long as well as eliminate chances that swimmers can catch water-borne infections. You should regularly check

your chlorine and pH levels to ensure proper chemical balance for your swimming pool water.

Change the sand in your filter to promote healthy swimming.

Warmer water? If you don't have your pool covered, now is the time to ensure that you can prolong the swimming season by installing a solar bubble cover to increase the pool water temperature by up to 8°C as well as decrease evaporation.

Our made-to-order solar bubble manual pool covers are manufactured here in the Algarve and can be installed within 72 hours of the time the order is placed.

Our covers can be fabricated to fit most pool sizes and unique shapes.

Call a Professional

You've got the tips, so what are you waiting for? Don't forget, if you need anything to help get your swimming pool ready for your family fun, you can contact us for a professional service - It's easier and more affordable than ever! Whether you need a new swimming pool, to renovate an



old pool or a simple pool cleaning; leave it to the Algarve's professional pool technicians. For more information, please

call Aqua Pura on 918 143 491, Norberto Pools 916 982 085, visit, www.aquapura.com.pt or www.norbertopools.com.pt.

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Archiultimate - When only the ultimate is good enough

With a showroom and offices located on the Vale do Lobo road in Almancil and in Vilamoura, and more than 18 years of experience, Archiultimate offers complete architectural and interior design solutions.

From the very first concept of a project all the way through the design, building and completion of interiors and exterior areas for private homes, stores, restaurants and hotels, Archiultimate is there every step of the way.

One of the many strengths of the company includes remodeling existing spaces into exciting, practical and visually stunning properties - each combining undeniable style and exclusivity.

Many high end prominent brands, such as Kartell, Missoni Home, Flos and Vondom can be found in the Archiultimate showrooms in Vale do Lobo and Vilamoura, to help give clients inspiration and to highlight trends that match their own personal style.

Susana Marques is the interior design consultant for Archiultimate and sees her work more than just a profession but also a passion with her aim being to create complete,

efficient solutions in her interior architecture projects.

Whether a client is looking for home solutions for their villa or apartment, for design solutions for a rental property or even for commercial contract purposes, she is able to find the perfect solution.

Completing the other half of the team is Noel Silva Marques who, together with a team of professionals, focuses on the design and quality of architectural projects in the residential, commercial and contract fields.

Each stage of every individual project demands complete dedication, from the conception and selection of the final materials, through to the final execution, with the team always ensuring to combine the very best aesthetics seamlessly with total functionality.

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Because Linen-etc supplies both trade and the public they are able to beat the prices offered in major stores in the UK by up to 40% and are happy to provide no obligation quotes to allow customers to directly compare prices and quality.

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If you are looking for curtains then look no further as Linen-etc sell curtain pairs in different widths of 117cm, 168cm and

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For durable, high quality products to meet your budget and needs, contact the professional and highly trained staff at Linen-etc and pick from their

vast choice of products in stock or visit their online store to buy from the comfort of your own home.

Linen-etc deliver their products across the Algarve and you can be sure the team will always go the extra mile!

For further information about the products and services from Linen etc please visit www.linen-etc.com, email info@linen-etc.com, call 282 697 791 or visit them directly at their retail outlet on the EN125, Budens, 8650-070



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Buying or selling a property in the Algarve?



Allow us to help you along the way

We get it, tons of estate agencies are out there waiting to help you purchase or sell a property in the Algarve, and everyone will tell you they are the best. But "World's number 1 coffee" isn't usually the best coffee out there, is it?

Let us tell you why we really are different:

We keep it personal

In a country where everyone seems to take so much time for everything, Estate Agents seem to take no time for you at all. We understand that buying a house is a big step. Regardless of whether it is your first property abroad, your new primary residence, or an investment property. We are a small team of multi-lingual

people that know what it is like to come to Portugal from abroad, so we understand the big step that you are taking, let us take it with you.

We are specialists

Founded by Natascha Hunt, an expert in real estate with 20 years of experience. We simply have all the contacts, know-how, and experience to find the best property for you, in the best area for you, at the right price. We source only high quality properties in each category and guarantee that we have personally viewed and evaluated every single one.

We help you every step of the way

You might find it quite intimidating to buy a property abroad, especially if you are not accustomed to the country (yet). But that is what we're here for: We will help you not



only with the property search, but with every step of the way. We help you when you need a solicitor, a notary, an architect, a decorator, a builder, a bank, or just general information about the area. We will help you before, during and beyond the process.

What our clients are saying about us:

"We found Natascha to be very knowledgeable

about the real estate market. She made our experience easy, stress-free and she helped us every step of the way. We would recommend Natascha and her company wholeheartedly."

Dr Gert and Zoya Fieder, Berlin

We feel that property searches need a very personal approach, and in our experience; the smaller the team, the

more personal it is, so the better experience you'll have!

To get a head start into your property search, have a read through the Information and Blog sections of our website. There are details of the property buying process, a downloadable E-book guide and lots more. Knowledge is power and helps avoid unwanted surprises!

Let's find your perfect property in Portugal together, con-

tact us at any moment for free advice.

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Algarve Manta Properties specialists in the East Algarve region

Concentrating from Vila Real de Santo António (border town to Spain) to Luz de Tavira and inland from these areas.



We have a multilingual team and the company is owned by Sarah, who is English and António who is Portuguese.

We formed in 2007 after previous years of working for other companies and from the start have been very busy over the years, forming good bonds and working relationships.

We are a company with a good portfolio of apartments, and houses to suit all budgets and tastes. Our friendly team is experienced and professional with a good reputation for honesty and quality.

Our aftercare is second to none, owners feel that they can always come to us and turn into lifelong friends.

If you want to be relaxed to make a fair and balanced judgement about your purchase, we are the right people to help you.

We have contacts with

English-speaking lawyers and can guide you through the very straightforward process of purchase in Portugal.

For people who wish to promote their home for sale with us, we have a full service and good publicity.

We advertise on 33 websites worldwide, and have various newspaper and magazine adverts on a regular

basis. We have a partner in Sweden who brings inspection trips every year and we advertise in 3 Swedish, one French and one English property exhibition fair annually.

Whether it is to buy or sell we welcome your contact.

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Manta Rota Beach // €159,000 (£139,000)

- Two bedroom apartment
 - First floor
 - Built in 2008 81.55m² including patio
 - 7 Mins on foot to beach
 - Air conditioned
 - Patio and bbq on ground floor
 - Close to facilities
 - Open plan living
 - Fitted wardrobes
- (Ref: 2187)



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Pensions that remain in the UK are subject to unique tax liabilities and obligations. Transferring these pensions to another jurisdiction under the Qualifying Recognised Overseas Pension Regime (QROPS) can help you protect your pension funds from double taxation and UK inheritance taxes and charges.



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How Your Pension Will Be Taxed in the UK

Pension payments in the UK are taxed as earned income in most cases. Under the current rules established in 2006, all types of approved schemes have the same tax treatment as registered pension schemes. This includes small self-administered schemes, personal pensions, self-invested pension plans, and occupational schemes.

Even if you are not a UK resident, you will be taxed on income that originates in the UK, such as a UK-based pension. UK pension payments are taxed at the individual's UK marginal tax rate. Currently UK income is taxed up to 45% at the top rate. Some countries have Double Tax Agreements, or DTAs, with the UK. If you are a resident of one of these coun-

tries, such as Portugal, you will only be taxed in your residing country except under certain circumstances.

Double Tax Agreements between the UK and Portugal

The Double Tax Agreement signed with Portugal ensures that pensions and annuities paid in consideration of past employment are not taxed simultaneously by both countries, but only in the country where the individual resides. If you are a tax resident in Portugal, your pension income will only be taxed by Portugal.

Pensions that are not in consideration of past employment are also taxable by Portugal. Government service pensions have separate provisions and rules regarding double taxation.

Why You Should Transfer UK Pensions Under QROPS Regime

Although UK-based pension payments will not be subject to UK income tax under the UK/Portugal DTA, they will be subject to the 55% lump sum tax under the UK inheritance tax. The so-called Death Tax is applicable from age 75; between 55 and 75 there is the possibility that a pension pot can pass to immediate family members without any taxation (this is dependent on the individual's tax residence). The payments will also be subject to the Portugal income tax at rates up to 53% if Portugal Tax Resident.

Transferring your UK pension to Malta or Gibraltar will protect your pension from the 55% tax on lump sum payments as long as you have not been a

resident of the UK for at least 5 years when you receive the payment. Payments will still be subject to Portugal income tax after transfer to either country.

Because of the Double Tax Agreement in Malta, pension payments will not be subject to Malta income tax. However, pensions transferred to Gibraltar will be subject to a 2.5% tax on income (although foreign tax credits are available in Portugal).

If you qualify for non-habitual tax residency, it may be advantageous to apply. Whether the pension is located in the UK, Malta, or Gibraltar, your pension funds will be exempt from



income tax in Portugal. Your pension will then be taxable at the lower income tax rates available in the country where it

is located. Even with non-habitual tax residency, it is still useful to transfer your pension to Malta or Gibraltar in order to protect your pension from the 55% lump sum payment tax in the UK.

Blacktower strives to ensure its clients receive the financial advice and products that work for them. In addition, we can help you navigate language, bureaucratic issues and any pertinent cultural differences. Get in touch with us today to find out more - visit www.blacktowerfm.com or call our office directly on **289 355 685 (Quinta do Lago)** or **214 648 220 (Cascais)**.

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Perfectly fitting, stylish and safe windows and doors can make all the difference to a home and at PVC Directo the young, professional team is able to provide a complete window and door service to meet all of your needs.

Double glazed windows and doors not only give a fresh and modern look to any property, they are also vital in helping to cut down on expensive heating and cooling bills. Correctly fitting windows and doors can eliminate drafts and leaks to considerably reduce heating bills in the winter while also helping to keep properties cool in the summer.

The benefits of double glazing also extend to security with windows and doors from PVC Directo all being solid and shockproof, while the double glass sheets provide thermal and acoustic insulation to keep unwanted noises out at all times.

PVC Directo are specialists in all PVC windows and doors and complete single windows or entire homes with customised quotes to fit every requirement. Choose your own style, colours and finishes to create a look that is personal to you and your home and view all the options available at their easy to find showroom located in the Vale de Lousas Retail Park in Alcantarilha

PVC Directo services in-



clude the assembly of doors and windows in PVC/ aluminium, aluminium shutters, mosquito nets, standard blinds, electric blinds and conservatories.

PVC Directo also include a free home visit to take measurements, discuss options and draw up budgets, before a final decision by the client is made. From then onwards it will take an estimated two to three weeks for the bespoke products to arrive from suppliers and be fitted - all at an unbeatable cost.

Enquiries can be made seven days a week, so if you're looking to fit new doors and windows or simply need maintenance for existing ones, why not give them a call today, or visit their showroom at Vale de Lousas Retail Park, Alcantarilha.

For more information, call PVC Directo on: (+351) 282 317 472 email: info@pvcdirecto.com or visit: www.pvcdirecto.com
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Building dreams with Bricomarché



Bricomarché is a one-stop shop for all your home DIY and garden needs with the large store in Portimão offering everything you need to make your building dreams come true.

The Portimão branch of Bricomarché first opened in 2009 and is part of the larger Grupo os Mosqueteiros, which also includes the Intermarché supermarket chain, and follows the company ethos of providing high quality products at everyday low prices - all year round.

Covering a total area of 1,415 square metres, with 274 of these dedicated to gardens and building materials, the Portimão Bricomarché offers clients more than 20,000 products divided into five different areas of DIY, decoration, building materials, gardens and the pet shop. The wide range of products available makes Bricomarché the only brand in Portugal to offer products across all five areas under one roof.

The impressive reputation of Bricomarché is reflected in the professional and personalised service provided by the team who are able to offer a range of services including technical assistance, custom wood and material cutting, customer support, free quotes, financing solutions, home delivery, after sales service,

assembly and installation, paint mixing and gift certificates.

Open 7 days a week from 9am until 9pm in Cabeço do Moche, Lote 1, the team of specialised professionals are available every day to help and to work with you to make your projects come to life.

Visit Bricomarché today to share your idea and to take advantage of top quality products at the very best prices!

Bricomarché stores are managed by independent entrepreneurs with 100,000 euros required to open a store.

Bricomarché currently has 37 points of sale in Portugal and has more than 600 stores in France and Poland. By 2020 the Bricomarché brand intends to invest 60 million euros in Portugal with the opening of 15 new points of sale with the goal to reach a total of 50 stores throughout the country.

For further information about Bricomarché please contact their store in Portimão, email udmrecrutamento@mosqueteiros.com or visit www.bricomarche.pt

See our advert on page 12

V E R N O N

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able to use its wide network of longstanding contacts to find the right buyer and the right price. Working across various marketing platforms both nationally and internationally, you can be sure that your property will reach the right audience for a swift and stress-free sale.

Vernon Real Estate has built a strong reputation for a bespoke service to meet the needs of every client, with the professional, reliable and friendly team available to help buyers and sellers with their Algarve property today.

Contact the team to find out more about properties for sale, to list your Algarve property for sale or to find out more about the many fiscal and lifestyle benefits of investing in property in Portugal.

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As one of the longest established real estate agencies in the Algarve since the 90's, Vernon Real Estate is able to provide both buyers and sellers with an unrivalled level of service - every step of the way.

Based in Carvoeiro, the multilingual team draws on their years of experience in the industry to provide a holistic approach to buying and selling property in the Algarve, covering all elements from finding an ideal property to handing over the keys and beyond.

The wide portfolio of villas, apartments and plots of land listed with Vernon enables the team to be able to find the

perfect property solution for every buyer, no matter what their budget or requirements, with properties on the books ranging from sea view apartments to countryside plots and luxury villas.

For those looking to sell their Algarve property, the team is





“Architecture Is Everyone’s Business”

And ‘out of the box’ is this studio’s state of mind.

Studio Arte is one of a kind. Once you enter their atelier, in downtown Portimão, you’re immediately drawn to some amazing details around the place: a huge Saint Mary, a chair with a lamp that falls above your head, a shiny orange canary singing, in short - the home of the creators.

But who are they, and what do they do?

Let’s call it a platform. Joana Dalmau Pinto and João Carriço are the main architects, working side by side with various junior architects. Georgia de Vlioger takes care of the interior design, and Arnold Aarsen is the one who leads the team with his concepts and creative/ project direction. The platform works with other important partners, so it offers a large range of services.

