



THE PORTUGAL News

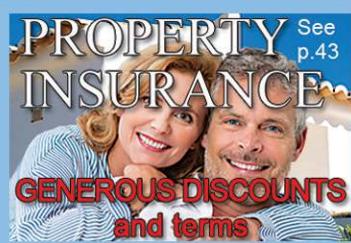
Portugal's National Newspaper in English



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See page 30



International Academy of Gastronomy prize P10

Chef José Avillez has become the first Portuguese chef to win the prize, an award which he believes will "help to make Portuguese cookery more visible".



Chilly blast



Councils across the country implemented contingency plans this week to protect their most vulnerable citizens from the biting cold snap.

►P2

Carnival Fever



Portugal is about to explode into colour and rhythm as Carnival approaches. Loulé is this year reinstating a three-day celebration.

►P8

Dry dilemma



January in mainland Portugal was relatively dry and warm, with the result being that well over half the country is suffering from severe drought.

►P11

WEATHER

►P2

Praise as economic growth in Portugal once again exceeds expectations in Brussels

EU HAILS 'REMARKABLE' PORTUGAL

Full story, see p. 2

European Commissioner for Economic and Financial Affairs Pierre Moscovici this week singled out Portugal for its "remarkable" economic performance.
(EPA/Olivier Hoslet)



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WEATHER

Thermometers to gradually climb

After last week's chilly blast, maximum temperatures will gradually start to rise again, but those overnight lows will still stay stuck in single figures.

Lisbon: The capital will be blanketed with high cloud this weekend, which will push the temperatures up to highs of around 16 degrees Celsius, but it can look forward to some sunny intervals before showers return from next Tuesday.

EU hails 'remarkable' Portugal

N

BRENDAN DE BEER

This week, Portugal has once more come in for praise from the European Commission for its continued strong performances on the economic front. This underlines Portugal's turnaround in the corridors of Brussels, as it comes less than two years after the EU said Portugal should face sanctions for breaching its deficit target by a mere 0.2 percent - substantially less than other economies such as France.

At the time, European Commission President Jean-Claude Juncker, questioned over the differential treatment being given to Paris, said that the country could infringe targets "because it's France." But upon unveiling Brussels' Interim Winter Economic Forecast, Commissioner Pierre Moscovici, who is French, was full of praise for Portugal. He termed the performance of Portugal's economy during the course of 2017 as having been "remarkable", after it grew by an estimated 2.7 percent.

Moscovici further described these latest figures as being "solid and robust", and emphasised that Portugal has successively performed above economic forecasts. "Portugal is in a spectacular recovery, but it is not yet one of the seven biggest economies in the euro zone," the Commissioner for Finance and Economic Affairs said.

Latest available official figures also showed recently that Portugal was the country that enjoyed the best economic performance between July and

September in the eurozone. The acceleration of the economy confounded experts, who had forecast substantially lower growth and had even issued warnings of potential troublesome times ahead. But speaking after these economic figures were released, Finance Minister Mário Centeno, who now also chairs the Eurogroup of Finance Ministers, noted that 127,000 jobs had been created since the beginning of the year. He also recalled that this was in stark contrast to 12 months ago, when 75,000 jobs were lost in the second half of 2015.

Overall, growth rates for the euro area and the EU also beat expectations last year as the transition from economic recovery to expansion continues. The euro area and EU economies are both estimated to have grown by 2.4 percent in 2017, the fastest pace in a decade, and slightly below that which was recorded here in Portugal. Pierre Moscovici added that "the euro area is enjoying growth rates not seen since before the financial crisis. Unemployment and deficits continue to fall and investment is at last rising

in a meaningful way." These figures were followed by news on Thursday that Portugal's unemployment rate for 2017 was fixed at 8.9 percent, down 2.2 percent on the previous year, and even better than the government forecast rate of 9.2 percent. Labour and Welfare Minister José Vieira da Silva, welcomed the latest figures and was quoted as telling *Lusa News Agency* that these numbers were "very positive and encouraging for the future". He stressed in particular the "very significant" reduction in long-term unemployment in recent months, as well as the fact that employment has been increasing by more than unemployment is falling, which he attributed to the fact that the active population is increasing and that the country has a greater capacity to create wealth.

Portugal rallies to p

Councils across the country implemented extraordinary elderly and the homeless, as well as animals, from the



Search still on for missing British pensioner

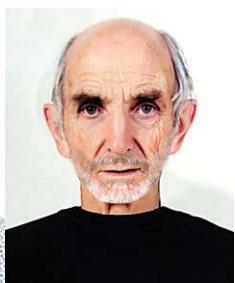
A search is still being conducted for British pensioner John Bainbridge, 79, who went missing from his Algarve home in Odelouca, near Silves, two weeks ago.

A website (www.findjohnbainbridge.com) has been set up to harness information and endeavours to find Mr. Bainbridge, who suffers from Alzheimer's.

He went missing in the early hours of Friday 26 January, 2018, after climbing out of a window of his home. Neighbours last saw him around 5.30am near the Ourique restaurant on the EN124 not far from his home.

So far the search for Mr. Bainbridge has involved the GNR, family and friends, support from the British Consulate, and many volunteers who have helped scour the vicinity of where he was last sighted.

David Thomas, founder of association Safe Communities Portugal, which has been spearheading the hunt for the British ex-pat, said "one issue that has struck me is the spirit of public mindedness by those who have come forward to help find John. This has ranged from the use of drones, dog searches, social media/web assistance as well as walking groups and individuals all of whom have given up their time to help and support the family in some way."



He explained the GNR have deployed many resources into the search with reinforcements from other areas, the dog unit as well as the specialist GIPS search and rescue unit.

Mr. Bainbridge is described as 6-foot tall (1.83m), "very slim" (63kg), with grey hair, and, according to his wife Anita is "almost certain" to be feeling very lost and disoriented.

At the time he went missing, he was wearing a black pullover with a shirt underneath, blue jeans and black trainers with white flecks. He left home without a phone or identification.

Anyone with information should immediately contact the Silves GNR (282 440 290), the International emergency number (112), or go to the nearest GNR police station.

Protect vulnerable during cold snap

civil protection measures this week to protect their most vulnerable citizens, such as the biting cold snap.



Portugal's president Marcelo Rebelo de Sousa (L), talks to a user of the homeless shelter in Lisbon, at the Graça Municipal Pavilion, Lisbon, on February 5, 2018. Lisbon Council freed up the Pavilion as well as the Rossio, Saldanha, Oriente and Intendente Metro stations, which stayed open at night for most of the week to shelter homeless people from the cold. (Photo: Lusa/Miguel A. Lopes)

Subway stations were kept open in Lisbon and Porto to offer shelter to the homeless during the coldest nights of this week's chilly weather, when overnight lows in some places plunged to below zero.

On top of country-wide recommendations issued by the national Civil Protection authority - including sound advice to bundle up when out and about and keep homes heated - extraordinary measures were implemented to make sure the more vulnerable citizens were kept warm.

On Monday night, over 80 hot meals were served at the Graça sports pavilion in Lisbon, and 16 people were able to have a hot bath.

Even though the extra measures were only due to come into force from Tuesday, when the start of the cold snap was forecast, Lisbon Councillor for Education and Social Rights, Ricardo Robles, said the council had "pre-empted the contingency plan because temperatures [on Monday] were very low."

Lisbon council's cold contingency plan, as with others across the country, is reviewed on a daily basis, and will be kept in place as long as temperatures are colder than normal.

It was activated on Monday at 7pm and expected to remain in place at least until the end of the week.

The coldest of the weather was forecast for Tuesday and Wednesday, when the average minimum would be around three degrees Celsius, in some places dipping to below zero.

Meanwhile, the city of Faro, in the Algarve, created support teams to help the homeless during the cold snap. The teams were tasked with trawling the streets and handing out blankets and warm clothing to the homeless and those with special needs.

According to Faro Council, the "drastic drop" in temperatures forecast by the Met Office required a special contingency plan to protect vulnerable communities and citizens.

Portugal's president, Marcelo Rebelo de Sousa, has praised the work being carried out under the National Strategy for the Integration of People in a Homeless Situation (ENIPSSA), stressing that there are "many thousands more" such people in this country than originally thought.

"I want to congratulate the State Secretary for setting up a national strategy in one year and a few months, to replace the one that had ended its term of implementation more than two years ago", de Sousa said.

On Tuesday, Lisbon's Ombudswoman for Animals issued a statement asking for all animal owners to bring their pets in from outdoor spaces, such as balconies, backyards, gardens and terraces, to keep them warm.

In her appeal, the Ombudswoman stressed that "animals are sentient beings and it is the responsibility of all of us to protect them from situations that could cause physical and mental suffering, as is the case of exposure to extreme temperatures."

Animal boxes were made available at the Manuel Castelo Branco Municipal Pavilion, for the homeless with pets.

The cold spell that swept not only Portugal but the whole of Europe this week caused travel chaos and thermometers to plummet.

Madrid airport had to close one of its runways for a number of hours on Monday due to snow, while snow also fell in Athens and France, where it closed the Eiffel Tower, and lakes froze over in Italy.

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Former internal affairs minister pleads innocence



Former Home Minister Miguel Macedo pictured arriving at a Lisbon Court late last week to answer charges relating to corruption involving the popular Golden Visa immigration scheme. (Photo: Lusa/António Cotrim)

The former Portuguese internal affairs minister, Miguel Macedo, said this week at his trial that the public prosecutor's case was "groundless" regarding his involvement in the appointment of a liaison officer in Beijing.

Miguel Macedo, who is charged in the "Golden Visas" case of four crimes of mismanagement and influence peddling, spoke today for the first time in court since the trial began about a year ago. Miguel Macedo also swore that "nobody had ever" asked him to appoint this or that liaison officer. Miguel Macedo resigned as internal affairs minister in November 2014 after the public prosecutor charged him with allegedly favouring a group of individuals who wanted to profit illegally from the "Golden Visas" programme through lucrative real-estate deals. The case also involves the former president of the registries and notaries institute, António Figueiredo, the former national director of the border agency, Manuel Jarmela Palos, the former general secretary of the justice ministry Maria Antónia Anes, three Chinese businessmen and an Angolan, as well as Paulo Lalande de Castro, who is involved in other alleged crimes involving the former prime minister Sócrates.

TPN/Lusa

Most houses selling in less than six months

It will no doubt be music to the ears of those looking to sell their homes that more than 80 percent of properties that have been put on the national market recently, sold in less than six months.

Recent data from national real estate association APEMIP shows that of those, the majority - 61 percent - that sold the quickest were one and two bedroom properties.

This, APEMIP says, is "a speed that confirms the good momentum of the market".

"The Portuguese real estate sector is experiencing a dynamism that has not been seen for a long time, especially with regard to the residential segment", the association confirmed, based on its December barometer.

APEMIP president Luís Lima com-

mented: "It is absolutely fabulous to witness this dynamic, especially when compared to the scenario two to three years ago, where assets in the portfolio took up to two years to be transacted."

The barometer carried out by APEMIP's Studies Bureau further picked up on other trends characterising the market at present, namely with regard to the value of properties being sold, which is going up.

More than half (about 55.6 percent) of sales involved real estate with prices up to 175,000 euros, values that, in APEMIP's view, "mirror the bulk of sales made in the domestic market", and the majority were one and two bedroom properties.

Luís Lima believes this is a good indication of what the bulk of household demand is; information that "can and should be taken into account as soon as there is a desired return to new construction."

"The biggest difficulty, and therefore the

great challenge of the real estate sector in Portugal, is the lack of real estate stock in the cities, which is the main factor for the accentuation of prices that has been verified in the market.

"Supply is declining, and it does not respond to the needs of demand, so a return to new construction is starting to look inevitable. Otherwise, the housing problems will accentuate even further. As new-builds go up, we will be creating advantages for families who will be able to find assets on the market that best meet their needs and abilities; for real estate companies who will have more product to market and meet the needs of their customers; the banking sector will guarantee dividends through investment financing and through mortgage loans; builders will be able to create more jobs; and the real estate market itself will be able to alleviate prices and respond to housing needs", the APEMIP president explained.

Gold Visas could be solution for Brits post Brexit

Wealthy Britons could benefit from Portugal's Golden Visa scheme in order to secure their residency in the event of a Brexit without a deal.

Speaking at an event organised last Thursday in London by the Portuguese-British Chamber of Commerce, guest speaker and lawyer Afonso Barroso suggested many Britons would qualify due to their investments in Portugal.

In order to qualify for automatic residency, an investment of at least 350,000 euros is required in real estate, a deposit of at least one million euros in a national bank or a business established that employs at least ten workers.

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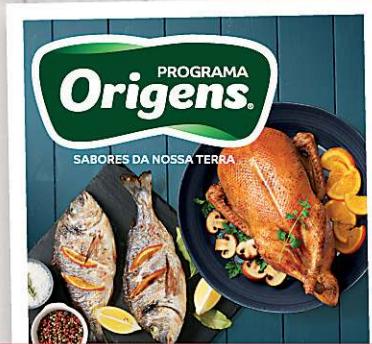


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The Algarve's 'scandalous' EN125 road



The chairman of Portugal's ACP Automobile Club has strongly criticised the Algarve's EN125 road, with roadworks seeing an increase in roundabouts, dangerous curbs and the complete inability to overtake slow-moving vehicles. (Photo: Lusa/Vasco Célio)

The head of Portugal's ACP Automobile Club, Carlos Barbosa, was in the Algarve at the start of this week to visit the association's Faro branch and meet with members from the region, and described the current state of the EN125 as "scandalous" and a "joke".

Visiting Faro on Monday, Barbosa told online news site *Região Sul* that he was "surprised by the number of members who turned out for the meeting."

During the get-together, the ACP president unveiled a number of new services for members, such as insurance and breakdown assistance options, but also touched upon the state of the Algarve's main EN125 road - the only alternative to the A22 motorway.

"It is scandalous what is going on with the EN125", he said, explaining: "Not only due to the lack of safety; not only because of the lack of mobility despite the 50 or so roundabouts it has; the kerbs that are not protected or that are too high; the bollards down the middle in areas that could perfectly be used for

overtaking slower vehicles (tractors and others). I think it is necessary to quickly review the EN125, because by placing tolls on the A22 (Via Infante de Sagres), people who do not want to pay should have a suitable alternative, which is not the case with the EN125 as it is.

"Therefore, Infrastructures of Portugal, together with the Government and the councils of the Algarve, should think seriously and urgently about making the EN125 a proper National Road and not the joke that it is at the moment", Carlos Barbosa slammed.

The Automobile Club of Portugal (ACP) was founded in 1903, is a public institution, and is now recognised as the largest club in Portugal. Its mission is to defend mobility and facilitate access to a healthy life.

Union calls off strike by TAP cabin crew

The union representing cabin crew working for Portugal's national airline, TAP, withdrew its call for members to strike, after reaching an agreement with the carrier's new management.

Last month, the union had issued preliminary warnings of four separate strikes, the first of which was to take place from

9 to 11 February. A union official said that the decision to withdraw the strike warning was "a vote of confi-

dence in the new board" of TAP, whose new chief executive took office last Wednesday.

Fuel prices drop

Refuelling at the country's petrol stations became cheaper this week.

The reduction was however only in the region of half a cent for diesel and unleaded fuel, leaving the price of petrol higher than it was at the end of last year.

The average cost of diesel is now just under 1 euro and 32 cents a litre, while unleaded

petrol retails at around 1 euro and 51 cents.

According to figures from Brussels, unleaded fuel in Portugal is the seventh most expensive in the EU, while diesel prices are the sixth highest in Europe.

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Loulé reinstates three-day carnival



The Loulé Carnival will be taking place over three days this year, with many of the parades focussing on the Lisbon Web Summit. (Photo: CM Loulé)

Police Carnival operation to last until 13 February

The Portuguese PSP police force, which mainly operates in cities, began its Carnival operation on Wednesday with greater policing of areas with more revellers to cut down crimes and road accidents.

The "Carnival in Safety 2018" operation is going to last until 13 February in the places where this force operates.

The PSP are going to supervise traffic and also the illicit sale of fireworks, particularly near schools.

TPN/Lusa

From Tuesday next week Loulé - along with many other towns and cities throughout the country - will explode into a world of music and colour as Carnival reaches fever pitch. After a few years without, Loulé will once again be staging three consecutive days of carnival celebrations - on 11, 12 and 13 February - this year following a theme inspired by the massive IT event staged annually in Lisbon, the Web Summit.

The Algarve city of Loulé, famous for being home to one of the biggest and oldest carnival parades in the country, is this year reinstating a three-day affair to celebrate carnival, inspired by Lisbon's Web Summit.

The main parade takes place on Tuesday afternoon, starting at 3pm, in Loulé's version of the Brazilian 'Sambadrome', along the main Avenida José da Costa Mealha, which is closed off for the event.

It foresees the participation of 14 floats, five samba schools, and 10 entertainment groups. Carlos Carmo, Loulé councillor for Events, said that by reinstating the three-day model of celebrations, the municipality aims to "resume a long tradition in which the festivities were held on the streets without any interruption. "On the other hand, the idea is also to enable visitors to enjoy other festivities that happen in the municipality, namely Quarteira and Alte, without clashing with the calendar of the Loulé Carnival". Among the themes and characters to be parodied on the floats in this year's Loulé carnival parade are Cristiano Ronaldo and

his Golden Balls; Donald Trump and his Mexican Wall, Valdimir Putin hosting the 2018 World Cup, and Angela Merkel, dancing with the new Eurogroup president, Mário Centeno. While the above-mentioned days are the three main days of the event, other low-key Carnival celebrations start throughout the city from this Friday, 9 February. Investment in this year's carnival is said to be in the region of €300,000.

"This is a figure that has remained stable, as a result of the re-use and recycling that we have done, for example in terms of scenography", Carlos Carmo said.

Between 80,000 and 100,000 people are expected to visit Loulé next week for the celebrations. Revenue from ticket sales will be split down the middle, with 50 percent going to the groups participating in the parade, and 50 percent to local charitable and welfare causes.

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Daredevil's slackline over Nazaré's infamous monster waves



A daredevil Brazilian has made headlines after slacklining between two cliffs over Nazaré's monster waves. (Photo: Wester Riders/Facebook)

A well-known Brazilian daredevil has made headlines after slacklining - walking or balancing along a suspended length of flat webbing tensioned between two anchors – over the infamously huge waves that roll in from the Nazaré canyon.

Emerson Carvalho walked the stretch of cable between the Pedro do Guilhim (a large rock sticking out of the sea just beyond the Nazaré lighthouse) and a cliff overhanging Nazaré's Norte beach.

To many the stunt may have seemed like a madcap move, but to Emerson Carvalho, it is a sport of balance and a way of life.

Accompanied by a group of friends, the Western Riders group, the Brazilian walked along the wire rope for a good ten metres before being knocked off by a wave.

"It's a calculated risk; we're not as crazy as it seems at first glance. In fact, it's all planned down to the smallest detail", he told the press.

Top chef wins International Academy of Gastronomy prize

Chef José Avillez has become the first Portuguese chef to win the International Academy of Gastronomy prize, an award which he believes will "help to make Portuguese cookery more visible".

This prize, awarded by one of international cuisine's most prestigious institutions, means Mr Avillez joins names like Alain Ducasse (1993/2007), Ferran Adrià (1994), Massimo Bottura (2010), Joan Roca (2011), René Redzepi (2012/2013), Grant Achatz (2014) and Alex Atala (2015).

