

**NEW STORE
ALMANCEL**

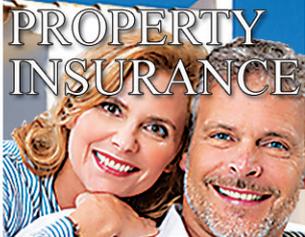
Apolónia PHARMA

Located at
Apolónia Supermarket

THE PORTUGAL News

Portugal's **National** Newspaper in English

**PROPERTY
INSURANCE**



**GENEROUS DISCOUNTS
and terms, SEE P. 43**

17 Mar 2018 • Ed. 1466 • €1.50 inc IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.theportugalnews.com



**accessible
Portugal**
The Portugal News' campaign to support and promote accessibility in Portugal. See page 30



UK MPs tell Mourinho to reconsider taking Russian TV 'blood money' P11

José Mourinho's decision to work as a World Cup pundit for Kremlin-backed television channel RT has been strongly criticised by MPs following the Salisbury poisoning attack.



Lisbon tops ➤ P8



Lisbon has once again topped a national ranking of the best cities in Portugal.

More EU praise ➤ P10



The EC has praised Portugal for the "beautiful collective performance" that allowed the country to overcome the crisis.

Chocolate treat ➤ P15



The most expensive chocolate bonbon in the world, called 'Glorious', will be showcased in Óbidos this weekend.

WEATHER ➤ P3

National and regional tourism heavyweights unite against Algarve tourist tax

TOURIST TAX BACKLASH

Full story, see p. 2



Economy Minister Manuel Caldeira Cabral soaks in the view at a hotel in the Algarve, as the region continues to smash tourism records. There has been an outcry in many quarters this past week following a decision by the majority of the Algarve's local councils to introduce a tax on hotel stays in the region. (Photo: Lusa/Luis Forra)

The best in the business



ANGLOPRESS Edições e Publicidade, Lda
Copyright ©2005 Anglo Press Lda.
The Portugal News is part of the Portugal News Group established 1977. **Depósito Legal N° 80258/94**

DIRECTORS
Paul Allen-Luckman
publisher@theportugalnews.com

Madeline Luckman
copy@theportugalnews.com

CONTACTS
Postal Address:
Apt 13 • 8401-901 • Lagoa

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

Classified: +351 282 380 315

Sales: +351 282 380 310

Accounts: +351 282 343 653

Newsdesk: +351 282 380 313

General: +351 282 341 100

Email: info@theportugalnews.com

Web: www.theportugalnews.com

PRINT & DISTRIBUTION
Printers: Unipress, Oporto

Print-run:
18,517 copies this edition

Distributors: VASP

Member of apct
audited circulation



PRODUCTION
Publisher: Paul Luckman
publisher@theportugalnews.com

Editor: Brendan de Beer
newsdesk@theportugalnews.com

Photos: LUSA • Press Association

SALES MANAGER
Sónia Seixas
sales@theportugalnews.com

ACCOUNTS MANAGER
Gaby Rodrigues
accounts@theportugalnews.com

FIND US ON:
Facebook, Twitter and Kiss FM

Tourist Tax Backlash

A number of major players on the regional and national tourism scene – Silves council, the Algarve's largest hotel association AHETA, the ACRAL Algarve Commerce and Services Association and the national hotel association AHP, to name some – have vented their opposition to a regional tourist tax that has recently been approved by the Algarve inter-municipal council board, AMAL.

AMAL last week green-lighted the creation of a region-wide tourist tax to be charged at the Algarve's hotels and other types of accommodation, such as private lodgings rented through Airbnb.

It was approved following a meeting last Friday, though when the new tax will be introduced and how much the cover will be have yet to be decided. Porto and Lisbon already charge a similar tax, of €1 per tourist, per night, to a maximum of seven consecutive nights' stay at a time. One of the most significant opponents to the tax is the Association of Portuguese Hotels, the AHP, which described the impending add-on as "untimely and inappropriate" and detrimental to the Algarve with regard to competition.

"The fact that the Algarve is still a very seasonal destination with longer stays, compared to more urban destinations, will also oblige hoteliers to adjust their prices, especially in low season, in order to compensate their guests, which shows that this decision, passed without any consultation with the hotel industry, demonstrates a total lack of knowledge of the reality of the sector", the AHP said in a statement.

Echoing the AHP's stance, the Algarve Commerce and Services Association ACRAL said in a statement that, "as a principal", it is not in favour of the introduction of a tourist tax in the Algarve, but said if it does come to fruition, part of the new tax should go towards a "local commerce support fund".

"The introduction of a tourist tax will overburden the stay of those who visit us, reducing the competitiveness of the destination, or, alternatively, will penalise the region's hotel sector", said Álvaro Viegas, head of ACRAL,



CARRIE MARIE BRATLEY

adding "in no way is it a desirable measure for the Algarve." In Viegas' view, "the application of a fee presupposes the provision of a service, which is not the case, and a tax can only be created by Parliament."

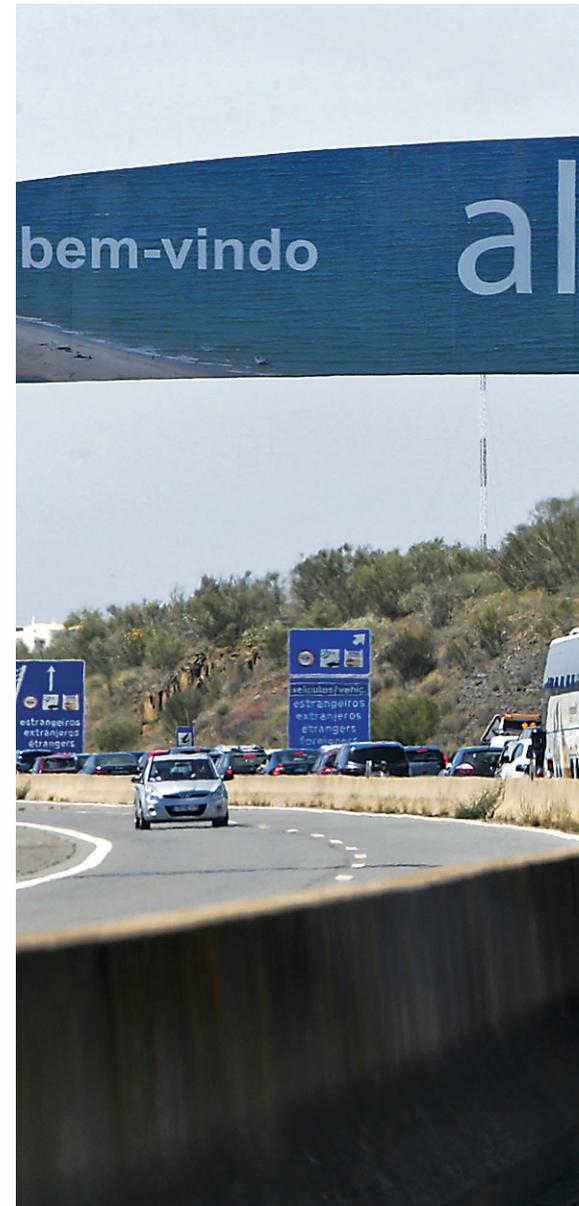
He said should such a tax come into play in the Algarve, part of it should be channelled into a local commerce support fund, which should be created to "help preserve or renovate public spaces, contribute to the creation of free parking, or to enhance safety in city centres and more touristy areas."

Following suit, Silves council issued a statement in which it vehemently stressed it "rejects the introduction of a tourist tax in the Algarve", contradicting an announcement made by the AMAL municipality association, which conglomerates the region's 16 individual councils, stating all were in favour.

"Contrary to what was recently said by the Association of Municipalities of the Algarve (AMAL), because it does not correspond to the truth of the facts or the position of the Municipality of Silves, we would like to stress to the media and public opinion in general that Silves is against the introduction of a Municipal Tourist Tax in the Algarve, and does not endorse the decision taken by the remaining 15 municipalities", Silves said in a statement issued this week, reiterating: "There is no unanimity among the 16 Municipalities of the Algarve about the application of the Tourist Tax."

Silves further said it believes the creation of the tax would result in "greater territorial inequality and a deepening of intraregional asymmetries", as well as "producing counterproductive effects in the promotion of tourism."

The council added it "disagrees that the financial shortcomings of the municipalities or



Visitors to the Algarve could soon be faced with a tou

entities with which the State has obligations, must and can be resolved through the approval of new taxes", but instead the government should "fully comply with the Local Finance Law, transferring the resources required by that Law [for councils] to provide a better service to the population and to create more favourable conditions for local

SOON

Rio dos Coconuts

GUIA - ALBUFEIRA
www.zoomarine.pt

Save up to **-12€**

Zoomarine

Dive in the most exciting Waves of Fun in the Algarve!

You can't miss in 2018 the new amazing water fun attraction, Coconut River! (To open soon) Watch the outstanding live presentations, the 4D Movie - Little dolphin, visit the Aquarium, have a blast with the Pirates and enjoy so much more!

Board in the wonderful world of Zoomarine and have a great day out with family and friends.

Present this voucher at the theme park ticket office until 03/11/2018 for 1 day ticket.
€3 discount on the purchase of a normal ticket or €2 discount on the purchase of a junior or senior ticket. Valid up to a maximum of 4 tickets to the theme park. Not valid with other discounts or promotions.

N News in Brief



...rist tax, to be paid at hotels and other holiday accommodation. (Photo: Lusa/ Luís Forra)

development.” AHETA, the Algarve’s largest hotel association, shared Silves and ACRAL’s stance, saying the tax will “damage” the Algarve. Criticising AMAL’s decision, the hotel heavyweight accused the inter-municipal grouping of “not

understanding the true subsistence of Algarve tourism”. It argued that, contrary to Lisbon and Porto, where a tourist tax is already in place, the Algarve is not a short city-break destination, but a holiday destination where visitors tend to spend

longer periods. The hotel association said it “reserves the right to initiate all legal actions allowed”, to prevent the application of a measure it considers “unfair, illegal and harmful to regional and national public interest.”

Portugal runs on renewable energy alone for almost three days

Portugal ran on renewable energy alone for 69 consecutive hours. According to grid operator REN, most of the energy was generated from wind turbines, setting a renewable energy record between last Friday and this Monday. Green energy currently supplies just over half of Portugal’s annual electricity needs, saving the country around 750 million euros in fossil fuel imports.

Flexibility presupposed in land cleaning

President Marcelo Rebelo de Sousa has said that the deadline for people to cleanshrubs, bush and trees around homes and villages presupposed some flexibility. The Portuguese President said that recent heavy rainfall has further complicated the task of land cleaning, which citizens had until last Thursday to conclude. The taxman has repeatedly notified landowners that failure to clean their land by the deadline could result in fines of up to 120,000 euros.

Portugal is happier, but not happiest

A new report out this week has revealed that Portuguese are among the least happy people in Europe. But despite being ranked 77th in the world, Portuguese are considerably happier than they were a year ago, rising 12 places in the 2018 World Happiness Report. According to the UN sponsored findings, Finland has overtaken Norway to become the happiest nation on earth. The top four places are taken by Nordic nations, with Finland followed by Norway, Denmark and Iceland.

WEATHER

Another wet weekend on the way

There are no more storms on the radar for the moment – after Emma, Felix and Gisele battered Portugal in recent weeks – but more rain, at times heavy, is forecast for the weekend. Generally, the first half of next week should be dry and partly sunny, but then the rain returns from next Thursday onwards.

Lisbon: The capital will have a rather wet weekend, with heavy rain falling on Saturday, before easing up slightly on Sunday to let sunny spells through. Monday, Tuesday and Wednesday will be dry and brighter, albeit chillier at night, and rain returns from the latter half of next week.

South: It’s a similar scenario to Lisbon for the Algarve, with rain, heavier on Saturday, falling over the weekend. The coming week is

looking bright and dry, although those overnight lows will dip to around 5 degrees Celsius, and light scattered showers will return for the coming weekend.

North: The worst of the rain will fall in the north before this weekend, lightening up somewhat for Saturday and Sunday, and for most of the coming week will be partly cloudy and cool, before showers return from next Thursday onwards.

SELL YOUR PROPERTY THE SMART WAY

Enjoy Huge Savings

Zero to pay on Completion

0% Commission



BEVERYWHERE.COM

Portugal: 00351 282 782 610
UK: 0044 161 505 0605
email: info@beverywhere.com



An Award-Winning Partnership

Full details at: www.Beverywhere.com



WE FEATURE YOUR PROPERTY ON THE LEADING EUROPEAN WEBSITES REACHING OVER 25 MILLION BUYERS WORLDWIDE



President Marcelo Rebelo de Sousa during a recent visit to Faro to inspect the damage caused by the recent spate of bad weather. (Photo: Lusa/ Luís Forra)

MPs demand protection for Algarve coast as storms wreak €7 million in damage

A group of MPs has asked for more measures to be put into place to reinforce the Algarve coastline after the recent series of storms caused over a dozen rock-falls and landslides from cliffs along the shore.