For them, architecture is much more than just walls and spaces. It is a whole

concept and the reflection of a lifestyle and someone’s needs, such as natural elements or light. Rather than creating hyper tech houses, they prefer the eco-way and in finding more organic (yet efficient) solutions. For the studio it is essential to keep up with new economical building technics, from wood to light weight structures, all cleaner and smarter solutions. Rehab projects in city centres see old buildings transform into cosy shelters in their hands, like CASA XAROCO (Carvoeiro) or CASA LILA (Silves), never losing the sophistication that characterises their work. It adds a huge value to the properties and investors are more than interested in these projects. But if you are looking for other projects, then you must meet CASA CAPRICÓRNIOS (Carvoeiro) or CASAXYZA (Ferragudo), among many



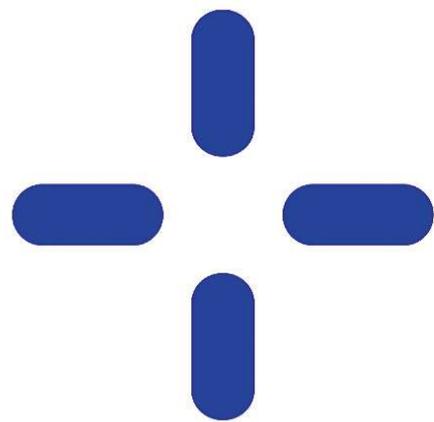
others. Clients are happy and so are they, mostly because the final result fits their needs, and importantly,

their budgets too, which can go from A to Z, because as they say: “Architecture is everyone’s business”.

New exciting projects coming soon, like the redevelopment of the old Feitoria building, that will be

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by Marta Nobre



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Moving in the right direction

Algarve Removals has been successfully relocating its clients' belongings and online shopping orders with its weekly service between the UK and the Algarve for 15 years. Increase in demand has seen some major expansion developments.

In addition to the present Alcantarilha Warehouse, where you can arrange pick-ups and long-term storage, two convenient, new collection points have opened in Almancil and Tavira, to serve the Eastern Algarve. Major investments also include two new depots secured in the UK and Malaga, to assist with the new UK-Costa del Sol branch of the operation, along with two new vans to complement the fleet.

Algarve Removals are a family-run business steered by managing director John Scott who has many years' experience in the transport and removals trade. Algarve Removals was created to provide a

service which enables customers to have anything from 1 box to a full house moved from the UK to Portugal and from Portugal back to the UK. We are on hand to give you advice on your removal and offer a personal service using our own professional staff, warehousing facilities and vehicles in both the UK and Portugal.

Algarve Removals can give you an accurate, free, no obligation estimate for the cost of your removal and can offer a part / full packing service tailored to your requirements. Your personal effects will be treated with the utmost care, ensuring a trouble-free removal from start to finish.

Algarve Removals also offer an online shopping service. It is simple: shop online with any major retail store and have your purchased items sent direct from the supplier to our Essex warehouse. We can then either deliver to our Algarve Depot for you to collect or to your property in Portugal.

Algarve Removals have full storage facilities in the UK, Algarve and Ireland and all our facilities are purpose-built storage warehouses which are secure and alarmed at all times.

For more information contact John Scott on: (+351) 289513851 or visit: www.algarveremovals.com



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We can help you generate money from your luxury Algarve Villa

SpringVillas offers unique and integrated solutions for luxury villa owners looking to profit from their properties in the Algarve through holiday rentals and maximizing their income, while having absolutely no worries or any kind of work to do.

We clearly distinguish ourselves from the typical holiday rental agencies as we have both integrated solutions to take care of the entire rental operation of the properties and tailor-made services for our guests.

We are not mere and simple intermediaries. We do much more than that.

Actually, although we are the ones who carry out the entire intensive sales operation to maximize revenue we are also the ones:

- 1) who perform all daily operations through our dedicated and specialized teams (cleaning, welcoming, maintenance, guests support, after-sales and after-stay support, extra services such as chef, massages, etc.),
- 2) who idealize and prepare the villa for this business if necessary and
- 3) who generally take all the running costs and risks related to the holiday rental business, maximizing the owner's final income.

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Create the perfect feature wall

Builder (and Great British Bake Off runner-up) Richard Burr reveals his top five tips to creating a feature wall with some stunning wallpaper... Wallpapering is one of those jobs that I've grown up doing. Whether it was picking up the scraps (a surprisingly important job behind my Grandad as a nipper, or matching 5m drops of hand-printed paper down flights of stairs, it's a skill that's relatively easy to master if you follow a few simple rules. Here are my five tips for papering a feature wall - a great way to add interest to a room, without overwhelm-

ing a space or making the room seem smaller...
Tip 1: Invest in the best Rooms usually have four walls and if you're only doing one of them, you can afford to spend a few quid on a decent bit of wallpaper. The idea of a roll costing upwards of €100 can be a bit intimidating, but see it as being art for your walls. Don't be afraid of choosing something quite vibrant and in-your-face, as it's only one wall. I like to get a number of different samples and tape them to the proposed feature wall to get used to them for a couple of weeks, before making a decision. If you fancy something a

little more dramatic, you can order a bespoke mural to fit your wall, there are a number of companies online that offer this service and most have an incredible collection to choose from and take feature walls to the next level. We have a map wall at home and the kids love it.

Tip 2: Do your maths You can't just measure the area of your wall and buy the exact quantity of paper to match, because it's really important to check your pattern drops. Wallpaper is usually 52cm wide and typically about 10m long, but it will always tell you the repeat length of the pattern. So, for example, you may have a wall that's 2.5m high and 3m wide, and a wallpaper with a pattern repeat of 0.5m. Take 0.5 from 10 and then see how many times 2.6 goes into this - adding 0.1m on to the wall's length to allow for cutting-in the paper. This tells us we'll get three drops from the roll, so two rolls will be sufficient to paper the whole wall. It's always best to err on the side of caution with estimating quantities, especially if you're less experienced with wallpapering.

Tip 3: Get the right kit You do need a trestle table, so borrow one if you need to, as the floor is too dusty to lay the paper on, and you'll end up with fluff or grit in your paste (and lumpy walls). You can buy a cheap wallpapering kit including a pasting brush, hanging brush, long scissors, paper scraper, seam roller, plumb



Nine times out of 10, walls are not level or straight, so you can't guarantee that your wall's corners are going to be even. (Photo: PA Photo)

bob, etc from most good DIY retailers. Wallpaper paste is pretty self explanatory - you'll also need a bucket - and your wallpaper will come with instructions on whether to paste the paper (most likely) or the wall. You'll also need a sharp Stanley knife, preferably with a new blade.

Tip 4: Level and straighten Nine times out of 10, walls are not level or straight, so you can't guarantee that your wall's corners are going to be even. Use a large spirit level to identify where any dips or contours are in your wall. Measure out from the furthest point into the corner you identify and draw a straight line down the wall using a plumb line - this is a piece of string tacked to the wall or picture rail with the plumb bob as a weight on the bottom of it. Paper to this line and use your Stanley knife to cut the

paper into the corner. Match the rest of the paper to this first drop and, if you're using a patterned wallpaper, match the pattern at your eyeline.

Tip 5: Unscrew sockets and switches

If your feature wall includes sockets and/or light switches, unscrew these carefully from the wall and don't touch any of the wiring. Hang your paper down to the switch pattern (the cavity that your switch/

socket sits in). Use your fingers to feel the shape of the pattern through the paper. Identify the corners of the pattern and use your Stanley knife to cut a cross-shape diagonally from corner to corner. Use your scissors to cut away some of this paper in the middle and you will be able to put your switch plate back onto this without tearing the paper. Screw this back on once the paper has dried.

TPN/PA



Richard Burr's daughter Genevieve, sitting in front of their map feature wall. (Photo: PA Photo)

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Heart health for pets

We all know that having a healthy heart is important to leading a longer life and the same is also true for our pets.

To keep your pet as healthy as possible, follow these tips from the PDSA vets and make sure your pet's heart never misses a beat. Some heart problems are unavoidable; they may be genetic or present from birth. But others are caused or made worse by your pet's lifestyle - much the same as in people. Prevention is better than cure, and by making a few small tweaks to your pet's routine today, you could help to keep their heart healthy in the future.

Symptoms of heart problems

Signs that your pet might have heart disease include:

- Stopping/slowing down while out on walks
- Laboured breathing or breathlessness
- Restlessness at night
- Coughing, especially during or after exercise or excitement
- A bloated stomach (caused by fluid build-up in the abdomen)

How your pet's weight affects their heart health

Carrying extra weight can cause a significant strain on your pet's heart.

Sadly, around a third of dogs and a quarter of cats in the UK are overweight or obese. Keeping your pet at a healthy weight by feeding them a balanced diet and giving them regular exercise is the best way to keep their heart as healthy as possible.

It's never too late to make a change and simple changes can make a big difference. You can help your pet shift the pounds by cutting out treats and encouraging them to be more active.

Caring for a pet with heart problems

Sometimes, even with the best of care, pets can develop heart problems. Diagnosing these problems early can make a big difference for your pet's long-term health. Regular check-ups at the vets are the best way to pick up problems early - once a year is ideal, alongside your pet's annual vaccination. If your pet hasn't been to the vet within the last year, make an appointment for a general health check. Sadly, Heart disease can't be cured. However, it can often be managed so your pet can continue to have a good quality of life.

If you have any questions about heart disease in pets then visit your local vet for further information and advice.

Wild swi

Swap bikinis for wetsuits for an invigorating weekend break, says Francesca Gosling.

The UK is home to swathes of gorgeous countryside, fairy-tale villages and breathtaking mountainsides waiting to be explored, and one trend taking on a life of its own is open-water swimming.

With no expensive or bulky gear required, it offers a new adventure with minimum travel hassle - and it's guaranteed to burn off a few calories.

"The only limit is your own imagination," says Gabby Dickinson, founder and director of Gone Swimming.

A passionate water baby from Anglesey, she built her wild swimming tour company five years ago after noticing a gap in the market for people who



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Swimming in Wales

want a thrilling nature experience, but without the camping.

She now takes groups of four to 12 - including couples, kids, grandparents, pets and people with disabilities - for swimming days around the most beautiful beaches and lakes in north Wales.

And every trip comes with generous supplies of her excellent home baking. "I wanted to go on a swimming holiday but there was nothing available that I wanted to do," she tells me. "So I invented a trip where you can eat lots of cake, stay in cosy places, and just have a nice time.

"I ask my guests what kind of day they have in mind, whether it's swimming in a cool mountain lake, near a waterfall, through the trees or in the sea, and I make it happen."

The sense of freedom that comes from the bracing waters, she explains, has limitless rewards - even when it comes to mental health.

"A lot of my guests are recovering from or coming to terms with mental health problems and there has been a lot in the media about the benefits of swimming.

"I was diagnosed with depression and anxiety at 16 and always felt brilliant after I had been in the water.

"Sometimes I meet people who are nervous or scared, but once they get in, their eyes light up and it builds their confidence; they feel

they can do anything. "The best part of my job is being inspired every day by incredible people, who don't know how incredible they are until they swim across a lake."

With those words I can't resist the chance to have a go, starting with a morning plunge into the waves at Black Rock Sands beach, steps away from Haven's cosy caravans at Greenacres Holiday Park, Porthmadog.

After a gentle hour of sea-front yoga - which I am now convinced is the ONLY way to do the downward dog - we steel ourselves for our first steps into the Irish Sea. At a late summer water temperature of 16 degrees, it's not easy, but it's absolutely worth it.

Once in, I'm instantly invigorated and paddle back feeling a million times lighter - and definitely deserving of some cockle-warming with Gabby's traditional Welsh bara brith tea loaf and seriously chocolatey tiffin cakes.

For our second swim we drive through the rolling, Lord Of The Rings-esque hills of the stunning Snowdonia National Park to Llyn Dinas lake; a glassy-still expanse wall-papered with the striking craggy landscape of the famous Snowdon.

It's an entirely different and very peaceful experience. Just a few minutes simply floating in the secluded 15-degree rainwater-fed oasis makes me more relaxed than a day sweating on a

busy beach - and the sense of achievement afterwards is deliciously satisfying! While you can safely swim in many locations around the UK, Gabby recommends avoiding rivers as the current can often change much more strongly and frequently than you might think. Never go swimming alone and always check weather and currents before you dip! Here are just a few highly-rated swimmer-sourced spots to get you started with wild swimming...

Goldiggins Quarry, Cornwall

Just another reason to visit Britain's favourite holiday hotspot - aside from the cream teas.

River Thames, Port Meadow

Go horse-spotting from the water in this beautifully picturesque part of Oxford.

River Dart, Dartmoor National Park

Head to Holne Bridge to enjoy the very best of British country views and Devonshire wildlife.

Loch Morar, Scotland

Known for its silvery sands, you can easily access this peaceful Scottish oasis by car.

Langstrath, Lake District

You are spoilt for choice in England's famous natural nirvana, but the crystal clear waters in this picturesque valley are a good place to start. TPN/PA



A group of people on a Gone Swimming break in Wales. (Photo: PA Photo/Sarah Jane Edward)

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Lifestyle factors that could be aff



Research has shown that men under stress at work or home are more likely to have poor sperm quality. (Photo: PA Photo)

1. Smoking

“Smoking can affect your general health and fitness and so have a detrimental effect on the quality of sperm produced,” says Mr Dev Sarmah, consultant urologist at Spire Parkway Hospital in Solihull. “There’s also the problem that [smoking] can lower levels of the antioxidants in the body that protect the sperm from attack from ‘free radicals’. Certain tests have also shown that couples undergoing fertility treatment get poorer results if the male partner smokes.”

2. Stress

“Stress hormones can interfere with the hormones controlling sperm production. Research has shown that men under stress at work or home are more likely to have poor sperm quality,” says nutritionist Dr Marilyn Glenville PHD, author of Getting Pregnant Faster. A balanced diet, getting enough sleep and regular exercise are all important for helping manage stress, as well as taking steps to address any particular triggers - such as issues at work, and saying ‘yes’ to everything and not leaving time to recharge. “Yoga or meditation can also be helpful, as well as seeing a counsellor, as infertility in itself can be stressful,” adds Dr Glenville.

3. An unhealthy diet

A poor diet can impact our health in general, which may contribute to reduced

The media might be obsessed with women’s egg counts, but male fertility shouldn’t be left out of the conversation. Researchers are warning men’s sperm counts are falling at such rates that humans could fall under threat of extinction in the future. After assessing 185

sperm studies, they found sperm counts among men from North America, Europe, Australia and New Zealand, seemingly halved between 1973 and 2011 (lead researcher Dr Hagai Levine is “very worried” about the implications). So, should we be concerned? A little perspective

is probably wise - other experts have noted that the Human Reproduction Update findings don’t necessarily give the full picture because, for instance, some of the older studies may have been flawed, plus sperm count studies that don’t find any significant drops may not always be published, therefore getting left out of the equation. However, male fertility shouldn’t be taken for granted. And while, like all aspects of health, sometimes things are out of your control (and there are often things that can be done to help, if you do experience fertility difficulties), lifestyle factors can play a part. Here are 9 key things to keep in mind...

Naturally, staying healthy comes first

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Protecting your fertility

fertility. A balanced diet, with plenty of anti-oxidant-filled fruit and veg, is usually the best approach. Plus, Dr Glenville notes: "One of the most important nutrients for male fertility is zinc, needed for the production of sperm and male hormones. Several studies have found the male sex glands and sperm contain high concentrations of zinc. Modern diets tend to be low in zinc, so make sure not to deprive yourself and opt for foods such as fish, sardines, eggs, whole grains, brown rice and nuts."