"We have worked to promote Portuguese gastronomy around the world and this award is important recognition of what we have achieved. It will certainly help make Portuguese gastronomy more visible", José Avillez said on Monday.

The 38-year-old chef also said he was proud to join a restricted

number of top chefs who he had looked up to as "benchmarks".

José Avillez has various restaurants in Lisbon and Porto, including Belcanto (in the capital), with two Michelin stars and he is considered to be one of the top 100 chefs in the world by Restaurant Magazine.

TPN/Lusa



Portuguese award-winning chef José Avillez. (Photo: José Avillez)

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N News in Brief

Algarvian Goat featured on a new limited edition set of stamps

The Algarvian Goat is being featured on a new limited edition set of stamps. The set is dedicated to Portuguese livestock, and also includes the Mertolenga Bull, the Barrosã cow, the Galega Mirandesa and Merina Preta sheep, and the Algarvian and Serrana goat. A limited 330,000 stamps have been printed and range from €0.50 to €0.85 cents. Portugal has 47 officially recognised autochthonous breeds of livestock species. The stamps went on sale this week.

Olhão council reminds citizens 'clear land or pay fines'

Olhão council has issued a statement reminding citizens that those who do not clear their land by 15 March could face fines. Owners of properties in rural areas have a little over a month to clear their land, in a new measure aimed to combat forest fires, which is compulsory for all, or face hefty fines. A 50-metre band around the property must be cleared, as well as a 10 metre unobstructed strip to either side of the property for access.

Albufeira council launches tours of historic city centre and Paderne castle

Albufeira town hall is to launch guided tours of its historic city centre as well as to Paderne castle. The new tourist service starts from 14 February and aims to stimulate the urban centre. The tour takes around two hours and the meeting point is in front of the Beato Vicente monument, in the Jacinto d'Ayet Square. Tours depart every Wednesday morning at 10am, with a minimum of six people, and will be conducted in English and Portuguese. For more info or to sign up: turismo@cm-albufeira.pt.

Unlawful Lisbon civil protection tax reimbursed from next week

A civil protection tax unduly charged to residents of Lisbon for three years will start to be reimbursed from next week. Between 15 February and 15 March, 92 percent of those who paid Lisbon Council the tax should be paid back. The majority of citizens who paid the unlawful tax will receive around €270.

Silves to spend €38,000 on improving riverside

The historic Algarve city of Silves is to spend €38,000 on improving its riverside. The project includes a stone-wall protective barrier on the stretch between the market and the bus stop, and restoration of stairwells. Work started last week and should be finished by the end of this month.

Multi-million-euro overhaul for Ferragudo Square

Lagoa Council is set to revolutionise Ferragudo Square. The typical fishermen's village is set to be given a multi-million-euro overhaul, which will centre mainly on the main square, the canal and creating more green spaces. The project will take place in stages over the next three years, and will cost between seven and eight million euros.

Health and Safety Agency inspections up

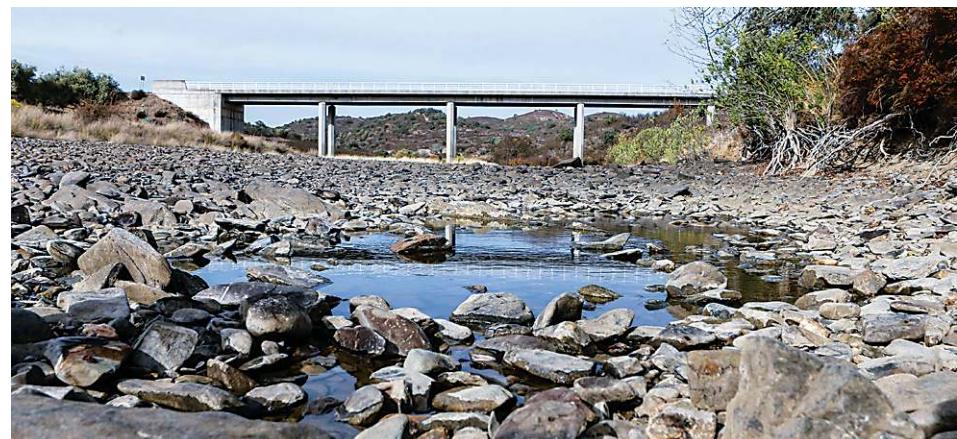
Portugal's ASAE Health and Safety Agency initiated more than 1,000 criminal proceedings during the course of 2017 after inspecting more than 44,000 businesses. According to ASAE chief Pedro Gaspar, the agency's actions also resulted in an average of around one arrest a day, while 411 businesses saw their activity suspended following a visit from health and safety inspectors.

Euromillions jackpot climbs to €128m

The Euromillions jackpot has climbed to a sizeable 128 million euros for this coming Friday's draw. The increased prize comes after no player managed to correctly select the winning numbers in Tuesday night's draw which was worth 116 million euros. Portugal also missed out on the second prize, which stood at just under 260,000 euros. Three players here are however 21,000 euros richer this week after claiming third prize. The winning numbers were 08 - 17 - 28 - 34 - 38 while the lucky star numbers were 06 and 12.

More than half of Portugal experiencing 'extreme drought'

January in mainland Portugal was relatively dry and warm, with the result that well over half the country is suffering from severe drought, although this is an improvement on December's situation, according to the latest bulletin from the state meteorological institute, IPMA.



Despite the odd shower, much of southern Portugal remains in an extreme state of drought. (Photo: Lusa/Luís Forra)

January was the 10th consecutive month with precipitation below normal, it noted. However, no part of the mainland was at the end of the month in a situation of extreme drought, whereas at the end of December 6.4 percent had been. According to the bulletin posted on the IPMA website on Tuesday, at the end of January 55.6 percent of mainland Portugal was in severe drought, 39.9 percent in moderate drought and 4.5 percent in slight drought. At the end of December, 58.3 percent of the mainland was facing severe drought, 29.1 percent moderate drought, and 5.6 percent slight drought. The mean maximum temperature in January was 13.79 degrees Celsius - higher than normal. However, the average value of minimum air temperature, at 4.30 percent, was lower than normal.

"During the month of January, the levels of mean air temperature presented great variability," IPMA said in a statement, citing unusually high minimum temperatures on 3 and 4 January and an unusually low one on 15 January. Maximum temperatures were also unusually high from 28 to 31 January, it said. As for precipitation, IPMA stated that January was dry, with an average total for the mainland of 76.5 millimetres, around 65 percent of normal. It noted that, in the past 15 years, only in five of these was average precipitation in January above normal. In related news, this year's maize harvest in Portugal could be hit by water shortages across the country, above all south of the River Tagus, according to the national producers' association.

José Luís Lopes, president of the National Association of Maize and Sorghum Producers (ANPROMIS), told *Lusa News Agency* that the ongoing drought could "affect the crops" this year. "There is a constraint at the

moment with a shortage of water that is not so problematic in the north of the country, but is being felt more south of the Tagus," he said. "These limitations could come to influence the next

maize harvest, as well as that of other irrigated crops." Moreover, Lopes said, selling prices for maize are not "favourable", yet it is difficult to replace the crop with others.

According to ANPROMIS maize growing represents an annual turnover of more than €40 million, with output going for both human and animal consumption.

TPN/Lusa

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Young French couple walking from Sagres to Istanbul

This week, a young French couple has set off from Sagres on a 500-day, 10,000-kilometre journey through southern Europe to Istanbul, Turkey, on foot.

Marie and Nils embarked on their 'Deux Pas Vers l'Autre' (Two steps To-

wards Others) project on Monday on the Rota Vicentina in Sagres, from where they

started their 17-month pedestrian adventure to the Turkish capital.



Nils and Marie in training for their mammoth walk. (Photo: Supplied)

The young couple will be walking through 17 countries and more than 120 natural parks, "and have the double objective of promoting walking in Europe as an activity for the younger generations, as well as social, cultural and environmental sustainability, involving local populations and minimising the ecological footprint, more specifically in collaboration with the '1kg for the Planet' programme", according to the Rota Vicentina Association. The Rota Vicentina Association, which works in partnership with public entities and local entrepreneurs to promote Nature Tourism as an essential development path for the southwest Algarve region, is lending its backing to the couple's trip as it passes through the ancient *Caminho Historico* (Historical Path), on the Rota Vicentina, followed by the Via Alpina and the Via Dinarica. The Rota Vicentina (Vicentine Route) is a network of walking trails along the southwest coast of Portugal, which currently totals around 450 kilometres of marked trails to walk

between Santiago do Cacém and Cabo de São Vicente. Comprising the Historical Path, the Fisherman's Trail and the Circular Path, the Vicentine Route proposes a unique chance to experience the authentic rural living culture of the interior, and the surprisingly wild coast of the Southwest Alentejo and Vicentine Coast Natural Park.

During the first ten days of their project, Marie and Nils will, "besides enjoying the trails [of the Rota Vicentina], be getting to know some of the entities associated with the Vicentine Route, walking with members of the association, participating in joint volunteering actions, and meeting local people through cultural tourism products".

Marie and Nils, aged 29 and 31, worked in the areas of human resources and photography and video, respectively, before embarking on their great trans-European project.

Follow Marie and Nils on Facebook (www.facebook.com/deuxpasverslautre), or the Deux Pas Vers l'Autre blog.



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Lone British rower rescued off Lagos

A lone British rower who was attempting to cross the Atlantic unaccompanied, had to be rescued by Portuguese authorities last Friday (2 February).

The 35-year-old was approximately 30 nautical miles off the coast of Lagos, Algarve (Southern Portugal) when the alarm was raised.

He was struggling in rough seas and the 7-metre-long rowing boat was taking on water.

He was located by Portuguese authorities in the afternoon on the

Diligente rescue boat, and brought back to Baleira port in Sagres, where he arrived close to midnight.

Assistance was also asked of merchant navy ships in the vicinity, as well as from a Maltese vessel, which had located the rowing boat and kept an eye on it until the Diligente arrived.

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Court tells Ryanair to compensate delayed passenger

A court has ordered Irish low-cost airline Ryanair to pay a passenger €250 in compensation for a delayed flight following a failure to supply fuel at Lisbon Airport in May 2017.

The information was provided by the passenger rights company AirHelp, who represented the plaintiff, noting that he "recently won his first court case" on the incident.

The flight in question was making the Lisbon-Porto connection on 10 May, but due to a failure in the supply system at Humberto Delgado Airport, the plane arrived at the destination over four hours late.



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Portugal – 80 cases of female genital mutilation in a year

Portugal recorded 80 cases of female genital mutilation during the year spanning January 2016 to January 2017, according to figures released on Tuesday morning by UNICEF, and all reported cases involved adult women, except for one 17-year-old girl.

The overwhelming number of victims were nationals from former Portuguese colony

Guinea-Bissau, followed by nationals of Guinea-Conakri, Eritrea, Senegal, Nigeria, Gambia and Egypt, in much lesser figures.

In a joint statement, the Executive Directors of UNICEF, Henrietta Fore, and UNFPA (United Nations Population

Fund) Natalia Kanem, stressed that female genital mutilation is “a violent act that causes infections, illness, complications at birth, and even death.”

“A cruel practice that inflicts emotional damage for a lifetime and affects the most vulnerable and least powerful members of society: girls up to 15 years of age. A violation of human rights that reflects and perpetuates the devaluation of girls and women in too many parts of the world”, they added. They also consider that it constitutes an obstacle to the well-being of communities and economies.

Both representatives said in their statement that in the countries where they have implemented projects, girls are now one third less likely to be subjected to this practice than in 1997.

“More than 25 million people in some 18,000 communities in 15 countries have publicly rejected the practice since 2008. Globally, its prevalence has declined nearly a quarter since 2000”, the statement said.

However, estimates indicate that by 2030, more than a third of all births worldwide will occur

in the 30 countries where female genital mutilation is practiced.

“If there is no accelerated progress to protect the growing number of girls at risk, millions of them could be cut in those countries by 2030”, they warn. In the information released on Tuesday, the organisations recalled a study conducted in 2015 by the Faculty of Social Sciences and Humanities of the New University of Lisbon, according to which, in Portugal, the number of women of child-bearing age who may have undergone the practice stood at 5,246.

Taking into account all women over the age of 15, that figure rose to 6,576, “which corresponds to 49 percent of the number of women residing in Portuguese territory, born in practicing countries.”

The figures were released to mark the International Day of Zero Tolerance for Female Genital Mutilation, which is held every year on 6 February. The day is observed as a way to raise awareness about female genital mutilation/cutting and to galvanise support to end the practice.



A group of women pictured here at Lisbon's Humberto Delgado airport launching a campaign against female genital mutilation. (Photo: Lusa/Tiago Petinga)



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Google choice of Oeiras for new operations hub ‘no surprise’ for mayor



Oeiras Mayor Isaltino Morais pictured at Lagoas Park where Google will be joining other major international brands in setting up a major regional hub. (Photo: Lusa/Tiago Pettinga)

The recently announced decision by Silicon Valley-based multinational Google to open an innovation centre in Oeiras, near Lisbon, was no surprise to the local council, which says that ‘Oeiras Valley’ has attracted technology companies for decades.

After an announcement by the government at the end of January, Google explained in a written reply to *Lusa News Agency* that the unit planned for Lagoas Park business park in Oeiras would be “a new centre of operations for suppliers [...] totally dedicated to third-party suppliers”. This new tech hub for operations in Europe, the Middle East and Africa is to start with around 535 jobs for highly-qualified personnel, Google said. According to the Ministry of Economy, no state subsidy is involved in the project. Google’s choice of location

made was “no surprise”, according to the mayor of Oeiras, Isaltino Morais, who stressed that high-tech have made investments in the area in the past. “This is now being talked about because of the media coverage of Google’s coming here to our area [but] Oeiras is already today the municipality [in Portugal] with most companies of this kind,” Morais told *Lusa*. According to the Oeiras mayor, around 30 percent of Portugal’s tech industry is based in the area. Given that Oeiras is also the fourth biggest exporter among the country’s municipalities, he said, it is “natural that a company

with certain characteristics like Google” should choose to come. He listed other business parks, such as Taguspark, Quinta da Fonte, Arquiparque and Parque Holanda, as examples of the kind of spaces available for companies that are not so common in Portugal, “with little noise” and good quality of life. Companies in the area include HP, Cisco and Colt, making it a veritable ‘Oeiras Valley’, Morais said. Still, he stressed the need to continue to improve the municipality’s offer, above all in terms of the road infrastructure, and facilities for electric cars and bicycles.

TPN/Lusa

Valentino visits Lisbon to celebrate partner’s birthday

Acclaimed Italian fashion designer, Valentino Garavani, best known by the mononym Valentino, was recently in the Portuguese capital Lisbon, where he surprised his partner Giancarlo Giammetti with a four-day birthday party, attended by Madonna.

A string of festivities took place over last weekend and other famous faces such as Olivia Palermo and Portuguese comedian Herman José, were also among guests.

The main party is reported to have taken

place in the Marquês de Fronteira palace, with a dinner for some 90 guests, organised by company Festa Aluga.

According to newspaper *Correio da Manhã*, for the occasion the 85-year-old designer asked for a classically elegant

décor, featuring traditional Portuguese azulejos.

The birthday cake was designed by renowned Portuguese artist, Joana Vasconcelos, whose Lisbon workshop hosted the last day of celebrations for

Valentino’s boyfriend’s 73rd birthday.

The newspaper further claims no expense was spared in providing guests with a wonderful time in Lisbon, a city which it says Valentino and his partner “escape to whenever they can.”

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Nuclear Posture Review

N

GWYNNE DYER

The US 'Nuclear Posture Review' published by the Pentagon late last week announced that the United States will be getting two new types of nuclear weapons to provide, in the words of US officials, "more flexible capabilities to give tailored deterrence."



US President Donald J. Trump (C), with Deputy Secretary of Defense Patrick Shanahan (L), Department of Homeland Security Secretary Kirstjen Nielsen (2-L) and Secretary of Veterans Affairs David Shulkin (R), pictured here earlier this year signing an executive order. (Photo: EPA/Shawn Thew)

'Tailored deterrence'? What on earth is that supposed to mean?

It's a brand new euphemism that is designed to disguise an old, largely discredited and very dangerous concept. The United States is once again playing with the notion of a 'limited' nuclear war - and everybody else is very unhappy about it.

Sergei Lavrov, the Russian foreign minister, called the move "confrontational", and expressed "deep disappointment". The Chinese defence ministry said: "We hope that the United States will abandon its Cold War mentality [and] earnestly assume its special disarmament responsibilities." Even the Iranian foreign minister warned

that the new move would bring the world "closer to annihilation."

What the United States is actually going to do is change some of its existing nuclear weapons so that they make a smaller explosion. It's also going to put nuclear-tipped cruise missiles back on some of the navy's ships. At first glance, this is not very exciting stuff, but it really is very foolish and quite dangerous.

Various justifications were offered for the new weapons by Deputy Secretary of Defense Patrick Shanahan, including the "growing threat from revisionist powers" such as China and Russia. 'Revisionist powers' are countries that would like to change the world's pecking or-

der so that the United States is no longer the sole superpower. It doesn't mean they are planning to attack the United States.

The main reason that the Nuclear Posture Review gives for the new weapons is that the US military are worried that other countries may see its existing nuclear weapons as too big to be used. So the Pentagon also wants lower-yield bombs and 'low and slow' cruise missiles in order to convince everybody else that the US would actually use them.

Really? Do they really think that when those 'revisionist powers' see the new, smaller American nukes (no bigger than the bomb that destroyed Hiroshima), they

will say to themselves: "I never believed the Americans would use megaton-range thermonuclear weapons on us, but they might actually use piddling little atomic bombs, so I'd better not invade Lower Slobbovia after all."

Nonsense. The Pentagon pretends that the new nukes will just fill a gap under the deterrent fence so that "Russia understands that any use of nuclear weapons, however limited, is unacceptable," but what it is really after is a credible nuclear war-fighting capability. This is the old fantasy that you can safely fight a 'limited' nuclear war in some distant part of the world without risking major damage to the homeland.

It's a fantasy that has been killed many times, but it never stays dead for long. It just seems wrong and unnatural to the military mind that you should have these hugely powerful and expensive weapons and never be allowed to use them in any circumstances - that they exist entirely and exclusively to deter the other side from using its own nuclear weapons.

It's so frustrating that in every military generation there are people who spin theories about how you might safely fight a 'limited' nuclear war. The first time their ideas gained a temporary foothold in American strategic thinking was in the late 1950s, and they have resurfaced for a while at least twice since then.

Here they come again. It's as predictable as the monsoon, and once again more sensible people will have to devote time

and energy to defending the core concept of nuclear deterrence.

As Bernard Brodie, the father of the theory of nuclear deterrence, wrote in 1946: "Thus far the chief purpose of our military establishment has been to win wars. From now on its chief purpose must be to avert them. It can have almost no other useful purpose."

That is true, but it is not compatible with traditional military thinking, so 'limited' nuclear wars that you could actually fight keep sneaking back onto the agenda, usually in disguise. The current proposal is not some transient whim of Donald Trump. It has been gestating within the US military for some time.