Social Democrat (PSD) MPs have submitted a draft resolution in Parliament to protect the southern coast from coastal erosion, which has been aggravated by the rough seas brought on in recent weeks by successive storms. "It is necessary to take stock of coastal risk situations related to the use of beaches with regard to potential rock-falls, silting of barriers, and destruction of the Ria Formosa sand dunes and barrier islands, of which Faro beach is a prime example", the MPs argued. Nineteen landslides were registered along the Western Al-

garve coastline between 28 February and 6 March 2018, and while the MPs conceded coastal erosion is a natural process, they say the rate at which it has recently occurred is of concern. Meanwhile, a provisional tally of the damage caused by the recent stormy weather is estimated at over €7 million in the municipality of Faro alone. "Between the coast, businesses, housing, farms and urban public spaces, the damages amount to more than 7 million euros - this is the greatest damage caused by weather phenomena in the recent history of the county", Faro Mayor

Rogério Bacalhau said in a statement. President Marcelo Rebelo de Sousa visited Faro last weekend to inspect and raise awareness about the damage, which the local council thanked, in its statement. Meanwhile, the Faro gypsy community that was left homeless after a tornado tore through their camp has returned to the site. The 100-people-strong commune was temporarily put up in the local Penha pavilion, but has now returned to the camp to rebuild their dwellings, with the help of the local council.

'Vigilantes' rescue over 50 animals

A group of friends who set up a vigilante group named the IRA – Animal Intervention and Rescue – claims to have saved over 50 animals from neglect and even life-threatening situations over the past year and a half.

The group was formed in September 2016, although the bonds of friendship stem back over 15 years, the IRA (*Intervenção e Resgate Animal*, in Portuguese) says.

Many of the animals they have rescued, dogs, cats and horses, were taken

illegally after initial attempts for the owners to concede voluntarily proved futile.

The covert group, which wears masks and never gives their names, to remain anonymous, is aware that in cases it is breaking the law, according to an in-

depth interview by newspaper *Observador*, but says it is a means to an end in instances where even the authorities struggle to intervene.

Last week they made headlines again after rescuing a mistreated dog that had been left exposed to

the tempestuous elements in a Lisbon neighbourhood.

Its owners, two teenagers whose parents had recently been arrested, initially refused to let the group take the animal for rehabilitation and re-homing despite it being visibly

neglected, but it was eventually taken by them to be groomed and checked over by a vet.

The group said it would be keeping an eye on the animal and on the two teens, who live in impoverished conditions.

"We receive complaints,

we evaluate them, we enquire if the situation has already been reported to the competent authorities, and only then, if it has, do we assemble, plan and implement a rescue", the founder of the IRA group told newspaper *Correio da Manhã* last week.

Recruitment



British Embassy
Lisbon

The British Embassy in Lisbon is part of a world-wide network, representing British political, economic and consular interests overseas and is now looking to recruit a **Consular Assistant (Seasonal Staff)**, based in Portimão, to be fully engaged in providing a high level of pro-active support to the consular team in Portugal (Portimão and Lisbon) while attending to members of the public.

The successful candidate will be responsible for processing Emergency Travel Documents for British nationals whose passports have been lost or stolen, preparing documentation for notarial services and providing support in back office work, including administrative tasks, taking telephone calls, and answering written enquiries. There will be a requirement to attend 5 days training at the Foreign Office in London, and the successful candidate will also be required to travel occasionally to the British Embassy in Lisbon to directly support consular colleagues there for several days at a time.

This is a fixed term, 5 month vacancy. For further details on this vacancy and to apply, please visit the website: <https://goo.gl/xHRsUW>



MAINTENANCE POSITION OFFERED

We are looking for a reliable, trustworthy, energetic and organised person to fill our part time maintenance position for a small hotel on the outskirts of Loulé.

Experience needed in the following areas:

Plumbing | Electrics | Water and Pool Pumps | Solar Systems
Painting | Small Building Works | Basic Carpentry

English and basic Portuguese

Drivers licence and living within 20 minutes from Loule

Preferably between the age of 35 – 55 and prepared to work flexible hours

Please send a full CV with references to m.clarke@humanconcern.nl

TOGETHER WE SAVE This week

Intermarché

EVERYDAY, THE BEST AND THE CHEAPEST
from 13 (tuesday) to 19 (monday)
march 2018

* PRICES VALID ONLY AT POINTS OF SALE WITH BUTCHER AND FISHMONGERS COUNTER.

WHOLE CHICKEN WITH GIBLETS

enjoy

1,58€*
/Kg

CLEMENTINE
Class: II

enjoy

0,99€*
/Kg

PROGRAMA Origens
SABORES DA NOSSA TERRA

enjoy

5,79€*
/Kg

VEAL
T-Bone Steak
Programa Origens

enjoy

6,39€*
/Kg

WHOLE BLACK SCABBARDFISH
Fresh

FRESH FARMED SALMON SLICED

enjoy

8,99€*
/Kg

SAVE MORE THAN 65%

~~24,99€ /Unit~~

8,49€
/Unit

DISHWASHER TABLETS
Finish
All in 1:
Regular, Lemon
90 Tablets
0,09€/Tablet

SAVE 35% Or More

ON ALL DENIM PRODUCTS
(EXCEPT FOR PROMOTIONAL PACKS)

Father's Day



HEALTHY LIVING



FATHER'S DAY
Our selection

**RECOMMENDED PRICE.

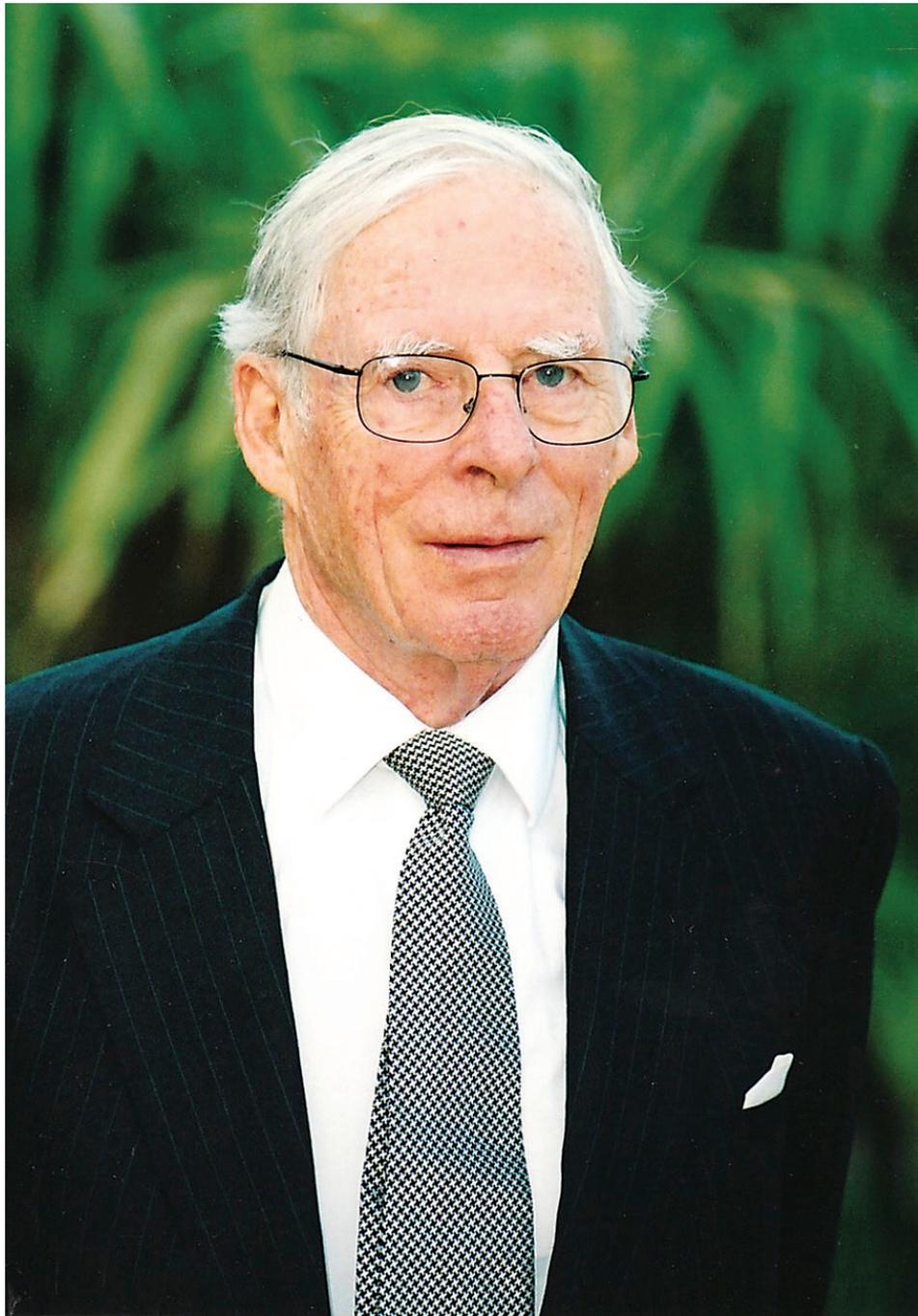
FOLLOW US www.intermarche.pt
 /intermarchept /intermarcheportugal

COME AND VISIT US IN:

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

Algarve golf pioneer John Stilwell dies age 92

N CARRIE-MARIE BRATLEY



Algarve golf pioneer John Stilwell died last Thursday at the age of 92. (Photo: Supplied)

John Stilwell, founder of the Algarve's renowned Penina Hotel and creator of the region's very first golf course, died last week following an illustrious role as a pioneer of tourism in the Algarve.

British entrepreneur John Benedict Stilwell died "peacefully, at home" last Thursday at the age of 92, according to his family.

His funeral took place on Monday at 3pm at the Santo André church in Penina, where in 2014, the family patriarch had attended its 40th anniversary service.

The RTA Algarve regional tourism board has paid tribute to "one of the founding fathers of Algarve tourism", saying it "profoundly lamented" his death.

John Stilwell was born in Lisbon in 1925 to a British father and Portuguese mother.

In 1943 he voluntarily joined the British Army to fight in the Second World War and was posted to Italy, where he jokingly recalled in an interview with **The Portugal News** several years ago, walking - "not all in one go" - from Naples to Trieste.

He envisaged the Penina Hotel and Golf Course while on holiday with a group of friends in Praia da Rocha in 1961.

Just five years later his vision became reality. "One of my friends pointed out that there was very little to do in the winter,

and said, 'You'd better come up with something'. "We looked at a little hotel in Praia da Rocha, but it was too expensive to do up, so I went looking for an alternative."

Along with several other partners, he purchased the 146 hectares that were mainly rice fields - "there was a lot of water here" - and invited golfing legend Henry Cotton to design the course.

On 5 November, 1966, the Algarve's first 18-hole golf course was inaugurated by Portugal's then President, Américo Tomás.

Cotton famously described Penina in his biography as his "greatest achievement", and is buried in nearby Mexilhoeira Grande, in a spot overlooking the course.

The resort went on to become the Algarve's first five-star hotel, dressed with extraordinary historic artefacts deriving from the Stilwell family's fascinating ties, among them a 16th century wardrobe, a snooker table originally given to the Royal British Club, of which Mr. Stilwell's brother was chairman, by King Edward VII, and a piano gifted by Portugal's Queen Dona Amélia, who was good

friends with John Stilwell's grandmother.

Over the years, Penina played host to a flow of stars and celebrities, including Bing Crosby and Sir Paul McCartney.

But perhaps one of the most poignant chapters in Penina's and Portugal's history is that it was also there that the Alvor Agreements were signed after the historic 25 April Revolution in 1974.

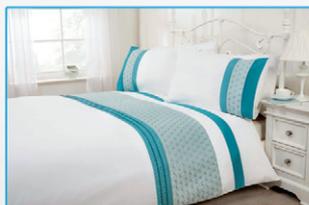
An accord was made between the Portuguese Government and three of Angola's leading freedom movements (the MPLA, the FNLA and UNITA), to give the colony independence.

Unbeknown to many, it was signed in one of the rooms at Penina.

Desidério Silva, head of the RTA, said the region is "indebted" to Stilwell "for daring to dream of building the first five-star hotel and the first golf course in the region, without which we may not today be a tourist destination of internationally-recognised excellence for the practice of the sport."

He added "The last 50 years of Algarve tourism have been shaped by the bold and innovative vision of John Stilwell in luxury hotels, golf and real estate tourism, where he pioneered".

LOTS OF END OF SEASON PROMOTIONS STILL AVAILABLE



New collection due in stock soon!

belledorm
Exceptional Home Linens
Exclusive to CASA TÊXTEIS



"Bigger stores, Better quality, choice and value"

email: hometextiles@sapo.pt

Alcantarilha (next to Espaço Casa) • T. 282 315 994 • Mon to Sat 10am - 6:30pm
Pereiras de Cima nr. Quatro Estradas • T. 289 396 385 Mon to Fri 10am - 6pm, Sat 10am - 5pm



- UPVC Windows & Doors
- Electric Radiators
- Towel Rails

- Glass Curtains
- Window Blinds
- Flyscreens
- Awnings



T. 286 518 059 | M. 932 894 709
www.m2mblinds.com
m2mblinds@hotmail.com

DISCOUNTS

UP TO

50%

Selected Products



LET'S CELEBRATE

March 23

35
ANOS · YEARS

Join us as we celebrate 35 years of quality service.

Visit our stores in Almancil, Galé and Lagoa on March 23, where besides a glass of sparkling wine and other treats, you'll find promotions on more than **2000 products** with **up to 50% discount**.

We look forward to sharing this occasion with you.

Apolónia
The Real Supermarket.

apolonia.com

FOLLOW US



Almancil • Galé (Albufeira) • Lagoa (Carvoeiro)

Lisbon top city in Portugal

Lisbon has once again topped a national ranking of the best cities in Portugal.



Lisbon has this week been found to be the best city in Portugal, whether it is for business, to visit or in which to live. (Photo: Lusa/ Tiago Petinga)

The report, which analyses all 308 councils in the country based on their business, tourism and living conditions, placed

Porto and Cascais in second and third. In this fifth edition of the annual study, which measures how the municipalities are seen

and classifies the performance of each one's brand, Lisbon was ranked first in all three categories: Business, Visiting and Living.