4. Over-exercising

"In a world where everyone is encouraged to keep fit, it may seem strange to include 'over-exercising' as a reason why sperm quality may be poor," says Mr Sarmah. "However, as with everything, things work best in moderation. "It is possible excessive exercise could lower the amount of testosterone in your body - but I would not want to discourage anyone from taking regular exercise and plenty of it." In the past, cycling has also been associated with reduced fertility in men - but there's no clear evidence to suggest this applies to most people, and remember, it's far better overall to be fit and healthy than avoid exercise.

5. Too much caffeine

Sure, the health benefits of coffee regularly feature in headlines these days, but too much caffeine could still have detrimental ef-



It is possible excessive exercise could lower the amount of testosterone in your body. (Photo: PA Photo)

fects in other ways. "Studies indicate that problems with sperm health seem to increase the more cups of coffee men drink a day," notes Dr Glenville. "This may be because caffeine has a diuretic effect and this can deplete the body of vital fertility boosting nutrients, such as zinc and calcium."

6. Too much alcohol

"Excessive alcohol lowers testosterone levels, and so affects both the quality and quantity of sperm. There's also the problem that drinking too much can reduce male libido as well as causing impotences," says Mr Sarmah. Excessive drinking can sometimes be associated with mental health problems in men too. It's a good idea to talk to your GP, or

call a mental health charity helpline, such as the Mind infoline, if you're struggling to cope or simply want some advice about finding healthier ways to tackle life's ups and downs.

7. Being overweight

"Being overweight or obese can cause hormonal changes that lower the quality of sperm, and make men less interested in sex," says Mr Sarmah. "Very overweight men are also more likely to have problems getting an erection. It's also true that excessive fat increases body temperature around the testes, which can also affect sperm quality."

8. Poor sleep

A lack of sleep can impact health in many ways, and this might include fertility.

"If you are constantly tired, then your sperm count will go down," says Mr Sarmah. "You also need to look at the reasons why you aren't sleeping well - could it be stress or an unhealthy lifestyle? Both factors that can affect sperm quality."

9. Over-heating

Some studies have suggested prolonged exposure to high temperatures can have a negative impact on sperm production, leading to occasional headlines warning of the dangers of working in hot environments, using your laptop on your lap, etc. While this might be a grey area in reality, 'prolonged exposure' is probably a key thing to remember here, and if you're concerned, have a chat with your family doctor. TPN/PA



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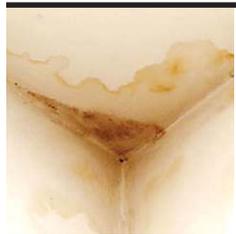
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Christmas all wrapped up!



For more than three decades Apolónia Supermarkets has based its business on service, variety and quality, successfully meeting the wide-ranging requests and requirements of its customers. Understanding the importance of Christmas, of finding the right gift and of upholding food-related traditions at this special time of year is an integral part of this long-held business philosophy. With a sophisticated selection of hampers and hundreds of products imported solely to meet Christmas needs, Apolónia goes the extra mile to ensure its customers enjoy the Christmas spirit to the fullest.

Assembling stunning hampers that reflect its renown for exceptional quality, Apolónia harnesses many years of expertise to produce unique gifts, certain to please their recipients, whether loved ones or esteemed clients and business partners. The supermarket offers a selection of hampers with handpicked contents to suit all tastes and pockets (prices ranging from €19.95 to €199.95). Beyond ready-prepared hampers, the supermarket also helps its customers to create bespoke versions, steering them through the selection process, offering guidance on

possible contents and containers, to produce a final result that will be a gift to remember.

Beyond presents around the tree, the festive season is all about keeping up traditions: sitting down with loved ones to the best meal of the year; enjoying a special annual treat that reminds you of home; cooking up a storm in the Christmas kitchen or re-enacting cherished culinary customs. Proud of its ever-growing range of imported products (more than 4000, and growing), Apolónia makes sure every ingredient Christmas shoppers could ever need is available in-store. Beyond Portuguese must-haves, Apolónia studies the festive requirements of foreign residents and visitors, ensuring homesick Brits get their mince pies, nostalgic Germans get their Lebkuchen and wistful French families get their Bûche de Noël. As a rule of thumb, Apolónia strives to be the store you can turn to when you can't find a traditional product from your homeland elsewhere – the store where all your Christmas needs are met with the variety, sophistication and quality Apolónia has long been known for.

The unspoiled Portuguese West Coast



Are you looking for a quiet and relaxed lifestyle, fresh sea air, breath-taking scenery and amazing unspoiled beaches? The south-western part of Europe can be the place to be for you!

If you would like to get away from the massive tourism and the crowded beaches visit the unspoiled West Coast where, for example, Monte Clérigo is one of the beaches to be discovered.

This coast is very well known for its unspoiled nature, some people would call it the "other" Algarve. Here you find the most amazing Atlantic beaches with rough seas caused by the strong west wind especially in autumn, winter and early spring, which attract surfers and other extreme sportsmen from all over the world.

It's also a perfect place for hiking, mountain biking and horse-riding, providing a unique experience of two worlds - with the lively and authentic rural culture and a surprisingly wild coastline - within the Costa Vicentina Natural Park.

But, it's not just the perfect natural environment and quiet lifestyle that attracts so many nature lovers to this region; it's also the gastronomy where you can taste the fresh fish directly from the fishing boats onto your table.

In this area, is the Aljezur historic village with really nice restaurants, a health clinic, the international school and all the amenities needed for daily life.

The area of Aljezur is also very well known for the rich variety of local products, an important part of the local culture, with abundance of seafood on offer from the local fishermen and the Sweet Potato festival, celebrating the large local Sweet Potato harvest, held every year in November.

If you are looking to buy or to sell a property in the Western Algarve, Abacozy Algarve Properties will be very pleased to help you. Don't hesitate to contact us or to visit our office in Marina de Lagos (next to the Wax Museum).

Drymat Systems Portugal

Established 5 years ago in Lagos, Drymat Systems Portugal has already been solving humidity problems in many houses all over Portugal.

Mr. Andrew Lucas states that he had a severe rising damp problem in his renovated farmhouse in Olhão. "Despite the renovation, the 60 cm thick walls started showing big spots with humidity and less than 1 year after the renovation paint and plaster was already peeling off. However after the installation of the Drymat Unit, the situation changed dramatically. The control measurements 1 year after installation showed major improvements in the drying process of my villa and now another year later the walls are really dry and I would like to recommend anybody with a rising damp problem to install the Drymat System. I am now spending less on heating my villa, I do not need dehumidifiers anymore, there are no yearly repairs on paint and plaster and it is so much more comfortable inside my villa with all that humidity gone."

Mr. Vasconcellos in Lagos had the same experience; "In my newly built villa we had a serious rising damp problem in my wine cellar. We tried everything, special paint, special plaster, the walls kept on being very humid, until we installed the Drymat Unit. After only 3 months we noticed the dehumidifiers were giving less and less water and the mouldy smell was completely gone. The other advantage is that no drilling, digging or injecting was

The Erimitage, St. Petersburg



necessary and the small box which gives the magnetic pulses is maintenance free and only cost €10 electricity a year."

Mr. Verspijck, who owns Camping Redondo near Tomar, says that he was fed up with repainting and replastering his old camping facility building year after year. "Only one year after installing the Drymat Unit I was so impressed with what the unit had achieved that I ordered another unit for the villa I was living in where it has been solving the rising damp problems as well."

Martin Verloop, the representative of Drymat Germany and the founder of Drymat Systems Portugal explains that 108 units have been installed so far in Portugal while in Germany 6,000 houses are equipped with the Drymat Unit. The system comes with a 20-year guarantee on the unit and a money back guarantee if we do not achieve less than 3% humidity on the ground floor after 3 years of installation and less than 6.5% in the basement.

Dr Haley, an English dentist in Cascais

Since 2003 Dr. Francis Haley has been providing general dental services to the ex-patriot community (and to increasing numbers of local residents) in the Cascais region near Lisbon.

After graduating from Guy's Hospital London, Dr. Haley spent several years in general practice in Paris. During his time there he did extensive post-graduate training and after moving to Portugal he maintained contact with the University of Paris by participating in a 2 year on-line diploma course on advanced dental technology. More recently he has participated in several 'hands-on' courses in microscopic dental procedures, endodontics and periodontal plastic surgery with several of Portugal's top specialists.

Dr. Haley is particularly concerned with patient communication; with the aid of X-ray images and photos of various aspects of dental treatment the patient is well informed of what is going on in the mouth. The most important service performed by a dental practitioner is, of course, preventive care, however on a daily basis dentists are frequently confronted with more serious situations and with patients requiring more comfort, better aesthetic and functional solutions to their problems and with the perennial concern of cost-effectiveness.

In response to these demands dental technology has seen spectacular changes in the last two or three decades. To give some examples: composite (tooth coloured) filling materials, titanium implants to replace a missing tooth rather than conventional bridgework or a denture and



recent advances in dental imagery such as digital radiography (minimal X-ray exposure with enhanced image quality) and optical magnification (either with loupes or an operating microscope) to provide increased precision to standard dental procedures.

Dr. Haley's office, centrally located near the 'mercado' and Cascais train station, is fully equipped with constantly updated material to provide the most appropriate treatment for each patient.

A service greatly appreciated by patients is the reassurance that the clinicians can always be contacted; telephone calls outside office hours are relayed to the mobile phone of a staff member who will arrange for an appointment as rapidly as possible.

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Lagos Marina Office:

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Lote 24, Loja 5, 8600-315 Lagos

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The Captain's Deck



A recent project by Decking Dave – an impressive new deck at the Quinta do Lago Golf Members' Clubhouse. Overlooking the 1st green & fairway of the South Course, the Captains Bar offers a super upstairs terrace for members and their guests to enjoy post-game refreshments or lunch, and a venue for regular club functions. A key requirement was that the boards be mounted as close together as possible, to create a consistent surface for a variety of uses.

Many decks use a system of spacer-clips fixed to the support frame. This offers the benefit that no screws are visible but the clips create a gap of approx 7mm between the boards. So in this case, to minimise gaps, the boards were screwed direct to the beams and spaced just 3mm apart. Using Iroko hardwood, almost 10,000 screws were used in neat alignment over an area of almost 150 square metres, to achieve the desired effect and a long-lasting stable surface. For all kinds of quality wooden constructions - just ask **Decking Dave!**

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REF: AV-372SN - VALE DA TELHA
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REDUCED PRICE: €299.000

REF: AV-404SJ - VALE DA TELHA
CHARMING 3 BED QUINTA WITH A 1 BED GUEST COTTAGE, LARGE GARAGE, A HUGE PLOT OF 5250M2, ONLY 15 MIN. BY CAR TO THE BEACHES AND 5 MIN. TO ALJEZUR

ASKING PRICE: €295.000

REF: AA-379SJM - LAGOS
MAGNIFICENT 3 BED APARTMENT WITH COMMUNAL POOLS & GARDENS, PRIVATE PARKING SPACE & STORAGE, WALKING DISTANCE TO THE MARINA, CITY CENTER & BEACHES

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Aljezur, Urb. Espartal
Lovely 3 bedroom house just 650m. from the Monte Clerigo beach with 480m² plot. Upstairs open fitted kitchen with spacious living room and fireplace, wc, terraces (BBQ.) Downstairs 3 bed., 2 bath., storage and sauna. Underfloor heating.

REF:605818 €189,000

Porches
Lovely 3 bed. townhouse in Vila Mar close to Senhora da Rocha beach in Porches. 3 bedrooms, 2 wc.s, (1 full bathroom), renovated kitchen, roof terrace, fireplace and living room with direct access to communal pool and gardens. Box garage. Sold furnished.

REF:606209

Silves, Algoz -village
Very well maintained townhouse with beautiful gardens in small condominium, with own plot of 285m². Ground floor: Kitchen, living room with fireplace, winter terrace (30m²), 2 bedrooms, bathroom, sauna. 1st floor: 2 small mezzanine rooms and wc plus terrace.

REF:606011 €205,000

Alvor
Furnished, like new, 1 bed. apartment, 2 balconies, 2bath. with sea view just a stones throw away from the beachfront and board walks in the popular village of Alvor. Condo has private parking, indoor & outdoor pools, gym & sauna. Great renting investment property!

REF:606973 €185,000

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Near Santa Barbara
3 bedroom villa, OFFERS INVITED, brand new, very high standard details and finishing's, all modern conveniences, sea view.

EC class: A+
Ref: P-MDC Price: €975.000

Near Loulé
7 bedroom Quinta, private and peaceful, property full of character, applying for licence for rural boutique hotel, 14,000m² of fenced land.

EC class: D
Ref: HAM Price: €895.000

Near Vilamoura
4 bedroom villa, rustic style, private, elevated position with views, pool with beautiful mature garden, borehole.

EC class: D
Ref: WGN Price: €730.000

Near Loulé
2 bedroom villa, charming country property, spacious, rustic style, central heating, pool to be built, borehole, basement for 3rd bedroom.

EC class: B
Ref: GLA Price: €325.000

Near Santa Barbara
Building plot, 300m² of construction plus 200m² basement on plot of 2192m², just 1km from Santa Barbara, stunning sea and country views.

Ref: R-OVP-3 Price: €250.000

Charming Countryside Villa!

Been waiting for a romantic Southern Portuguese villa filled with character and old world charm to come into your life? Let us introduce you to this lovely gem which is a rare find, and not likely to be around long.

The main house is comprised of an open-plan living, dining and kitchen area, a double bedroom with its own tastefully decorated en-suite shower room, all on the ground floor. The rustic wooden staircase takes you upstairs to the spacious master bedroom, also with its own en-suite, consisting of a walk-in shower, a wall mounted toilet and basin. Large doors leading out to a traditional Portuguese tiled terrace, offering beautiful, unspoiled views over the countryside, a real joy for the sun lover.

The pool and garden areas have plenty of space for lounging, and there is also a built in area near the BBQ for open air dining and stargazing. The property comes with an additional one bedroom self contained annex, which has its own private entrance, kitchen, bathroom and petite living area. An ideal option for visiting guests or can be used as a rental income investment. Charming and smart, what more could you ask for!

This beaut fits perfectly into the most sought after traditional properties in the Algarve, so if you're a true romantic looking for your place in the sunny south, we highly recommend you come and take a closer look....

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Big House - Small Price

This large country house is set in a quarter acre plot away from the main road but with good, flat access, 4 km from the centre of the charming town of São Bras de Alportel. It has four bedrooms, three bathrooms (one en suite), dining room, living room with fireplace, kitchen, laundry, integral garage that could be used as another bedroom and a glass fronted lounge overlooking the swimming pool and rear garden. At the front is a secluded, larger garden and at the side parking for several cars. All the furniture has been removed and the house has been re-decorated ready to move in to.

Price: €275,000



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Lovely, Picturesque 2-Bedroom Portuguese House with two varandas, overlooking magnificent panoramic views of the historical city of Silves & only a 2 min. walk to the historical Silves Castle.