It may be possible for the US military establishment to sell this really bad idea to the American media, the Congress and the White House, but do not imagine that the Russians or the Chinese are fooled. They know exactly what the Pentagon is up to, and they don't like it one bit. In due course they will respond, and the world will get a little more dangerous.



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

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Court orders Novo Banco to pay €700,000 extra to two ex-employees

The cases concern two former directors of Banco Espírito Santo who were taken on by Novo Banco after the former institution was wound up by the Bank of Portugal in 2014, and who claim then to have signed early retirement agreements with Novo Banco. The two employees later lost their jobs as part of a mass redundancy programme carried out by Novo Banco in the summer

of 2016. As they did not agree with the terms of the deal, viewing the compensation as insufficient, they went to court to have the deal struck down. According to the pair, the agreement initially made with Novo Banco was one under which they would retire early - implying much larger compensation. Novo Banco, however, took the view that the 2015 agreements did not relate to early retirement, but to suspension of the employment

contracts, with the result that the compensation offered - almost €66,000 in one case and €110,000 in the other - was correct. The first court ruled in favour of the two complainants, and that the 2016 compensation should have reflected all salaries until retirement age. One BES director would therefore receive €540,556.25 and the other €186,989.58 on top of the €110,076.92 already paid in 2016. Novo Banco appealed the

decisions all the way up to the Supreme Court, which has now upheld the first ruling. The 2016 redundancy plan saw at least 30 employees take Novo Banco to court, including many who were expecting to take early retirement. Another case in which they are questioning

not only the amount of payoff but also the plan itself is still in the Lisbon court. Since it was set up to take forward BES's viable commercial banking business, Novo Banco has been undergoing constant restructuring, with the loss of more than 2,000 jobs.

A majority stake in the bank was in October sold to US venture capital fund Lone Star, while Portugal's banking sector Resolution Fund retains the remaining 25 percent. A fresh restructuring plan is now being implemented, involving a further 500-plus job cuts.
TPN/Lusa

Portuguese bank Novo Banco has been ordered to pay more than €700,000 to two former employees who were fired in 2016, when they were due to take early retirement, according to a Supreme Court ruling.



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IRS 201 - Taxation of Income

Nº3: Income from Capital - Bank interest (Category E)

Income is reported in different categories: A) Salaries, B) Sole Traders, E) Capital, F) Property, G) Capital Gains and H) Pensions and is taxable in Portugal regardless of its origin. For non-residents, only income actually arising in Portugal is subject to assessment.

Taxation of bank interest was harmonised throughout the European Union with the introduction of the EU Savings Directive. The following situations reveal which tax options exist and the implications of each scenario.

A. Banking in Portugal:

- 1) Withholding at source - flat rate of 28%: tax is final: no further reporting necessary; **or**
- 2) Aggregate Assessment - reporting interest with other income taxed at marginal rates (*englobamento*) - (14.5-48%). Withholding acts as a tax credit applied to final assessment.
(Note: When choosing n°2, all bank accounts must be reported to Finanças)

B. Banking in the European Union:

- 1) EU Savings Directive dictates information sharing;
- 2) Tax Withheld at source:
 - a) assessment at source limited by Double Tax Conventions (DTC);
 - b) balance of withholding to be refunded as per DTC procedures;
- 3) Reporting Interest Income - 2 options
 - a) aggregate assessment - assessed with other income and taxed at marginal rates.
(Note: all bank accounts must be reported and made available to Finanças) **or**
 - b) autonomous assessment: flat rate of 28% **plus**
 - c) application of international tax credit may apply as per Double Tax Conventions.

C. Banking Offshore

- 1) Withholding at source - Interest paid net: 1/4 of

withholding to Source Country; 3/4 to Country of Residence (Portugal). **or**

2) Information Sharing: Interest paid gross - Declaration with tax paid in Country of Residence (Portugal).

3) Reporting for final assessment in Country of Residence (Portugal)

- a) Autonomous Assessment: taxed independently at a flat rate of 28%. **or**
- b) Aggregate Assessment (*Englobamento*): Interest declared with other income and taxed at marginal rates (14.5 - 48%).

c) International Tax Credit: For the non-EU jurisdictions within Europe (Liechtenstein, Switzerland, Andorra, Monaco and San Marino) as well as the following Offshore jurisdictions: Jersey, Guernsey, Isle of Man, Turks and Caicos Islands, British Virgin Islands and the Dutch Antilles as well as the Cayman Islands, Antigua,Montserrat and Aruba, tax credits for withholding at source are eligible for an International Tax Credit, up to the tax due in Portugal. Withholding beyond tax due in Portugal should be refunded at source.

D. Banking outside of the EU: around the world

- 1) Reporting Income: with other income at marginal rates (14.5 - 48%).
- 2) DTC rules and subsequent international tax credit may apply.

Next: Dividends

Dennis Swing Greene is an International Tax Specialist and Chairman of euroFINESCO s.a. eurofinesco.com

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Letters to the Editor

Effects of Brexit?

SIR, I am writing to hopefully get feedback from your readers regarding UK bank accounts.

We have had an account with First Direct (online banking) since before we moved out here in 1993. Both of our pensions are paid into the account, and have always had a good relationship with the bank, regarding personal loans, savings etc. I am now told by First Direct that we can no longer have any of their services as we do not have a UK address. They are quite happy to accept our payments 'in' but they advised me that this was a directive which came into force in March 2017 and there is nothing they can do about it.

I wonder if this is the start of the effects of Brexit for us who choose to live in Portugal. Has anybody else had the same issues with their UK bank?
ELANA, Loulé

Brexit Denial

SIR, There have been a couple of strange letters in recent issues of The Portugal News.

William Atkin (20 January) argues that the Referendum vote, like all statistics, can be interpreted in many ways. Perhaps, but in a referendum the majority of votes cast wins the day - those who couldn't be bothered to vote don't count, Mr Atkin.

Sidney (27 January) thinks we must have a second referendum because old

people (who he thinks are all Brexit voters) are dying off whilst more left wing juveniles are reaching voting age, although the myth that they voted Remain has since been debunked. He misses the point that as we get older and wiser people tend to move away from socialist ideals so the whole population is constantly rebalancing. Furthermore, studies show that more former UKIP voters switched to Labour than Tory in the election. It really is time that Reluctant Remainers got behind Brexit and Britain rather than being in denial.
DAVID FOOT, By email

Thank You Portugal

SIR, I have just returned from a splendid week in Portugal. With Britain enduring a wet January, and the usual post Christmas blues, this was just what I needed to boost morale. Beautiful coastline, although perhaps some parts are less spoiled by development than others, but I could find no fault with Lagos - like Torquay with sunshine and a glorious long beach added. I was amazed to see so many people wearing overcoats, when I was quite warm enough in shorts or swimming trunks! And plenty of places to eat; even good old lamb roast at Lazy Jack's. The boat trip to the caves is not to be missed; glad this runs in winter as there were only three of us

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

N 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

in the boat. Trains very reasonably priced and seemed to run on time; 9 euros for Faro to Lisbon through scenic countryside was a bargain, and the trams in Lisbon seemed to have more tourists than locals. I can see why so many Brits have moved to Portugal; I've had so many friends back home remarking on my suntan that others may be considering such a move!

JOHN BALL, Cornwall

Stamp Collection

SIR, I'm looking for support for my stamp appeal to raise money for the Bone Cancer Research Trust (Charity Number 1159590), the leading charity dedicated to fighting primary bone cancer, and would love the support of your readers. We are looking for used and new postage stamps from the UK and overseas, and any amount at any time of the year is very much appreciated. In 2018 we are aiming to raise at least £30,000 just from stamps and stamp collections etc. Please save your new and used stamps; whether you get a few stamps a year from your birthday cards or

you get lots from your friends from all over the world, or you can even save them from the bin at work! Instead of throwing away your stamped envelopes, we can raise vital funds to help us continue with our research, providing information, raising awareness as well as offer support to those who need it. Primary bone cancer can occur at any age, but affects mostly children, teenagers, young adults and the elderly. On average 12 people every week are diagnosed across the UK and Ireland. The survival rate for this disease is just over 50% and this has not changed in the last 25 years. With your help we can work towards changing this, so more people have a chance to live! Please help us to raise awareness as well as funds just by sending in something that you would normally throw into the rubbish bin! Please send your stamps to: BCRT Stamp Appeal 20 Bowers Road Benfleet Essex, England SS7 5PZ Or email: terri.volunteer@bcrt.org.uk MRS TERRI BUSH BCRT Stamp Appeal Volunteer

Please send your letters to: letters@theportugalnews.com

Algarve Activity Bike Rides

Here are the details of this week's rides:

Saturday 10 February - Bike Ride starting in Salir: We meet by the car park in the village centre at 9.15am ready for a 9.30am start. This will be a fairly challenging ride of around 45kms with a café stop somewhere along the way.



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: 013226954, email: paul@algarvebikeholidays.com, see our website: www.algarvebikeholidays.com, or Facebook: AlgarveBikeHolidays.

Bowls Algarve

Saturday 3 February was a bright, sunny morning for Algarve bowlers but with a cold wind to keep everyone on their toes. In League A, Albufeira Cats are at the top with sixty-three points, pulling away from Tavira Tigers holding forty-seven points. In League B, Valverde Vipers have sixty-six points and Alvor Amigos have fifty-eight points.

Question of the Week:

A bowl is delivered by a player from rink one, which travels outside of the rink onto rink two, where a player has also delivered a bowl, on a trajectory that brings the two bowls into contact. What happens?

Answer:

If both bowls look as though they would repel each other, then they would repel each other. If one of the bowls has been sent out on a wrong path, then that bowl is not played, however, if both bowls come together, then both bowls should be replayed, as even if the game starts it is obviously clear that a bowl could not come back into its own rink, then both bowls should be replayed, as even if both bowls look as though they would repel each other, then they would repel each other.

Miriam Hare

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Portimão Soup Kitchen Christmas Dinner



Have you ever tried making Christmas dinner for 100 people? The recipe goes something like this: 20 kilos roast pork and gravy, 20 kilos boiled mashed potatoes, 12 kilos cooked carrots, a wide variety of delicious desserts.

It was only because of the generosity of many people across the Algarve and beyond that the festivities on 13 December 2017 were possible. In addition to the dinner, each of the people who came received a gift bag with personal toiletries, chocolate and other items.

The Portimão Soup Kitchen serves three meals per week to local people in need. It also distributes used clothing. We are always in need of volunteers especially on Mondays and Wednesdays between 5-7pm. If you could volunteer a couple of hours per week, please call Joy 917358098 or email: borganjoy@gmail.com.

Joy Borgan

Let's Walk in the Algarve

Tuesday 13 February – Let's walk from Moncarapacho: A soothing, gentle walk of about 2.5 hours along forgotten pathways and trails – a walk all can enjoy! 10.30am start. Meet at the Café Dija in the central square of Moncarapacho. From the EN125 turn left at Fuzeta and after 4km at traffic lights go left, after 200m turn right into the square – the café is in the corner. From A22 you exit at junction 15 and follow signs for Fuzeta and Moncarapacho.

Tuesday 20 February – Let's Walk in the Foothills: A moderate walk of about 2.5 hours in the hidden foothills of Monchique – magical. There are some gentle climbs and amazing views to enjoy! 10.30am start. 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 which includes a donation to charity. If the weather looks doubtful please call beforehand – Julie 965 753 033

Jessica Lee Morgan visit to Kiss FM

Jessica Lee Morgan, singer, songwriter and multi-instrumentalist, and who is also the daughter of 60's legend, Mary Hopkin and revered composer and producer Tony Visconti (T Rex and David Bowie to name just two), called in at the Kiss FM studio in Albufeira on Sunday morning (4 February) to speak with presenter, Sir Owen Gee.

Jessica was accompanied by long time partner, Christian, and they both said they would very much like to come back to the Algarve and understood why so many people in the music business have chosen to have a home here.

Jessica started at an early age playing and singing at a school concert with a Hohner guitar she received from 60's/70's singer, Joe Brown. Jessica not only writes and sings but also plays saxophone and percussion. Her 1st album, "I Am Not" was released in 2010 and her 2nd, 'Around the Block' was released on 16 June 2017. In Around the Block, she proved her talent by including tracks varying from a folk to pop to jazz style, several of which were played during



Owen, Jessica and Christian. (Photo: Supplied)

the Solid Gold Sunday Show, including one, "Painting By Numbers", a cover of one her mother's on which her brother, Morgan Visconti, played guitar. She also begins a 7 concert tour of the UK in May.

Jessica said she thoroughly enjoyed her visit to the studio and particularly enjoyed Owen's quick wit with links to the various song titles. Jessica also revealed that a 3rd album is in the pipeline.

The first ASB ride of 2018



(Photo: John Heffernan)

The first ride of the year was a short tour to the pretty village of Querença for a coffee at the always popular Café Roza in the square opposite the church.

After a short break the riders headed north towards Barranco Velho before turning west towards Benafim then passing

through some lovely scenery and down the valley to Santa Margarida on the way to Alte.

Although it was a bright sunny day with some clear distant views from the hills there was a cold biting wind and everyone was pleased to have the chance to warm up and enjoy lunch at

Restaurante O Folclore in Alte.

The ride was organised and led by myself with the much appreciated help of Joachim on his VW trike and Steve Wills. It was good to see Steve returning for his first ride after several months recovering from surgery on his back.

The programme for the coming year will be prepared at a meeting this week and announced shortly.

Anyone interested in joining the Algarve Senior Bikers, please visit the ASB website: www.algarveseniorbikers.com.

Dave Shirley



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Animal World

Myths about neutering



There are a lot of myths and misinformation about the risks of getting your pet neutered. The PDSA vets give some straight answers to these common concerns:

My female pet should have a litter before she's neutered.

No - there's no need for your female dog, cat or rabbit to have a litter before she's neutered. There's no emotional benefit for your pet if she has a litter before she's spayed. In fact, medical evidence shows that spaying before your pet's first season has the most health benefits. For example, every time a dog has a season, her chances of developing breast cancers in later life increase, and 90% of unneutered rabbits develop cancer of the uterus (womb) by the age of 5 - so neutering your pet while

they're young is a great step to helping keep them healthy into old age.

If I neuter my pet, they'll gain weight.

No - only overfeeding and under-exercising cause obesity.

Neutering has so many other health benefits for your pet, from preventing cancer to reducing their instinct to roam away from home. If you're worried about your pet's weight, there are much more effective things you can do instead of avoiding getting them neutered:

Dogs: adult dogs need fewer calories than puppies, so make sure you're feeding your dog the right food for their stage in life.

Cats: make sure you're feeding your cat a diet for adult, neutered cats. You can encourage them to exercise by playing games with them, which most cats love.

Rabbits: rabbits are less

likely to put on weight if they're fed a diet as close as possible to what they'd eat in the wild - we recommend that hay should make up 90% of a rabbit's diet and 10% should be a pelleted food and fresh greens.

Getting my pet neutered will change their behaviour or personality.

No - your pet's personality is dependent on their genetics, not their hormones.

Neutering can have an impact on some types of behaviours that are associated with hormones, such as:

- Certain types of aggressive behaviour.
 - Urine marking in the house.
 - Male cats and dogs roaming away from home.
 - Behavioural changes and stress associated with coming into season.
- However, neutering won't change any underlying behaviours in your pet - good or bad. The best way to change these behaviours is through training and making sure your pet's home isn't causing them unnecessary stress. If you're worried about your pet's behaviour, it's always best to speak to your vet.

Neutering is a risky and painful operation.

Neutering is carried out by vets every day and your vet will make sure your pet isn't in pain.

Your pet will need to go under general anaesthetic so they'll be asleep during the operation. While any operation carries some risks, it's much safer for a younger pet to go under anaesthetic than it is for older pets, should they face health problems due to being unneutered. Your vet will give your pet pain relief to keep them comfortable. I've got an indoor pet -

they won't get pregnant or father a litter so they don't need to be neutered.

Neutering isn't just about stopping your pet from having babies - there's a whole host of health benefits too. While your pet might not be at risk of getting pregnant, they could still suffer from conditions such as:

- Testicular cancer
- Prostate disease
- Breast, ovarian or uterine (womb) cancer
- Pyometra (a serious womb infection).

Neutering greatly reduces the risk of your pet suffering from these diseases. It's an important step towards giving your pet a happy, healthy life.

PETS FOR ADOPTION

GEM is a young (9-months-old) energetic girl; she is sterilised, vaccinated, about 23kg and desperate for a home. She needs to go to dog school to learn some manners but will make a lovely dog. Please contact Kerry on 916731831



SNOOP born 2012, playful, no problems - just a great character. Medium-sized. Sterilised, micro-chipped and vaccinated. Please email: cadelacarlota.comp@gmail.com if you would like to meet him.



JACOB is a happy, outgoing dog, he is estimated to be about a year old, castrated, vaccinated and ready for his new home. If you are interested in this cheerful chap please contact Kerry on 916731831.

Wine and spirit t

High altitude wines are in, single cask whisky is a thing and magnums are big news.

We may have changed our drinking habits in recent years with millennials favouring quality over quantity, but there's still a deep-seated drinking culture and thirst for adventure, so the powers that be must constantly adapt to ever-changing tastes and trends.

The gin boom continues to be the gateway to cocktails, and wines with the wow factor are becoming increasingly accessible. So if you want to make sure your bar is well stocked and your wine rack includes a fantastic line-up of grape variety and diversity,

we've peered into our crystal ball, called-in the experts and predict these six trends will steal the spotlight...

The gin boom

"Looking back over my 50 years in the drinks industry, no single trend has excited me more than this current golden age for gin and cocktail culture that we are experiencing," says Desmond Payne, master distiller, Beefeater Gin. "When it comes to what happens next, the millennial drinkers of 'Generation X' are seeking out new flavours and taste



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rends to watch out for

Photo: PA Photo



experiences, just as they have done with food. In 2018, I expect to see gin-makers, from the artisan level up to the big brands, getting increasingly innovative with the botanical and flavour profiles they create."

Cocktail and food fusion
"Bartenders have been using technology and techniques borrowed from the kitchen for a while, but there's so much overlap, we're seeing chefs learning from bartenders," says Ryan Chetiyawardana (aka the cocktail king), co-owner of CUB.
"The conjunction of cocktails and food is gathering a lot of momentum and the increase in demand for quality food and drinks experiences has helped us create our set menu. "It includes concoctions like our Krug Champagne, water jelly and spiked herbs cocktail, and a sloe gin, pickled plum and preserved gooseberry medley. The drinks are served as

distinct courses in the meal, with a seamless flow between drinks and dishes."

High-altitude wines
Winemakers prize vineyards at high altitude, with prime spots such as the foothills of the Andes - renowned for their intense sunlight, dramatic temperature shifts and excellent drainage - all contributing to producing top quality wines. And wine lovers are increasingly fascinated by the 'story' behind what they're drinking - even the altitude at which the grapes were grown. As a result, producers are stamping it on their labels, indicating they've braved the elements to produce an exceptional wine. The trophy for best Malbec in the world at the International Wine and Spirits Competition (IWSC) 2017 was awarded to Viniterra Single Vineyard Malbec 2015 - grown 1,020m above sea level.

Bigger = better
Magnums are big news. "We've seen a 378% increase in year-on-year sales of super-sized bottles," says Richard Weaver, buying director at Majestic. "Roses and house reds in 1.5 litre measures are proving particularly popular for weddings and parties, where a big celebration warrants big bottles." Wines in magnums also take longer to reach their optimum drinking age, which adds to the intensity, making them the connoisseur's choice for premium wines. So expect BIG things for 2018.