The top 10 of the general ranking in 2018, after Lisbon, includes Porto and Cascais, followed by Braga, Coimbra, Sintra, Funchal, Faro, Vila Nova de Gaia and Setúbal. According to Bloom Consulting, the only Algarve city in the top ten is Faro, which comes in at eighth in the rankings, up one position on last year. The next best placed cities in the Algarve are Albufeira, which rose to 16th, one spot ahead of Portimão. Lagos and Tavira were meanwhile placed among the top-25 cities to visit.

The consultancy also noted the "uninterrupted growth" of Vila Nova de Gaia (Porto district), which made its debut in the top 10 this year, climbing three places compared to last year. The municipality of Oeiras, however, fell back seven places to 15th in this year's ranking. The Portugal City Brand Ranking analyses the success of the 308 Portuguese municipalities and their relative performance in attracting new investors, tourists and new residents, according to variables such as statistical data, demand, and online surveys.

Axe-wielding Irish PhD student sent to prison for attempted murder

A former post-graduate researcher from Ireland at the University of Coimbra has been sentenced to seven years and six months in prison in a psychiatric facility for attempting to kill a professor with an axe.

The court eased the sentence by taking into consideration that the accused suffers from a type of autism.

The PhD student went on the rampage after he was told that he would no longer be receiving tutoring due to an unpaid debt of 5,000 euros to the university.

New rules for selling pets online take effect

New rules governing the sale of pets online have come into effect.

Sellers of pets will now have to clearly indicate in online adverts when breeds are potentially dangerous.

Breeders and sellers will also have to be registered.

Only animals that are registered in Portugal's official list, which contains their full genealogy, may be advertised as pure breeds.

The law aims to prevent pets being sold which could carry contagious diseases or suffer from genetic anomalies.

If only the best is good enough for you



100% Metal free

- Zirconia implants mimic the natural white of your teeth
- Extremely biocompatible
- Aesthetically and cosmetically outstanding
- Zirconium dioxide = Beautiful and healthy gum
- Applied only by highly qualified dentists



Cris Piessens Clinic
Placing dental implants since 1987



Call or mail us:

Phone: +351 966 017 783 or +351 289 589 080

Email: info@crispiessensclinic.com

manuelarodrigues@crispiessensclinic.com



FDA Clearance for the ZERAMEX® P6 Implant System



Sun, sea and bags full of Great British food!



For all your favourite brands, pay a visit to Overseas Supermarkets.
You will find us in the following locations:

Portimao Store: Local G, Portimao Retail Center,
Rua San Pedro nº 133, Portimao 8500-513

Albufeira Store: Albufeira Retail park, loja D, Lugar
da Tavagueira, Tavagueira, Guia Albufeira 8200-425



Stockists of:

www.overseas.es



Tel: 0034 965 734 000

Junker praises Lisbon's 'beautiful' economic progress

The president of the European Commission, Jean-Claude Juncker, has this week praised Portugal for the "beautiful collective performance" that allowed the country to overcome the crisis and arrive today at an economic situation few believed possible some years ago.



Jean-Claude Juncker (L), President of the European Commission, hugs Prime Minister of Portugal Antonio Costa (R), at the European Parliament in Strasbourg, France, 14 March 2018. (Photo: EPA/Patrick Seeger)

Speaking directly after the Portuguese prime minister, António Costa, at a debate in the European parliament in Strasbourg about the future of the European Union, Mr Juncker again spoke of his passion for Portugal, a country that was "hit hard by the crisis", so he was particularly happy to see the current economic situation.

"Portugal left the Excessive Deficit procedure last year and just last week the Commission concluded that the imbalances were no longer excessive. Who would have believed this a few years ago?" he asked. The EC president stressed that "the truth is that this progress demanded painful years of considerable effort from the Portuguese that other Euro-

peans do not properly appreciate". António Costa is the third European leader to participate in a cycle of debates organised by the European parliament about the future of the EU, after the prime ministers of Ireland and Croatia and before the French president, Emmanuel Macron, who is to be the guest of honour in April.

TPN/Lusa

Browns set for yet another Algarve Rugby Festival

Last October the European Challenge Cup threw up one of the biggest shock results seen in the history of European professional club rugby.

Russian side, Krasny Yar beat Stade Francais 34-29 at the Krasny Yar Stadium in Krasnoyarsk, the third largest city in Siberia, scoring five tries against the Parisian outfit.

Next week the powerful Krasny Yar squad return to Browns Sports & Leisure Club in Vilamoura where they will do battle against a strong British Army team.

Last season the 100th anniversary game between the Army and the British Navy at Twickenham was witnessed by a sell-out crowd of 82,000 such is the popularity of the inter-service rivalry. So if you want to experience the thrills and spills of top class rugby union then Browns at Vilamoura is the place to be next week.

This year the atmosphere is expected to be particularly charged with anticipation as this will be the tie-breaking game between the Russian and British opposition. 2014 was the last time the two squads were face-to-face

on the pitch at Browns, when the "Reds" succeeded in reversing 2013's loss to the Russian team (31-20) with a final score of 26-22.

On Saturday 24th March at Browns, Vilamoura the 8th edition of the Algarve Rugby Festival will start off with an opening U-18 match between Loulé Rugby and Instituto Britânico Huelva Rugby Union at 2pm on Pitch2.

Followed by the main match on Pitch 1 between British Army RU vs Krasny Yar at 4pm.

Browns' doors will open at 1pm and entrance is free and open to all. Food and beverages will be available at pitch-side bars followed by Live music after the games.

More information can be found via: Browns Sports & Leisure Club, Caminho dos Golfes in Vilamoura. Tel: (+351) 289 322 740, visit: www.brownsclub.com or on the event's official facebook page: www.facebook.com/brownsclub



**Architecture
Interior Design
Residential and Commercial Projects Building
Renovations
Turn Key Projects**



Showroom 1: Rua Manuel Teixeira Gomes ,949A | 8135 -016 Almancil | GPS: 37.0795941 | -8.0462899 | tel. +351 289 397 557 | almancil@archiultimate.com
 Showroom 2 : Avenida Tivoli Edificio Mourapraia -Loja 1 | 8125 - 491 Vilamoura | GPS: 37.075496 | -8.114722 | tel. +351 289 321 680 | vilamoura@archiultimate.com

Encosta Dourada
Golden Development Pêra - Silves Luxury Properties Algarve

Sales / Vendas / Ventas

Roberto Amazonas
Gestão & Marketing Imobiliário

Casas do Barrocal
Vendedores de Imóveis - Real Estate Sellers

New Development / Nova Urbanização / Nouveau Lotissement



roberto@casasdobarrocal.com

UK MPs tell Mourinho to reconsider taking Russian TV ‘blood money’

José Mourinho's decision to work as a World Cup pundit for Kremlin-backed television channel RT has been strongly criticised by MPs following the Salisbury poisoning attack.

The Russian channel announced Mourinho as its main pundit for Russia 2018 a day after the incident in Salisbury, but the Manchester United manager has repeatedly refused to answer any questions about the role. In a statement given to Press Association Sport, Rhondda MP Chris Bryant said: "To my mind, this is blood money, paid directly from the Russian state coffers."

RT, formerly known as Russia Today, has recently been attacked by politicians in France and the United States for pumping out propaganda in support of Russian president Vladimir Putin, and on Monday in parliament several MPs called for its UK broadcasting licence to be withdrawn. While he is probably the best paid, Mourinho is not the only high-profile football figure associated with the controversial channel, as former players Stan Collymore and Peter Schmeichel also work for RT, as do several politicians, including George Galloway and Alex

Salmond. Former Scottish National Party leader Salmond faced similar criticism when he became a presenter for RT last year. Bryant's message was backed by fellow Welsh Labour MP Stephen Doughty. He told Press Association Sport: "It's not just MPs. Leading sports figures and commentators need to reflect carefully on whether they want to be associated with Putin's propaganda machine."

"RT has repeatedly conned viewers with a veneer of respectability, while taking its orders from the Kremlin. "Serious questions are already being asked about participation in the Russian-hosted World Cup. I would urge leading football figures to rethink - not least after this week's revelations - whether their punditry on Putin's mouthpiece is appropriate." The Football Association has declined to comment on what the UK's worsening relationship with Russia might mean for the World Cup but is understood to believe it should

José Mourinho has come under fire for accepting a job with Russian broadcaster RT during this summer's World Cup. (Photo: PA)



not impact England's plans to compete in the tournament. Now in its second week, the controversy started when former spy Sergei Skripal and his daughter Yulia fell seriously ill in Salisbury on 4 March. It has now been confirmed that they were poisoned by a lethal nerve agent developed by the Russian military and they, and the first policeman on the scene, remain in a serious condition in hospital. Broadcasting regulator

Ofcom issued a statement on Tuesday, following Prime Minister Theresa May's update on the inves-

tigation to parliament on Monday, and said it would wait for her next public comments on Wednesday

before considering "the implications for RT's broadcast licences".

TPN/PA

8th ALGARVE RUGBY FESTIVAL
24th MARCH 2018
FREE ENTRANCE
LOULÉ RUGBY (U18) vs INSTITUTO BRITÁNICO H.R.U. (U18)
BRITISH ARMY vs KRASNY YAR
Browns SPORTS & LEISURE CLUB
 VILAMOURA - PORTUGAL



Relax, Ibex has got your home covered!
Tailor made home insurance policies

800 860 708

tavira@ibexinsure.com **almancil@ibexinsure.com**
Rua 1 de Maio 26B r/c **Avenida Duarte Pacheco 32**
8800-360 Tavira **8135-104 Almancil**
Loulé

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

Ibex Insurance Services Ltd 2018. Ibex Insurance Services Ltd., 68 Irish Town, Gibraltar. Registered no.77247. Authorised and regulated by the Financial Services Commission FSC 006 43B

Robotic seal that helps dementia patients arrives in Portugal



Paro, the robot seal which helps to counter Dementia, pictured here with his creator Takanori Shibata in Lisbon. (Photo: Lusa/António Cotrim)

A robotic baby seal designed to help patients suffering from dementia and already used in 30 other countries, has arrived in Portugal.

The sweet-looking toy is widely used in hospitals and old people's homes as a therapeutic tool to improve the quality of life of dementia sufferers. Designed in Japan, it uses Artificial Intelligence to stimulate memories and improve the quality of life of patients who have lost their mental ability. The first seal in Portugal is to go to the Casa da Saúde da Idanha home in Belas, Sintra. The baby seal, named Paro, moves and responds to sound or touch. It has also been found to improve "depression, anxiety, pain, stress, loneliness, and sleep disturbances", according to its creator, Takanori Shibata. "Paro can adapt to users and behave as they would like. It has a limited number

of functions but people associate interacting with it to interacting with a cat or dog they may have had in the past, or to the experience of taking care of a child", Shibata explained. The inventor added, petting the robot in therapeutic sessions can reduce behavioural or psychological problems "such as aggression or agitation", which are rooted in such things as "pain or anxiety. Takanori Shibata explained that using this technology allows "the reduction of social costs" and improves quality of life, and said he hopes that "in the future, Portugal will adopt Paro in its social security system". In countries like the United Kingdom, the robot has been used experimentally in some National Health Service units.

Research points to solution to regenerate heart cells

A team of researchers, led by scientists at the Porto Institute of Research and Innovation in Health (i3S), said it has proven that the heart of neonatal mice can be used to discover new drugs to treat a variety of cardiac diseases and regenerate heart cells.

In a statement, the scientists explained that adults are unable to generate new heart muscle in cases of disease, usually forming a scar as a repair, which can then lead to heart failure.

In this study, published in the Stem Cells Reports journal, the team of researchers, coordinated

by Diana Nascimento and Perpétua Pinto-do-Ó, showed that the heart after birth, as well as forming this scar, also has the capacity to regenerate and generate new cardiac muscle.

This means that "it is important to study the neonate heart to find innovative therapies for a wide

range of heart disease," they argue.

"We have shown that fibroblasts are regulating both regeneration and repair in the neonatal heart and, as such, the study of the response of these cells, is essential so that in the future we can trigger a more

efficient response by the adult heart in a disease situation," explained research coordinator, Diana Nascimento

The article's lead author, Vasco Sampaio-Pinto noted that "the model described can be used to develop new therapies to promote the regeneration of the

heart in cases of, for example, myocardial infarction, and also to find new drugs that prevent scar formation."

According to the researcher, "this scar prevents the normal functioning of the heart, often leading to heart failure."

TPN/Lusa

TRANSFORM & PROTECT

PROTECTIVE WALL COATINGS

No repainting
No flaking paint
No damp problems

Internal damp specialist
Best prices in the Algarve

FAST QUOTE



For a fast quote email us your details to contact@property-protection.co.uk or give us a call 282 101 532 or 939 630 057 22 years experience www.ppshomeimprovements.co.uk

PPS
HOME IMPROVEMENTS

Artificial Grass

Best Quality From Belgium

Suppliers in Algarve

LAGOS CHINICATO
Serros Areias & Britas
Materiais de Construção

PARCHAL
PGS PAULO'S GARDEN SERVICE LDA

ALBUFEIRA
bricoverde
DIY | Casa | Agro Jardim

MãosVerdes

For more info Call +351 934 816 122

info@maosverdes.pt | www.maosverdes.pt



Curiosa

INDOOR & OUTDOOR

EXCELLENT QUALITY & PRICE

LUXURY COMPLETE BED

SUPER KING SIZE 1.80x2.00

AMAZING MATTRESS, TOPPER, BOXSPRING WITH HEADBOARD



BEDS FROM 895€ & UP - IMMEDIATE DELIVERY



SÍTIO DO TROTO, CX 385-A ALMANCIL, ALGARVE 37° 4' 46.63" N, 7° 59' 39.65" W
www.curiosaportugal.com | info@curiosaportugal.com | (+351) 289 391 373



Food safety authority seizes almost 14 tons of cod

Portugal's Food and Economic Security Authority (ASAE) seized almost 14 tons of cod at a company in Ílhavo, in the northern district of Aveiro, with a presumed value of €49,500, the agency announced on Tuesday.