Bedrooms: 2 Area: 76 sqm | 82 sqm
Ref.: V1298

€115,000



Magnificent 2 Storey 3-Bedroom Villa, set in a 600 sqm fenced plot with a swimming pool, located only 10 min. from the charming city of Silves, overlooking superb countryside views. Walking distance to restaurants & shops.

Bedrooms: 3 Area: 252 sqm | 600 sqm
Ref.: V1304

€275,000



Stunning 4 bedroom villa of 256 sqm with pool, garden area & carport, situated on a beautiful hilltop overlooking the stunning River Arade Views & only 8 min. to Silves City.

Bedrooms: 4 Area: 256 sqm | 8800 sqm
Ref.: V1290

€379,000



This Exclusive 2 storey 4-bedroom villa with space for a pool & a variety of fruit trees is located only 1km from the one-of-a-kind Village of Alte, overlooking breathtaking panoramic views of the countryside up to the Algarvean Coastline.

Bedrooms: 4 Area: 176 sqm | 2000 sqm
Ref.: V1265

€248,000



Charming 2+1 bedroom semi-detached Villa with equipped kitchen, spacious living/dining room, terraces, BBQ area, central heating & A/C, in a private condominium with swimming pools, gardens, 10 min. from the beach.

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

€280,000

AMI 7557

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Vilamoura €470,000

****New Listing****

Set in a quiet residential area of Vilamoura, with amenities within walking distance. The traditional Portuguese style semidetached villa has 3 large bedrooms, an easy to maintain private garden with pool and a large garage in the basement. Ideal investment.



Vilamoura €220,000

****New Listing****

Lovely 2 Bedroom / 2 Bathrooms semi-detached villa offering a sunny terrace and large communal swimming pool and gardens located at a popular complex near the Old Course Golf Course. The property is set all on one level and had lots of character features.



Vilamoura €499,000

****New Listing****

Beautiful 3 Bedroom / 3 Bathroom detached villa with kidney shaped private swimming pool and well maintained gardens. Located in a quiet residential area of Vilamoura 'Le Club' walking distance to marina and all amenities.



Vilamoura €158,000

****New Listing****

Beautiful renovated Studio Apartment in the centre of Vilamoura with exceptional views over Vilamoura. Located 200m from the Marina and 1Km from the Falesia Beach. This is a fantastic Investment opportunity as has a good rental history.



Vilamoura €260,000

****New Listing****

Delightful 3 Bedroom / 2 Bathroom semi-detached villa set in a tranquil area of Vilamoura located between the Hilton Hotel Spa Resort and the Old Village. It is a cosy villa, filled with lots of natural light and well maintained.

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VILAMOURA - GOOD VALUE

Apartment located in a very quiet area, consisting of 2 bedrooms, 1 bathroom, lounge/dining room and kitchen. Furnished and equipped. ENERGY CLASS - C

Ref. A01593 Price: €120,000



VILAMOURA - IN NEED OF REPAIRS

Studio apartment near all amenities, composed of living room, kitchenette, hallway, bathroom and closed terrace. Storage room in the basement. Const. area- 38 sq.m. ENERGY CLASS - D

Ref. A01539 Price: €80,000



VILAMOURA - PRICE REDUCED

Beautiful attached villa, situated in a private condominium with communal swimming pool and green areas. Composed of 3 bedrooms (en suite), 4 bathrooms, lounge/dining room with fireplace, equipped kitchen and pantry. Roof terrace with sea view. Two parking spaces in the basement. ENERGY CLASS - B

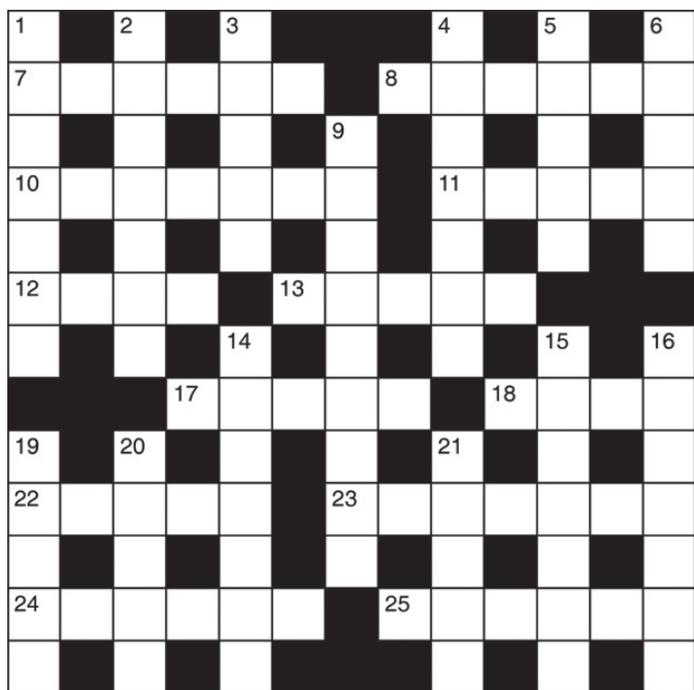
Ref. V12854 Price: €399,000



VILAMOURA - QUIET LOCATION

Spacious villa with 4 bedrooms, 4 bathrooms, living room with fireplace, dining room, equipped kitchen, storage and terraces. Garage, office, basement, swimming pool and barbecue. Plot area - 358 sq.m. ENERGY CLASS - B-

Ref. V12753 Price: €550,000



Last week's cryptic crossword solutions

Across: 1 Presumption; 9 Odd; 10 Dirt cheap; 11 Table; 13 Abetter; 14 Raisin; 16 Esprit; 18 Oddment; 19 Hasten; 20 Stationer; 21 Bye; 22 Telephonist.
Down: 2 Rid; 3 Sadie; 4 Mortar; 5 Tickets; 6 Overturns; 7 Porterhouse; 8 Spirit level; 12 Blind date; 15 Itemise; 17 Stench; 19 Heron; 21 Bus.

CRYPTIC CROSSWORD

ACROSS

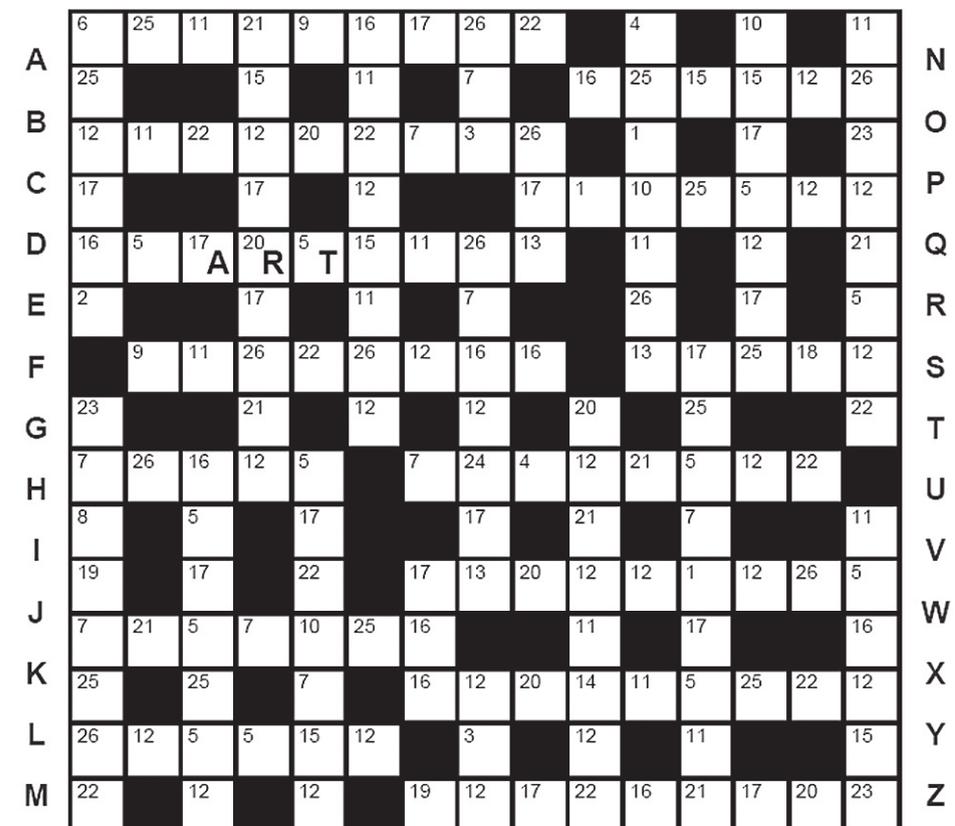
- 7. Work in the arena catching a steer, maybe (6)
- 8. Look in the French station and you'll find plenty (6)
- 10. Countered an attack - rapier broken by the end of the sword (7)
- 11 & 25Ac. This measures the right distance for mountain explorer (5,6)
- 12. It's right to employ an artifice (4)
- 13 & 19Dn. Suffering from a troublesome investment (5,5)
- 17. Bob, attend to the pipework (5)
- 18. Tripped up a northern hill (4)
- 22. Vacuous variation of three (5)
- 23. To put into words, you need this kind of delivery (7)
- 24. See 6 Down
- 25. See 11 Across

DOWN

- 1. Material that can be obtained per yard! (7)
- 2. Work on newspapers and behave tyrannically (7)
- 3. Nine disturbed by a gun getter (5)
- 4. See 5 Down
- 5 & 4Dn. Solid obstruction jets go through (5-7)
- 6 & 24Ac. Gets premier adaptation of Britten opera (5,6)
- 9. Could it be regarded as a strange statistic? (3,6)
- 14. Couchette found beneath the track (7)
- 15. Carries out capital punishment - many teachers would like to! (7)
- 16. When this is applied, a division will follow (7)
- 19. See 13 Across
- 20. Quick and quiet in attack (5)
- 21. A schism in Croatia (5)

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



QUICK CROSSWORD

ACROSS

- 7. Sour (6)
- 8. Instant (6)
- 10. Docket (7)
- 11. Confusion (5)
- 12. Kind (4)
- 13. Order (5)
- 17. Value (5)
- 18. Spoken (4)
- 22. Rigid (5)
- 23. Dim (7)
- 24. Enrol (6)
- 25. Pale (6)

DOWN

- 1. Stipulation (7)
- 2. Question (7)
- 3. Correct (5)
- 4. Treaty (7)
- 5. Intended (5)
- 6. Adhere (5)
- 9. Custom (9)
- 14. Perplex (7)
- 15. Worry (7)
- 16. Previously (7)
- 19. Awry (5)
- 20. Inane (5)
- 21. Composition (5)

Last week's quick crossword solution

Across: 1 Educability; 9 Cry; 10 Downgrade; 11 Olive; 13 Accuser; 14 Nubile; 16 Flying; 18 All-time; 19 Cheer; 20 Conductive; 21 Hit; 22 Necessitate.
Down: 2 Dry; 3 Cade; 4 Bowman; 5 Logical; 6 Transpire; 7 Accountancy; 8 Refrigerate; 12 Imbalance; 15 Leisure; 17 Remiss; 19 Cleft; 21 Hut.

SUDOKU

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

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

Medium

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

Hard

Last week's solutions

Last Week's Codeword Solution

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

Medium

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

Medium

Hard

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

Hard



SATURDAY 21/10/17

BBC One	Islands in the Sun.
06.00 Breakfast.	11.50 The Hungry Sailors.
10.00 Saturday Kitchen Live.	12.50 ITV News and Weather; Weather.
11.30 The Hairy Bikers' Comfort Food.	13.00 ITV Racing: Live from Ascot.
12.00 Football Focus.	17.00 Thunderbirds Are Go.
13.00 BBC News; Weather.	17.30 Paul O'Grady: For the Love of Dogs.
13.15 Bargain Hunt.	18.00 ITV News London; Weather.
14.15 Escape to the Country.	18.05 ITV News and Weather.
14.45 FILM: Madagascar (2005).	18.20 Cannonball.
16.05 Final Score.	19.20 The Chase: Celebrity Special.
17.25 BBC News.	20.20 The X Factor - Judges' Houses.
17.35 BBC Regional News; Weather.	22.20 The Jonathan Ross Show.
17.45 Pointless Celebrities.	23.25 ITV News and Weather; Weather.
18.35 Strictly Come Dancing.	23.45 FILM: Mickey Blue Eyes (1999).
20.20 Casually.	01.30 Jackpot247.
21.10 Gunpowder.	03.00 The Hungry Sailors.
22.10 BBC News; Weather; National Lottery Update.	03.50 ITV Nightscreen.
22.30 Match of the Day.	
00.00 The NFL Show.	
00.30 The Weight Cut: Extreme Weight Loss.	
01.00 Weather for the Week Ahead.	
01.05 BBC News.	

BBC Two England

06.15 How We Won the War.	06.15 Mobil 1 The Grid.
06.45 Animal Park Summer Special.	06.40 Triathlon: Hever Castle.
07.30 Naomi's Nightmares of Nature.	07.10 Everybody Loves Raymond.
08.00 Deadly 60.	07.35 Everybody Loves Raymond.
08.30 Show Me What You're Made Of.	08.00 Everybody Loves Raymond.
09.00 Saturday Mash-Up!	08.30 Frasier.
11.00 Natural World: Animal House.	09.00 Frasier.
12.00 Rick Stein's Long Weekends.	09.30 The Big Bang Theory.
13.00 Grand Tours of the Scottish Islands.	09.55 The Big Bang Theory.
14.00 Coast.	10.25 The Big Bang Theory.
15.00 Flog It!	10.50 The Simpsons.
16.00 Mastermind.	11.20 The Simpsons.
16.30 The Big Family Cooking Showdown.	11.50 Come Dine with Me.
17.30 Anglesey: Island Life.	12.20 Come Dine with Me.
18.00 Gardeners' World.	12.50 Come Dine with Me.
19.00 Coastal Path.	13.20 Come Dine with Me.
19.30 Front Row.	13.50 A Place in the Sun: Winter Sun.
20.00 Britain Afloat.	14.50 A Place in the Sun: Winter Sun.
20.30 Dad's Army.	15.50 Best Laid Plans.
21.00 Lucy Worsley's Nights at the Opera.	16.55 Formula 1 United States Grand Prix Practice 3 Live.
22.00 QI XL.	18.30 Channel 4 News.
22.45 Later - with Jools Holland.	19.00 Rivers with Jeremy Paxman.
23.50 FILM: In Our Name (2010).	20.00 Hidden Britain by Drone.
01.15 FILM: In the Dark Half (2012).	21.00 Formula 1 United States Grand Prix Qualifying Live.
02.35 This Is BBC Two.	23.35 FILM: The Iceman (2012).
	01.25 The Last Leg.
	02.20 Hollyoaks.
	04.30 Location, Location, Location.
	05.25 Too Many Cooks.
	05.55 Kevin Can Wait.