Eastern Europe wines on the up
Eastern European wines have been steady ships on the choppy waters of dismal European harvests and Brexit-related supply blues. Initial reports suggest Hungary's harvest is down only 3% (compared to an EU-wide average drop of 14%), whilst Romania is looking

at a 60% harvest increase. So your mid-week bottle may increasingly originate from Hungary or Slovenia.

Single cask whisky
The rise of gin is helping drive interest in other premium spirits such as single malt whisky. According to the Scotch Whisky Association (SWA), single malt topped £1bn worth of exports for the first time in 2017. "Whisky drinkers are becoming increasingly adventurous and actively seeking out new flavours, tastes and experiences, and that's seeing a demand for rare and unique products like single cask whisky," says Euan Campbell, spirits manager, the Scotch Malt Whisky Society (SMWS). "Whisky bottled direct from a single cask at an unusual age is so different to the standard bottles you can buy off the shelf, and that point of difference is what many people are looking for," says Euan.



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Are we killing birds with kindness?

We want to feed birds through winter, but we may be making some mistakes in our methods. The RSPB offers 3 tips on what not to do.



There are some things we shouldn't be doing, which can risk a bird's health, and in some cases lead to death. (Photo: Nigel Blake/rspb-images.com/PA)

We all know we need to keep bird feeders and baths topped up over the winter months to ensure our winged friends weather the storm of winter.

But there are some things we shouldn't be doing, which can risk a bird's health, and in some cases lead to death. Here's the RSPB's advice on what not to do.

Don't put out fat balls in netting

Fat balls may be a great energy source for birds, but not when they're housed in nylon netting, which is often used for easy hanging but can end up trapping birds' feet or beaks, leading to injury or even death. If you buy fat balls, remove them from any nets and put them in a safer, bespoke hanging feeder, or leave them loose on a bird table.

Don't give them food poisoning

Foods to avoid which are dangerous for birds include cooking fat from the roast, or turkey mixed with meat juices during cooking to make a runny, greasy mixture.

This sticks to feathers and stops them from being waterproof. It is often full of salt too, which is toxic to birds. Other foods to avoid are dessicated coconut, which may swell once inside a bird and cause death, and cooked porridge oats or milk, which can damage a bird's gut.

Don't put out too much food

If food turns mouldy or stale on your bird table, you are probably putting out too much for the birds to eat in one day. Many moulds are harmless, but some can cause respiratory infections in birds, so it's best to be cautious and avoid mouldy food entirely. Always remove any stale or mouldy food promptly, as it provides a breeding ground for parasites and bacteria.

Keep bird tables, feeders and surrounding areas clean, washing them regularly (ideally, using a 5% disinfectant solution) and move feeding stations to a new area every month to prevent droppings accumulating underneath.

Paint a room like a pro

Determined to get that fresh lick of paint on once and for all? Follow Richard Burr's step-by-step guide.

So, a weekend's coming up when you've got nothing planned - time to decorate that room you've been putting off for ages. Most people spend months or years planning to decorate rooms in their houses and never get around to it. The reasons are all fairly similar - the room is too full to work in, they haven't got all the right equipment or they don't know where to start. But if you're stuck in a bit of a rut with rooms in your house, don't worry - I've got you covered with my top tips for decorating a room...

8 things you will need for decorating

1. Plastic sheeting
 2. Masking tape
 3. Light sandpaper
 4. Screwdrivers to take down wall hangings
 5. 4" paint brush, 2 x 2" paint brushes, roller and roller tray
 6. Stepladder
 7. Paint
 8. Undercoat and topcoat for the woodwork
- When it comes to choosing paint, the choice is endless. Many stores can mix up any precise colour you like. You can take in an item and they'll scan and colour-match it for you or you can choose one off the shelf.

To work out how much paint you need, calculate the area of your ceiling and walls, and remember you'll

be doing two coats. A 5L tin covers about 50m², but this can totally depend on the thickness of your paint, so check the back of the tin. I'd recommend using acrylic undercoat and top coat, as it has a quicker drying time and less fumes.

Do not use an oil-based

and an acrylic paint together.

If you use an oil-based paint, you'll need

white spirit. Everything else

washes off with water.

Preparation is everything

when it comes to painting

There is no point walking

into a room, cracking open

a tin of paint and slopping it

over all the exposed sur-

faces you can see. You

need to prep - this takes a

few hours, but will make

the whole job easier,

cheaper, better and, most

importantly, you won't spill

paint all over the sofa. If

you're doing this over a

weekend, I'd recommend

doing as much of this prep

on the Friday night, so you

have more time to paint on

the following days.

Start by moving all the

heavy stuff (sofas, beds,

bookshelves, TVs) in the

room into the centre, leav-

ing at least a 30cm gap

between your furniture and

your walls all around. Next,

take down any curtains,

blinds or nets and lay these

on the furniture. Now lay

any wall hangings, pictures

and light shades on your

curtains, and cover the

whole thing up with plastic

sheeting. Try to avoid cot-
ton or twill sheeting - this
won't keep dust out or big
blobs of paint (if you drop
any).

With your valuables cov-
ered up, it's time for a bit of
sanding. Using 80-grit
sandpaper, lightly rub all
your woodwork - the skirt-
ings, architraves and
doors. Make sure to rub
only the face of the door
that looks into the room,
unless you're planning on
decorating the hall too.
Once all the sanding is
done, get the vacuum
cleaner out and give every-
thing a thorough clean,
making sure not to miss the
tops of the doors, archi-
traves and skirtings. You
may need to clean the
woodwork with a damp
cloth and some wash-
ing-up liquid. I'm not judging
you on your cleanliness,
but some rooms can be
greasy and paint doesn't
stick to grease.

Now you are cleared,
sanded and cleaned, it's
time for the masking. Use
50mm decorators' tape to
mask where your floor
meets the skirting boards.
Whether your floor is car-
peted or smooth-surfaced,
it is a good idea to do this,
as it stops drips and saves
you from having to cut-in
the paintwork against the
floor (painting a straight,
neat line around the
boundary and then 'colour-
ing in' inside the lines). If
you are planning on paint-
ing around wooden win-
dows, you can mask these
up too - it takes ages, but
saves much more time in
cutting-in and scraping

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Most people spend months or years planning to decorate rooms in their houses and never get around to it.
(Photo: PA Photo)

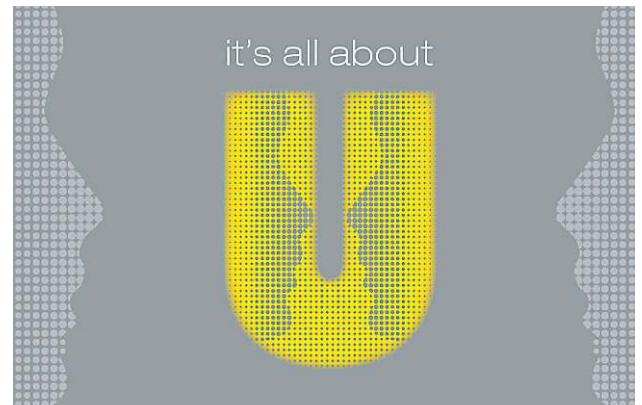
paint off of glass. With the masking all done, all you need to do is put plastic sheeting on the floor (you can cut a large plastic sheet into long wide strips with scissors - this will make it a lot more useful) and after all that, you're finally ready for the fun stuff! Start painting at the top and work down. Paint the ceilings first - that way any drips or spots will not muck up other bits you've already done. Use a 4" brush to paint around the top edge of your ceiling. If you're painting the walls later, you don't need to cut this ceiling paint into them, as you'll be painting over the top. Once you've painted around the edges of the ceiling, use the same brush to cut in around any lights you have. With the edges still wet with paint, use a roller to put the first coat on the ceiling. Pour some of your paint into your roller tray and begin painting. Start in the

corner of the room and work outwards from there, painting in small sections and always rolling back into your wet work. Once the first ceiling coat is done, wrap the roller in a plastic bag and start under-coating the woodwork. To undercoat, take your 2" brush and start painting the skirting. Because you haven't put any paint on the walls yet, you can coat the woodwork with no need to cut-in - this will make the work go much faster. Once the undercoat is done, your ceiling should be dry enough to lay on your second coat. Use your 4" brush again to paint the edges of the ceiling, and then roller the rest. Wash the roller out and leave it to dry. You now have an hour or two to go outside and get some fresh air before you start the final stretch. When your undercoated woodwork has dried, you can start painting the walls. Working on one at a time,

use the 2" brush to cut-in the line between the walls, woodwork and ceiling. Once one wall is fully cut-in (including around the light switches, sockets and any wall-mounted light fittings), pour some paint into the well of the roller tray and start painting the wall. Start in one corner and roll up and down (rather than side to side), making sure you cover a roller width of the wall fully from top to bottom before moving on to the rest of it - this way, you'll always have a wet edge of paint to roll onto, which will reduce your chances of having any streaks. Once you've finished rolling one wall, repeat the cutting and rolling process for every other wall in the room. Depending on how fast you are at painting, or how big your room is, by the time you've painted all the way around your room, the wall that you started on should be dry, or at least nearly dry. Once it is, you can paint on your second coat in the same way as you did the first. Then, clean out your brushes and roller before the paint dries on them. Now for the last bit of painting. Use some fine sandpaper to lightly brush any imperfections off your undercoated woodwork - don't rub too hard or you'll go through the undercoat and have to repaint it. Whichever topcoat you

choose for your woodwork, be aware that it is most likely to drip easily - drips that will show on your finished job - so be careful not to load too much paint on your brush. For the last coat, use a 2" brush on the woodwork. Paint the architraves and skirting boards first, remembering to keep an eye on the paint you've recently applied - you can use your brush to wipe away drips you might not have noticed earlier on, if your paint is still wet. Lastly, paint the door. Paint the mouldings around the panels first, then the panels themselves, then the broad strips of wood that make up the rest of the door. Brush the paint in the same direction as the grain of the wood (this will be easy to see if you look closely at the door). Leave this final coat of paint to dry fully (usually overnight) before peeling off all the masking tape and rolling up all of your plastic sheeting. After having protected your room for all this work, your plastic sheets will be in pretty poor condition, so roll them in on themselves to contain all the dust, paint and rubbish, and put them straight in the bin. Put back all wall hangings, curtains and light fittings and rearrange all the furniture, before flopping onto the sofa for a well-earned cup of tea. TPN/PA

Ucrisis centre



Offering a unique and much-needed service to the community, local and global, U is a specialist crisis centre, that aims to help people from all walks of life to work through personal crisis and enabling them to move on with their lives. Working to U's unique philosophy, their team of qualified and experienced specialists work with individuals going through normal life crisis, collaborating with them to recognise their normal reaction to crisis and to discover what will work best for them to overcome it. U says it offers an alternative to standard practice, recognising that it's totally normal to have a life crisis. Working to the principle of "It's all about you", their team is geared towards helping people going through crisis to map their own personal route out of it, relying on each individual's expert knowledge of themselves and their interpretation of their crisis to locate their own unique plan. Working beyond the standard suggestion that counselling is the answer, while never discounting counselling as the right plan for some, together, centre specialist

and client, this new service works at deciphering what might work best for them, what plan of action would help them in particular to take control of their life and work their way out of their crisis.

This unique and individual plan could involve something creative, something physical, something cultural, anything that might be personally enriching to that particular person.

It could indeed involve talking to someone about their feelings, but it could just as easily be taking a hike through the mountains, learning to dance, disappearing into nature, or taking time for reflection.

Whatever the plan, the individual, with the help of U, will then attempt to outline the exact contours. U says its role is then to realise the different elements of this plan, and create a bespoke package, both for people living locally and for people arriving from outside the Algarve.

Together, a route is mapped out of the crisis, allowing people to retake control.

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Plain sailing in Bali



**Mount
Bromo on
Java.
(Photo:
PA Photo)**

My old nautical namesake Christopher Columbus would have cheerfully sent me down the gangplank had he seen my first feeble attempt at seamanship. I'm a little over half way up to reaching the first of two crow's nests on the majestic Star Clipper sailing ship, some 40 feet from the gleaming, polished deck, when vertigo suddenly takes hold. I cling on to the ladder as sweat seeps from my forehead into my eyes, and my legs start to tremble on the ropes while the ship gently sways from side-to-side off the Bali coastline. Like a fool, I peer upwards and see the flag of Indonesia fluttering against the cloudless sky, a mass of ropes cascading down from one of the tallest tall-ship masts in the world at 213 feet, and then down to the sea of faces of fellow guests peering up at me. What made me want to attempt such a challenge on my first voyage on the Clipper, a larger version of the ship that Columbus

sailed on to discover far-off lands, is beyond me. Perhaps it's because I am caught up in the spirit of the week-long adventure, which has drawn passengers from all corners of the earth to visit these Indonesian islands. It brings a whole new meaning to Bali Ha'i, the Rodgers and Hammerstein song from the 1950s film classic South Pacific that helped bring the region to the world's attention. I gingerly make my way down the ladder and am greeted with a comforting smile from my wife, Carole. But the wind is swiftly taken out of my sails when a sprightly 84-year-old slips into the harness and makes her way fully up to the crow's nest, from where she waves to her party of fellow Americans and is royally cheered. Marilyn Franey seems to encapsulate the friendly, can-do attitude that is prevalent among the 102 guests and 75-strong crew. Many are regular cruisers who love the intimacy of the three-strong tall ship Clipper fleet, the

relaxed attitude to dressing up at meal times and the chance to visit small, uncrowded islands - on this occasion the palm-fringed Gili islands, plus neighbouring East Madura, Java and Lombok. It's a relatively harmless way to sample the delights of volcanic hotspot Bali, whose tourism numbers have been severely depleted since Mount Agung first erupted in November last year. Three months on, dark volcanic ash continues to spew from its crater, but it's anyone's guess if a major eruption will occur and a 6.5-mile safety exclusion zone remains in place. At dinner, excited chatter swiftly turns to the evening sailaway. All the guests on our table of eight have already experienced it on either of the sister ships the Royal Clipper or the Star Flyer, and all confess to shedding an emotional tear. "If you don't get a lump in your throat when those sails go up and that music starts, you have no romance in your heart," says the weathered Aussie opposite me. "This is

proper sailing - it's a beaut." With cool beer in hand, I make my way up to the top deck via the mahogany and polished brass staircase where I am greeted by a warm breeze and star-filled sky. Smartly turned-out deckhands busy themselves around the four towering masts and wait for commands from Polish skipper, Mariusz Szalek. Then the drama begins. "Main sail, release!" comes the command. "Released, captain," replies the deckhand. Rope holding some of the 36,000 square feet of sails is loosened and slowly the main sail rises. As it does, the haunting sounds of Vangelis' Conquest Of Paradise - music written to commemorate Columbus' voyage to the New World in 1492 - breaks out from speakers dotted along the deck. Other sails swiftly follow up into the night sky and I'm hit by a wave of warm sea air as the huge ship suddenly takes off. It's a breathtaking scene and I, too, am feeling slightly emotional. Admittedly, sleeping on a proper sailing ship takes a little getting used to - even on the calm waters of the South Pacific - and Carole is spooked when a small wave hits our porthole as she opens the curtains one morning. But after a few days, I relax - and even start hoping for bigger waves to see how the ship really performs. My confidence stems from the calm, easy-going manner and charm of the Polish skipper, who tells guests at the introduction meeting how he had safely navigated the Clipper in 60-knot winds and found the vessel easily up the task. "I'd love to show you what it's like when the ship is tilted right over," he says with a glint in his eye. "But the waters are very calm here, so it won't be

happening this week." After a full day's sailing we stop off at Giligenteng Island, one of a number of specks of palm-fringed islands, for a spot of snorkelling over the coral reefs and some water-skiing. More culture-driven types head for East Madura (excursion, £51) to visit the Kraton Sumenep Palace and an ancient mosque. There are other trips to Probolinggo, Java Island (a fishing port), Lovina Beach on Bali (a black, sandy beach resort), Senggigi Beach, Lombok Island (a bustling beach resort with a great vibe) and Gili Sudak on Lombok Island (a private resort on a beautiful sandy beach, lapped by turquoise waters).

The highlight of the week is an excursion to Mount Bromo on Java (£146), home of the Gunung Bromo volcano - named after Brahma, the Hindu creator and part of the Tengger Semeru National Park.

After a two-hour journey by motor coach, jeep and then pony, we wind our way up the 250 concrete steps to the edge of the crater and are overwhelmed by the nauseous, pungent smell from the sulphurous smoke and unnerving loud noise from the volcano's lava.

We feel like we're in the eye of the so-called Pacific Ring of Fire, named after the volcanic belt covering 25,000 miles of seismic activity.

It's a relief to be able to return to the safety of the ship's tropical bar for a deserved sundowner and to share our experiences with new-found friends.

That evening, my wish for a bigger sea is granted and I am quickly rocked to sleep.

Being on board is perhaps the safest place to be after all.

TPN/PA



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How diabetics can keep their feet happy



Keeping your feet healthy as a diabetic is essential. There are many things a diabetic can do to keep their feet in good shape while also improving circulation and preventing problems before they occur.

What is Diabetes?

Diabetes is a condition in which the amount of glucose (sugar) in the blood is too high because the body is unable to use it properly. This is because insulin is lacking, or the body's way of converting glucose into energy is not working properly. There are two common types of diabetes: Type 1: is a congenital disease where people with type 1 diabetes can't produce insulin in the pancreas and need insulin injections to survive. Type 2: is the most common type of diabetes, and is usually a result of hereditary factors and lifestyle risk fac-

tors, like poor diet, insufficient physical activity and being overweight.

How diabetes can affect your feet

Your feet are supplied with blood to keep them healthy. They also have lots of nerves that act as a communication and warning system. For example, if you have a stone in your shoe, the nerves in your foot will send a message to your brain letting you know they are in pain or discomfort. If your diabetes is poorly controlled for a long period of time this can lead to nerve damage. Nerve damage may mean that you no longer notice a

stone in your shoe, due to loss of feeling in your feet. This can result in an injury or wound you can't feel and possibly an infection. If you have poor circulation, any injuries, wounds to your feet such as cuts, burns or blisters will take longer to heal. Many foot problems in people who have diabetes occur when injuries and wounds, as well as infections go unnoticed and untreated, or when healing is delayed due to poor circulation. This can result in serious ulcers and in severe cases amputation of parts of the foot. Your podiatrist will examine your circulation by

measuring foot pulses. They will also examine your nerve sensation by testing pressure sensitivity, vibration and reflexes, amongst other tests which may be considered necessary. Podosaúde Sul is a Podiatry Clinic equipped with the technical and human resources to treat the different foot pathologies, including Diabetic Foot. For further information contact Podosaúde Sul. Call 282 429 154, email geral@podosade.pt or visit them at Urb. Quinta da Horta, Praceta da Malata, Edf Oceano, Lt 5, Lj B. 8500-549 Portimão

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The newest superfood on the block

Bursting with antioxidants, protein and all nine essential amino acids, moringa is finally getting the attention it deserves, writes Robert Picheta.

A new superfood trend seems to come along every other week - but there's good reason to believe you shouldn't be so sceptical of this newest foodie fad.