ASAE inspectors this week seized 14 tons of cod during an operation in northern Portugal. (Photo: Lusa/Mario Cruz)

In a statement, ASAE said that it had inspected a fishery industry unit, located in the municipality of Ílhavo, in order to check on the conditions of the production and processing of frozen fish products. During the inspection, 13,770 kilograms of frozen cod was discovered that had been gutted and de-

headed without prior notification to the General Food and Veterinary Directorate. "It was also found that this cod was frozen after being bought in its fresh state, to be scaled and salted, without labels or documents, and its traceability was not demonstrated," the statement said. The inspection also resulted in proceedings being launched against the company in question. TPN/Lusa



More than one in five workers on minimum wage

There were 670,000 workers in Portugal on a minimum wage in December 2017, nine percent more than 12 months earlier, the government said in a new report.

Some 20.4 percent of the country's workforce was being paid the minimum possible by law in December.

This means that an extra

55,500 workers were being paid just €557 a month at that time. The minimum wage went up to €580 at the beginning of this year.

TPN/Lusa

Hogwarts coming to Loulé

For one day only, Loulé is to host Harry Potter's 'Hogwarts', the fantastical school where wizardry and witches magic up fun and games.

The Algarve city will be the backdrop for Hogwarts this Saturday, for the fifth 'Harry Potter Meet' event, organised by the Algarve Harry Potter Community and the Algarve Geeks Association.

Loulé castle and the Espírito Santo convent are to be transformed into 'spell schools', while games of Quidditch are also being staged.

According to the organisation behind the event, visitors "can learn witchcraft in magic lessons in a real castle and test their dexterity and physical ability in exciting Quidditch games."

Quizzes and magical food are also on the menu.

Entry to the event, which takes place in Loulé castle and convent between 10am and 8pm, is free.

Volunteer beer drinkers wanted

A research group at Lisbon's Nova University this week announced that it is looking for volunteer beer drinkers.

In a statement published on Monday, investigators from the CINTESIS research group explained that they were looking to assess the effects moderate beer drinking had on the digestive tract of healthy individuals.

In order to qualify for the study, volunteers will have to drink a single beer each day, though

some days might include an alcohol-free ale or one with a limited amount of alcohol. According to the research group leader, willing volunteers, who have to be between 18 and 65, should their application to join the group be successful, will have the "rare opportunity to contribute to gaining knowledge on the metabolic effects of beer drinking."

ENGLISH DENTAL SURGEON
Dr. Francis Haley
 B.D.S.
 (Guy's Hospital, University of London)

 Av. 25 Abril, 184 - 1°C 2750 - 511 Cascais
 Tel: 21 486 3012
<http://clinic.cdhaley.pt>

River Views

 1 WC 2 1
 M2 83,1 M2 - D
 Apartment / Ref 1119170277
 €129,500

Praia da Marinha (beach)

 2 WC 1 1
 M2 143 M2 1047 E
 Semi-detached House / Ref 119170259
 €200,000

ERA
 IMOBILIÁRIA
 LAGOA / CARVOEIRO
 Domus Lagoa - Mediação Imobiliária, Lda. AMI 5838
 Tlf.: 282 380 380 | lagoa@era.pt
www.era.pt/lagoa

Carvoeiro

 2 WC 1 -
 M2 88 M2 - D
 Apartment / Ref 119170166
 €139,000

Carvoeiro

 5 WC 5 -
 M2 245,28 M2 2025 B
 Villa / Ref 119170250
 €850,000

World's most expensive bonbon showcased at chocolate festival

“Glorious”, the most expensive bonbon in the world, will be on show at the International Chocolate Festival

of Óbidos, this weekend. The unique chocolate costs 7,728 euros and is coated with 23-carat gold.

The most expensive chocolate bonbon in the world, called ‘Glorious’, will be showcased in Óbidos this weekend at the International Chocolate Festival, where the public can take a peak at the exclusive gold-plated chocolate costing €7,728.

The bonbon is made up of equatorial black Valrhona chocolate, saffron filaments, Perigord white truffle, white truffle oil, Madagas-

car vanilla, gold flakes ... and a secret ingredient.

“It’s a product that we look for the most expensive ingredients for its confection,” explained the bonbon’s chocolatier, Daniel Gomes, who for about a year worked on creating the ‘exclusive’ chocolate truffle, “aimed at the luxury market.”

‘Glorious’ will have a limited edition of just 1,000 bonbons, sold in packaging that is also “a work of art and almost like a jewellery box,” that can be kept after the bonbon has been eaten.

The packaging consists of a black lacquered wooden base with gold serial number engraving and a crystal cloche, coated with thousands of Swarovski crystals and pearls, finished off with a gold ribbon handle.

The exclusivity of the product includes “the requirement not to divulge to whom the bonbons are sold,” said Gomes, revealing only the countries where ‘Glorious’ has been sent: the United Arab Emirates, Russia, Angola and Argentina.

The most expensive bonbon in the world, which will be on display in the sculpture tent in

Óbidos surrounded by security guards, is made in Leiria, at Daniel’s Chocolate, but “kept in a secret place” and transported to countries where it has already been acquired with “high security and conservation measures, and with all security mechanisms activated until it reaches the customer’s home.”

The diamond-shaped chocolate is not for every budget, but, according to Gomes, “it causes all sorts of reactions,” and the chocolatier is expecting opinions to be divided between “those who think it is acceptable to create an expensive and exclusive rarity,” and those who “consider it an extravagance for a chocolate to cost more than €7,000.”

With their exclusive packaging, the chocolate designer’s premium bonbons and wide range of colourful chocolate bars with freeze-dried fruit, with distinctive flavours, fillings and textures, will continue to keep tongues wagging both in Portugal and abroad. The International Chocolate Festival of Óbidos starts this Friday and runs through until this Sunday. Each ticket to the festival costs €6.5. TPN/Lusa



The annual chocolate fair will return to Óbidos. (Photo: Lusa/Carlos Barroso)

WE KNOW THAT A HOME IS MORE THAN JUST A HOUSE.
SO, TO ENJOY A WORRY-FREE HOME, TRUST THE BEST FOR YOUR INSURANCE

YOUR HOME INSURANCE
in Portugal

OVER 50s POLICIES HOME INSURANCE

- ⊗ Better premiums for the over 50s
- ⊗ Improved policy discounts
- ⊗ Tailor-made for your needs
- ⊗ Jewellery cover available
- ⊗ Claims assistance in English

Call for guaranteed savings today!

289 369 254

www.abbeygateportugal.com

Lisbon, Athens agree on essential points of future of the EU

The president of Portugal said on Monday that Portugal agrees with Greece about the essential points of the future of the European Union (EU) and understands and supports the “Greek example” regarding the acceptance of refugees.



Portugal President Marcelo Rebelo de Sousa pictured here delivering an address during an official visit to Athens this week. (Photo: Lusa/José Sena Goulão)

Marcelo Rebelo de Sousa was speaking at a reception for the Portuguese community in Greece at a hotel in Syntagma Square in the centre of Athens. “The Portuguese constitution talks about human dignity and we take this constitutional demand very seriously: to respect all people, wherever they come from, whoever they are. And that is our position about migration and refugees”, he said. Earlier in his speech, the president said that Portugal and Greece have a “common view on very sensitive points regard-

ing the future of the EU which he believed would become crucial in the coming months and years. “Portugal and Greece agree on essential facets of what is going to be discussed”, he said. Marcelo Rebelo de Sousa said that there were cases that are obvious, such as what is happening with migrations and refugees, but there are also common positions in other areas such as the conclusion of the Economic and Monetary Union, the multi-annual financial framework and the EU’s internal and external political and institutional position.

TPN/Lusa

Toys and cars top the list of dangerous products detected in EU

The European Commission this week released its 2017 report on the Rapid Alert System for dangerous products.

The report shows that in 2017, the Rapid Alert System was increasingly used by national authorities with more than 2,000 alerts on dangerous products circulated through the system. Toys, for example several models of the popular

fidget spinners, cars and motorcycles, topped the list of dangerous products detected and removed from the market.

Vera Jourová, Commissioner for Justice, Consumers and Gender Equality said: “European consumer

rules guarantee that only safe products are sold in the EU. If this is not the case, the Rapid Alert System supports authorities to react quickly and remove any products that might cause injuries.

“Thanks to this system,

we are keeping our children safe and preventing fatal accidents on our roads. This is a good example of how to efficiently enforce EU consumer rules. Unfortunately, in many other areas we need to improve enforcement

and make sure consumers can benefit from their rights. This is what our upcoming ‘New Deal for Consumers’ is all about.”

The 2,201 alerts sent through the Rapid Alert System prompted nearly 4,000 follow-up actions,

such as the withdrawal of products from the market. This shows that all national authorities closely monitored the alerts in the system and took all necessary measures to help make the market safer for consumers.



See the difference
seatoskyhomes.pt

SILVES • LAGOA • ALVOR • LAGOS & WEST

AMI: 11990

SERVIPNEUS
Auto Repair

**EVERYTHING YOUR CAR NEED
YOU WILL FIND HERE**

Call: 282 475 317

Located In:
Portimão - Boliqueime - Loulé - Faro - Olhão - Tavira



SERVICES

- Tire Sales & Services
- Car Repair
- Oil Change
- Brakes Repair
- Battery & Electrical
- Heating & A/C

www.servipneus.pt

EU expert group tackles 'fake news'

In a report handed over this week to Commissioner for the Digital Economy and Society Mariya Gabriel, the High-Level Expert Group on Fake News and Disinformation spread online has suggested a definition of the phenomenon and makes a series of recommendations.

The independent experts are advocating a Code of Principles that online platforms and social networks should commit to. The report complements the first insights from a public consultation and Eurobarometer survey also published earlier this week. These contributions are hoped to feed into the preparation of a Communication on tackling disinformation online, that the Commission will publish in spring.

Commissioner Gabriel said: "Thanks to the High-Level Expert Group and to Professor Madeleine de Cock Buning for the great work in steering the group to meet the tight deadlines. With all the opinions gathered and the extensive collective expertise, we now have at our disposal a wide array of material that will help us put forward a number of tangible options to better address the risks posed by disinformation spread online." Chair of the High-Level Expert Group, Professor Madeleine de

Cock Buning, said: "I am very pleased with our results, especially the commitment of all stakeholders, including online platforms, on the steps we advise the Commission to take. It is a great leap forward on the issue of the spread of disinformation: we have created a robust starting point for a Code of Practices, supported by a multi-stakeholder Coalition."

The report from the High-Level Expert Group focusses specifically on problems associated with disinformation online rather than fake news. The experts deliberately avoided the term 'fake news', saying it is inadequate to capture the complex problems of disinformation that also involves content which blends fabricated information with facts.

The report defines disinformation as false, inaccurate, or misleading information designed, presented and promoted for profit or to intentionally cause public harm. This can threaten democratic processes,

values and can specifically target a variety of sectors, such as health, science, education and finance. The report underlines the need to involve all relevant parties in any possible action, recommending first and foremost a self-regulatory approach. The group recommends promoting media literacy to counter disinformation; developing tools for empowering users and journalists to tackle disinformation; safeguarding the diversity and sustainability of the European news media; continuing research on the impact of disinformation in Europe.

According to the latest Eurobarometer survey (around 26,000 citizens interviewed), people perceive that there is a lot of fake news across the EU with 83 percent of respondents saying that this phenomenon represents a danger to democracy. It emphasises also the importance of quality media: respondents perceive traditional media as the most trusted source of news (radio 70 percent, TV 66 percent,



EU Commissioner for Digital Economy and Society, Bulgarian, Mariya Gabriel (R) and Madeleine de Cock Buning (L) from Utrecht University and Chair of new High Level Group (HLEG) on fake news and online disinformation, give a press conference in Brussels, Belgium, 12 March 2018. (Photo: EPA/Olivier Hoslet)

print 63 percent). Online sources of news and video hosting websites are the least trusted sources of news with a trust rate of 26 percent and 27 percent, respectively.

According to the public consultation, the overall perception is that the spread of disinformation via social media is made easy because fake

news appeals to readers' emotions (88 percent), are disseminated to orient the public debate (84 percent) and are conceived to generate revenues (65 percent). Half of the respondents believe that fact-checking after the disinformation has been published is not a solution as it will not reach the people that saw the initial information.

Portugal among top countries for women entrepreneurs

Portugal is among the top ten countries for women in business.

According to the second edition of the Mastercard Index of Women Entrepreneurs, women business owners in Portugal have some of the best opportunities to succeed.

Overall, Portugal is placed sixth in the

Index, with the top five countries providing the strongest supporting conditions and opportunities for women to thrive as entrepreneurs being New Zealand, Sweden, Canada, the United States and Singapore.