ITV London

06.00 CITV.
07.30 Scrambled!: Scrambled!
07.35 Scrambled!: The Tom and Jerry Show.
07.50 Scrambled!: Fangbone.
08.10 Scrambled!: The Powerpuff Girls.
08.30 Scrambled!: Thunderbirds Are Go.
09.05 Scrambled!: Adventure Time.
09.25 Saturday Morning with James Martin.
11.20 Gino's Italian Escape -

BBC Four

19.00 The Incredible Human Journey.
20.00 Wild China.
21.00 Beck: The Family.
22.30 Beck: The Invasion.
00.00 Top of the Pops: 1984.
00.40 Top of the Pops: 1984.
01.20 Sound of Cinema: The Music That Made the Movies.
02.20 Wild China.
03.20 Close.

SUNDAY 22/10/17

BBC One	11.25 Robson Green's Coastal Lives.
06.00 Breakfast.	11.55 Bigheds.
07.25 Match of the Day.	12.55 ITV News and Weather; Weather.
09.00 The Andrew Marr Show.	13.00 The X Factor - Judges' Houses.
10.00 Sunday Morning Live.	14.55 FILM: Mr Bean's Holiday (2007).
11.00 Sunday Politics.	16.35 Victoria.
12.15 Bargain Hunt.	17.35 ITV News London; Weather.
13.00 BBC News; Weather.	17.45 ITV News and Weather.
13.15 Homes Under the Hammer.	18.00 Tipping Point: Lucky Stars.
14.15 Money for Nothing.	19.00 The X Factor - Judges' Houses.
15.15 Escape to the Country.	21.00 Your Song.
16.00 Points of View.	22.00 ITV News and Weather; Weather.
16.15 Songs of Praise.	22.15 Peston on Sunday.
16.50 Eat Well for Less?	23.15 Liar.
17.50 BBC News.	00.10 Jackpot247.
18.05 BBC Regional News; Weather.	03.00 Motorsport UK.
18.15 Countryfile.	03.50 British Superbike Championship Highlights.
19.15 Strictly Come Dancing: The Results.	05.05 The Jeremy Kyle Show.
20.00 Antiques Roadshow.	
21.00 The Last Post.	
22.00 BBC News.	
22.20 BBC Regional News; Weather.	
22.30 Match of the Day 2.	
23.30 NFL Highlights.	
00.30 Weather for the Week Ahead.	
00.35 BBC News.	

BBC Two England

06.35 Great British Garden Revival.	06.20 Kevin Can Wait.
07.35 Gardeners' World.	06.45 Kevin Can Wait.
08.35 Countryfile.	07.10 Everybody Loves Raymond.
09.30 Saturday Kitchen Best Bites.	07.35 Everybody Loves Raymond.
11.00 Mary Berry's Foolproof Cooking.	08.00 Everybody Loves Raymond.
11.30 My Life on a Plate.	08.30 Frasier.
12.15 MOTD2 Extra.	09.00 Frasier.
13.00 Joan Fontaine: Talking Pictures.	09.30 Sunday Brunch.
13.30 FILM: Suspicion (1941).	12.30 Jamie's Quick & Easy Food.
15.05 Northern Italy Unpacked.	13.00 The Simpsons.
16.05 Flog It!	13.30 The Simpsons.
17.00 H is for Hawk: A New Chapter - Natural World.	14.00 FILM: Rango (2011).
18.00 Top Gear.	16.10 The Crystal Maze: Celebrity Specials.
19.00 Colombia with Simon Reeve.	17.15 The Great British Bake Off.
20.00 Robot Wars.	18.35 Channel 4 News.
21.00 Louis Theroux: Dark States - Murder In Milwaukee.	19.00 Formula 1 United States Grand Prix Live Build-Up.
22.00 Snowfall.	19.35 Formula 1 United States Grand Prix Live.
22.45 Mock the Week.	22.10 Formula 1 United States Grand Prix Live Reaction.
23.20 FILM: Glory (1989).	23.15 FILM: Child 44 (2015).
01.15 Sign Zone: Question Time.	01.40 Travel Man: 48 Hours in Lisbon.
02.15 Sign Zone: Holby City.	02.05 Britain's Ancient Tracks with Tony Robinson.
03.15 This Is BBC Two.	03.00 Gillette World Sport.
	03.30 KOTV Boxing Weekly.
	03.55 Mobil 1 The Grid.
	04.25 Location, Location, Location.
	05.20 Kirstie's Fill Your House for Free.
	05.35 Countdown.

ITV London

06.00 CITV.
07.30 Scrambled!: Scrambled!
07.35 Scrambled!: The Tom and Jerry Show.
07.50 Scrambled!: Mr Bean: The Animated Series.
08.10 Scrambled!: Ben 10.
08.30 Scrambled!: Be Cool, Scooby-Doo!
09.05 Scrambled!: Adventure Time.
09.25 ITV News.
09.30 Australian Wilderness with Ray Mears.
10.00 Peston on Sunday.
10.55 Amazing Animal Births.

BBC Four

19.00 Only Connect.
19.30 University Challenge.
20.00 Jacqueline du Pre: A Gift Beyond Words.
21.00 Hamlet from Glyndebourne.
23.50 Jacqueline du Pre plays Dvorak's Cello Concerto.
00.40 Classic Cellists at the BBC.
01.40 The Brontes at the BBC.
02.40 The Story of Scottish Art.
03.40 Close.

MONDAY 23/10/17

BBC One	10.30 This Morning.
06.00 Breakfast.	12.30 Loose Women.
09.15 Rip Off Britain.	13.30 ITV Lunchtime News; Weather.
10.00 Homes Under the Hammer.	13.55 ITV News London; Weather.
11.00 A Matter of Life and Debt.	14.00 Dickinson's Real Deal.
11.45 Caught Red Handed.	15.00 Alphabetical.
12.15 Bargain Hunt.	15.59 ITV London Weather.
13.00 BBC News at One; Weather.	16.00 Tipping Point.
13.30 BBC Regional News and Weather.	17.00 The Chase.
13.45 Doctors.	18.00 ITV News London; Weather.
14.15 Impossible.	18.30 ITV Evening News; Weather.
15.00 Escape to the Country.	19.00 Emmerdale.
15.45 Money for Nothing.	19.30 Coronation Street.
16.30 Antiques Road Trip.	20.00 Countrywise: Guide to Britain.
17.15 Pointless.	20.30 Coronation Street.
18.00 BBC News at Six; Weather.	21.00 Piers Morgan's Life Stories.
18.30 BBC Regional News and Weather.	22.00 ITV News at Ten; Weather.
19.00 The One Show.	22.30 ITV News London; Weather.
20.00 EastEnders.	22.45 The Best: The FIFA World Football Awards 2017.
20.30 Life at 100.	23.50 Gordon Ramsay on Cocaine.
21.30 Mrs Brown's Boys.	00.40 Jackpot247.
22.00 BBC News at Ten.	03.00 The Jeremy Kyle Show.
22.30 BBC Regional News and Weather.	03.55 ITV Nightscreen.
22.45 Have I Got a Bit More News for You.	05.05 The Jeremy Kyle Show.
23.30 The Graham Norton Show.	
00.20 Weather for the Week Ahead.	
00.25 BBC News.	

BBC Two England

06.00 Real Lives Reunited.	06.20 The King of Queens.
06.30 Money for Nothing.	06.45 The King of Queens.
07.15 A Matter of Life and Debt.	07.10 The King of Queens.
08.00 Sign Zone: The Big Family Cooking Showdown.	07.40 Everybody Loves Raymond.
09.00 Victoria Derbyshire.	08.05 Everybody Loves Raymond.
11.00 BBC Newsroom Live.	08.35 Everybody Loves Raymond.
12.00 Daily Politics.	09.05 Frasier.
13.00 The Code.	09.35 Frasier.
13.45 Restoration Home.	10.05 Ramsay's Kitchen Nightmares USA.
14.45 Family Finders.	11.00 Undercover Boss USA.
15.15 Full Steam Ahead.	12.00 Channel 4 News Summary.
16.15 Sea Cities.	12.05 Come Dine with Me.
17.15 Flog It!	13.05 A New Life in the Sun.
18.00 Eggheads.	14.10 Countdown.
18.30 Strictly Come Dancing - It Takes Two.	15.00 Find It, Fix It, Flog It.
19.00 Grenfell Tower - Life and Death on the 21st Floor.	16.00 My Kitchen Rules.
19.30 University Challenge.	17.00 Four in a Bed.
20.00 Autumnwatch 2017.	17.30 Steph and Dom's One Star to Five Star.
21.00 Elizabeth I's Secret Agents.	18.00 The Simpsons.
22.00 W1A.	18.30 Hollyoaks.
22.30 Newsnight.	19.00 Channel 4 News.
23.10 Weather.	20.00 Who Deserves a Pay Rise?: Channel 4 Dispatches.
23.15 Chris Packham: Asperger's and Me.	20.30 Tricks of the Restaurant Trade.
00.15 Lucy Worsley's Nights at the Opera.	21.00 My Week as a Muslim.
01.15 Sign Zone: Countryfile.	22.00 First Dates.
02.10 Sign Zone: The Human Body: Secrets of Your Life Revealed.	23.05 Celebrity Hunted.
03.10 This Is BBC Two.	00.15 How'd You Get So Rich?
	01.00 The Supertv.
	01.50 FILM: The Dirty Picture (2011).
	04.15 Grand Designs Australia.
	05.10 Draw It!
	05.35 Countdown.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.

10.30 This Morning.	12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.	13.55 ITV News London; Weather.
14.00 Dickinson's Real Deal.	15.00 Alphabetical.
15.59 ITV London Weather.	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 Countrywise: Guide to Britain.
20.30 Coronation Street.	21.00 Piers Morgan's Life Stories.
22.00 ITV News at Ten; Weather.	22.30 ITV News London; Weather.
22.45 The Best: The FIFA World Football Awards 2017.	23.50 Gordon Ramsay on Cocaine.
00.40 Jackpot247.	03.00 The Jeremy Kyle Show.
03.55 ITV Nightscreen.	05.05 The Jeremy Kyle Show.

Channel 4

06.20 The King of Queens.
06.45 The King of Queens.
07.10 The King of Queens.
07.40 Everybody Loves Raymond.
08.05 Everybody Loves Raymond.
08.35 Everybody Loves Raymond.
09.05 Frasier.
09.35 Frasier.
10.05 Ramsay's Kitchen Nightmares USA.
11.00 Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 A New Life in the Sun.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 My Kitchen Rules.
17.00 Four in a Bed.
17.30 Steph and Dom's One Star to Five Star.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Who Deserves a Pay Rise?: Channel 4 Dispatches.
20.30 Tricks of the Restaurant Trade.
21.00 My Week as a Muslim.
22.00 First Dates.
23.05 Celebrity Hunted.
00.15 How'd You Get So Rich?
01.00 The Supertv.
01.50 FILM: The Dirty Picture (2011).
04.15 Grand Designs Australia.
05.10 Draw It!
05.35 Countdown.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Oak Tree: Nature's Greatest Survivor.
21.00 A Year in an English Garden: Flicker & Pulse.
22.00 The Vietnam War.
22.55 The Vietnam War.
23.50 Lost Kingdoms of Central America.
00.50 Dan Cruickshank's Adventures in Architecture.
01.50 I Know Who You Are.
03.00 Close.

TUESDAY

BBC One	06.00 Breakfast.
09.15 Rip Off Britain.	10.00 Homes Under the Hammer.
11.00 A Matter of Life and Debt.	11.45 Caught Red Handed.
12.15 Bargain Hunt.	13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.	13.45 Doctors.
14.15 Impossible.	15.00 Escape to the Country.
15.45 Money for Nothing.	16.30 Antiques Road Trip.
17.15 Pointless.	18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.	19.00 The One Show.
19.00 The One Show.	19.30 EastEnders; BBC News; Regional News.
20.00 Holby City.	21.00 Our Girl - Nepal Tour.
21.00 Our Girl - Nepal Tour.	22.00 BBC News at Ten.
22.30 BBC Regional News and Weather; National Lottery Update.	22.45 Valley Cops.
23.30 Double Mastectomy Twins.	00.00 Weather for the Week Ahead.
00.05 BBC News.	

BBC Two England

06.00 Real Lives Reunited.	06.30 Money for Nothing.
07.15 A Matter of Life and Debt.	08.00 Sign Zone: Billion Dollar Deals and How They Changed Your World.
09.00 Victoria Derbyshire.	11.00 BBC Newsroom Live.
12.00 Daily Politics.	13.00 The Code.
13.45 Restoration Home.	14.45 Family Finders.
15.15 World's Busiest Railway 2015.	16.15 Sea Cities.
17.15 Flog It!	18.00 Eggheads.
18.30 Strictly Come Dancing - It Takes Two.	19.00 Further Back in Time for Dinner.
20.00 Autumnwatch 2017.	21.00 This World: Calais, The End of the Jungle.
22.00 Later Live - with Jools Holland.	22.30 Newsnight.
23.10 Weather.	23.15 Elizabeth I's Secret Agents.
00.15 NFL This Week.	01.05 Sign Zone: The Apprentice.
02.05 Sign Zone: Russia with Simon Reeve.	03.05 This Is BBC Two.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
13.55 ITV News London; Weather.
14.00 Dickinson's Real Deal.
15.00 Alphabetical.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.

My Week as a Muslim

(Channel 4, Monday 9pm)

This unique experiment aims to shed light on what it is to be a Muslim in Britain today as the relationships between different cultures and religions are put under increasing strain. Saima invites Katie, who is from a predominantly white town in the north-west of England, to spend a week living with her in the heart of Manchester's Pakistani Muslim community. A team of specialist make-up and prosthetic artists transforms Katie's appearance to make it look like she is of Pakistani origin so she can experience first-hand what it is like to be a member of Saima's community.

Must See TV

24/10/17

- 19.00 Emmerdale.
 - 19.30 Save Money: Good Diet.
 - 20.30 Call the Cleaners.
 - 21.00 The 18-30 Stone Holiday.
 - 22.00 ITV News at Ten; Weather.
 - 22.30 ITV News London; Weather.
 - 22.40 After the News.
 - 23.15 Lethal Weapon.
 - 00.05 Jackpot247.
 - 03.00 Loose Women.
 - 03.50 ITV Nightscreen.
 - 05.05 The Jeremy Kyle Show.
- Channel 4**
- 06.20 The King of Queens.
 - 06.45 The King of Queens.
 - 07.10 The King of Queens.
 - 07.40 Everybody Loves Raymond.
 - 08.05 Everybody Loves Raymond.
 - 08.35 Everybody Loves Raymond.
 - 09.05 Frasier.
 - 09.35 Frasier.
 - 10.05 Ramsay's Hotel Hell.
 - 11.05 Undercover Boss USA.
 - 12.00 Channel 4 News Summary.
 - 12.05 Come Dine with Me.
 - 13.05 A New Life in the Sun.
 - 14.10 Countdown.
 - 15.00 Find It, Fix It, Flog It.
 - 16.00 My Kitchen Rules.
 - 17.00 Four in a Bed.
 - 17.30 Steph and Dom's One Star to Five Star.
 - 18.00 The Simpsons.
 - 18.30 Hollyoaks.
 - 19.00 Channel 4 News.
 - 20.00 The Great British Bake Off.
 - 21.15 Celebrity Hunted.
 - 22.20 The End of the F***ing World.
 - 22.45 Gogglebox.
 - 23.45 My Week as a Muslim.
 - 00.40 Music on 4: Live from Abbey Road Classics.
 - 01.10 The Supertv.
 - 02.05 Grand Designs Australia.
 - 03.00 Phil Spencer: Secret Agent.
 - 03.55 Best of Both Worlds.
 - 04.50 Draw It!
 - 05.15 Kirstie's Fill Your House for Free.
 - 05.35 Countdown.
- BBC Four**
- 19.00 Beyond 100 Days; Weather.
 - 19.30 The Gardeners of Kabul.
 - 20.00 Handmade.
 - 20.30 Handmade on the Silk Road.
 - 21.00 Retreat: Meditations from a Monastery.
 - 22.00 Buddha: Genius of the Ancient World.
 - 23.00 The Art of Fly Fishing: Kiss the Water.
 - 00.00 All Aboard! The Country Bus.
 - 02.00 I Know Who You Are.
 - 03.10 The Gardeners of Kabul.
 - 03.40 Close.