It's got a snappy name - Moringa - and nutritionists are crediting it with just about every health benefit under the sun, so it's a mystery that we haven't woken up to it previously. But wellness fanatics are finally starting to catch on. Here's what you need to know about it:

Moringa is a tree that grows in dry climates across Africa and Asia. It's also known as the Drumstick Tree for its shape, or the Horseradish Tree for the taste of its roots, and thousands of the plants are scattered across the foothills of the Himalayas. Its pods, bark and even twigs have been cooked and eaten for centuries, but the

powder, made by grinding its leaves, is what's started sending health addicts into a frenzy.

Brands including Aduna and food bloggers like Madeleine Shaw have been using it in smoothies and salads, and its use in beauty products is on the rise. But what makes moringa so moreish? It's unusually rich in protein - in fact, it contains all nine of the essential amino acids. It packs more protein than virtually any other plant-based product, and is richer in amino acids than whey protein, so is increasingly being incorporated into fitness regimes. And if you find yourself low on energy during the day, moringa's high iron levels might be what you need.

Fiona Hunter, nutritionist at Healthspan, explains: "In traditional medicine, moringa is used to treat

'tired blood' and a lack of energy, a result of its high iron content. Lack of iron in the diet reduces the body's capacity to make red blood cells and is a very common nutritional problem". In fact, one in four women in the UK have been found to have low iron levels, and tiredness and lethargy are common consequences. Moringa is also bursting with vitamins. It contains good levels of thiamin, which helps with the release of energy, and riboflavin, which keeps skin healthy. It's also rich in Vitamins C and E, meaning incorporating it into your diet is supposed to help boost your immune system and keep your bones strong.

Hunter adds: "Moringa leaf powder contains a number of phytochemicals including quercetin and chlorogenic acid, and studies show taking the powder regularly can boost levels of antioxidants in the blood." When it comes to taste, Naomi Buff of Naomi's Kitchen says: "Unlike other green superfoods, it doesn't



A leafy Moringa plant. (Photo: PA Photo)

have a strong, overpowering taste." Its subtle, slightly spicy flavour is reminiscent of spinach, making it a natural addition to smoothies and juices - which explains why so many brands are jumping on it. Foodies are experimenting with moringa increasingly too. Why not make your own moringa latte, using the powder stirred through coconut milk, with a little raw honey? Or sprinkle some moringa into your oats and cook up healthy moringa porridge for breakfast? You can even treat your sweet tooth with

moringa and cocoa chocolate-chip cookies. It's versatile, tasty, and jam-packed with vitamins and amino acids, and nutritionists insist it will keep you



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Porches highlighting accessibility



Summer Atlantic ocean coast view with rock formations at Porches where ramblers and scramblers are to be seen throughout the year.

Lagoa Municipal Câmara have demonstrated their continued commitment to creating an accessible environment by highlighting needs in the Porches area of the region.

As part of an Open Presidency programme, which took place in Porches between 22 and 24 January, officials from the local council visited various areas of Porches to identify areas which required attention at a social, urban and cultural level over the next four years.

While issues such as requalification of shared spaces, improvement of fishing facilities and water supply were all high on the agenda of the council, so too was the need to improve accessibility.

A statement from the council said: "The visit began on Rua Direita and addresses problems sur-

rounding requalification with council members examining the possible solutions addressing costs and availability in the parish for the requalification of buildings and degraded spaces as well as the need to implement the urban mobility project promoted by the municipality."

accessible



Used with kind permission of the artist José de Guimaraes

Portugal

LETTERS

SIR, As a winter visitor to the Algarve my experience in trying to obtain health care under the EHIC system was very poor. Under recent changes access to local Centro de Saúde is now virtually impossible for non-Portuguese residents so one is reduced to attending Faro A&E. I was suffering a sinus infection so needed antibiotics, after about four hours waiting I was actually further down the waiting list than when I first signed in. I then gave up and was forced to go private in order to get treatment at a total cost of nearly 80 euros, just to obtain one week's worth of medication.

I was under the impression that EU citizens, under the EHIC system, were to be entitled to the same treatment as that available to residents of the appropriate country, this clearly does not apply to UK citizens whilst in Portugal as my recent experience demonstrated quite clearly.

Reading quite recently in your paper that revenue from winter visitors now exceeds that from the peak season arrivals, it makes one wonder if Portuguese health care authorities really realise the financial gains we supply to the Algarve's economy and if not, then perhaps it is about time that they did.

On a personal level, staying in your country for an extended period, on cost grounds, precludes taking out private health cover for a service to which I should be entitled under EU rules but am effectively unable to obtain. For myself this lack of access to your state health care is a prospective major problem and will probably preclude my spending next winter here. This is a great shame as I love the Algarve, Portugal and its people. I have made many friends here and will miss them and spending the winter months in the sun.

STEPHEN PARSONS, by email

What is your experience?

There are many positive examples of how Portugal is working to become accessible for all, as well as negative experiences, and we would like to hear about them.

The Portugal News is working to highlight Accessible Portugal and we want to hear about all the best examples from businesses, associations and entities, while if you have had a poor experience then we may be able to help to encourage change for the better.

Whatever your needs, accessibility is an essential for everyone and we hope to work together to make Portugal Accessible for all.

Contact us by emailing access@theportugalnews.com

SIR, I have travelled extensively in Portugal by (infrequent public transport). When I read the article titled 'Making Portugal accessible for all', I laughed for a couple of minutes. I still smile at the thought of the plea for stories or experiences to be shared with you. Just get out of your company's cars and take a bus or a train, beforehand strap up your knee so it is not so easy to bend (so making it difficult to climb the 3 steep steps up into a train carriage or an Eva bus).

Yours still smiling
PHILIP MORRIS, by email and back in the UK

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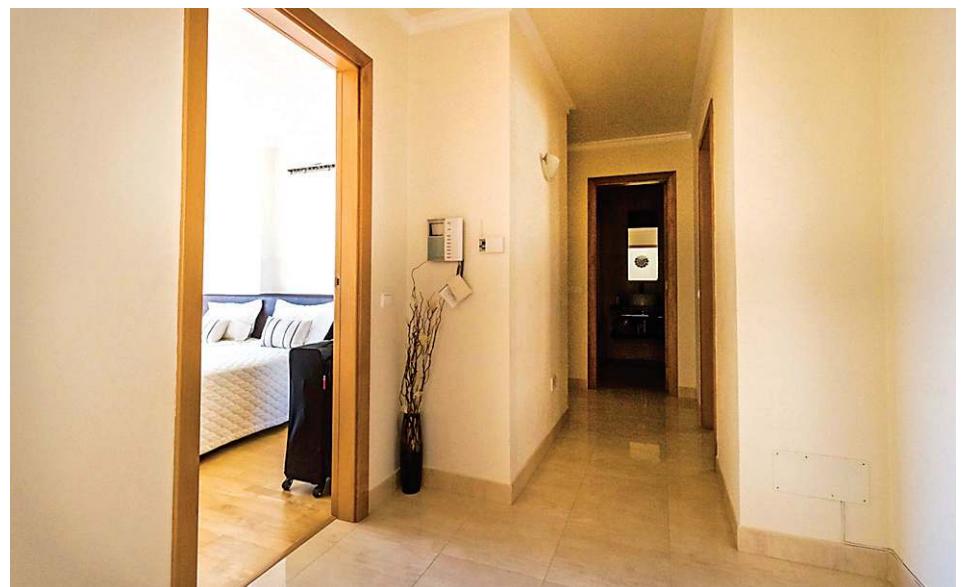
Electric gates open to the main entrance of the building and to the communal garage with private parking spaces for the owners. You can enter the apartment by elevator or by stairs. The front door opens into the hallway

with at the end a bright living/dining area with sliding doors onto the balcony. There are 2 good-sized bedrooms and a very nice family bathroom. Both bedrooms have built-in wardrobes and have access onto the balcony.

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Warm Winter Wishes

The Algarve's clear skies give us wonderful winter sunshine - but cold nights too. Damp can also be a problem in properties not built with winter insulation in mind, and such conditions can persist for 3-4 months. And whilst a roaring log fire makes for a seasonal Christmas, it isn't the most efficient way to heat a home. With festive expenses looming large, now may not feel like the ideal time to be investing in home-heating but, if you're feeling the cold, now IS the time to at least plan ahead. There are various energy-efficient solutions available to suit any Algarve home. The latest technology air conditioning systems offer highly efficient home heating / cooling and are easily installed, whether standard wall-mounted or floor-mounted units - the latter looking rather like radiators, and best-suited for heating (the warmth rising from a lower level). Water-based systems, such as radiators or underfloor heating, are effectively and cheaply driven by energy-efficient heat pumps. And for free hot water, there's no better investment than a system of solar panels - to take advantage of those clear blue Algarve skies!



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AMI 489

Mobile: 91 8788375

Tel: 289 315 333

sales@vendavilla.com

**VILAMOURA – SPACIOUS APARTMENT**

Apartment composed of 3 bedrooms, 2 bathrooms, lounge/dining room with fireplace, equipped kitchen and terrace. Garage, communal swimming pool and garden area. Const. area - 111 sq.m. ENERGY CLASS - E
Ref. A01640 Price: €270.000

**VILAMOURA – NEAR THE MARINA**

Located 5 mn from the Marina, apartment composed of 2 bedrooms, 2 bathrooms, lounge/dining room, fitted kitchen and terraces. Private outdoor parking. Partly furnished. Communal swimming pool and garden area. Const. area - 78 sq.m. ENERGY CLASS - E.
Ref. A01629 Price: €250.000

**VILAMOURA – FACING THE GOLF COURSE**

Beautiful villa situated next to the golf course, composed of 4 bedrooms, 3 bathrooms, living room w/fireplace, dining room, kitchen, storage room and laundry. Terraces, carport, BBQ, swimming pool and garden. Plot area-745 sq.m. Const. area-250 sq.m. ENERGY CLASS-D.
Ref. V12692 Price: €850.000

**VILAMOURA – EXCELENTE INVESTIMENTO**

Attached villa comprising 1 bedroom + 1 small bedroom, 1 bathroom, lounge/dining room, fitted kitchen, 3 terraces and barbecue. Storage in the attic. Communal swimming pool and garden. Plot area - 79 sq.m. Const. area - 55 sq.m. ENERGY CLASS - E
Ref. V12873 Price: €179.000



Sociedade de Mediação Imobiliária Lda.
AMI 6232

For detailed information, please visit our website:

www.landandhousesalgarve.com

www.landandhousesalgarve.de

Tavira: 281 320 281

Vilamoura: 289 301 294

**Near Vilamoura**

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

EC class: D
Ref: WGN Price: €730.000

**Near Loule**

3 bedroom villa, single storey property, rustic style, pool, large plot with vegetable gardens, fruit trees, bird pens, orchard, etc.

EC class: F
Ref: P-NNS Price: €580.000

WE ARE ACTIVELY LOOKING FOR QUALITY PROPERTIES TO SELL TO OUR INTERNATIONAL BUYERS IN ALL AREAS PARTICULARLY AROUND:

LAGOS, BOLIQUEIME, LOULE, ALMANCIL, VILAMOURA, SANTA BARBARA, MONCARAPACHO, Sta CATARINA, TAVIRA, PRAIA VERDE

**Parragil**

Spacious T3 townhouse, large living space, double garage, TV / games room, 3 large bedrooms on 1st floor, very good quality finishes, pool & garden.

EC class: C
Ref: HBS Price: €325.000

**Acoteias**

3 bedroom townhouse, corner property, fantastic rental potential, private garden with terraces, communal swimming pool, 1km from beach & golf.

EC class: F
Ref: ZRO Price: €220.000



★★★★★

www.cchomes.pt

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M. +351 938 713 680

info@cchomes.pt

**3 BED SEMI DETACHED HOUSE WITH PRIVATE SWIMMING POOL**

350.000 €

Build area: 139 m2
Location: Loulé
Ref: A14-157

**2 BED APARTMENT IN WALKING DISTANCE TO TAVIRA CENTER**

239.000 €

Build area: 138 m2
Location: Tavira
Ref: T4-007

**SEMI DETACHED 3 BED COUNTRY COTTAGE IN BOLIQUEIME**

295.000 €

Build area: 172 m2
Plot size: 1.100 m2
Ref: A20-024

**4 BED VILLA WITH SEA VIEW IN SANTA BÁRBARA**

450.000 €

Build area: 285 m2
Plot size: 1.282 m2
Ref: W1-038

**3 BED VILLA WALKING DISTANCE TO THE BEACH**

365.000 €

Build area: 249 m2
Location: Quarteira
Ref: A21-112

**ALMANCIL**

BESTHOMES, Soc. De Med. Imob., Lda
AMI 8490
Rua de Vale Formoso, 345
8135-148 Almancil
E-mail: almancil@era.pt
Tlf: (+351) 289 355 503
Website: www.era.pt/almancil



014170261 Price: 2.800.000€

Unique 4 bedroom villa with a privileged view over the sea. Let yourself be enchanted by this luxury property.

Vale do Lobo, Almancil



Ref. 014170252 Price: 790.000€

Villa situated in an incredibly beautiful area, on a hill overlooking the sea & Albufeira marina. It has 3 units that can be used independently. Albufeira



Ref. 014170178 Price: 730.000€

Charming 4 bedroom detached villa, located in a quiet area, country setting with privacy, just a few minutes from Vilamoura. Vale Judeu, Loulé



Ref. 014170221 Price: 450.000€

4 bedroom townhouse with modern finishes and good areas. In a quiet area, just 5 minutes from the beaches of Vale do Lobo and Quinta do Lago. Almancil center



Ref. 014170195 Price: 360.000€

A charming 2 bedroom villa with swimming pool, located in a privileged area, quiet, with good accesses, only 10 mins away from the beach. Vale Formoso, Almancil

mimosaventure
Real Estate Agency - Lagos Western Algarve
AMI 9140

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Abacoz

algarve

OUR PROPERTY OF THE WEEK:

REF: AV-424SM - LUZ

LOVELY TRADITIONAL 3 BED VILLA TOTALLY RENOVATED, IN A HUGE PLOT OF 8,520M², LARGE POOL & TERRACES, PRIVATE TENNIS COURT, GARAGE FOR 4 CARS, CLOSE TO BEAUTIFUL PRAIA DA LUZ AND BURGAU BEACHES!!!

ASKING PRICE: €695.000



IF YOU WANT US TO SELL YOUR PROPERTY, PLEASE CONTACT US ASAP!
OFFICE: MARINA DE LAGOS, NUCLEO GIL EANES, LOJA 18/19, LAGOS
TEL: +351 282 044 886 / MOB: 929 030 445



SCAN THE QR CODE TO GO TO OUR WEBSITE

Albufeira - Beautiful Panoramic View

With BREATHTAKING PANORAMIC SEA VIEW, modern style villa located on a hill, insert in a private condominium with communal garden and swimming pool. Consisting on 2 floors, on the ground floor of 1 bedroom with terrace with sea view, 1 bathroom, lounge/dining room with terrace with sea view, kitchen, laundry and pantry. Basement for storage and garage for 3 cars. 1st floor with 3 bedrooms en-suite



with large terraces with sea view. Located in a quiet area but just a few minutes from S.º Rafael, Albufeira and Galé beaches and from Algarve Shopping.

Energy Class - B
Price – 549.000 Euros
Ref. V12874
Vendavilla.com
Tel: 289 315 333
sales@vendavilla.com

Property Highlight



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

**Old Village – 2 bedroom apartment**

New on the market, a delightful apartment with 2 bedroom, open lounge and kitchen, enclosed terrace in the sort after Old Village Resort. Good as holiday home or investment. Must see.

Ref:FS140 Price:€235,000



AMI 10185

For more details, please visit our website or call in the office

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

**Vilamoura - 3 bedroom Detached Villa (Old Village)**

Location, location and location. Nice detached villa with private pool and garden. 3 good size bedrooms, 2 bathrooms, dining room, bright and airy lounge, fitted kitchen and secure parking.

Ref:FS131 Price:€595,000 ono



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rebecca@vendiciproperties.com

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AMI2913

**Two Bedroom End of Terrace Townhouse**

South facing with terrace.
Quinta do Lago / Vilar do Golfe

€295,000 Ref no: VSM555 Energy rating: D

Bedrooms	2
Bathrooms	2
Built area	110m ²
Plot area	0m ²

**3 Bedroom Villa in Ideal FRONTLINE Location**

South facing with private swimming pool.
Vale do Garrão

€745,000 Ref no: VCL367 Energy rating: C

Bedrooms	3
Bathrooms	3
Built area	189m ²
Plot area	620m ²

**Elegant 3 Bedroom Linked Villa**

With private swimming pool.
Vale do Lobo

€650,000 Ref no: VRN307 Energy rating: D

Bedrooms	3
Bathrooms	3
Built area	161m ²
Plot area	167m ²



AMI 13405

Diamond Properties Algarve
Rua Cardeal Neto 49, Boliqueime
8100-070, Loulé, Algarve.

Tel: 289 36 21 30

Mob: EN: 919 716 846 PT: 917 564 728

Email: DiamondP@mail.telepac.pt

www.DiamondPropertiesAlgarve.com



Property: Townhouse
Place: Parragil

Price: €360,000 Ref: 300

3 bedrooms, large lounge, balconies, private garage and shared pool with sea views. South facing. EC: D

Property: Apartment
Place: Vilamoura

Price: €360,000 Ref: 305

3 bedrooms, lift access, 3rd floor, garage and shared pool, 10 mins walk to Marina/Beach/Golf. EC: D



Property: Traditional Villa
Place: Paderne

Price: €375,000 Ref: 403

4 bedrooms, annex, private pool, garage and country views, hand-painted Portuguese tiles. EC: E



Property: Luxury Villa
Place: Boliqueime

Price: €1,350,000 Ref: 400

4 ensuite bedrooms, large private pool, cinema room, garage, south facing, stunning sea views. EC: D

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R. C. Brown

On the 3 January this year, new European-wide legislation called MiFID II came into force with the aim of significantly increasing investor protection. The main requirements of this new legislation are outlined below:

- A focus on correctly servicing client needs and ensuring investments are suitable to meet client objectives.
- A requirement to complete an 'assessment of the suitability' of the recommendations given to a client on an at least annual basis.
- A requirement to provide new clients with a breakdown of anticipated first year charges and those that they are expected to incur in subsequent years in advance.
- A requirement to provide existing clients with the actual charges incurred once a year both as a percentage of their initial investment and as a monetary sum.

This sum has to include all of the following: management fees, dealing commissions, transaction taxes (Stamp Duty, PTM Levy etc.), and any product transaction charges (initial charges/dilution levies) and any ongoing product charges (e.g. management charges on the underlying unit trusts or OEICs)

There will also be an increase in the level and frequency of client communication; it will be mandatory for client valuation packs to be issued on a quarterly basis.

In addition, all firms will also be required to inform clients, within 24 hours, if the overall value of the client's portfolio, as evaluated at the beginning of each reporting period, depreciates by 10% and, thereafter, at multiples of 10%.

These are major steps forward in invest-



Alan Beaney of R. C. Brown

tor protection but sadly most clients in Portugal will not benefit from this legislation as very few of the financial advisers operating in Portugal are subject to the MiFID II legislation.