Advertiser's Announcement

Coping with an emergency



**MEDICAL SUPPORT
WITHOUT LANGUAGE BARRIERS
24 HOURS A DAY**

Established in 2009, the Centre for 'iMERGENCIES' offers a unique service, helping the Algarve's ex-pat community to telephone for emergency assistance using their own first language. The service also provides detailed guidance to emergency vehicles bringing them with maximum efficiency to the point where they are needed.

When dialing - 112 - the standard emergency number in Portugal, the operator is unlikely to speak English. The caller is then reliant on their Portuguese language

skills. Being in an anxious state it can be difficult to explain what has happened and all too often the situation is misunderstood and the address unclear. In contrast, when telephoning the 'iMERGENCIES' Centre, the multi lingual staff take control of the problem (6 languages). Immediately summoning an emergency vehicle and speaking in Portuguese they will guide the crew to exactly where they are needed.

iMERGENCIES also offers a Personal Emergency Response System (PERS), a high-tech personal alarm

linked directly to the iMERGENCIES centre.

Contact iMERGENCIES to find out about their low fees with discounts available for Members of AFPOP, NCA, Finlandia-Club, Amigos do Museu São Bras and Rotary-Club.

iMERGENCIES
We care
by ECDE International

**iMERGENCIES -
ECDE International**
Contact: 912 391 022 /
912 390 222
Mail: info@ecde.org
www.ecde.org

**INSECT SCREENS &
ENCLOSURES TO
ENHANCE THE
COMFORT OF YOUR
HOME & GARDEN**


Simply screens
mosquito screens with style



Call 282 798 080 / 927 819 645, email info@simply-screens.com
or visit www.simply-screens.com

Exports increase almost 10 percent in January

The Portuguese economy minister revealed in Brussels this week that the increase in Portuguese exports, which he described as "accelerating greatly", also showed the country was going through a "good period" in terms of competitiveness.



Latest figures out this week show that ports across the country have been their busiest in a while, with exports climbing ten percent, while imports also rose by a slightly higher figure. (Photo: Lusa/Mário Cruz)

On leaving an EU Competitiveness cabinet meeting, Manuel Caldeira Cabral, said the figures the Portuguese National Statistics Institute (INE) released this week show that Portuguese exports in January went up 9.6 percent, which was more than in the last three quar-

ters meaning they are accelerating and the government expects this trend to continue. The acceleration was particularly significant in the automobile sector, which saw exports to the EU and the rest of the world rise. There were also strong increases in the agro-food sector, which increased 15.6 percent,

and the machinery sector which saw exports rise more than 10 percent compared with the same month last year. The INE said this week that exports rose 9.6 percent but imports steamed ahead with an increase of 12.4 percent compared with January 2017.

TPN/Lusa

Inflation creeps up in February

The annual rate of change of the Portuguese Consumer Price Index (CPI) was 0.6 percent in February, the National Statistics Institute (INE) said on Monday.

According to INE, "rounded to one decimal place, this rate coincides with the value of the quick estimate published on 28 February," although the final rate is 0.4 percentage points lower than the previous month.

The underlying inflation indicator (total index excluding unprocessed, food and energy products) recorded a year-on-year change of 0.6 percent, 0.3 percentage points lower than in January.

The aggregate for unprocessed food products registered a year-on-year change of -0.1 percent in February (0.8 percent in January), while the rate on energy products decreased to 1.6 percent (2.3 percent in the previous month).

In terms of expenditure categories and in relation to the previous month, INE noted increases in the annual rate of change in clothing and footwear and health, with -2.4 percent and 1.0 percent, respectively (-4.7 percent and 0.7 percent the previous month).

The year-on-year rate of change in the categories of

transport and alcoholic beverages and tobacco fell by 1.0 percent and 0.7 percent, respectively (3.2 percent and 2.3 percent the previous month).

In February, the monthly CPI variation was -0.7 percent (-1.0 percent the previous month and -0.2 percent in February 2017).

The average variation over the last twelve months was 1.3 percent, the same rate as the previous month.

The Portuguese Harmonised Consumer Price Index (HICP) registered a year-on-year change of 0.7 percent, 0.4 percentage points lower than the previous month and 0.5 percentage points lower than the Eurostat estimate for the Euro Zone (in January, the year-on-year change in the Portuguese HICP was 0.2 percentage points lower than the Euro Zone).

The HICP recorded a monthly variation of -0.6 percent (-1.2 percent the previous month and -0.2 percent in February 2017) and an average variation over the last twelve months of 1.5 percent (the same as the figure recorded in January).

TPN/Lusa



euroFINESCO s.a.

FISCAL & EXPATRIATE SERVICES

Is NHR your best option?

Solving Delaware Dilemmas

Holiday Letting Compliance

"IRS" - correct and cost effective

Specialising in Sole Trader Services

tel: 289 561 333

info@eurofinesco.com

www.eurofinesco.com

IRS 2017 - Taxation of Income



DENNIS SWING GREENE

Nº 6: "Holiday Lets" as a Business (Category B)

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.

If you let out furnished accommodations to holidaymakers on a short-term basis, you are engaged in tourist services (Category B) and should have already acquired a *Local Lodging* licence. This type of business activity receives special treatment under the "Simplified Regime". You are taxable on only 35% of your invoiced income.

Before You Start

Before beginning your independent business in Portugal, you must first register your activity with the Portuguese Tax Authority. This is done a) over the Internet, b) on paper or c) directly at your local *Finanças* office. You will also need to register with Social Security. Contributions only begin in the 13th month of your activity. Those receiving an Old Age Pension or contributing to a Social Security system anywhere within the EU can apply for exemption from contributions. Your property must also be approved for this tourist business activity. Property owners apply for a *Local Lodging License* either online via the "*Balcão do Empreendedor*" or through the local Council. Any irregularities in your building must be sorted before permission is granted. Requirements regarding energy efficiency certification of new, renovated and existing properties have been in effect since 2013. Buildings to be available to the public must have an Energy Efficiency Certificate. Compliance is key for those

exercising this activity. Failure to meet the above norms is subject to severe penalties.

Letting to Holidaymakers

Non-Residents normally report income both in Portugal as well as in their home jurisdiction. Regardless of where you are paid and in what currency, your primary responsibility is to report the activity in Portugal because 1) this is where the business activity (tourism) takes place and 2) where the property to be commercialised is located. Double taxation is normally eliminated via international tax credits.

Electronic Green Receipts

As in all freelance business activities in Portugal, you are required to issue invoices to your clients. Because these invoices are done electronically via the Internet, the Tax Authorities have an on-going record of your income.

Reporting to "SEF"

Just like any hotel, you will be required to report the arrival and departure of foreign guests. Reporting is done on line to the "*Serviço de Estrangeiros e Fronteiras*" (Aliens and Border Service) with 3 different programmes available.

Portuguese Income Tax

An "IRS" declaration must be filed in May following the fiscal year. Most find the Simplified Regime to be both simple and economical when compared to standard accounting practices. Under current legislation, 65% of *Local Lodging* income is excluded to account for operating expenses that no longer need to be reported. This equates to an effective tax rate of <9% on your gross *Local Lodging* income.

Next: Capital Gains - Investment Portfolios
Dennis Swing Greene is an International Tax Specialist and Chairman of euroFINESCO s.a.
www.eurofinesco.com

Trump and Kim

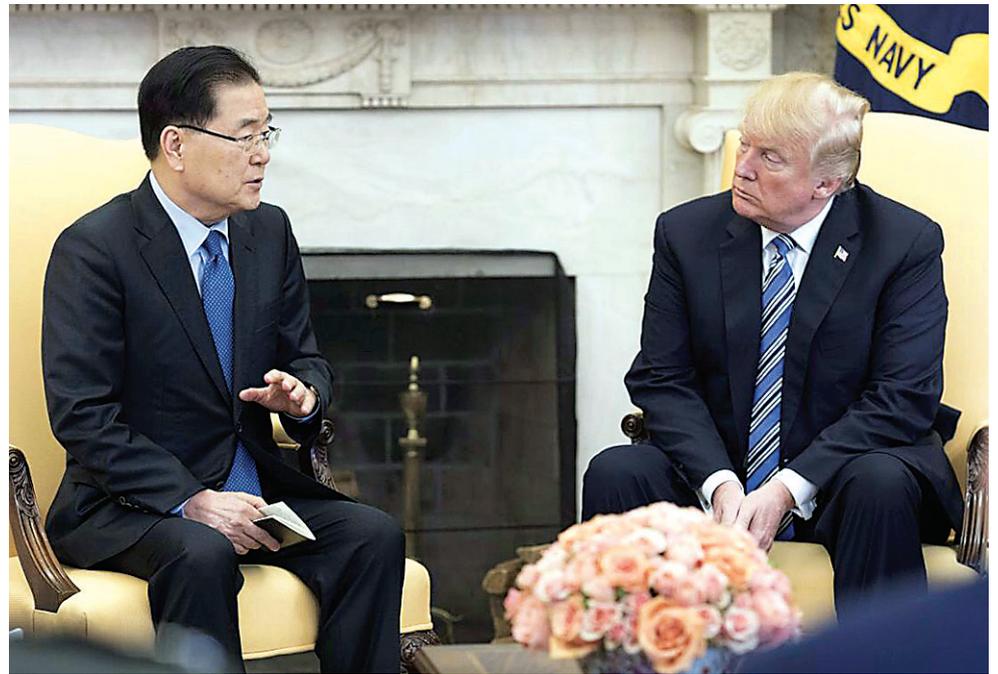
Anything short of a complete breakdown at the talks would virtually guarantee Trump next year's Nobel Peace Prize. Moreover, it would seem bigger and shinier than the one they gave to Barack Obama, because Obama hadn't actually earned it. He got it just for being a nice guy. Oh, no, wait a minute. If they gave it to Trump they'd also have to give it to Kim Jong-un, and that would be even sillier. Yet there probably won't be a complete breakdown at the talks, which are due by May, because both men are strongly motivated to make them look successful. Kim's minimum goal is to establish North Korea as a legitimate sovereign state that is accepted by other sovereign states (including the United States) as an equal. Just having a one-on-one discussion with Trump about the security problems of the Korean peninsula gives him that. He will do his best to keep the meeting civil, and under no circumstances will he break off the talks first. Trump's main goal is to look good - to get a 'win' - and Kim's advisers will have told him to let Trump win something. It doesn't matter what, so long as Trump can wave it in the air and claim victory when he gets home. But it will definitely not be an enforceable agreement to dismantle North Korea's new nuclear weapons and their delivery vehicles. Look at it from Kim Jong-un's standpoint. Saddam Hussein gave up his nuclear weapons programme (involuntarily) after the first Gulf War in 1990-91, and twelve years later the United

States invaded Iraq, overthrew Saddam, and hanged him. Well, the new Iraqi regime provided the rope and the gallows, but the US invasion would never have happened if Saddam had really had nuclear weapons. Libya's Colonel Muammar Gaddafi gave up his quest for nuclear weapons too. It never really amounted to much, but it worried Western powers enough to make them leave him alone most of the time. Then Gaddafi handed over all his pathetic scraps of nuclear weapons-related technologies - and NATO airpower subsequently backed the tribal rebels who finished him off with a bayonet up his backside. So if the US sees you as a problem and you value your life, don't stop until you get your nukes, and never give them up. The North Koreans understand this lesson very well. No promise Trump could make would persuade the North Koreans to surrender their nukes. As far as Kim is concerned, nuclear deterrence against the United States has now been achieved, and he'd be mad to give it up again. It's a pretty flimsy form of deterrence - his rockets aren't very accurate and his nuclear weapons don't always explode in a fully satisfactory way - but even a 10 percent chance that North Korea could kill half a million Americans in a 'revenge from the grave' attack should be enough to deter the US from using nukes on North Korea. A nuclear war between the US and North Korea would probably kill ten times as many North Koreans including practically every

I think I know why President Donald Trump suddenly agreed to hold talks with North Korean leader Kim Jong-un after a year of mutual threats and verbal abuse.

N GWYNNE DYER

South Korea's national security adviser Chung Eui-yong (L) meeting US President Donald J. Trump (R) at the White House in Washington, DC, USA, 08 March 2018. (Photo: EPA/Cheong Wa Dae Media Office / Handout South Korea)



member of the regime - Pyongyang would be a glowing, radioactive pit - so Kim's regime would never initiate such a conflict. But he needs the assurance that the United States will never resort to nuclear weapons either, and only North Korean nuclear weapons can provide the necessary deterrence. You may deplore this kind of thinking, but it is entirely rational and it is at the heart of North Korea's strategy. Kim's willingness to talk about the "denuclearisation of the Korean peninsula" is therefore just that: a willingness to talk, but not to act. And there's plenty to talk about. Does 'denuclearisation' mean no American nuclear weapons can be located in South Korea? Given the range of those weapons, how would that make North

Korea any safer? Does it mean dismantling North Korea's nuclear weapons? Certainly not. It's just what Kim had to say to get the talks started. His ultimate goal is to 'normalise' North Korean nukes, as Indian and Pakistani nuclear weapons were eventually accepted as normal. This can only happen if the United States acknowledges a state of mutual nuclear deterrence between the two countries, which Trump is not yet ready to do. But even by talking to Kim about it, he begins to give the concept substance. Kim can promise Trump a "moratorium on nuclear and missile tests" because he doesn't really need more tests. His nuclear weapons and rockets are far fewer and much less sophisticated than their American coun-

terparts, but mutual deterrence can work effectively even when one side has a hundred or a thousand times more nuclear weapons than the other. So Trump gets an early 'win', and Kim gets to nudge the United States a little closer to an understanding that its future relationship with North Korea will be one of mutual deterrence. Or maybe locking two narcissists in a room is bound to end in tears, but it's well worth a try.