View our TV Guide from anywhere online!

WEDNESDAY 25/10/17

- BBC One**
- 06.00 Breakfast.
 - 09.15 Rip Off Britain.
 - 10.00 Homes Under the Hammer.
 - 11.00 A Matter of Life and Debt.
 - 11.45 Caught Red Handed.
 - 12.15 Bargain Hunt.
 - 13.00 BBC News at One; Weather.
 - 13.30 BBC Regional News and Weather.
 - 13.45 Doctors.
 - 14.15 Impossible.
 - 15.00 Escape to the Country.
 - 15.45 Money for Nothing.
 - 16.30 Antiques Road Trip.
 - 17.15 Pointless.
 - 18.00 BBC News at Six; Weather.
 - 18.30 BBC Regional News and Weather.
- Channel 4**
- 19.00 The One Show.
 - 19.30 Out of Jail: Free to Offend Again? - Panorama; BBC News; Regional News.
 - 20.00 Eat Well for Less?
 - 21.00 The Apprentice.
 - 22.00 BBC News at Ten.
 - 22.30 BBC Regional News and Weather; National Lottery Update.
 - 22.45 A Question of Sport.
 - 23.15 The Ganges with Sue Perkins.
 - 00.15 Weather for the Week Ahead.
 - 00.20 BBC News.
- BBC Two England**
- 06.00 Real Lives Reunited.
 - 06.30 Money for Nothing.
 - 07.15 A Matter of Life and Debt.
 - 08.00 Sign Zone: Great British Menu: The Finals.
 - 09.00 Victoria Derbyshire.
 - 11.00 BBC Newsroom Live.
 - 11.30 Daily Politics.
 - 13.00 The Code.
 - 13.45 Restoration Home.
 - 14.45 Family Finders.
 - 15.15 World's Busiest Railway 2015.
 - 16.15 Sea Cities.
 - 17.15 Flog It!
 - 18.00 Eggheads.
 - 18.30 Strictly Come Dancing - It Takes Two.
 - 19.00 Further Back in Time for Dinner.
 - 20.00 Autumnwatch 2017.
 - 21.00 Army: Behind the New Frontlines.
 - 22.00 The Apprentice: You're Fired.
 - 22.30 Newsnight.
 - 23.10 Weather.
 - 23.15 Louis Theroux: Dark States - Murder in Milwaukee.
 - 00.15 Exodus: Our Journey to Europe.
 - 01.15 Sign Zone: Sir Bobby Charlton at 80.
- ITV London**
- 06.00 Good Morning Britain.
 - 08.30 Lorraine.
 - 09.25 The Jeremy Kyle Show.
 - 10.30 This Morning.
 - 12.30 Loose Women.
 - 13.30 ITV Lunchtime News; Weather.
 - 13.55 ITV News London; Weather.
 - 14.00 Dickinson's Real Deal.
- BBC Four**
- 19.00 Beyond 100 Days; Weather.
 - 19.30 Great Continental Railway Journeys.
 - 20.00 Handmade.
 - 20.30 Handmade on the Silk Road.
 - 21.00 Retreat: Meditations from a Monastery.
 - 22.00 Socrates: Genius of the Ancient World.
 - 23.00 All Aboard! The Canal Trip.
 - 01.00 Virtuoso Violinists at the BBC.
 - 02.00 I Know Who You Are.
 - 03.10 Great Continental Railway Journeys.
 - 03.40 Close.

THURSDAY 26/10/17

- BBC One**
- 06.00 Breakfast.
 - 09.15 Rip Off Britain.
 - 10.00 Homes Under the Hammer.
 - 11.00 A Matter of Life and Debt.
 - 11.45 Caught Red Handed.
 - 12.15 Bargain Hunt.
 - 13.00 BBC News at One; Weather.
 - 13.30 BBC Regional News and Weather.
 - 13.45 Doctors.
 - 14.15 Impossible.
 - 15.00 Escape to the Country.
 - 15.45 Money for Nothing.
 - 16.30 Antiques Road Trip.
 - 17.15 Pointless.
 - 18.00 BBC News at Six; Weather.
 - 18.30 BBC Regional News and Weather.
- Channel 4**
- 19.00 The One Show.
 - 19.30 EastEnders; BBC News; Regional News.
 - 20.00 Council House Crackdown.
 - 21.00 The Ganges with Sue Perkins.
 - 22.00 BBC News at Ten.
 - 22.30 BBC Regional News and Weather.
 - 22.45 Question Time.
 - 23.45 This Week.
 - 00.30 Weather for the Week Ahead.
 - 00.35 BBC News.
- BBC Two England**
- 06.00 Real Lives Reunited.
 - 06.30 Money for Nothing.
 - 07.15 A Matter of Life and Debt.
 - 08.00 Sign Zone: Council House Crackdown.
 - 09.00 Victoria Derbyshire.
 - 11.00 BBC Newsroom Live.
 - 12.00 Daily Politics.
 - 13.00 The Code.
 - 13.45 The Planners.
 - 14.45 Family Finders.
 - 15.15 World's Busiest Railway 2015.
 - 16.15 Sea Cities.
 - 17.15 Flog It!
 - 18.00 Eggheads.
 - 18.30 Strictly Come Dancing - It Takes Two.
 - 19.00 Further Back in Time for Dinner.
 - 20.00 Autumnwatch 2017.
 - 21.00 The Big Family Cooking Showdown.
 - 22.00 MOTD: The Premier League Show.
 - 22.30 Newsnight.
 - 23.10 Weather.
 - 23.15 Army: Behind the New Frontlines.
- ITV London**
- 06.00 Good Morning Britain.
 - 08.30 Lorraine.
 - 09.25 The Jeremy Kyle Show.
 - 10.30 This Morning.
 - 12.30 Loose Women.
 - 13.30 ITV Lunchtime News; Weather.
 - 13.55 ITV News London; Weather.
 - 14.00 Dickinson's Real Deal.
 - 15.00 Alphabetical.
- BBC Four**
- 00.15 Exodus: Our Journey to Europe.
 - 01.15 Sign Zone: Stop All the Clocks: WH Auden in an Age of Anxiety.

FRIDAY 27/10/17

- BBC One**
- 06.00 Breakfast.
 - 09.15 Rip Off Britain.
 - 10.00 Homes Under the Hammer.
 - 11.00 A Matter of Life and Debt.
 - 11.45 Caught Red Handed.
 - 12.15 Bargain Hunt.
 - 13.00 BBC News at One; Weather.
 - 13.30 BBC Regional News and Weather.
 - 13.45 Doctors.
 - 14.15 Impossible.
 - 15.00 Escape to the Country.
 - 15.45 Money for Nothing.
 - 16.30 Antiques Road Trip.
 - 17.15 Pointless.
 - 18.00 BBC News at Six; Weather.
 - 18.30 BBC Regional News and Weather.
- Channel 4**
- 19.00 The One Show.
 - 19.30 Sounds Like Friday Night; BBC News; Regional News.
 - 20.00 EastEnders.
 - 20.30 Porridge.
 - 21.00 Have I Got News for You.
 - 21.30 Tracey Breaks the News.
 - 22.00 BBC News at Ten.
 - 22.25 BBC Regional News and Weather; National Lottery Update.
 - 22.35 The Graham Norton Show.
 - 23.25 Josh.
 - 23.50 The Apprentice.
 - 00.50 Weather for the Week Ahead.
 - 00.55 BBC News.
- BBC Two England**
- 06.00 Real Lives Reunited.
 - 06.30 Money for Nothing.
 - 07.15 A Matter of Life and Debt.
 - 08.00 Sign Zone: Gardeners' World.
 - 09.00 Live Rugby League World Cup.
 - 12.00 Daily Politics.
 - 13.00 The Code.
 - 13.45 The Planners.
 - 14.45 Family Finders.
 - 15.15 The World's Busiest Railway.
 - 16.15 Sea Cities.
 - 17.15 Flog It!
 - 18.00 Strictly Come Dancing - It Takes Two.
 - 19.00 Will Britain Ever Have a Black Prime Minister? Mastermind.
 - 20.00 Only Connect.
 - 21.00 Gardeners' World.
 - 22.00 QI.
 - 22.30 Newsnight.
 - 23.00 Weather.
 - 23.05 Snowfall.
 - 23.50 Rugby League World Cup.
- ITV London**
- 06.00 Good Morning Britain.
 - 08.30 Lorraine.
 - 09.25 The Jeremy Kyle Show.
 - 10.30 This Morning.
 - 12.30 Loose Women.
 - 13.30 ITV Lunchtime News; Weather.
 - 13.55 ITV News London;
- BBC Four**
- 19.00 World News Today; Weather.
 - 19.30 The Good Old Days.
 - 20.30 Top of the Pops: 1984.
 - 21.00 Top of the Pops 1977: Big Hits.
 - 22.00 Punk Britannia at the BBC.
 - 23.30 Never Mind the Baubles: Xmas '77 with the Sex Pistols.
 - 00.30 Top of the Pops: 1984.
 - 01.10 Top of the Pops 1977: Big Hits.
 - 02.10 I Know Who You Are.
 - 03.25 Close.

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Cinema

NEW THIS WEEK

Geostorm Stars: Gerard Butler, Jim Sturgess, Abbie Cornish.
Genre: Action, Sci-Fi, Thriller.
Director: Dean Devlin. **Rating:** M. **Plot:** When the network of satellites designed to control the global climate start to attack Earth, it's a race against the clock to uncover the real threat before a worldwide geostorm wipes out everything and everyone.



Chloë Sevigny. Genre: Crime, Drama, Horror.
Director: Tomas Alfredson.
Rating: M. **Plot:** When an elite crime squad's lead detective investigates the disappearance of a victim on the first snow of winter, he fears an elusive serial killer may be active again. With the help of a brilliant recruit, the cop must connect decades-old cold cases to the brutal new one if he hopes to outwit this unthinkable evil before the next snowfall.

The Snowman Stars: Michael Fassbender, Rebecca Ferguson,

North & Centre



The Magic Flute, performed by the Royal Opera House. Recorded transmission showing in CCB, 22 October at 4pm. Sang in German, Portuguese subtitles. (Photo: ROH)

EXHIBITIONS

Transcendências - Art exhibition by António Macedo. Born in Porto in 1955, António attended the Faculdade de Belas Artes of Porto, later moving to London in 1975 where he furthered his studies. Opening **19 Oct**, 9:30pm; on exhibition until **20 Nov**, open 3pm-12am. Free entry. By law, access to the spaces of Casino Estoril are reserved for persons over 18 years of age. Casino Estoril, Av. Dr. Stanley Ho, Estoril. www.casino-estoril.pt

Imaginação Imposta - Exhibition by Maria Goreti Malheiro. As an emerging artist, her paintings are humorous and involving, demonstrating her capability in creativity and technical manipulation. Open until **29 Oct**. Free entry. By law, access to the spaces of Casino Lisboa are reserved for persons over 18 years of age. Casino Lisboa, Parque das Nações, Lisbon. www.casino-lisboa.pt

watercourse - Exhibition by Joana Ferverça and António Poppe. Open to public until **4 Nov**, Tue-Sat 10am-7pm. Galeria 111, Campo Grande, Lisboa. Tel: 217 977 418 www.111.pt

Ana Hatherly and the Baroque. In a Garden Made of Ink - Bringing together objects, artworks and documents from different historical periods, this exhibition-essay will not focus solely on the influence of the Baroque on the work by the

Portuguese artist Ana Hatherly (1929-2015) but it will also focus on how her research and experimentation enhanced the value of this disparaged historical period and modified our concept of the past. Until **15 Jan** in the Calouste Gulbenkian Museum - Founder's Collection and Lower Garden, Av. de Berna 45A, Lisbon. www.gulbenkian.pt

A Inspiradora Azulejaria Pombalina... - Wall tiles styled from Lisbon's Marquis Soares. In "A Arte da Terra, until **5 Nov**. Rua Augusto Rosa, 40 (By the Sé de Lisboa), Lisbon. www.aartedaterra.pt

FAIRS & FESTIVALS

In Beauty 2017 - International aesthetics, cosmetics and hair fair. The best brands and latest tendencies in the world of beauty are back at the Altice Arena, Lisbon, **21-23 Oct**. 23 Oct restricted only to professionals. MEO Arena, Parque das Nações, Lisbon. arena.meo.pt

Temps d'Images Lisboa 2017 - A thematic, experimental and transdisciplinary festival giving spotlight to events that mix stage arts with image. The festival aims to bring together artists in meetings and creative discussion to share and circulate the presented works, displayed in places across the city of Lisbon, including book releases, cinema, exhibitions, installations and shows. Until **5 Nov**. Full programme and map available on www.tempsdimages-portugal.com

MARKETS

LxMarket - Every Sunday at LxFactory, 10am-7pm. Unique, vintage, handmade and second hand items. Lx Factory, R. Rodrigues de Faria, Lisbon. www.lxmarket.com.pt

CCB Market - First Sun of every month. Caminho Pedonal e Praça CCB - Belém Cultural Centre, Lisbon. Free entry.