In the small print in their adverts, you will see they are regulated to provide investment advice under what is called the Investment Mediation Directive (IMD), which provides none of the protections mentioned above and does not require a full breakdown of costs involved.

This piece of legislation was going to be superseded by a sister piece of legislation to MiFID II called the Insurance Distribution Directive (IDD) in February of this year but this was recently delayed until October this year.

The IDD whilst a step forward does not provide the same level of investor protection and disclosure as MiFID II does.

RC Brown operates in Portugal under MiFID II.

AIM to pick the right removal company for your removal



AIM Removals & Storage are fully aware that picking a removal company to look after your move can be a daunting task. Having looked after hundreds of families moving to and from Portugal over many years we guarantee to:

- Visit you at home to survey the items that you plan to take with you.
- Provide a free written quotation and offer guidance to help you plan your move.
- Wrap and pack your items if required or be able to supply you with the correct materials if you wish to do this yourself.
- Produce a full inventory of the items for shipment.
- Provide full optional insurance cover.
- Transport / ship your goods to your new residence.
- Unload and unpack and take away surplus packing materials.

For international shipments overseas we will:

- Load your household effects into a steel customs approved shipping container.
- Arrange export customs clearance in Portugal.
- Arrange full shipment of the container to the nearest port of your destination.
- Appoint an agent at destination who will be your representative for Customs Clearance and will arrange a preferred delivery date with you.
- Professionally deliver and unwrap items at destination.
- Collect the surplus packing materials.

AIM Removals & Storage have been awarded membership of the BAR (British Association of Removers) and are committed to a quality service.

Giants Windows – Leading specialists in glass systems, windows and doors



Enjoy the benefits of exceptional windows, doors and glass systems without losing any of the view with the Giants Windows team.

Giants Windows is the only company in Portugal manufacturing and installing the Sunflex aluminium system SF 35. This advanced system will ensure that your property is insulated with double glazing, without destroying your beautiful views.

The Sunflex SF 35 is the only aluminium system with double glazing using 4cm vertical profiles. Not only are the thin profiles ideal for maintaining views, the system allows for bottom tracks to be level with the floor, while clients are also able to choose exactly how doors open; either to the left or right, inwards or outwards, depending on their needs.

Franz Adebahr and Katja Paweletz and their team are all qualified German window technicians with more than 30 years of experience in the window industry.

Established in 2007, Giants Windows offers a wide range of solutions to enclose balconies and terraces or to create sliding divisions between rooms. Adding windows and glass solutions to a home can increase the usable space of a property, especially in the winter months when terraces are often left unused.

Giants Windows also sells PVC windows to German specifications, insect protection systems, roller shutters and aluminium shutters.

The company also has a range of security front doors to help keep you safe in your home while also solving any problems you may have with your doors.

This Week's profiles:



R. C. Brown

For further information, Tel: (+351) 707502535, email: enquiries@rcbim.pt or visit: www.rcbim.pt



Giants Windows

For more information, Tel: 289998050 / 911199888, email info@giantswindows.com or visit: www.giantswindows.com



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SATURDAY 10/02/18**BBC One**

- 06.00 Breakfast.
10.00 Live Winter Olympics 2018.
12.00 Football Focus.
13.00 BBC News; Weather.
13.15 Live Winter Olympics 2018.
16.30 Final Score.
17.25 BBC News.
17.35 BBC Regional News; Weather.
17.45 And They're Off for Sport Relief.
18.25 Pointless Celebrities.
19.15 All Together Now.
20.20 Casualty.
21.10 BBC News; Weather.
21.30 Hard Sun.
22.30 Match of the Day.
23.50 Live Winter Olympics 2018.
02.00 Live Winter Olympics 2018.

Channel 4

- 06.20 3rd Rock from the Sun.
06.45 3rd Rock from the Sun.
07.10 The King of Queens.
07.35 The King of Queens.
08.00 Everybody Loves Raymond.
08.30 Everybody Loves Raymond.
09.00 Frasier.
09.30 Frasier.
10.00 Frasier.
10.30 The Big Bang Theory.
11.00 The Big Bang Theory.
11.30 The Big Bang Theory.
12.00 The Simpsons.
12.30 The Simpsons.
13.00 The Simpsons.
13.30 Come Dine with Me.
14.30 Coast vs Country.
15.30 A Place in the Sun.
16.30 The Secret Life of the Zoo.
17.35 The Supervet.
18.30 Channel 4 News.
19.00 Great Canal Journeys.
20.00 Village of the Year Final with Penelope Keith.
21.00 FILM: Die Hard 4.0 (2007).
23.35 FILM: Ted (2012).
01.25 The Last Leg.
02.20 Hollyoaks.
04.25 Coast vs Country.
05.20 Location, Location, Location.

BBC Four

- 19.00 Sicily: Wonder of the Mediterranean.
20.00 Winter Olympics Extra.
21.00 Modus.
21.45 Modus.
22.30 The Fall: The Wonderful and Frightening World of Mark E Smith.
23.30 Top of the Pops: 1985.
00.00 Top of the Pops: 1985.
00.35 Rock 'n' Roll Guns for Hire: The Story of the Sideman.
02.05 Sicily: Wonder of the Mediterranean.
03.05 Close.

BBC Two England

- 06.00 Live Winter Olympics 2018.
10.00 Saturday Kitchen Live.
11.30 Mary Berry Everyday.
12.00 Live Winter Olympics 2018.
13.15 The Hairy Bikers' Mediterranean Adventure.
14.15 Escape to the Country.
15.00 Italy's Invisible Cities.
16.00 Nigel Slater's Middle East.
17.00 Dragons' Den.
18.00 Hugh's Wild West.
19.00 Winter Olympics - Today at the Games.
20.00 Dad's Army.
20.30 Grand Tours of Scotland's Lochs.
21.00 Charles I's Treasures Reunited.
22.00 FILM: The Young Victoria (2009).
23.35 FILM: Love Is All You Need (2012).
01.25 Weather for the Week Ahead.
01.30 BBC News.

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!: Be Cool, Scooby-Doo!
09.05 Scrambled!: Wishfart.
09.25 ITV News.
09.30 James Martin's Saturday Morning.
11.20 Dancing on Ice.
13.15 ITV News London;

SUNDAY 11/02/18**BBC One**

- 06.00 Breakfast.
07.35 Match of the Day.
09.00 The Andrew Marr Show.
10.00 The Big Questions.
11.00 Sunday Politics.
12.15 BBC News; Weather.
12.30 Live Winter Olympics 2018.
14.30 Live Six Nations Rugby Union.
17.00 Songs of Praise.
17.35 Celebrity Mastermind.
18.05 BBC News.
18.20 BBC Regional News; Weather.
18.30 Countryfile.
19.30 Still Open All Hours.
20.00 Call the Midwife.
21.00 McMafia.
22.00 BBC News.
22.20 BBC Regional News; Weather.
22.30 Match of the Day 2.
23.35 The Women's Football Show.
00.10 Live Winter Olympics 2018.

BBC Two England

- 06.00 Live Winter Olympics 2018.
09.15 Live Winter Olympics 2018.
12.30 Saturday Kitchen Best Bites.
14.00 Food & Drink.
14.30 Back in Time for Tea.
15.30 The Crane Gang.
16.30 Live Winter Olympics 2018.
18.00 New York: America's Busiest City.
19.00 Winter Olympics - Today at the Games.
20.00 South Korea: Earth's Hidden Wilderness.
21.00 Dragons' Den.
22.00 The Mash Report.
22.30 Live at the Apollo.
23.15 Cleverman.
00.10 Women's Six Nations Highlights.
00.40 FILM: The Deep (2012).
02.05 Sign Zone: Question Time.
03.05 Sign Zone: Holby City.
04.05 Weather for the Week Ahead.

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!: Be Cool, Scooby-Doo!
09.05 Scrambled!: Wishfart.
09.25 ITV News.
09.30 James Martin's Saturday Morning.
11.20 Dancing on Ice.
13.15 ITV News London;

Must See TV**Lost Cities of the Maya: Revealed
(Channel 4, Sunday 8pm)**

The Mayan civilisation is now sadly consigned to the history books, but its legacy resonates strongly within our own to this day - whether it's elements of architecture still found within Mexico and Central America, ancient prehispanic sites scattered throughout the region, or in the plotlines of Hollywood movies (for some reason we're preoccupied with misinterpreted Mayan prophecies of armageddon). This documentary utilises exclusive access to the results of a huge scientific research project to learn more about the ancient civilisation, revealing fascinating insights into a people who remained largely hidden within the jungles of Central America, and transforming everything we thought we knew about the Maya.

MONDAY 12/02/18**BBC One**

- 06.00 Breakfast.
09.15 Live Winter Olympics 2018.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 The Coroner.
15.00 Escape to the Country.
15.45 Get Away for Winter.
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.
19.30 Inside Out; BBC News; Regional News.
20.00 EastEnders.
20.30 Who Wants to Be a Bitcoin Millionaire? - Panorama.
21.00 Julius Caesar Revealed.
22.00 BBC News at Ten.
22.30 BBC Regional News and Weather.
22.45 Have I Got Old News for You.
23.15 The Graham Norton Show.
00.05 Live Winter Olympics 2018.
04.00 Live Winter Olympics 2018.

BBC Two England

- 06.00 Live Winter Olympics 2018.
09.15 Animal Park Easter Special.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under.
11.45 Heir Hunters.
12.15 Bargain Hunt.
13.00 Live Winter Olympics 2018.
20.00 Undercover in Premier Inn: Channel 4 Dispatches.
21.00 The World's Most Luxurious Airline.
22.00 First Dates Hotel.
23.05 Derry Girls.
23.40 Hunted.
00.40 World of Weird.
01.35 Ramsay's Kitchen Nightmares USA.
02.25 Obsessive Compulsive Cleaners.
03.20 Four Rooms with Sarah Beeny.
04.10 The Question Jury.
05.05 Coast vs Country.

Channel 4

- 06.00 Countdown.
06.45 3rd Rock from the Sun.
07.10 3rd Rock from the Sun.
07.35 Everybody Loves Raymond.
08.00 Everybody Loves Raymond.
09.00 Frasier.
09.35 Frasier.
10.05 Ramsay's Kitchen Nightmares USA.
11.00 Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Couples Come Dine with Me.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun: Winter Sun.
16.00 A New Life in the Sun.
17.00 Four in a Bed.
17.30 Extreme Cake Makers.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Undercover in Premier Inn: Channel 4 Dispatches.
21.00 The World's Most Luxurious Airline.
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02.25 Obsessive Compulsive Cleaners.
03.20 Four Rooms with Sarah Beeny.
04.10 The Question Jury.
05.05 Coast vs Country.

BBC Four

- 19.00 Beyond 100 Days; Weather.
19.30 Railways of the Great War with Michael Portillo.
20.00 Winter Olympics Extra.
21.00 Robert Rauschenberg: Pop Art Pioneer.
22.00 Mary Beard's Ultimate Rome: Empire Without Limit.
23.00 Chinese New Year: The Biggest Celebration on Earth.
00.00 China in Six Easy Pieces.
01.00 Top of the Pops: 1981.
01.35 Top of the Pops: 1981.
02.20 Robert Rauschenberg: Pop Art Pioneer.
03.20 Close.

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 James Martin's American Adventure.
15.00 Tenable.
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.

TUESDAY**BBC One**

- 06.00 Breakfast.
09.15 Live Winter Olympics 2018.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 The Coroner.
15.00 Escape to the Country.
15.45 Get Away for Winter.
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.
19.30 EastEnders; BBC News; Regional News.
20.00 Holby City.
21.00 Shetland.
22.00 BBC News at Ten.
22.30 BBC Regional News and Weather; National Lottery Update.
22.45 Sex, Drugs & Murder: A Year in the Red Light Zone.
23.30 Drugs Map of Britain.
00.05 Live Winter Olympics 2018.
03.00 Live Winter Olympics 2018.

BBC Two England

- 06.00 Live Winter Olympics 2018.
09.15 Animal Park Easter Special.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under.
11.45 Heir Hunters.
12.15 Bargain Hunt.
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09.25 The Jeremy Kyle Show.
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12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
13.55 ITV News London; Weather.
14.00 James Martin's American Adventure.
15.00 Tenable.
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.

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13/02/18

- 19.30 Save Money: Good Food.
 20.00 What Would Your Kid Do?
 21.00 Trauma.
 22.00 ITV News at Ten; Weather.
 22.30 ITV News London; Weather.
 22.45 Girlfriends.
 23.45 Sunday Night at the Palladium.
 00.35 Jackpot247.
 03.00 Loose Women.
 03.50 ITV Nightscreen.
 05.05 The Jeremy Kyle Show.

Channel 4

- 06.00 Countdown.
 06.45 3rd Rock from the Sun.
 07.10 3rd Rock from the Sun.
 07.35 Everybody Loves Raymond.
 08.00 Everybody Loves Raymond.
 08.30 Frasier.
 09.00 Frasier.
 09.35 Frasier.
 10.05 Ramsay's Kitchen Nightmares USA.
 11.00 Undercover Boss USA.
 12.00 Channel 4 News Summary.
 12.05 Couples Come Dine with Me.
 13.05 Posh Pawnbrokers.

- 14.10 Countdown.
 15.00 A Place in the Sun: SummerSun.
 16.00 A New Life in the Sun.
 17.00 Four in a Bed.
 17.30 Extreme Cake Makers.
 18.00 The Simpsons.
 18.30 Hollyoaks.
 19.00 Channel 4 News.
 20.00 Joe Wicks: The Body Coach.
 21.00 24 Hours in A&E.
 22.00 The Sex Robots Are Coming.
 23.05 Before We Die.
 00.20 My Millionaire Migrant Boss.
 01.15 Ramsay's Kitchen Nightmares USA.
 02.05 The Supervet.
 03.00 Obsessive Compulsive Cleaners.
 03.55 The Question Jury.
 04.50 Location, Location, Location.
 05.45 Jamie's Comfort Food Bites.

BBC Four

- 19.00 Beyond 100 Days; Weather.
 19.30 Railways of the Great War with Michael Portillo.
 20.00 Winter Olympics Extra.
 21.00 The British Garden: Life and Death on Your Lawn.
 22.30 Tornado: The 100mph Steam Engine.
 23.00 Chinese New Year: The Biggest Celebration on Earth.
 00.00 Storyville: Love Is All: 100 Years of Love & Courtship.
 01.15 Top of the Pops: 1981.
 01.50 Stories from the Dark Earth: Meet the Ancestors Revisited.
 02.55 Tornado: The 100mph Steam Engine.
 03.25 Close.

WEDNESDAY 14/02/18**BBC One**

- 15.00 Tenable.
 15.59 ITV London Weather.
 16.00 Tipping Point.
 17.00 The Chase.
 18.00 ITV News London; Weather.
 18.25 Party Political Broadcast.
 18.30 ITV Evening News; Weather.
 19.00 Emmerdale.
 19.30 Coronation Street.
 20.00 Britain's Brightest Family.
 20.30 Coronation Street.
 21.00 Trauma.
 22.00 ITV News at Ten; Weather.
 22.30 ITV News London; Weather.
 22.45 UEFA Champions League Highlights.
 23.45 Car Crash Britain: Caught on Camera.
 00.35 Jackpot247.

Channel 4

- 06.00 Countdown.
 06.45 3rd Rock from the Sun.
 07.10 3rd Rock from the Sun.
 07.35 Everybody Loves Raymond.
 08.00 Everybody Loves Raymond.
 08.35 Frasier.
 09.05 Frasier.
 09.35 Frasier.
 10.05 Ramsay's Kitchen Nightmares USA.
 11.00 Undercover Boss USA.
 12.00 Channel 4 News Summary.
 12.30 BBC Regional News and Weather; National Lottery Update.
 22.45 A Question of Sport.
 23.15 Live at the Apollo.
 00.00 Live Winter Olympics 2018.
 04.30 Live Winter Olympics 2018.

BBC Two England

- 06.00 Live Winter Olympics 2018.
 09.15 Animal Park Easter Special.
 10.00 Homes Under the Hammer.
 11.00 Wanted Down Under.
 11.45 Heir Hunters.
 12.15 Bargain Hunt.
 13.00 Live Winter Olympics 2018.
 18.00 Eggheads.
 18.30 Great American Railroad Journeys.
 19.00 Winter Olympics - Today at the Games.
 19.00 Tom Kerridge: Lose Weight for Good.
 20.30 Trust Me, I'm a Doctor.
 21.00 Generation Gifted.
 22.00 Mock the Week.
 22.30 Newswight.
 23.10 Weather.
 23.15 Flatpack Empire.
 00.15 House of Saud: A Family at War.
 01.15 Sign Zone: Surgeons: At the Edge of Life.
 02.15 Sign Zone: The Hairy Bikers' Mediterranean Adventure.
 03.15 Sign Zone: Food: Truth or Scare.
 04.00 Sign Zone: Great British Railway Journeys.
 04.30 Sign Zone: Grand Tours of Scotland's Lochs.
 05.00 Weather for the Week Ahead.

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.
 13.55 ITV News London; Weather.
 14.00 James Martin's American Adventure.
 14.00 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.
 13.55 ITV News London; Weather.
 14.00 James Martin's American Adventure.

THURSDAY 15/02/18**BBC One**

- 18.30 ITV Evening News; Weather.
 19.00 Emmerdale.
 19.30 Plastic: Can You Live Without It? Tonight.
 20.00 Emmerdale.
 20.30 The Cruise: Return to the Mediterranean.
 21.00 Children Who Kill.
 22.00 ITV News at Ten; Weather.
 22.30 ITV News London; Weather.
 22.45 UEFA Europa League Highlights.
 23.45 Lethal Weapon.
 00.30 Plastic: Can You Live Without It? Tonight.
 03.25 ITV Nightscreen.

Channel 4

- 06.00 Countdown.
 06.45 3rd Rock from the Sun.
 07.10 3rd Rock from the Sun.
 07.35 Everybody Loves Raymond.
 08.00 Everybody Loves Raymond.
 08.30 Frasier.
 09.00 Frasier.
 09.35 Frasier.
 10.05 Ramsay's Kitchen Nightmares USA.
 11.00 Undercover Boss USA.
 12.00 Channel 4 News Summary.
 12.05 Couples Come Dine with Me.

BBC Two England

- 06.00 Live Winter Olympics 2018.
 09.15 Animal Park Easter Special.
 10.00 Homes Under the Hammer.
 11.00 Wanted Down Under.
 11.45 Heir Hunters.
 12.15 Bargain Hunt.
 13.00 Live Winter Olympics 2018.
 18.00 Eggheads.
 18.30 Great American Railroad Journeys.
 19.00 Winter Olympics - Today at the Games.
 20.00 Sea City - Sunderland.
 21.00 Generation Gifted.
 22.00 The Mash Report.
 22.30 Newswight.
 23.10 Weather.
 23.15 Dragons' Den.
 00.15 Sign Zone: Chris Packham: In Search of the Lost Girl.
 01.15 Sign Zone: Food: Truth or Scare.
 02.00 Sign Zone: MasterChef: The Professionals - The Finals.
 03.00 Weather for the Week Ahead.
 03.05 BBC News.

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 James Martin's American Adventure.
 15.00 Tenable.
 15.59 ITV London Weather.
 16.00 Tipping Point.
 17.00 The Chase.
 18.00 ITV News London; Weather.