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



ALGARVE REMOVALS

"Relax, your move is in safe hands."







REMOVALS

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

STORAGE

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

ONLINE SHOPPING

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

Call us now for a FREE quote

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

Algarve Tel: 00351 289513851
Mob: 00351 968019226

Email: sales@algarveremovals.com

www.algarveremovals.com

Local Depots at: Alcantarilha - Almancil - Tavira

Re: Land Cleaning

SIR, An interesting, but I would have thought unpopular, letter effectively exonerating people who don't clear their land or cut fire breaks was printed in The Portugal News, 2 March.

I am terribly old fashioned, but find worrying this extension of the socialist idea that there should be a class of persons who are owed something by their peers. First there was the idea that those who have money should be responsible for giving increasing amounts of it to those who have not. This was followed by the idea that all people have rights. We were then told that all people are equal. This should have led to the conclusion that all should have both rights and responsibilities, but strangely no-one seems to have made that connection. May I give you what I consider to be a fundamental social axiom: that there be no rights without responsibilities.

Your letter-writer believes that people who don't properly maintain their land because they can't afford to should be exempt from their responsibilities. Don't you think a more socially equitable and moral position would be that if you can't look after something so that it becomes a danger to your neighbours, then you should get rid of it to someone who can?

There are far too many in this country who simply do not take responsibility for their decisions. I don't think we should encourage them. JOHN CLARE, Silves.

Obligatory Land Clearance

SIR, I would like to add my voice to the comments on your letter page regarding the new law on clearing land. We are people who are most affected by this unfair and unreasonable law which will be impossible for us to fulfil.

My husband and I have lived in the Algarve for over 30 years and are now retired. We clear the land around our house every year as the law dictates, mainly the wild hill above our house which would otherwise be covered in rockroses and other flammable shrubs. We usually have until May or June to complete this job. Now the law has changed we will have to clear much more, especially with regard to trees "too close together". The hill in question is very

steep and too dangerous to burn our cut down branches and tree trunks. My husband, aged 68, has to manually drag everything down the hill for more than 50m to our terraces in order to burn it. He has now been given a deadline to complete this job by 15th March, an impossible task. He has no-one to help him, I suffer from severe arthritis and have not been able to get up the hill for years. Our meagre pension will not stretch to employing helpers. Not only that, but we have also been ordered to cut down and destroy all ornamental trees and fruit trees that are now deemed too close to our house or too close together. These trees consist of mature orange trees, nesperas, lemon trees, peach and apricot trees, and a whole load of ornamentals we have planted over the years. They provide fruit and/or shade. Our beautiful garden will be destroyed. We now have conflicting advice. Some people say that private gardens and farmland are exempt, but we were also told by the police we must cut them down. We don't know what to do.

Some years ago, huge fires swept through the Algarve. The hills around us, planted out with eucalyptus and pine, were burnt to a cinder. The fire also spread through our land, burning dried grasses & weeds but none of our well-irrigated trees or bushes caught fire, though a few leaves were scorched. This, despite the fact that firemen could not come out to help us as they were busy helping villages and large estates. Our garden was a green oasis in a sea of blackened hills. Small landowners who irrigate their gardens are not the problem, but we are being made to pay for it. The blame for fires lies on the shoulders of people who start them on purpose or else are careless and negligent. The fires are then spread, mainly by eucalyptus, which burns explosively, sending flaming debris high into the air to ignite somewhere else. The authorities recognised the danger of eucalyptus and made laws about planting them, which were then scrapped due to pressure from the rich forest owners and Troika, who want profit and do not care about the environment. Eucalyptus planting continues destroying the environment and increasing the fire danger to us all. Lastly, the new law has caused desperation among many small landowners, who now have no time to

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



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

clear everything stipulated. A fireman we spoke to said they have been called to many small fires started accidentally by farmers desperately trying to get rid of their rubbish or lose their livelihood. So far this law has caused fires as well as misery and hardship to innocent people. ALARA TWINE, By email

Re: Mr Major's Speech

SIR, I find this letter intriguing. The writer has apparently changed the way votes are counted, He has added the non-voters to the "Leavers" to arrive at a different answer to the actual result.

What would have happened if he had added the non-voters to the remainers? I think we should stick to the correct way as it has been done constitutionally for hundreds of years.

With regard to the assessment of the post brexit situation, do you remember the assessment of the stock market and the pound versus euro before the vote? More importantly do you remember after the vote when the stock market hit new highs and the value of the pound versus the euro increased? I would point out that these assessments are based on Theory and not fact - Do you remember in 1975 when to join the market we had to disown (trade wise) New Zealand and Australia among others, and what has happened to them?

There will be a discussion and vote in the Commons so please let us wait and see what happens without all this distorted and misinformed discussion. I would add that I am a confirmed watcher of Question Time on BBC and every time that Brexit is mentioned a member of the audience comments that we should stop all this petty bickering and misinformation and get on with the job of leaving. Finally I would say that I heartily disagree with hiding behind pseudonyms to preserve your anonymity, if you have something to say have the courage of your convictions, your position as a "Remainer" is quite clear from the text. A.L. THOMAS, Lagoa

Re: Mr Major's Speech

SIR, The letter Re: Mr Major's Speech from EU CITIZEN - expressed so well the FACTS relating to the whole Brexit debacle dating right back from the referendum campaign to the present. The force with which the rightwing politicians smirkingly dismiss the 63% of the population is sickening and frankly frightening. This is not a democratic process. I yearn passionately for 'my' government to represent me and the views of the many like-minded citizens.

My initial response to the leave vote and politicians who are then now supposed to handle the transition is that they are bumbling idiots and conceited asses. I haven't heard anything since to change that opinion. I have come to believe that those who are committed to Brexit in the govt and their associates very definitely have vested interests. They are certainly exceptionally obscure and purposely ambiguous in interviews. There is no expertise evident anywhere to deal with the extremely complex issues which have taken years in the EU to sort. We will be in a vacuum, isolated and vulnerable after March 2019, and will be likely to form many dubious alliances which will not enhance our self-esteem, our economy or our markets.

HAZEL NORBRON, Tavira

Graffiti

SIR, Having now lived in Albufeira for the last five years I cannot believe how the graffiti has escalated. Why oh why are the GNR or the Câmara not doing anything to stop these thugs destroying this beautiful country. Everywhere you drive, there is more and more of this unsightly mess. Some parts of the country are starting to look like War Zones. These idiots seem to have no pride in their country and think it is okay to write on anything that doesn't move. Please, please, if anyone sees these thugs report them and let's get Portugal looking beautiful again, MRS J BELL, Albufeira

Let's Walk in the Algarve

Tuesday 20 March – Let's Walk on Rocha da Pena:

The limestone escarpment of Rocha da Pena is a classic site for spring flowers and birds. This walk will take you up and along the escarpment and also through unknown countryside, 2.5 hours long. There is a climb (gradual) to the top but this will be done with lots of rest stops. 10.30am start. Meet in the centre of Penina. Take the IC1 north and exit for Messines then follow the signs for Salir, pass by Alte and you come to Benafim. At the roundabout in Benafim go left direction Penina, the road goes up around to the right and after 200m there is a small road to the right for Penina. Drive into the village and meet at the small square at the entrance (there is a café up a side street). Chris 913 011 537

Friday 23 March - A walk on the Serra de Cão: A great

walk through a part of the countryside that sees very few visitors, one gentle climb up onto the ridge for great views to the sea and a chance to see the first spring flowers. About 2.5 hours. 10.30am start. Meet at the Café Pallur in the centre of Barão S. Miguel. Drive along the EN125 from Lagos towards Sagres. After approx 12km you pass a pottery on the left. Soon after turn right towards Barão S Miguel. Follow the road for 2.5km and the cafe is on the left in the village centre. Julie 965 753 033

There is no need to book please just come along wearing shoes suitable for country walking and please bring a sense of humour! There is a nominal charge of €5 per person which includes a donation to charity. If the weather looks doubtful please call beforehand - Chris 913011537.

Bowls Algarve

Wednesday 7 March was the date for the second half of the Interclub Semi-Finals which were rained off last week, and the venue was again Tavira Bowling Club. The morning began bright and sunny, however, the afternoon proved to be different. The rain began about 2pm and conditions deteriorated for the rest of the afternoon.

Despite the deteriorating weather conditions spectators, and there were plenty of them, were treated to some excellent bowling. During the morning session the Mixed 4's, S. Currell, G. Pratt, S. Kirk and S. Pratt of Alvor were beaten by C. Le Piodevin, C. Heselton, S. Le Piodevin and J. Scott of Tavira. The Open 4's saw T. Crawford, I. West, B. Holt and L. Bateman of Pedras triumph over P. Harris, B. Harris, D. Reilly and P. King also of Pedras. Whilst, in the Mixed Pairs, S. Kinane and G. Kinane of Floresta won against D. Stewart and G. Herrtage also of Floresta.

The afternoons saw the teams try to begin early where they could, whilst the weather was holding. In

the first Triples, D. Austin, M. Mullane and J. London of Pedras won against M. Jackson, P. Sutton and J. Sutton of Floresta. The second Triples game, saw B. Walker, M. Ellis and W. Seed of Alvor win against R. Fribbins, R. Fribbins and N. Merritt of Floresta. In the Open 4's J. King, P. King, P. Hare and M. Hare of Balaia lost against A. Parr, G. Noonan, R. Bland, and A. Reynolds, whilst the Mixed 4's saw P. King, M. King, B. Holt, and V. Holt of Pedras, triumph over D. Hibbert, N. Roberts, D. Stewart and A. Roberts of Floresta.

The welcome at Tavira was again as warm as ever, with the rinks in excellent condition, thanks to much hard work from Joe Scott. Thanks also go to the Markers and Umpires who officiated in appalling conditions both last week and this. The kitchen staff at Tavira also deserve our thanks as they kept everyone supplied with plenty of drinks and food.

Congratulations to all those who prevailed and commiserations to those who didn't, better luck next year. *Miriam Hare*

Algarve Activity Bike Rides

Here are the details of this week's rides, or not, depending as usual on the weather:

Saturday 17 March - Bike Ride starting in São Brás: We meet in the Lidl car park at 9.15am ready for a 9.30am start. This will be a fairly challenging ride of around 40kms with a café stop somewhere along the way.

Sunday 18 March - Bike Ride starting in Loulé: We meet in the Avenida opposite the market at 9.15am ready for a 9.30am start. This will be a mostly easy ride of around 35kms with a café break somewhere along the way.

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

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

CASA AGM in Portimao



The CASA 2018 AGM, was held at the *Portimão Naval Club* on Saturday 3 March.

The wind and rain may have prevented us enjoying the usual river view from the outside terrace but had no further impact on the evening. The Naval Club's meeting room was perfect for our 48 members to partake in the short meeting, following a welcoming glass of Prosecco to drive out the negative effects of the current weather. The usual formal proceedings, including the re-election of the committee and presentation of the auditors re-

port were dispatched without delay and we all then adjourned upstairs to the main restaurant for an excellent three-course dinner served by the friendly and attentive staff.

Our next scheduled event is a "Sunday Brunch" to be held at *The Wolf* in Carvoeiro on Sunday 15 April.

Full details of this and all our planned events, which are also open to non-members, can be obtained from the club website: www.casasocial.club or from Margaret Brito on: 282495475 or by email to: info@casasocial.club

Donation and career talks

RC Estoi Palace International members returned to the Poet Emiliano da Costa School on Tuesday 28 February to enjoy a lunch prepared and served by the students. Last year members visited the school for lunch and donated 600 euros to purchase an oven to assist the students with their food preparation. This year after another superb 3-course lunch prepared using the new oven, the Club was delighted to donate another 400 euros to purchase a microwave for the students and fund a Study Trip.

The Club has a close relationship with the school, distributing dictionaries annually to 5th year students. On 7 March, for the 4th year running RCEPI awarded Diplomas of Merit to their best students. This initiative began after discussions with Professor Cidália Teixeira, the school Librarian on how to reward students who performed outstandingly. This year the certificates were presented by Bruno Costa, President Elect of

RCEPI and Francisco Soares, Director of the Grouping of Schools Pinheiro e Rosa. As in previous years the 3 best students per year (5th to 9th) were chosen. In addition this year a USB of 16GB was also given to the best student from each year. On the same day, the Club had also organised a series of career talks for the students. Subjects covered included Civil and Acoustic Engineering, teaching, and music. A student that the Club is sponsoring through Faro University also came to talk about her course in prosthetics and demonstrated some of the equipment used to help amputees. RC Estoi Palace International and the Poet Emiliano da Costa School are very grateful for the excellent presentations given by the professionals who gave up their time to come along and talk to the students.

For further information on RC Estoi Palace International contact moc@estoiapalace.org, www.rotaryestoiapalace.org

The Lucky Golfers



Ian Yarwood, Erik Herter, winner Caroline de Roos, Ewan Rankin and Captain Bruce Dawson

On 7 March, when the Royal British Club Golf Society played for the Royal British Cup at Estoril, they were incredibly lucky to have a so-called window of no rain! Thirty players took the field early in the morning well-prepared with rain gear which, fortunately, they did not need. The weather made up for it with heavy rain for the rest of the day!

As it was International Women's Week it was fitting that the winner of the competition was one of our international members and a woman! Caroline de Roos scored 38 points with two men following her: Ewan Rankin was second with 37 points and Caroline's fellow Dutchman, and last month's winner Erik Herter, was third also with 37 points. Fourth place went to Denys Stormont with 34, fifth to

David Gray with 33 and sixth to Graham Dewar with 32.