MUSIC

Shakira El Dorado World Tour - Promoting the artist's 11th album, El Dorado. The tour starts in Germany on the 8 Nov, passing through Lisbon in the MEO Arena on the **22 Nov** at 8pm. arena.meo.pt

God Save the Queen - Recognised as the best tribute band in the world by the Rolling Stone magazine, the band has over 4 million fans around the world. The Queen tribute band brings all the energy, creativity and originality. **27 Oct**, 10pm. Tickets: €22-€40. Coliseu dos Recreios, Rua das Portas de Santo Antão, Lisbon. www.coliseulisboa.com

SHOW

Royal Opera House - Live transmissions and recordings. **22 Oct**, 4pm: The Magic Flute, by the Royal Opera House Chorus and Orchestra (M/12). **5 Nov**, 4pm: Alice's Adventures in Wonderland, by the Royal Ballet and Royal Opera House Orchestra (M/6). **8 Nov**, 4pm: La Bohème, by the Royal Opera House Chorus and Orchestra (M/6). All in the Grande Auditório of the Centro Cultural de Belém (CCB), Lisbon. www.ccb.pt

New Circus in Casino Lisboa - João & Tiffanie: João Godinho: Globo/Contorção (**14 Oct**), João & Tiffanie: Tecidos (**21 Oct**) and Raquel Nicoletti: Tecidos (**28 Oct**). By law, access to the spaces of Casino Lisboa are reserved for persons over 18 years of age. Casino Lisboa, Parque das Nações, Lisbon. www.casino-lisboa.pt

October in Casino Estoril - Wednesdays Fado Cycle, from 10:30pm: Filipa Cardoso and Luís de Matos (**25 Oct**). Rui Faria and Sandra Gonçalves concert, **27 Oct** with "The 80's Welcome The New Millennium", from 11pm. Rogério Gil concert, **26 Oct**. "Tributo a Roberto Menescal - 80 anos" tribute concert, **20 Oct** from 11pm. By law, access to the spaces of Casino Estoril are reserved for persons over 18 years of age. Casino Estoril, Av. Dr. Stanley Ho, Estoril. www.casino-estoril.pt

The Magic Flute by W.A.Mozart. Chorus and Orchestra from Royal Opera House **22 Oct**. Directed by Maestro Julia Jones. **Alice in Wonderland**. Royal Ballet and Orchestra from Royal Opera House. **5 Nov**. Exuberant Ballet by Christopher Wheeldon inspired by Lewis Carroll's book. **La Bohème** by Giacomo Puccini. Chorus and Orchestra by Royal Opera House. **8 Nov**. Version by Richard Jones. **The Nutcracker** by Tchaikovsky, The Royal Ballet, London Oratory Junior Choir and Royal Opera House Orchestra. **5 Dec**. Centro Cultural da Belém, Praça do Império, Lisboa. Reservations 213612899 Ticket office www.ccb.pt

South

AUCTIONS

Auction House Algarve. Our next live auction is **4 Nov**. Approx 500 lots including antiques, collectables, art, jewellery, tools, furniture, sports equipment, designer handbags. Further to our monthly live auction, we have introduced an online only auction where all items start at just €1. This Auction runs for 10 days, from **27 Oct** through to **6 Nov**. All of the items can be viewed at the auction house and through our online catalogue at www.ahalgarve.com. Tel: 289 832 380 or email us at info@ahalgarve.com

EXHIBITIONS

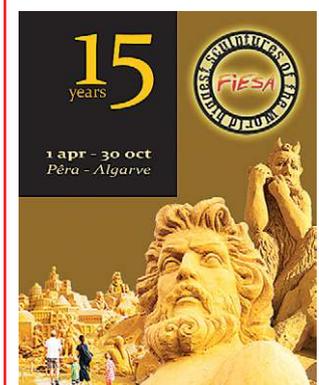
Paintings by Liz Allen - Ongoing. Ochála Casa da Chá, 12 Rua Dr. Samora Gil, Monchique. Tel: 282 912 524

Arts & Crafts Expo. Ongoing at Artes@Spa, Caldas de Monchique. Exclusive locally created products. Jewellery, Glass, Ceramics, Felt, Candles, Natural soaps, Original Art, Prints & Cards and more. Ideal gifts, souvenirs and collectables. **Open Daily** 10am - 6pm. Tel: 911513561 or 961571984. Located in corner of the square opposite Restaurante 1692.

Paintings by Barbara Muntford and Greg McDonald. Until **6 Nov**. **Photo Exhibition** by the Algarve Photography Group. Until **22 Nov**. Amigos do Museu de São Brás de Alportel. www.amigos-museu-sbras.pt. Tel: 966 329 073, Rua Dr. José Dias Sancho nr 61, 8150-141 São Brás de Alportel.

FAIRS & FESTIVALS

Algarve Classic Festival - The largest classic vehicles event in southern Europe, organised by the Autódromo Internacional do Algarve and Race Ready by Diogo Ferrão. The big attraction this year will be the participation of new international championships, with more than 300 vehicles expected and 500 pilots from 25 nationalities. 27-29 Oct at the Autódromo Internacional do Algarve, Portimão. www.autodromodoalgarve.com



Feira do Disco - Vinyl market in Portimão. With the objective of uniting vinyl shops and salesmen with new and old discs, as well as items related to our nostalgic photographic disc to which we pay tribute. **28 Oct**, 10am-8pm, at the Espaço Raiz, Rua Francisco Daniel, 41, Pedra Mourinha, Portimão. Free entry. More information and registration to sell or swap on www.contramare.pt

Cinema Listings

NOS Forum Algarve - Faro

Happy Family; Blade Runner 2049; Alguem Como Eu; The Foreigner; Geostorm, 2D & 3D; The Little Vampire; The LEGO Ninjago Movie; The Snowman; Thor: Ragnarok

Gran-Plaza NOS - Tavira

Blade Runner 2049; Alguem Como Eu; The Foreigner; Happy Family (PV); It; Kingsman: The Golden Circle; Borg vs McEnroe

Algarcine - Portimão

Geostorm; The Snowman; Happy Death Day; Happy Family (PV)

Algarcine - Lagos

Geostorm; Happy Death Day; The Snowman; Happy Family (PV)

Algarcine-Sines

Wonder Woman; Ballerina; Pirates of the Caribbean: Dead Men Tell No Tales

Algarcine Ria Shopping - Olhão

Geostorm; The LEGO Ninjago Movie (PV); The Snowman; Surf's Up 2: WaveMania (PV); Happy Family (PV); Bling (PV); Happy Death Day

Cineplace AlgarveShopping - Guia

Happy Family (PV); This Fantastic Beautiful; Blade Runner 2049; Geostorm, 2D & 3D; The Glass Castle; Bling (PV); Alguem Como Eu; Kingsman: The Golden Circle; The LEGO Ninjago Movie (PV); Happy Death Day; The Little Vampire (PV); Tulip Fever; The Snowman; The Son of Bigfoot (PV); The Foreigner

Cineplace - Portimão

Geostorm, 2D & 3D; Happy Family (PV); The Foreigner; The LEGO Ninjago Movie (PV); Happy Death Day; Blade Runner 2049; The Snowman; The Little Vampire (PV); Alguem Como Eu

Cineplace Loures Shopping

Happy Family; Blade Runner 2049; The Snowman; The Emoji Movie (PV); The Son of Bigfoot (PV); Happy Death Day; The LEGO Ninjago Movie; The Foreigner; Geostorm, 2D & 3D; The Little Vampire (PV); Flatliners; Alguem Como Eu; Bling (PV)

Cineplace LeiriaShopping

Geostorm, 2D & 3D; The Little Vampire (PV); Kingsman: The Golden Circle; Blade Runner 2049, 2D & 3D; Happy Family (PV); The LEGO Ninjago Movie (PV); The Foreigner; The Glass Castle; Bling (PV); Alguem Como Eu; Happy Death Day; The Snowman; The Son of Bigfoot (PV)

Cineplace Riosul - Seixal

Geostorm, 2D & 3D; The Snowman; Happy Family (PV); The Foreigner; The Little Vampire (PV); It; Blade Runner 2049; The Emoji Movie (PV); Happy Death Day; The LEGO Ninjago Movie (PV); Bling (PV); The Son of Bigfoot (PV); Alguem Como Eu

Cineplace Parque Atlântico

Geostorm, 2D & 3D; The Son of Bigfoot (PV); The LEGO Ninjago Movie (PV); Blade Runner 2049, 2D & 3D; Happy Family (PV); Alguem Como Eu; It; Blade Runner 2049; The Little Vampire (PV)

Cineplace Serra Shopping - Covilhã

Geostorm, 2D & 3D; The Little Vampire (PV); Alguem Como Eu; Happy Family (PV); Blade Runner 2049; The Snowman; The LEGO Ninjago Movie (PV)

Estação Viana Shopping - Viana do Castelo

Porto; Happy Family (PV); Alguem Como Eu; Blade Runner 2049; Geostorm, 2D & 3D; The LEGO Ninjago Movie (PV)

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



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



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



Cinemas NOS - Tavira & Faro
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cinemas.nos.pt

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Pereiras (Central Algarve)
9.30am
Igreja das Pereiras
Near Quatro Estradas
GPS 37.09548, -8.055728.

Stª Bárbara de Nexe (St. Lukes)
(East Algarve)
11.30am
St Luke's, Palhagueira
GPS: 37°07'36.84 N
7°57'07.18 W

For more information, call
282 789 660 or 289 366 720
www.stvincentsalgarve.org



MARKETS

The Car Boot Sale normally held on the first Sunday of each month at the Old School House, Vales, Aljezur, is now on its winter break and will resume on **1 Apr 2018**.

Lagoa Bio Market - Last Saturday of the month at Praça da República, Lagoa. 8:30am-2pm. Organic produce, nutrition, arts and crafts, education, fitness and well-being, showcooking and much more. www.cm-lagoa.pt

Flea Market - Every 4th Sunday of the month (Excluding August). 8am - 2pm. Parque Municipal de Feiras e Exposições (Same place as Fatacil), Lagoa. www.fatacil.com.pt

Senegalese Craft Market - At Mercado de Levante, Lagos. **Mon to Fri:** 9am-10.30pm. **Sat:** 3pm-10.30pm. Selling crafts, African braids, gastronomy and cultural activities.

Portimão Market - 1st Monday of the month, 8am - 3pm. Parque de Feiras e Exposições, Portimão.

Quarteira Market - Every Wednesday, 8:30am-2:30pm. Fonte Santa, Quarteira.

Faro Farmer's Market - Every Sunday Morning. Carmo Square, Faro.

Monchique Market - 2nd Friday of the month. Largo do Mercado (Market Square), Monchique.

Lagoa Market - 2nd Sunday of the month. Opposite Fatacil, Lagoa.

Lagos Market - 1st Saturday of the month. Next to Estádio Municipal (Municipal Stadium), Lagos.

Loulé Market - Every Saturday. By the exit towards Boliquireme/Albufeira, opposite St. António's Convent.

Silves Market - 3rd Monday of the month. Sítio do Encalhe, Rua do Encalhe, Silves.

Used Books and Collectibles Market - Every 3rd weekend of the month, 10:30am - 6pm. Antigo Paços do Conselho, Lagos.

Organic Market - First Sunday of every month. 8am - 2pm. Rua do Bom Sucesso, Salir, Loulé.

São Brás de Alportel - Every Sat, 7am-2pm. Parque Roberto Nobre.

Aljezur Market - 3rd Monday of the month. Next to Escola Básica Integrada/ Jardim de Infância, Aljezur.

Car Boot Sale - In Santa Catarina da Fonte do Bispo (Concelho Tavira). Every **1st Sunday** of the month.

MUSIC

Jam Session - Every Sunday in our garden starting 4pm in Casa Algarve, EN125, Porches. Tel. 913 730 630.

Paisagens Sonoras - Concert by the Dell'Acqua project. Carla Pontes (Soprano), Grace Borgan (Western concert flute) and Cristina Silva (Piano) will interpret works by Alain Oulman, Ariel Ramirez, Dulce Pontes, Ernesto Leite, Heitor Villa-Lobos, Javier Cedron and others. **20 Oct**, 9:30 pm in the Lagoa Municipal Auditorium, Lagoa. Tickets: €8, acquired from the Convento de São José in Lagoa (Tel: 282 380 434).

João Pedro Cunha (Violin) and Elena Tsouranova (Piano) from the Lagos Music Academy play music by a range of Classical composers. **21 Oct**, 3pm. Quinta das Alagoas, near Almadena. Entrance, by reservation only,

€19,50 including refreshment buffet of wine, cheese and homemade products. Info and reservations Tel 924 204 343. Email geral@quintadasalagoas.com

Jazz nights are returning to the Raj Indian Restaurant in Ocotber. The Holiday Inn Algarve in Armação de Pêra is pleased to announce that the Jazz Band Cool Manouche will be performing in the Raj Indian Restaurant on **26 Oct**. Guests will be able to enjoy a three-course Indian Dinner serenaded by the swinging sounds of good time Jazz. The price is €27 per person and includes a 3-course Indian meal with wine and water. Don't miss it. Book now. Tel: 282 320260 E-mail: info@hialgarve.com

Fado/Live Music - O Navegante restaurant is proud to announce live music/Fado **every Friday** from 8:00pm. Menu from €16,00. You are welcome to join us. Try our delicious and varied cataplanas, Stone Steak and fresh fish. Booking recommended: 282 315 399 / 968 305 515

Every Monday - Lagos - The New Orleans Jazzband play a free jazz concert from 8:30pm at Tivoli Hotel, Lagos (behind the bus station) open to all - information www.neworleansjazzalgarve.com

Every Sunday - The New Orleans Jazzband play a dinner/concert at O'Navegador Restaurant, Alvor - reservations 282 412 375 or 962 541 124 www.neworleansjazzalgarve.com

SHOW

O Barbeiro de Sevilha - Written by Giocchino Rossini. The story takes place in Seville during the 18th century, telling of the old Doctor Bartolo who is determined to marry his student Rosina, but Rosina is in love with the young Conde Almaviva, who, with the help of barbeiro Figaro, disguises himself in many ways to enter Bartolo's home. Duration 160 min. with 2 intervals. **2 Nov**, 9:30pm. Tickets: €30-€35. Teatro das Figuras, Horta das Figuras, Faro. www.teatrodasfiguras.pt

SOCIAL

St. Patricks' Monthly Walk- The planned Saturday end of October walk is postponed until 4 Nov. Meet **4 Nov**, 10 am at Ponte Romana restaurant car park Silves (at the bridge). Jim Brownlow will lead the walk starting and returning along the Arade River valley for circa. 8km. Not strenuous, a few moderate hills. Stopping half way for a beer or water if the weather is still suitable. Lunch will be in the Ponte Romana restaurant. Please contact Jim or John if you intend to come and if you are staying for lunch. brownlow@sapo.pt or 282431595 or johnobocadorio@gmail.com Frank Mc Ewan will lead another walk on 25 Nov.

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

Bridge; Casual, Fun Tuesdays & Fridays 1:15pm start Hotel Marina Bar Lagos. Partner not necessary. More info call 923 977 642

Meet other people, Central Algarve. New social club. singlemingle@email.com

Come and Learn bridge Friday Mornings. Vale d'el Rei Hotel 911561224-282358885

Friendship group, Os Amigos, meets on the **3rd Tuesday** of each

month, for walks, lunch, and other activities. For details contact lindabell@cobg.com

Duplicate Bridge - Come and join us in a friendly informal atmosphere. All levels and nationalities welcome. **Wed & Fri** afternoons at Vale d'El Rei Hotel. Please contact 911 561 224 or 282 358 885

Chess Club All Levels in central Algarve. chessalgarve@mail.com for details.