FRIDAY 16/02/18**BBC One**

- 13.55 ITV News London; Weather.
 14.00 James Martin's American Adventure.
 15.00 Tenable.
 15.59 ITV London Weather.
 16.00 Tipping Point.
 17.00 The Chase.
 18.00 ITV News London; Weather.
 19.00 Emmerdale.
 19.30 Coronation Street.
 20.00 Love Your Garden.
 20.30 Coronation Street.
 21.00 Lethal Weapon.
 22.00 ITV News at Ten; Weather.
 22.30 ITV News London; Weather.
 22.45 Through the Keyhole.
 23.45 Take Me Out.
 00.45 Jackpot247.
 03.00 Alphabetical.
 03.50 ITV Nightscreen.

Channel 4

- 06.00 Countdown.
 06.45 3rd Rock from the Sun.
 07.10 3rd Rock from the Sun.
 07.35 Everybody Loves Raymond.
 08.00 Everybody Loves Raymond.
 08.30 Frasier.
 09.00 Frasier.
 09.35 Frasier.
 10.05 Ramsay's Kitchen Nightmares USA.
 11.00 Undercover Boss USA.
 12.00 Channel 4 News Summary.
 12.05 Couples Come Dine with Me.

BBC Two England

- 06.00 Live Winter Olympics 2018.
 09.15 Animal Park Easter Special.
 10.00 Homes Under the Hammer.
 11.00 Wanted Down Under.
 11.45 Heir Hunters.
 12.15 Bargain Hunt.
 13.00 Live Winter Olympics 2018.
 18.00 Eggheads.
 18.30 Great American Railroad Journeys.
 19.00 Channel 4 News.
 20.00 George Clarke's Amazing Spaces.
 21.00 Married at First Sight.
 22.00 The Job Interview.
 23.00 First Dates Hotel.
 00.00 One Born Every Minute.
 01.00 Joe Wicks: The Body Coach.
 01.55 Obsessive Compulsive Cleaners.
 02.50 Four Rooms with Sarah Beeny.
 03.45 China: Between Clouds and Dreams.
 04.45 Location, Location, Location.

BBC Four

- 19.00 Beyond 100 Days; Weather.
 19.30 The Sky at Night.

ITV London

- 20.00 Winter Olympics Extra.
 21.00 From Ice to Fire: The Incredible Science of Temperature.
 22.00 Wild Weather with Richard Hammond.
 23.00 Storm Troupers: The Fight to Forecast the Weather.
 00.00 How We Got to Now with Steven Johnson.
 01.00 Top of the Pops: 1982.
 01.30 Top of the Pops: 1982.
 02.10 From Ice to Fire: The Incredible Science of Temperature.
 03.10 Close.

BBC Four

- 19.00 World News Today; Weather.

ITV London

- 19.30 Top of the Pops: 1985.
 20.00 Winter Olympics Extra.
 21.00 The Story of Skinhead with Don Letts.
 22.00 Boogie Fever: A TOTP2 Disco Special.
 23.30 Bruno Mars: Live in Harlem.
 00.15 Top of the Pops: 1985.
 00.50 The Story of Skinhead with Don Letts.
 01.50 Boogie Fever: A TOTP2 Disco Special.
 03.20 Close.

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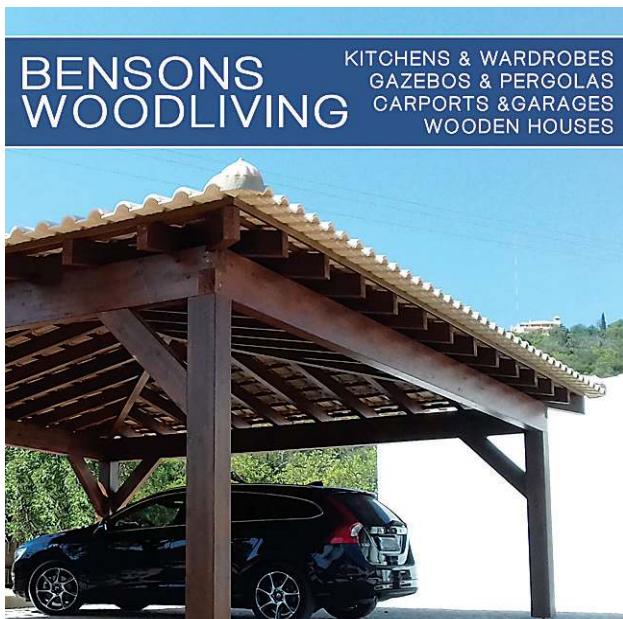
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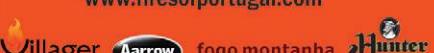
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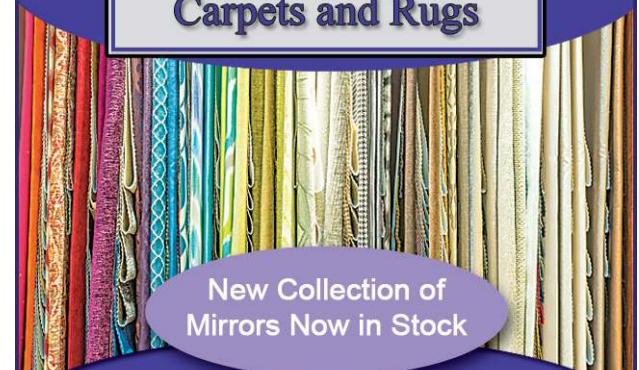
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Cinema

NEW THIS WEEK

Fifty Shades Freed Stars: Dakota Johnson, Jamie Dornan, Eric Johnson. *Genre:* Drama, Romance, Thriller. *Director:* James Foley. *Rating:* M/16. *Plot:* Believing they have left behind shadowy figures from their past, newlyweds Christian and Ana fully embrace an inextricable connection and shared life of luxury. But just as she steps into her role as Mrs. Grey and he relaxes into an unfamiliar stability, new threats could jeopardize their happy ending before it even begins.



Annette Bening, Julie Walters. *Genre:* Biography, Drama, Romance. *Director:* Paul McGuigan. *Rating:* M/12. *Plot:* The story of the joyful and passionate relationship between young actor, Turner, and "femme fatale" Gloria Grahame. What starts as an exciting love story soon becomes much more intricate, with Turner becoming the only person Gloria can trust as they face events out of their control.

Film Stars Don't Die in Liverpool Stars: Jamie Bell,

Cinema Listings

NOS Forum Algarve - Faro

Gnome Alone (PV); The Post; Maze Runner: The Death Cure; Film Stars Don't Die in Liverpool; Ferdinand (PV); The Shape of Water; Fifty Shades Freed

NOS Mar Shopping - Loulé

All the Money in the World; Gnome Alone (PV); Fifty Shades Freed; Ferdinand (PV); Phantom Thread; Maze Runner: The Death Cure; Maya the Bee: The Honey Games; The Post

Gran-Plaza NOS - Tavira

Fifty Shades Freed; Maze Runner: The Death Cure; The Post; The Commuter; Gnome Alone (PV); Jumanji: Welcome to the Jungle

Algarcine - Portimão

Fifty Shades Freed; Gnome Alone (PV); Maya the Bee: The Honey Games (PV); Phantom Thread

Algarcine - Lagos

Fifty Shades Freed; Phantom Thread; Maya the Bee: The Honey Games

Algarcine Ria Shopping - Olhão

Fifty Shades Freed; Gnome Alone (PV); Verónica; Maya the Bee: The Honey Games; The Commuter; The Post

Cineplace AlgarveShopping - Guia

Darkest Hour; The Shape of Water; Phantom Thread; Fifty Shades Freed; Film Stars Don't Die in Liverpool; The Commuter; Maya the Bee: The Honey Games (PV); Three Billboards Outside Ebbing, Missouri; Ferdinand (PV); Jumanji: Welcome to the Jungle; Den of Thieves; Verónica; Gnome Alone (PV); The Post; All the Money in the World; Coco (PV); Tadeo Jones 2: El secreto del Rey Midas (PV); Maze Runner: The Death Cure

Cineplace - Portimão

Fifty Shades Freed; Jumanji: Welcome to the Jungle; Maze Runner: The Death Cure; Ferdinand (PV); The Commuter; Darkest Hour; Gnome Alone; The post; All the Money in the World; Tadeo Jones 2: El secreto del Rey Midas (PV); Maya the Bee: The Honey Games (PV)

Cineplace Loures Shopping

Maya the Bee: The Honey Games (PV); The Post; Gnome Alone

North & Centre



The Portuguese - a musical comedy act, continues in February in Casino Lisboa, every Tue, Thu and Sat at 6:30pm.

EXHIBITIONS

Namorar Portugal - Handkerchief exhibition in Lisbon. Showing the traditional art of writing love letters on handkerchiefs. 2018 is the 20th exhibition of these handkerchiefs at A Arte da Terra. Until **23 Feb**, 11am-8pm. Rua de Agosto Rosa, nº40, Lisbon. Tel: 212 745 975 www.aartadterra.pt

LQR - An exhibition by Cristina Lamas (1968), Pedro Quintas (1972) and Eduardo Rosa (1949). The title of the exhibition corresponds to the artists' surnames. Lamas presents her black and white "glitch" style drawings, Quintas presents paintings, and Rosa's pieces were designed using pieces of the Chinese game called Tangram, a seven-piece puzzle which allows you to create over five thousand different figures. Until **24 Feb**, Tue-Sat 10am-7pm. At Galeria 111, Campo Grande, 113, Lisbon. Tel: 217 977 418 www.111.pt

FAIRS & FESTIVALS

Festival Flamenco - Series of four flamenco shows taking place on **Wednesdays** in

February at 10pm. Tamara López presents the Gala de Abertura on 1 Feb. Anabel Veloso on 8 Feb. Eva Manzano on 15 Feb. Marisol Ramos "La Zamba" presents the Gala de Encerramento on 22 Feb. 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

MARKETS

LxMarket - **Every Sunday** at LxFactor, 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

Concertos Íntimos 2018 - Concerts by Filipe Catto, Ana Bacalhau and HMB. Ana Bacalhau brings her solo project "Nome Próprio", on **24 Mar**, 9:30pm. HMB, the most "soul" band of Portuguese music, present the last concert of Concertos Íntimos 2018, **19 May**, 9:30pm. Tickets: €30. Tel: 218 920 000 www.casino-lisboa.pt

ALL **Saints**
ANGLICAN CHURCH

Services of Holy Communion:

SUNDAYS 10.30am ASCA Almancil (next to Communidades Garden)	SUNDAYS: 11am Convento de S. José Lagoa (37.13703,-8.45355)
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(351) 282 380 311 • email: info@allsaintsalgarve.org
www.all saints algarve.org
Google maps: search for All Saints Anglican Church
Almancil or Lagoa

FRESHMINT

Cine-teatro de Estarreja, Rua Visconde Valdemouro, Estarreja. Tel: 234 811 300 www.cineteatroestarreja.com

SHOW

February in Casino
Lisboa - Live music: Heat, **7-10 Feb**; Alex Liberalli, **14-17 Feb**; Folkways, **21-24 Feb**. By law, access to the spaces of Casino Lisboa are reserved for persons over 18 years of age. Casino Lisboa, Parque das Nações, Lisbon. Tel: 218 920 000 www.casino-lisboa.pt

New Circus shows at Casino Lisboa - Duo Daniela & João: Tecido Vertical, **9 & 10 Feb**; Daniela Vairo: Tecido Vertical, **16 & 17 Feb**. Duo Kru: Forças Combinadas, **23 & 24 Feb**.

By law, access to the spaces of Casino Lisboa are reserved for persons over 18 years of age. Casino Lisboa, Parque das Nações, Lisbon. Tel: 218 920 000 www.casino-lisboa.pt

January in Casino Estoril - Wednesday Fado Cycles, every Wednesday 10pm, free entry. Rogério Gil concert, **9 & 24 Feb**. Road Gigs band concert, **16 Feb**. Innuendo band concert, **17 Feb**. Mari & Pedro concert, **23 Feb**. 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

Entre o abstrato e o figurativo - Sculpture and painting exhibition by Henrique Silva, Marisa Patrício and Martins Leal. Open to the public until **24 Feb** at the Sala de Exposições Temporárias in the Convento de São José in Lagoa. www.cm-lagoa.pt

"Living and Breathing Art" - Sculpture and painting exhibition by Nathalie and Paul. Until **3 Mar** in the Sala Polivalente in the Convento São José, Lagoa. www.cm-lagoa.pt

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.

Joint Art and Sculpture Exhibition at Vale do Lobo - Contemporary art

South

AUCTIONS

Auction House Algarve. Our next live auction is **3 Mar.** Approx 500 lots including antiques, collectables, art, jewellery, tools, furniture, sports equipment, designer handbags. 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**. Óchálá Casa da Chá, 12 Rua Dr. Samora Gil, Monchique. Tel: 282 912 524

"Entre o abstrato e o figurativo" - Sculpture and painting exhibition by Henrique Silva, Marisa Patrício and Martins Leal. Open to the public until **24 Feb** at the Sala de Exposições Temporárias in the Convento de São José in Lagoa. www.cm-lagoa.pt

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Joint Art and Sculpture Exhibition at Vale do Lobo - Contemporary art

Strategic Marketing

Business growth,
market positioning and
marketing strategy
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The easy way.



FRESHMINT

exhibition by Rodrigo Ferreira and Paula Castro Freire. Until **8 Mar** at the Vale do Lobo Art Gallery, Mon-Fri 9am-6pm. Free entry. www.valedolobo.com

Exhibition of the 17th Corrida Fotográfica de Portimão - As well as the usual winning photographs and the best of the eight presented themes, a lot of subaqueatic photos taken during the archeological prospecting in the Arade river will be on display. The winners of the photographic race were: 1st Margarida Santos, 2nd Marco Oliveira, 3rd Alexandre Mendes Cabrita and the Prémio Jovem went to Catarina Guerreiro. Exhibition until **15 Apr** in the Portimão Museum. Open Tue 2:30pm-6pm and Wed-Sun 10am-6pm. www.vivaportimao.pt

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**.

MUSIC

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 cataplana, Stone Steak and fresh fish. Booking recommended: 282 315 399 / 968 305 515

Every Friday - New Orleans jazz with The Dixie Kings at Casa Inglesa, Portimao - dinner reservations 282 416 290 details www.neworleansjazzalgarve.com/index.html

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/index.html

17 Feb - St. Valentine's dinner/dance/concert with New Orleans Jazz from the Dixie Kings from 6:30pm at Casa do Povo, Moncarapacho - reservations teenyweiss@gmail.com or 935 086 365 www.neworleansjazzalgarve.com/index.html

Tavira Pop Choir - Fonte do Bispo. If you are interested in joining a fun and enjoyable Pop Choir, then come along on **Sundays** at 2pm-4pm. We would like a choir/musical leader to conduct and organise the various singing talents we have at present. Please contact Gillian Tel. 966 006 436 Email. Info@qfontebispo.com

SOCIAL

afpop PTM/Monchique Valentines Lunch - 14 Feb, 12:30pm. Rest. Big Reds Alvor. €20 pp Bookings with Gerty Geerts E-mail: geerts.gerty@gmail.com

Duplicate bridge - Come and join our friendly

international club. **Thursday afternoons**, 3pm start at Restaurante Solar da Poeta in Almancil. Or **Friday afternoons**, 2pm start at Museu do Trajo in São Bras de Alportel. For pre-registration and information call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

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

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

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

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.

Bridge; Friendly social game Tuesdays & Fridays 1:15pm Marina Club Suite Hotel Lagos. Just tip up or call

963977642 –partner not necessary

afpop Badminton in Silves Come and try Badminton. This is a regular **Thursday evening** slot booked for Badminton players at the pavillion of the Escola EB 2,3 Dr. Garcia Domingues in Silves between 8pm and 10pm. Badminton players will need to bring their own racquets and pay a small fee to cover costs. More information contact Sue on suesharman9@gmail.com or call 910 108 730

Bridge lessons - Mid January start of course of 10 lessons for beginners and start of follow-up course of 10 lessons for those who have done the beginners course. Every Monday afternoon or Wednesday morning in Albufeira. For information call Frank Spelbos at 937 802 110 or email to spelbos@sapo.pt

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 **Tuesdays** and **Fridays** 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.co.uk

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

Come and learn bridge. Vale del Rey. Tel 968457888

Friendship group, Os Amigos, meets on the **3rd Tuesday** of each month, for walks, lunch, and other activities. For details contact lindabell@cogb.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

ST VINCENT'S, CHURCH OF ENGLAND

SUNDAY SERVICES of Holy Communion

Praia da Luz (West Algarve) 8.00am & 11.30am Igreja Nossa Senhora da Luz

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

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.

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

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

SPORT

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

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

Balaia Bowls Club, Olhos de Água, Albufeira - roll-ups on Tuesdays and Fridays at 09:45am. Tuition available if required. Please telephone Richard on 935367492 or Jill on 935701155

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

Watercolour Lessons - Venue Change.. from **15 Feb**. Every **Thursday** 10am - 12:30pm at the Church Hall Praia Da Luz (behind the Church). Tel: Sandie Croft 912

149 839 email sandie.croft@gmx.com

Latin and Ballroom Classes - Tuesday mornings 10-1.30 at Alvor Community Centre.

Wednesday evenings 7-8.45 Carvoeiro Clube de Ténis. Beginners, Improvers, Jive, and Intermediate/Advanced. Please contact Caroline on 961916821 / Email strictlydancingcarvoeiro@hotmail.com

Meet people and make friends. Learn to play bridge. Contact the Vale del Rei Bridge group. Beginners sessions starting in January. Tel 968457888.

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

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For more information call

282 380 304

THE PORTUGAL
News

Announcements

NEW LOCATION: SHS Solar Solutions now in a new location, opposite GNR Almancil, Thursdays open or on appointment: www.shs-pt.com

CC DEPRESSED/ BIPOLAR Friendly Support Meetings, 1st Monday of the Month 6:30pm, upstairs Casa Inglesa, Portimão. 914878927

Auctions



NEXT LIVE AUCTION Saturday, 3 March 2018 10.00am onwards

- Approx. 500 lots.
- Antiques and Collectibles
- Designer Handbags
- Furniture and Art
- Tools
- Jewellery – Antique, Vintage and Modern
- Sports Equipment

Check out our page on Facebook to view items coming up at Auction and view the catalogue and bid on line at www.ahalgarve.com where further details are available. Tel: 289 832 380 or email us at info@ahalgarve.com

Bathrooms



ADRIAN STUART DIXON 29 Years experience in the Algarve. Portuguese & English spoken. References on request 282 033 852 965 275 774 borboleta_44@yahoo.co.uk

Caravans & Motor Homes

SWIFT CHALLENGER 4 berth caravan fixed island bed. 2013. Good condition, sited in Alvor, motor movers and Kampa air awning. £12000 Ono. Tel 07772107431 email vickyc101@hotmail.com

Charities

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

CC - ADL SUPPORTING FAMILIES

This is a new Charity set up to support local families in crisis. We receive unwanted furniture, white and electrical goods, baby equipment, bedding, towels etc..and distribute items to local families who need them. We cover the Guia, Algoz, Tunes area and further afield. For more information about the work of the Charity and how you can help please contact Su Davis: 932307548 su.davis@sapo.pt Facebook: Support for families in the Algarve and Desafios Luminosos.