The monthly prizes - with no Guests this month - were awarded to: Nearest the Pin for Ladies - Gabi Huettl, Nearest to the Pin for Men - Erik Herter. The Newstead Trophy - for players with handicap of 23 and over and not in the first six players - was won by Auke Bos (another Dutchman). The Cow Bell this month went to Tom Scheier.

Lunch was held at the Estoril Club House during which Ian Yarwood, Chairman of the Royal British Club presented the prizes and spoke about the various events available to members. Captain Bruce Dawson announced that next month's competition will be held at Estoril on 4 April when members will play for the Rawes Trophy.

Brenda Leitão

Algarve expat launches crime book series

Long-time Algarve expat Trevor Holman, working with a New York publisher, has launched a six-book crime series, 'The Algarve Crime Thrillers', inspired by his legal background, as well as his current life in the sun.

The first book in the series, 'The Mijas Murderer', was published in both hardback and paperback earlier this month. The second, 'The Faro Forger' is due out in May, while book three in the series 'The Salzburg Suicides' is scheduled for release late Autumn.

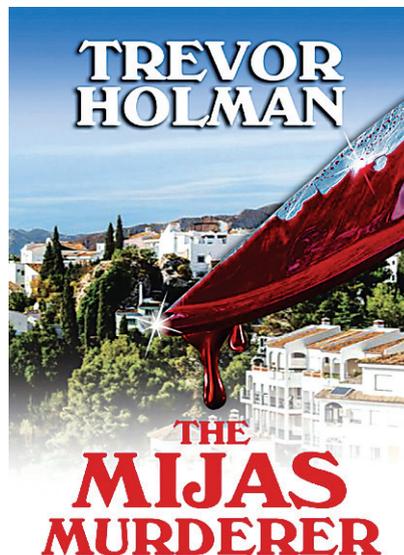
The concept of the books is based on two fictional characters, who live in Quinta do Lago and become involved with the GNR, the UK police and Interpol in helping to solve various crimes. Their undercover investigations take them all over the world and the first book in the series starts when one of our hero's neighbours is brutally murdered in his own home here in the Algarve.

Books four, five and six in the series, provisionally titled 'The Cairo Conspiracy', 'The Paris Poisoner' and 'The Albanian As-

sassin', are in the pipeline and should be published throughout 2019.

Trevor Holman says: "The idea of writing the books first came about when I started telling a friend about some of the hundreds of cases I'd sat through as a magistrate in the UK before my wife and I moved to the Algarve. Over a number of years I'd sat on the magistrates bench listening to the prosecution outline all manner of crimes, some absolutely horrendous and others completely laughable. After the prosecution had gone through their evidence we then had to sit there listening to the defence come up with various reasons, explanations and excuses as to why their clients should not be punished. These stories have provided a lot of the basic material used in the books.

'The Mijas Murderer' is now available from various online booksellers such as Amazon: www.amazon.com/Mijas-Murderer-Trevor-Holman-ebook/dp/B079JH944S



Artificial Grass
Best Quality From Belgium

Suppliers in Algarve

LAGOS CHINICATO

Serros Areias & Britas
Materiais de Construção

ALBUFEIRA
bricoverde
DIY | Casa | Agro Jardim

PGS' PAULO'S GARDEN SERVICE LDA PARCHAL

MãosVerdes

For more info Call
+351 934 816 122

info@maosverdes.pt | www.maosverdes.pt

PENGUIN PENGUINALGARVE.COM

Penelope couldn't live with his uncontrollable indoor climate...

For the very latest in energy-efficient

Air Conditioning Solar Heating
Underfloor Heating Pool Heating

info@penguinalgarve.com www.penguinalgarve.com

Tel. 289 092 595

SERVICE HOTLINE: 910 700 777

NWDF TRANSPORT • SHIPPING
REMOVAL SPECIALISTS
UK | PORTUGAL | IRELAND | EUROPE

NEW France-Portugal Service

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

Please call us for a no obligation free quote

RHA Road Haulage Association
www.nwdfitd.co.uk | peter@nwdf.co.uk
info@nwdf.co.uk

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

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

No more Scooby snacks

When your dog looks up to you as you eat your food it can be hard not to succumb to those puppy dog eyes but each little treat could be doing your pet far more harm than good according to experts.



Vet Barbara Royal has been sharing her experiences on Oprah.com about the foods that can cause problems for cats and dogs and some may be a surprise to many pet owners. Dr Barbara Royal said: "There are a lot of foods that people tend to feed their animals that they shouldn't - and they don't know they shouldn't." Take a look through some

of the top foods for pets to avoid and make sure that you don't end up letting your animals snack on these...

Peanut butter

Lots of humans have problems digesting nuts and have allergies to them so it should not come as a shock to learn that animals should not be eating peanut butter. According to Dr Royal, peanut butter was found to be the one food that most sur-

prised pet owners when she said they should never give this to pets. "I have a lot of animals that will come in [with] allergies or chronic problems, and then I find out that they've been giving all the medications in peanut butter. So we stop the peanut butter and everything gets better."

Pizza crusts

There are lots of us who end up throwing away the pizza crusts, especially if we have perhaps over estimated the amount of pizza we think we may be able to eat this Friday night! Don't be tempted to give these crusts to your pets though as they are not good for animals to consume. Dr Royal explains: "Other things that people feed are, like, Friday evening pizza crust - that comes under my long list of things which is: no corn, no wheat, no soy

and no white potato in foods." Processed foods such as pizza often contain potato and potato skins and in the skins there is a substance called solanine, which can be toxic to animals - so it is a good idea to avoid this.

Crisps

There can't be many people who honestly think that eating crisps is a healthy choice and we should think the same way about crisps when we consider throwing them a couple from our family-sized bag. Don't feed your pets crisps, or anything that is very salty, like pretzels or other salted snacks because salty food can be inflammatory and lead to other problems arising.

Sweets and biscuits

You wouldn't want to eat a dog biscuit and your dog does not want to eat one of your biscuits either! Foods filled with sugar are bad for animals and anything containing chocolate is of course off limits as this is toxic to animals and no matter how much you think you are treating your pet, you could actually be causing harm to them instead. So, what should we be giving our pets instead? What we should be feeding our pets with should make sense to the bodies of our pets, so we should be looking at little meat treats instead. And with cats we need to be

even more careful, according to the vet who concluded: "They're obligate carnivores so they absolutely shouldn't really be eating food other than mostly meat - they should have high protein, high fat and low carb - not more than 5-10% of their food should be carbohydrates. "So when you're feeding treats, a lot of the treats have a lot of sugars and things in them. You want to get rid of those."

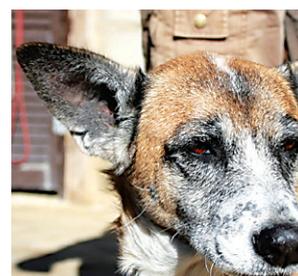
PETS FOR ADOPTION



CHIP is only 7Kg, 35cm at the shoulder, 7-years-old, good with other dogs and a very friendly boy. Please contact Kerry on 916731831 or kerry@aeza.org



JANIS is 4-months-old. Her mum (small, silky terrier size) and 3 sisters have all been adopted and she is now feeling sad at the Shelter. We would like to find her a loving home ASAP. We will arrange for her to be sterilised when old enough. If you would like to meet her email: cadelacarlota.comp@gmail.com



MENINA is an older girl looking for somewhere to enjoy her retirement. We estimate she is 9-years-old. She is good with people and other dogs and would dearly love a forever home. She is sterilised, vaccinated and lovely. Please contact Kerry on 916731831 or kerry@aeza.org

All creat

Wading through waist-height devil's club shrubs with leaves the size of dinner plates, I feel like a shrinking Alice in Wonderland. Everything around me is enormous. Towering until they almost block out the sky, colossal cedars and hemlocks create a comforting sanctuary, securely grounded by their ancient roots. For a relatively young country celebrating 150 years since Confederation this year, these 400-year-old beauties are treasured historical monuments.

In Canada, everything is supersized: distances are vast, forests are endless, and wildlife is wonderfully abundant. It's a scale almost incomprehensible to someone from a small European island which could probably fit neatly into the pocket of west coast province British Columbia. And if the sights are big, the sounds are even bigger: The grumbling of a sore-head sleeping grizzly disturbed from his slumber echoes around the forest canopy like a rumbling storm about to break. Frozen to the spot, his eyes darting wildly, Gary Zorn shhs a wrinkled index finger to his appropriately ghost-white beard. A seasoned guide, with 40 years' experience trekking bears in this area, he's not afraid, he's simply listening and anticipating what the grumpy grizzly metres away from us might do next. Originally a tracker for hunters, 71-year-old Gary is a master of bear behaviour, but early on he made the decision to swap guiding guns for leading wildlife tours, and is one of British Columbia's true pioneers. The decision to ban the hunting was welcomed by many and supported by the economic growth of nature tourism, proof these animals are worth far more alive than dead. "Hunting was becoming a dirty word," explains Gary on his initial decision to change tack. "But when I told friends ecotourism was the way forward, they laughed at me." Firmly resolute, he carried on and was granted the wildlife guiding permit 001, the first to be issued in the province. Based at Pyna-tee-ah lodge at the base of the Cariboo Mountains, deep inside BC, he runs

Safe and comfortable pet transport covering Western Europe and the UK

EURO PET TRANSPORT

- *Monthly Trips to UK and Germany
- *Fully Licenced and D.E.F.R.A inspected
- *Climate Controlled Transporters with Full Pet Insurance Cover

www.europettransport.com
europetrans@yahoo.com
 Tel: +44 7852665320 +351 913179390

Hospital Veterinário de Portimão
 Portimão Veterinary Hospital

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

EMERGENCY SERVICE 24/7

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

Paws 4 Pets
 The Best a Pet Can Get

Natural Dog Food
 Nature Knows Best

No Artificial Anything 100% Natural Food

NATURAL DOG FOOD COMPANY

Proudly Made in Britain All Human Grade Ingredients

Buy 30Kg Dog or Cat Dry Food in store and get a 5€ Discount

Top Quality Cat & Dog Foods
 Hypo-allergenic, Low Fat, Real Meat
 NO Wheat, Soya, Maize or By-Products

Albufeira: on the Montechoro Road from Ferreiras just past the Galp garage
 Tels: 300 509 027 / 289 588 882 / 917 152 209
 HOME DELIVERY SERVICE THROUGHOUT PORTUGAL
www.paws4pets.pt

ures great and grizzly

Ecotours BC with his wife Peggy, operating almost exclusively in an area the size of Switzerland. Combining boat trips along salmon-filled rivers, active treks through sub-Alpine forest and even (on occasion) heli-hikes to peaks above the clouds, he promises wild, intimate but always respectful encounters, deservedly earning him the moniker 'Bear Whisperer' - a title he's trademarked. A cloak of foggy drizzle sweeps across the Mitchell River, a tributary of the Quesnel, on our first outing, an 80km speedboat ride from the lodge. Birds of prey swoosh through webs of mist netting the tips of fir trees and beads of rain hang from garlands of lichen like jewels. Next summer, Gary plans to launch an ambitious glamping site in this remote, peak-fringed wilderness, with smart safari-style tents pitched on a floating platform. Dawn and dusk brown bear viewing will be possible, with days spent exploring caves by kayak and hiking through ancient forest. Thousands of sockeye salmon return here from September to October, firing upstream like silver bullets until they mutate into plump, green-gilled, devil-red monsters, travelling from the Pacific Ocean before spawning and dying in the place they were born. They're a bedrock in the food chain and provide a particularly tasty meal for bears. Wearing waders almost up to my chin, I climb over a

chaos of toppled trees and decrepit branches, squelching salmon carcasses underfoot. Dragged by bears from the water, their nutrients are responsible for the forest's epic growth spurts; salmon DNA has even been found in cedar trees. Gary ushers our group of four (the maximum number of guests per outing) to a log jam on the water's edge, and sitting with our legs dangling in the aquarium-clear stream, we wait. It's about an hour before the first diner turns up, a hulk of a bear stripping fish as we would a banana. "Will you look at the foot on that," gasps Gary. But one whiff of our scent, and the grizzly is gone. It's been a difficult year for bears, our guide explains, as we head back to the lodge, wending past forest-swathed ridges bearing conspicuously gaping scars. This summer wildfires ripped through the province, destroying more than 11,000 sq km of land. Although bears are resilient, the smoke and stress had an impact. "In all my years, I've never seen anything like it," exclaims Gary, who noticed the grizzlies were becoming almost nocturnal to avoid the heat. Suddenly, mid-conversation, he switches off the motor, as a female bear with cubs bounds angrily towards us. "Aggie," sighs Gary, with a degree of fond familiarity. "That bear never liked me."

Acquainted with many since they were cubs, Gary knows most of the bears in this area. Au fait with their physical features and mannerisms, he can connect the different families and is convinced they recognise him, too. A real storyteller, he has the dinner table spellbound later that night with recollections of humorous and high-octane adventures, all delivered with a lyrical intonation that ebbs and flows like a warm wave. There's the tale of a raven who helped a deaf bear find his dinner (the clever bird knew he could feast on leftovers); the suspense of a stand-off with a curious sow (waving his arms and growling helped our protagonist escape), and the remarkable account of a wolf chasing a fawn over Gary's head (almost too ridiculous to tell). Leaning over and whispering, Peggy reveals her husband keeps a journal every night, with 30 years of observations noted down. "Most of the things he knows, you can't read in a book," she says with pride. His findings have been shared with a trusted few, including Ryan Simmonds, who came to work as a guide for the Zorns four years ago. While Gary takes care of the river activities, animal enthusiast Ryan is largely in charge of hikes. He's inseparable from Penny, an energetic Border Collie who's been trained to detect the whereabouts of bears, moose and wolves, but will

From the end of November trophy hunting of grizzly bears is banned in British Columbia. Sarah Marshall ventures into the Cariboo Mountains to meet Gary Zorn, an ex-hunting guide who pioneered bear tourism in the province.