Painting in watercolours. All abilities welcome. Every **Thursday** morning 10:30pm - 1pm at the Fortaleza Restaurant, Praia da Luz. Small friendly group with individual tuition for beginners. Class €10. Tel: Sandie 912 149 839 or email sandie.croft@gmx.com

Drawing the Nude in Olhão - Beginners and artists meet in Olhão every **Thursday** morning. New students are very welcome and guidance is given if required. Contact jill.stott@gmail.com for more information regarding drawing or modelling.

Painting for Pleasure Classes, water colours, oils or acrylics - Beginners onwards, individual tuition on **Tues** mornings at Four Seasons Fairways (Quinta do Lago, Almancil) 10am to 12noon. **Wed** at Mesquite near São Brás from 10.30am to 12.30pm, 2.30pm to 4.30pm. Tel. Terry Reed, tel: 289 845 561.

Duplicate Bridge - Come and join us. Friendly Club, all nationalities and levels welcome. Every **Mon & Thurs** at the Cristal Hotel, Carvoeiro. 1.45pm for 2pm. Tel: 282 357 953 or 282 357 657.

Duplicate Bridge - Come along to our friendly international club on **Tues** afternoons, 1.45 pm for a 2 pm start. At the Aroma di Mar Restaurant in Olhos de Água. For further details call Mary Moore: 289 416 199.

New Duplicate Bridge Club at Lagoa Hotel on the EN 125 in Lagoa, next door to O Casarão Restaurant. **Thurs** 1:45pm. €5 including refreshments. No joining fee. All welcome. 282 352 022 / 969 174 130

Coro dos Amigos do Museu. We are an international four-voice choir based in São Brás de Alportel. We sing sacred and secular music from medieval to 21st century, with concerts several times per year. We rehearse on **Thursdays** from 6.30pm. Ability to read music is an advantage, but not essential. If you think you would like to join us, please contact David on david51.littlewood@gmail.com, or on 289 489 374.

The East Algarve International Shanty choir is looking for an enthusiastic musical leader. Musicians, Male and Female singers welcome! Join the **East Algarve International Shanty Choir**. Rehearsals weekly on **Tuesday**, 5pm Luz de Tavira, at café Chic Zé. Tel. 00351 926684061 Website: www.eaisc.eu

Barbershop Chorus "Bella a Cappella" Welcomes new members. Men and Women from all nationalities, to experience joy and fun in Harmony singing. Rehearsals **Tuesday** evenings in the lagar in Moncarapacho. For details go to www.bellaacappella.net or call Andrea: 962932978

SPORT

European Le Mans Series - 6th and final round of the 2017 European Le Mans Series, The 4 Hours of Portimão. **22 Oct**. Tickets: €10. Autódromo Internacional do Algarve, Portimão. www.europeanlemansseries.com/en www.autodromodoalgarve.com

Walking Football begins again at Boavista Spa on the N125 between Lagos and Luz. **Every Wednesday** 9:30am - 11:30am. Everyone over 50 welcome. contact: brian.efoster@yahoo.co.uk

Badminton. This is a regular **Thursday** evening slot booked by affop for Badminton players at the pavilion of the Escola EB 2,3 Dr. Garcia Domingues in Silves between 8pm and 10pm. Everyone is welcome. Badminton players will need to bring their own racquets and pay a small fee to cover costs. More information contact Trevor on: silvesbgroup@yahoo.co.uk

Crown Green at Alvor bowling club **every Friday** at 10am bowls available free of charge. For more info please contact Peter or Janette Tel:- 966169747 or 965700536.

Vale de Milho Golf Club members meet at 9 am on **Tuesday's** and **Friday's** for golf competitions. It is a friendly club and visitors are welcome. For more information contact Hazel Hopps 282 358 022

Walking Football for the 50+ - Every Thur. 9.30am - 11am, at José Arcanjo Stadium, Olhão (behind McDonalds EN125) Fitness, fun & friendship. Only €3 / session. Contact: 916504903 christopher.wright@hotmail.com

Tavira County Lawn Bowling Club - Cerro do Leiria, Santa Caterina, Fonte Bispo, Tavira. Tel: 963 997 582.

Balaia Bowls Club, Olhos de Água, Albufeira - come and join us for roll-ups on **Tuesdays and Fridays** at 10 am. Tuition available - everyone welcome. Please telephone Richard on 935367492 or Jill on 910220136 for more information.

Algarve Hash House Harriers meet **weekly**. Call 289 413 854 or 918 806 044. Follow us on Facebook & visit www.algarvehh.org

Valverde Lawn Bowls Club - Almancil, now open five days per week. Come and join us for our roll-ups on **Mon, Wed, Thur, Fri & Sun** from 10am. Tuition is available if new to the game, holidaymakers are welcome. Call Jen on 282 332 628 or 937 264 287.

Walking football at Browns in Vilamoura. **Tuesdays** at 9:30am. Come try it out! Contact info@browns-club.com or 289 322 740

WORKSHOPS & COURSES

Meet people and make new friends - Learn to play Bridge on Friday mornings. Vale D'el Rei Hotel. Please Contact 911 561 224 or 282 358 885

Music Improvisation and Ensemble Skills - Sat 3pm-5pm Costume Museum, São Brás de Alportel. Exploring the technical & theoretical aspects of improvising in different keys & applying these new skills within a small-group environment. All instruments & abilities welcome.

Scottish Country Dancing will be held on **Monday** evenings from 7:30 to 9:30pm at the NOBEL International School Algarve. Please contact Mardie Cunningham on 282 356 029 or email mardie@sapo.pt.

Musical Instrument Classes - Guitar, Ukulele, Keyboards, Mandolin, Banjo, etc. Beginners lessons available: **Tuesdays-Fridays**. Intermediate players can join our Show Band. Almancil centre. 919 968 768



Last Week's Winner: Michelle Burke, Vilamoura

SUBSCRIBE

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NB: Subscription copies sometimes only arrive on Mondays.



or **SUBSCRIBE** to our weekly newsletter.

Every Friday you will receive an email with the headlines and lead stories from the next day's edition www.theportugalnews.com/newsletter

Services of Holy Communion:

SUNDAYS & WEDNESDAYS
10.30am ASCA
Almancil (next to Comunidades Garden)

SUNDAYS:
11am Convento de S. José Lagoa (37.13703,-8.45355)

[f](https://www.facebook.com/allsaintsalgarve) www.allsaintsalgarve.org
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Google maps: search for All Saints Anglican Church Almancil or Lagoa

NOTE Events are correct at the time of going to press and according to information given to The Portugal News. However, events may be cancelled, delayed or fail to live up to their billing.

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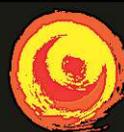
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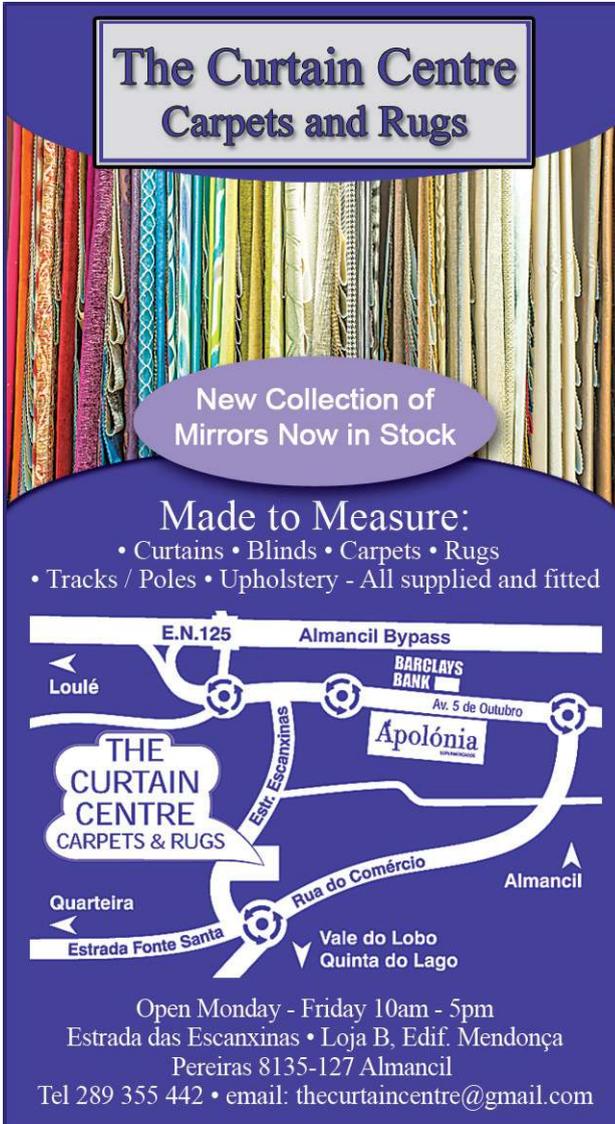
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Verse of the Week

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bring you to a full knowledge of himself.
Colossians 3:9, 10; New International Version (NIV)

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‘Rascal’

N NEIL CONNOLLY

If you have been reading my column over the last couple of years, you will have noticed, from time to time, that I have a strong link to the States.

This is mainly due to the time spent at the University of Tennessee at Chattanooga. Where is that? I hear you ask, if you know where Atlanta is, head north for just over one hundred miles, just a short hop over the Georgia/Tennessee state line and you will find the majorly revamped city of Chattanooga, nestling between Signal and Lookout Mountains. Chattanooga was a major conflict zone during the Civil war and hub for the rail industry, hence the song “Chattanooga Choo Choo” and in the last century was the location for the majority of the bottling for Coca Cola. I was recruited to this city and University by the rascal whose photo you can see, accompanying this article. Known as Coach by almost everyone who plays golf in Chattanooga, be-

cause of his twenty-eight years as the University’s Head Coach. For the most part a non-paid position. More often than not, it cost him more than whatever slim pickings the University had set aside for him, due to the generosity of his nature. So, Coach turned eighty September past and Fiona and I went out to celebrate this milestone birthday with him and his lovely wife Carla, twenty-seven years younger than Coach, hence the reference “Rascal”. We packed a lot into the trip; a visit to Nashville, watching the Atlanta Braves play baseball, a Polo match between America and Argentina, a couple of beverages, great food and wonderful company. Southern hospitality has a reputation and deservedly so, we couldn’t have felt more welcome and been better looked after.

A little more about the photo; this was taken on the evening of his birthday at a rather posh restaurant, where we all put on our best bib and tucker and celebrated his big day. The five-dollar bill, attached to his forehead, was once mine and represents the wager for the round of golf we had played that afternoon. Guess who won.... I clearly have some things to learn regarding negotiating which tees to play from and which tees he should be playing from. I could use the excuse that I wasn’t playing with my clubs, which took some getting used to. But I was beaten fair and square because he shot seventy-eight and I shot over par. There are so many things worthy of mention about that day. The most obvious is that he beat his age by two shots on his birthday. Secondly, that he was able to play golf on his birthday, something which most people take for granted. After two serious battles with cancer he certainly does not take anything for granted. Thirdly, he got to kick my butt around some splendid scenery, atop Lookout Mountain. As far as I’m concerned, this picture encapsulates all that is good about golf; friendship, sportsmanship, competition and a healthy amount of banter. It took some travelling to make it happen, but it was worth every mile. It is set in stark contrast with what seems to be a common theme with some of my lessons over the past couple of months. The theme seems to be centred around a lack of fulfilment with their golf games. Not lack of confidence, just a lack lustre



Coach. (Photo: Supplied)

feeling about their games in general. In Portugal, during this Indian summer, which we have just experienced. It just leads me to think that if everybody, who put their clubs in the back of the car, took one minute to realise that they are getting to play golf today. Something which is a finite privilege, they might prioritise, they might be able to look beyond an errant shot or missed putt. I’m reminded of a lyric from Bonnie Raitt’s song, “Nick of Time”: “Life gets mighty precious, when there’s less of it to waste.” Treasure every moment, your golf may not be beautiful but what the game offers, truly is. Happy Birthday Coach.

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Manchester United gifted victory

N CHRIS WRIGHT



Benfica's Belgian goalkeeper Mile Svilar will want to forget Wednesday's Champions League match between Benfica and Manchester United at Luz Stadium in Lisbon. Manchester United won 1-0 after the young keeper failed to keep out a long range effort. (Photo: EPA/ANTONIO COTRIM)

only goal of the game. Benfica had started brightly and had matched José Mourinho's men in the opening forty-five minutes. Svilar had looked unsure from set pieces all night and was almost beaten direct from corners by Rashford. Twenty minutes after the interval Rashford floated a free-kick towards the goal and Svilar back pedalled so far, that in catching the ball he proceeded to cross the goal line. It was a sad way to decide what proved to be a dreary contest that left Manchester United top of the group on nine points whilst Benfica remain pointless. To compound Benfica's misery skipper Luísão received his marching orders in stoppage time for a second yellow after lunging at substitute McTominay. At the final whistle, Lukaku spent several moments encouraging young Svilar, who is a compatriot of his, and perhaps could still go on to be a team-mate in the Belgium senior na-

tional team. If he does, he may will remember Lukaku's kindness. The match between Juventus and Sporting in Turin was preceded by a minute's silence in memory of the victims of the fires in Portugal. The Juventus stadium turned out the lights, with a flag of Portugal emerging in the darkness and the stands were surrounded by green and red lights. The silence was interrupted by applause in honour of the victims. Sporting were a goal to the good after just twelve minutes through an Alex Sandro own goal but the home side levelled matters on the half-hour mark through Pjanic. The Italians dominated large periods of the game but struggled to break down their opponents and Juve finally netted the winning goal late on thanks to Mario Mandžukić. FC Porto lost away by the odd goal in five against RB Leipzig with all the goals coming in the first-half.

Mile Svilar became the youngest goalkeeper in Champions League history when the 18 year-old Benfica custodian faced Manchester United at the Estádio da Luz in Lisbon on Wednesday evening.

Svilar had made his first team debut four days earlier at the Algarve Stadium as Benfica eased past Olhanense in

the Portugal Cup. But this was a totally different atmosphere and it will not be a game the Belgian will want to remember as he gifted the visitors the

Farense Cup shock

Non-league SC Farense dumped Primeira Liga side Estoril Praia out of the Portugal Cup thanks to a second-half penalty from former Benfica and Portugal international Jorge Ribeiro.

Portimonense had to battle through two hours of goal less football at non-league Moura AC before squeezing through to the last thirty-two after winning the penalty shootout 7-6. Benfica attracted a crowd of 8,116 to the Algarve Stadium where the cup holders and league champions had a

lucky escape with a 1-0 win over SC Olhanense thanks to a Gabriel Barbosa after just four minutes.

If Leleco had levelled matters, when teed up by Sporting loanee Jefferson Encada, just after the interval it could have been a different story.

This weekend Olhanense meet

Moura AC at the José Arcanjo Stadium, Olhão (behind McDonalds on the EN125). SC Farense travel along the coast to play at Lusitano VRSA who have just one victory to their name this season. Moncarapachense are at home to Operario (Azores). All three games take place on Sunday at 3pm.

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