TPN/TB/88724313

CC WEEKLY BOOK SALE. Come along to our Book Sale every Friday from 10.00 to 12 noon at Monte da Palhagueira Nursing Home & Retirement Village Hall, Gorjoes. All proceeds go to The Boys Home Faro.

Tel: 289990901

TPN/TB/63968587

CC SECOND CHANCE charity shop at Largo Das Ferreiras (on roundabout), Ferreiras, Albufeira. Open Tuesday to Friday 10am to 4pm. Saturday 10am to 1pm. Supporting people in need, also Bombeiros, Soup kitchens, Riding for the disabled, AHSA day care centre for the elderly and more. Contact Maggie Cook 917707808.

CC THE NANDI CHARITY SHOP.

Winter clothing now in stock. Bargain prices. Furniture can be collected within 30 K Lagos. Tel 912741857

THE DONKEY SANCTUARY needs all your unwanted items for our shops in Ferragudo, Carvoeiro and Lagoa . Larger items i.e. furniture can be collected. The shop funds allow us to feed our many mouths at the Sanctuary. We always need extra hands at our shops so if you can spare 3-4 hours a week give us a call. Chris 966033127

CC THE GOODWILL CHARITY. R. Direita 5, Ed. Portus Magnus, Portimao. (Close to Theatre). 968 740 693 10am-2pm. Clothes, bric a brac and furniture in saleable cond., large items collected.

TPN/TB/94287332

CC APAA CHARITY SHOPS - Dunas do Alvor: Tues to Sat 10.30am - 2pm. Cerro Grande, Albufeira: Tues to Sat 10.30am - 2pm. Rua Elias Garcia, 20, Silves: Mon to Sat 10am - 2pm. Volunteers always welcome info.apaaportugal@gmail.com

TPN/TB/88458493

Chimney Sweep

CHIMNEY SWEEP, for a quick dust free cleaning of your chimney using the new power sweep system Tel 282330640/ 934927944

Fires Of Portugal

WOODBURNING FIRESPECIALISTS Fogo Montanha and freestanding fires. On site expert quotation Supply, install, service & sweeps sales@firesofportugal.com www.firesofportugal.com Geoff Waller 289 489 958 or 967 721 209

Education

SKYPE ENGLISH with native UK teacher. Conversation, business, grammar. deniseellenh@gmail.com

TPN/TB/75391771



Love Portugal and want to know it better? Read all about its people and recent history in Jenny Grainer's book 'PORTUGAL & THE ALGARVE NOW AND THEN.'

You will be surprised, amused and sometimes shocked but you will love it. Buy a signed copy directly from the author on: jennygrainer@sapo.pt. Kindle and paperback version available from Amazon.com or Amazon.co.uk

On sale also at The Portugal News office in Lagoa.



KING SIZE 12ft snooker table €3500. Good condition. Can be delivered. 966006666



8FT FREEPLAY Snooker/pool table. All accessories included. €2750. Call 966006666



POOL TABLE 6/7ft 1200Euro; good condition. Can deliver. Call 966006666

TWO IKEA PAX closet 2.36x100x38 for sale in Lagos. 50 euro each. Call 0046 768310075 Marianne

TPN/TB/22954233

Furniture



Tel: +351 289 391 373 Email: info@curiosaportugal.com www.curiosaportugal.com facebook.com/CuriosaShop/

Jobs Offered

RECEPTIONIST / GENERAL Admin Assist' required for busy transport company. Needed: Portuguese & English, IT Skills, Customer Service experience & a strong work ethic. Full time / contract available. Info & CV's to algarve@algarveexpress.com

SHORT ORDER

cook required. IGUANA CAFE in Albufeira requires someone who has experience in short order cooking, and general food preparation. Basic requirements: formal experience, dynamic, punctual, team player, knowledge of HACCP, conversational Portuguese & English.

In return we offer: competitive salary, good working environment, as part of a small team. Email CV to: cafe.albufeira@gmail.com

LOOKING FOR a new challenge? We are a well-established and successful Real Estate Agent, with an opportunity for an experienced Listing Salesperson.

You will possess excellent organisational skills with the motivation to progress and close sales by email and face to face. Please send your CV in confidence to ddmportugal@gmail.com

MAINTENANCE PERSON for small hotel based in Loule. Broad knowledge of machinery, plumbing, painting and electrics required. Tel. Mandi 916967459

TPN/TB/40867862

View these pages free online

HAIRDRESSER more than 10 years experience in Almancil Part time or full time. Contact 919460688

TPN/TB/42473858

MOTOR BOAT technician/ mechanic/ all-rounder. Vilamoura Marina. Contact info@powercoolmarine.com 912511172

TPN/TB/8229775

CURIOSA INDOOR & OUTDOOR has two positions available. Looking for a Sales person and a Computer\website person (somebody for the webshop, website, newsletters, etc). Contact Wanda 289391373 or info@curiosaportugal.com

CC

CC stands for Community Care and these ads are provided free of charge by **The Portugal News** to help the various charities involved. These advertisements must be renewed at the end of the year at which time they must contact copy@theportugalnews.com for renewal.



SALES & MARKETING Manager
'U Crisis Centre' is soon to become the leading Wellness Centre for life crisis solutions in Portugal. You are a dynamic, enthusiastic, entrepreneurial person, extremely driven by goals and revenue potential.

You are proactive and creative. You have a strong understanding of channel sales, indirect marketing media management and a natural ability to generate partnerships that create high sales from your own marketing and sales initiatives.

You are fluent in English. You will be highly rewarded for these qualities with a generous salary package and unlimited commission structure. If this has 'U' written all over it, then apply now to info@u-crisiscentre.com. See our article on p.25.

Kitchen Renovations

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Save thousands of Euros!
Lots of door designs if needed.

Don't buy a new kitchen until you've spoken to us! We can renovate your old kitchen at a very reasonable cost. Free, NO-obligation estimates. Call Jamie on 968 211 631 or 965 137 517 or email jamiekitchen83@gmail.com



Property for Sale

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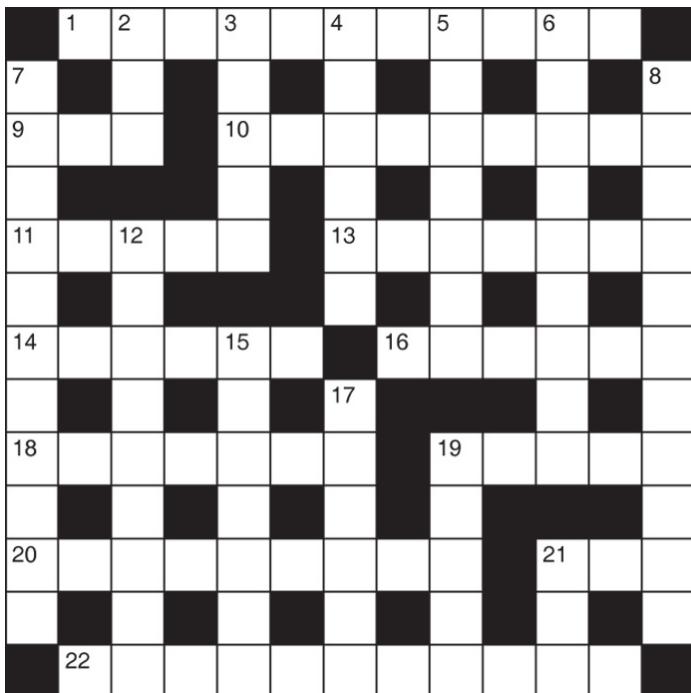
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S90 1962 Matching numbers COA 1st owner Simon Scott neighbour of James Dean 99356 euros belgian plate. michel.quevraint@gmail.com +32479500296

Due to lack of space, the Places of Worship listings have been removed for this week.

Verse of the Week

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

Matthew 6:25; New International Version (NIV)



CRYPTIC CROSSWORD

ACROSS

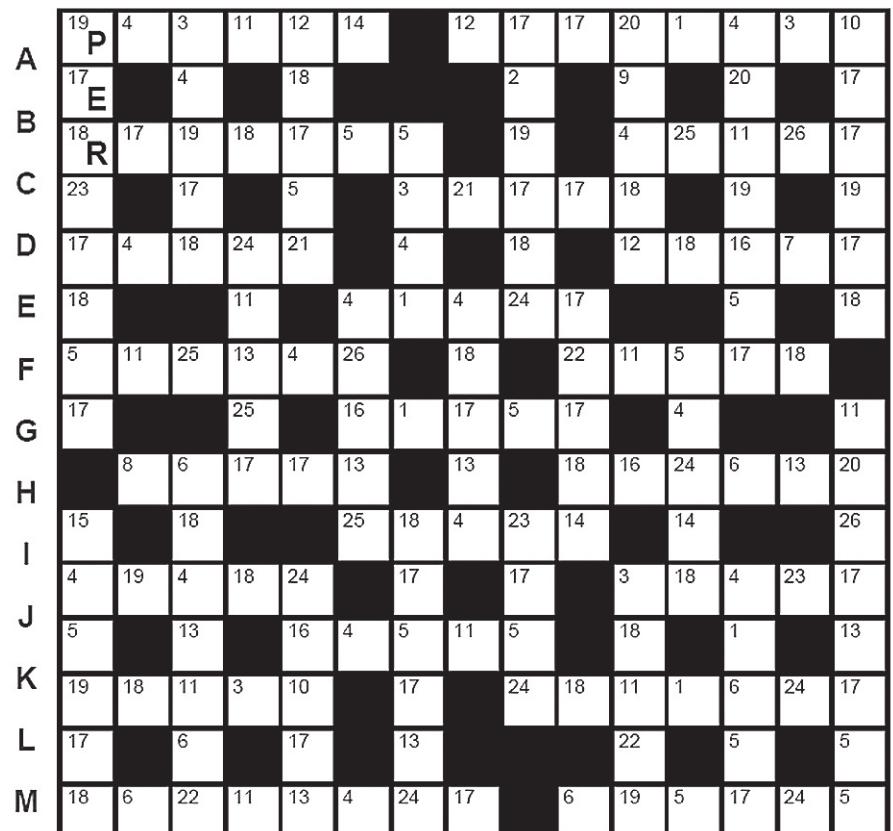
- Frame of mind of the girl (11)
- A law-breaking instrument (3)
- Mountaineer's hat? (6,3)
- Number three, perhaps? (5)
- See, ice does melt (7)
- Pronounced similarities? (6)
- Notice who sent the letter? (6)
- Serious listener at home (7)
- It's a profit once more (5)
- Take apart a girl's cloak (9)
- Writer of Post Office English (3)
- Hair oil put on the soil? (3,8)

DOWN

- Unwell as I will become shortly (3)
- His performance may send people reeling (5)
- Gives up seat for bears (6)
- Musical effect that's a lot more shaky (7)
- Short race of musicians? (9)
- What a companionless Frankenstein could do? (4,7)
- Visitations that have to be kept up (11)
- Words to conjure with? (3,6)
- Green and red meal that's cooked (7)
- Work of art that's unusually astute (6)
- Declares that Vera's mad (5)
- Sleep coming over in the vessel (3)

CODEWORD

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



Last week's cryptic crossword solutions

Across: 1 Shop; 8 Loveletter; 9 Virginia; 10 Arab; 12 Poodle; 14 Stifle; 15 Steven; 17 Mugabe; 18 Brat; 19 Ironside; 21 Refinement; 22 To-do.
Down: 2 Helicopter; 3 Plug; 4 Avenue; 5 Pleats; 6 Straying; 7 Grub; 11 Able-bodied; 13 Dovetail; 16 Nailed; 17 Moored; 18 Bird; 20 Sett.

QUICKCROSSWORD

ACROSS

- Farewell speech (11)
- Append (3)
- Unusual (3)
- Replace (9)
- Lawful (5)
- Conveyance (7)
- Perches (6)
- Mend (6)
- Emotion (7)
- Sanctify (5)
- Needing (9)
- Alcoholic drink (3)
- Having good intentions (4-7)

DOWN

- Append (3)
- Artist's stand (5)
- Attribute (6)
- Row of houses (7)
- Exaggerate (9)
- Fowl-rearing place (7,4)
- Daring (11)
- Bizarre (9)
- Petty (7)
- Set alight (6)
- Started (5)
- Manage (3)

Last week's quick crossword solution
Across: 1. Ache; 8 Detractory; 9 Splendid; 10 Tube; 12 Beggar; 14 Retain; 15 Divots; 17 Assets; 18 Type; 19 Immature; 21 Effrontery; 22 So-so.
Down: 2 Complexity; 3 Edge; 4 Trader; 5 Agadir; 6 Statutes; 7 Bye; 11 Boisterous; 13 Geometry; 16 Skinny; 17 Armies; 18 Toes; 20 Toys.

SUDOKU

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

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

Medium

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

Hard

Last week's solutions

Last Week's Codeword Solution

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

Medium

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

Hard



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Staysure Tour announces 2018 schedule

The Staysure Tour has announced its schedule for the 2018 season, featuring three new events in Denmark, England and Spain.

The Shipco Masters promoted by Simon's Golf Club, Staysure PGA Seniors Championship and Costa Blanca Benidorm Senior Masters are the latest additions to the calendar, which will see the Tour travel to four continents in 2018. United Kingdom-based insurance company Staysure, have also been named as title sponsors of the PGA Seniors Championship, which returns to the schedule for the first time since 2015. The field for the Staysure PGA Seniors Championship will be made up of Staysure Tour members, PGA professionals and a Monday qualifier will also take place prior to the event. The Staysure-sponsored tournament will take place the week after The Senior Open presented by Rolex, which will see many of the game's legends set foot onto the

iconic Old Course at St Andrews, from July 26-29. Bernhard Langer, who captured his record tenth Senior Major Championship at last year's Senior Open, will bid to become the first golfer to defend the Senior Claret Jug since Christy O'Connor Jnr in 2000. Sharjah in the United Arab Emirates will host the first tournament of the inaugural Staysure Tour season, the Sharjah Senior Golf Masters presented by Shurooq from 8 - 10 March. As in 2017, this will be played over the nine-hole golf course at Sharjah Golf & Shooting Club, with two loops of nine holes utilising different tees and hole locations. The KitchenAid Senior PGA Championship returns to Harbor Shores, Michigan, for the third time from 24-27 May. Staysure Tour Members, Roger Chapman and Colin Montgomerie have previ-



David McLaren, Head of the Staysure Tour, Ryan Howsam, Chairman of Staysure, and Paul McGinley, at the Old Course at St Andrews. (Photo: Getty Images)

ously won the Senior Major Championship, with Chapman emerging victorious in 2012 and Montgomerie following in 2014. The U.S. Senior Open, also won by Chapman and Montgomerie, will take place at The Broadmoor in Colorado Springs, Colorado from 28 June - 1 July. The first edition of The Shipco Masters promoted by Simon's Golf at Simon's Golf Club in Denmark will be played from 1-3 June, and Britain's most successful female golfer in the modern era, Dame Laura Davies, is due to become the first woman in history to participate in a Staysure Tour event. The 2017 John Jacobs Trophy winner, Clark Dennis, will defend the first of two titles he won last season at Golf Club Udine, which will once again host the Senior Italian Open presented by Villaverde Resort from 15-17 June. The Swiss Seniors Open

and WINSTONGolf Senior Open return to the schedule in successive weeks from 6-8 July and 13-15 July. The Willow Senior Golf Classic, which raises funds for the Willow Foundation, will take place once again at Hanbury Manor Marriott Hotel & Country Club, and Woburn Golf Club will host the Travis Perkins Masters for the 11th time - the events will take place from 24-26 August and 31 August -2 September respectively. The second edition of the European Tour Properties

Senior Classic will take place at Lighthouse Golf & Spa Resort in Bulgaria from 7-9 September. The Scottish Senior Open will be the fourth event in four consecutive weeks and will take place from 14-16 September. The Farmfoods European Senior Masters at Forest of Arden Marriott Hotel & CC will be played from 5-7 October, and the following week the third edition of the Paris Legends Championship is set to be staged at La Boule - Rac-

ing Club de France. The Dutch Masters is currently scheduled to take place the following week, from 19-21 October. Meliá Villaitana Golf Club in Alicante will host the first edition of the Costa Blanca Benidorm Senior Masters from 29 November -1 December, and the 2018 season will conclude in the spectacular Indian Ocean setting of Mauritius at the eighth edition of the MCB Tour Championship from 7-9 December.

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A dejected Sporting manager, Jorge Jesus, after seeing his team beaten by bottom club Estoril. (Photo: EPA/Antonio Cotrim)

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Sporting record first league defeat as FC Porto and Benfica march on

N CHRIS WRIGHT

Sporting were all at sea as they lost to Estoril Praia. Benfica hit five second-half goals to beat Rio Ave and FC Porto went two points clear at the top with half-a-game in hand. SC Portimonense, not having won a league game since November, racked up two spectacular victories in the space of a week!

About half of Sporting's goals this season have come from the Bas Dost and Gelson Martins combination so to lose both of them to injury presented manager, Jorge Jesus, with a headache. On a blustery evening on the Portuguese Riviera, it was the home side who took a twenty-sixth minute lead through Charalambos Kyriakou. Just three minutes later, Ewandro slotted home a second with VAR validating the goal in spite of the initial offside call. Sporting had their chances but Sebastian Coates volleyed high and wide before Bruno Cesar saw a cruel bounce rob him of the chance to pull a goal back with the net at his mercy.

VAR ruled out a third Estoril goal before the Lions' Fredy Montero had a late strike ruled out by the same process. This unlikely 2-0 victory lifted Estoril out of the relegation zone. Porto manager, Sérgio Conceição, has used Sérgio Oliveira sparingly this season but the midfielder was on target to break the deadlock against SC Braga with a guided header in the thirteenth minute. Raul Silva levelled matters on the half-hour mark as Os Arsenalistas looked to take the game to Porto, but it was the Dragons who regained the lead seven minutes later through Diego Reyes, following a set-play by Alex Telles. The same player's pinpoint cross was headed home by Vincent Aboubakar to give Telles a hat-trick of 'assists' in the 3-1 victory.

FC Porto will need to be at their very best when they entertain Liverpool in the Champions League at the Estádio do Dragão on Wednesday evening. A week later (21 February) the second-half of the game between Estoril and FC Porto will take place with Estoril leading 1-0. The game on 15 January was abandoned at half-time after cracks appeared in a stand housing the Porto fans. Benfica found themselves a goal down at half-time as Hélder Guedes headed home a Francisco Geraldes cross after just nine minutes to give Rio Ave the lead. Three minutes after the interval Jardel rose like a salmon to head home Alejandro Grimaldo's corner and Benfica were back in the game. Pizzi then added a second for the Eagles before Jonas made it three

to complete a remarkable ten successive games on the score-sheet in all competitions for the Brazilian. Ruben Dias was on hand to grab a fourth seven minutes from time before Raúl Jiménez made it 5-1 two minutes later. Despite losing two of their better players in the January transfer window, SC Portimonense recorded a stunning 4-1 victory at home to Rio Ave; their first Primeira Liga victory since 25 November. The hero was their Brazilian centre-forward Fabrício who bagged a hat-trick and six days later he added another two goals as the Portimão-based outfit won 3-0 against Marítimo in Madeira. Fabrício will need to be on his very best form as Portimonense entertain Benfica at the Estádio Municipal de Portimão on Saturday evening at 8.30pm.

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