A grizzly bear hunting for salmon on the Mitchell River in the Cariboo Mountains, British Columbia, Canada. (Photo: PA Photo/Sarah Marshall)

never give the game away by barking. In autumn, silver birch trees flutter coyly in their golden fineries and hillsides radiate a spectrum of burning colours. Following a spiral of logging trails, we wind towards the top of Mount Brew, where footprints from a large male bear have been seen. "If you want to understand wildlife, you need to simplify your thinking," says camo-clad Ryan as we embark on a steep, sweaty hike through huckleberry bushes and sub-Alpine firs. "We're the ones that overthink things." Arriving at an opening sprinkled with snowdrops of cotton grass, I'm struck by the overwhelming silence. There are 250 species of birds in the Cariboo Mountains, but until the honeyed morning sun hits these peaks, not one is

audibly present. Instead I settle for the intoxicating scent of sweet pine and views of quartz islands shimmering in a nearby lake. Only when we return to our vehicle do we encounter signs of life: a mound of bear poo topped with glistening undigested berries is an invitation for scavenging squirrels and chipmunks to tuck in. There may be no bears but

I'm acutely aware of their presence. They're probably watching us, laughing at our human clumsiness from afar. The final insult comes when we notice fresh paw prints in the muddy ground, planted over our own steps made earlier that day. Crushing our tiny strides, they belong to a giant. But in a country where size is everything, I shouldn't be so surprised. TPN/PA

Long Weekend in Monte Gordo



€53 PER PERSON
(min 2 pax)

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

Friday after 15:00 hr + Dinner, Saturday, Breakfast + Dinner
Sunday, Breakfast and Check-Out at 12:00 hrs
(Extra night €25 per night per person, half board)

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



NEW ROUTES 2017

www.ana.pt
fb.com/AeroportoFaro

DUBLIN

RYANAIR Aer Lingus

Connect with Europe and discover the world
from Faro Airport.

ANZ Aeropostos
de Portugal

VINCI

PRICK

CACTI AND SUCCULENTS: CHOOSING, STYLING, CARING

GYNELLE LEON



Prick: Cacti And Succulents: Choosing, Styling, Caring by Gynelle Leon is published by Mitchell Beazley. (Photo: Mitchell Beazley/PA)

The great cacti comeback

In just a few short years, the humble cactus has gone from being the token potted plant of non-gardeners to coolest houseplant on the block.

Garden centres can't get enough of them, Prada has stamped prints of them on purses and shirts - and last year, Prick, London's first cacti and succulent boutique was opened, by expert Gynelle Leon. "Cacti have always been cool for lots of people, who've been collecting them for ages," says Gynelle, whose new book - Prick: Cacti And Succulents: Choosing, Styling, Caring - offers a guide to these low-maintenance plants. "But the cur-

rent boom comes from a number of different contributing factors. "There's a big emphasis on interior design at the moment, with things like Pinterest really fuelling that. We are spending a lot more time indoors, and plants have become the new show-off factor. It's not just about having limited edition prints or designer furniture, it's also now about your plant collection." While Instagram's gone mad with 'shelfie' posts of lines of cacti, the focus on these plants has also emerged because of our

growing focus on wellbeing, Gynelle notes. "We have such stressful lifestyles, both in work and with the climate of the world, that we are trying to do as much as possible to improve our wellbeing, and plants are proven to do that. "We are bringing the green within," she adds. "Most of us don't have gardens, we are living in cities, so bringing the green within our homes makes a difference to our wellbeing and sense of peace." Here, Gynelle shares some of her top tips and insights about the best ways to care

for and style your cacti and succulents...

Create table decorations
You can make table decorations easily with cacti, using candles surrounded by succulents including echeverias and sempervivums, which look great as you can get a whole range of colours. You could use wire to secure them, or moss, which you'd just have to water lightly.

Give them sunshine
While cacti are relatively low-maintenance, there

Enjoy Life

You want to spend time in your garden. Not spend time on your garden. You prefer to spend the little spare time you have on other things than mowing, dethatching and fertilising. Spend it together. With your friends. Time for yourself. Time for life. And so... you're choosing artificial grass.

ROYALGRASS®

enjoy perfection

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

ALGARVE TREE SERVICES

**PRUNING
DISMANTLING
FELLING
STUMP GRINDING
BRUSHWOOD CHIPPER
SERVICE**

917 479 921
www.algarvetreeservices.com

**QUALITY TREE CARE
ACROSSTHE ALGARVE**

ArquiscapE EST. 1994

A Landscaper for All Your Gardening Needs...

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

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

When only the best will do!

PVC Directo

PVC & Aluminium Doors and Windows

We open Mon to Fri
9 - 1pm & 2.30 - 6pm
Saturday 10 - 1pm

Vale de Lousas Retail Park • Alcantarilha
(close to Algarve Laptops)
Tel: 282 317 472 • info@pvcdirecto.com
www.pvcdirecto.com
www.facebook.com/pvc.directo

GRASSHOPPER GREENS

NO 1 on the Algarve for Synthetic Grass Solutions.

Since 2005 over 1000 projects completed in the Algarve

Grasshopper Greens are a specialist team, fully experienced in all areas of Synthetic Grass Installation, offering you full design and fitting.

- NO WATERING
- NO MOWING
- LOW MAINTENANCE
- LOOKS BEAUTIFUL ALL YEAR

Putting Greens • Lawns • Tennis Courts • Football Pitches
Playing Areas • Roof Terraces • Leisure & Sporting Areas

Mobile: (+351) 910 365 071 • Office Tel/Fax: (+351) 289 093 387
info@grasshoppergreens.com • www.grasshoppergreens.com

Caterpillartraps.com

Do you or your clients have a Pine Processionary Caterpillar problem?
caterpillartraps.com or Find us on

are a few handy pointers you should know about. "The general rule is that they need direct sunlight, so a windowsill is the best place to have them, or a wall next to a sunny window," says Gynelle. "The soil needs to be free-draining, so use cacti and succulent soil rather than a multi-purpose compost, which is made to retain water. It's about keeping the roots dry. Most people kill their cacti and succulents through overwatering. "Good circulation of air is good for cacti as well, so keep them well ventilated. It helps to ward off any pests you might get in the house as well."

They really don't need much water

"If it's in the summer on a south-facing window, you'll be watering about every 10 days, depending on the size of the pot," says Gynelle. "The larger the pot, the longer it takes to dry out. You can pop a kitchen skewer into the soil



We are spending a lot more time indoors, and plants have become the new show-off factor. (Photo: Gynelle Leon/PA)

to make sure it's dry all the way through. "In winter, when you have

to give them their winter's break, with cacti you can go without watering at all from

October to March. And try to keep them cooler in winter," she adds. "However, if you live in a very warm, centrally-heated home, you'll probably have to give it a little water every three weeks or so."

Will they flower?

"All cacti do flower, but it's hard to get them to flower within our homes because the plants need the seasons to flower, and central heating throws them off," explains Gynelle. "I bring them outside in summer, but bring them inside in winter."

Style with care

Wondering about the best ways to style up your cacti? Gynelle says: "Lots of people like building up collections and making clusters. I use the three or five rule - you either put three or five together.

"Putting some which are exactly the same size on a shelf or a windowsill can look really good," she adds. "If you are making a collection, it's always nice

to have a variety of different shapes, textures and colours. That makes the group look more interesting. You could combine a tall

columnal cactus with a leafy succulent, and just make sure there's a diversity of sizes, ranges and forms." *TPN/PA*

S.O.S. UK TV
Immaculate Reception
HAVE IT ALL NIGHT LONG!
ALL UK CHANNELS
 Via the latest MAG IPTV Box connected to our own independent server
The most reliable in Europe
Premium Channel packages available
24hr, seven days a week, customer support
We also provide satellite spares and repairs
 Serving Europe for all of your television needs
 Chris Whitman - 916 378 722 | ukstv@sosuktv.com | www.sosuktv.com

TDW
 Furniture & Garden
 Quality furniture at unbeatable prices
 Outdoor Ranges now available to order
 Estrada Nacional 125, S/N, Sítio Do Pego, Moncarapacho, 8700-121
 FARO OLHAO FUSETA LUZ TAVIRA TAVIRA
 N125
www.taviradiscounwarehouse.com
 Email: info@taviradiscounwarehouse.com Tel: +351 916 138 059

Algarve Leather Restoration.com
 Looking Great & Lasting Longer
 CLEANING RE-COLOURING REPAIRS
 CARS FURNITURE BOATS - WE COME TO YOU
 915 432 027
 Whole Algarve covered
 English Speaking

Paula & Renata CURTAINS
 Hand made, curtains, blinds, covers, alterations & anything made from fabrics
 Make your home cosy with us
 Estrada da Barragem, Nº13 R/C Esq
 8600-250, Odiáxere
 Email: renyreny93@yahoo.com | Tel: 910 681 242
www.paulaandrenatacurtains.com

BBQ'S SALES & SERVICE
LUXURY OUTDOOR KITCHENS
AWNINGS
SHADE SAILS
PATIO HEATING
BBQ's
 ALGARVE
 +351 289 356 233
 +351 917 866 779
 lee@bbqs-algarve.com
www.bbqs-algarve.com
Broil King
 Great Barbecues Every Time
 Visit us at
 Rua do Comércio, 272A, 8135 Almancil



Hibiscus Chicken. (Photos: PA Photo/Harper Collins)

Lope Ariyo is "more than happy to introduce the world to African cuisine" and her contemporary approach to Nigerian cooking has resulted in her debut cookbook, *Hibiscus*.

Lope calls it "an entry point" into West African cuisine, as it blends her British background, growing up in East Croydon, with her memories of the food she ate during the couple of years she spent at boarding school in Nigeria. At home, the food blogger became the main cook at around 13. "The only reason is, I'm a very picky eater, so my mum was like, 'Do you know what? I'm tired of you, just do it yourself,'" she explains, breaking off into laughter. "The moment she said that, it was me, opened up to a whole new world."

When it comes to opening more eyes, and bellies, to Nigerian cooking, Lope particularly wants to convince people of the "many uses for the traditional ingredients that haven't really been explored yet." And don't go calling Nigerian ingredients 'superfoods' either. "I hate the term superfood! These are often things that people from ethnic minorities have been eating for ages, like avocado - that was just a regular food growing up, why are you calling it a superfood?! It's also a marketing ploy, because the moment something gets

Nigerian food enters the fray

labelled a superfood, the price goes up," she says. "[It's like] now you see the price value of it, that's only when our food becomes relevant." The price of food can create barriers, and shapes what people can and can't eat - which is especially the case when a food trend or cuisine becomes seemingly exclusive. Take clean eating. "It doesn't just come with the food, it comes with a lifestyle," Lope explains, "and if your body can't adapt, or you don't have the money for that lifestyle, that's when it can become alienating." Nigerian cooking, at the core, is the opposite of that, it's about caring and hospitality says Lope, and the idea of cooking for one is "very unheard of". "We cook for plenty, so anyone who wants to come and eat, can come and eat," she says. "I don't think it's great to alienate people from food, because food is about sharing - in any culture."

Hibiscus Chicken

(Serves 4)

4 chicken breasts
2 tbsp coconut oil, melted
Fine-cut dried hibiscus petals (available from Amazon)

For the marinade:

1 tsp celery salt
1 tsp onion granules
1 tsp garlic granules
1 tsp black pepper
1 tsp ground white pepper
1 tsp cayenne pepper
2 tsp finely chopped parsley
2 tsp finely chopped tarragon

For the sauce:

2tbsp freshly squeezed lemon juice
200ml unsweetened coconut water
2tbsp fine-cut dried hibiscus petals
4tbsp coconut sugar (available from Ocado and Lakeland)

1. In a large bowl, combine all the marinade ingredients. Toss in the chicken breasts and coconut oil, mix so that the chicken is well coated and leave to marinate for 30 minutes.
2. To make the sauce, whisk the lemon juice, coconut water, hibiscus and coconut sugar in a small saucepan over a medium heat. Bring to the boil before reducing the heat to low, then leave to simmer for 15 minutes until the liquid has reduced by half. Set aside and allow the sauce to cool completely for roughly 15 minutes, until it thickens.
3. Put a griddle pan over a medium heat to heat up, and meanwhile brush each marinated chicken breast with the sauce. Place them in the hot pan and cook, giving each side four to five minutes before turning - they should be nicely browned and cooked through.
4. Plate the chicken and drizzle over any of the remaining hibiscus sauce. Sprinkle over some crushed hibiscus petals and serve with fried coconut rice on the side. (Below).

Coconut fried rice

(Serves 4)

370g long-grain rice or basmati rice



400ml tin coconut milk
1 tbsp groundnut oil or coconut oil
1 chicken stock cube
1/2tsp dried thyme
2 dried bay leaves
1/2 red onion, finely chopped
6 closed-cup mushrooms, wiped and chopped
1/2 green pepper, finely chopped
1/2 yellow pepper, finely chopped
1 large carrot, finely chopped
1 tsp ground coriander
1/4tsp turmeric
1tsp garlic powder
1tsp ground ginger
Salt and white pepper

1. In a large saucepan, bring the coconut milk to the boil along with the stock cube, thyme and bay leaves. Reduce the heat to medium-low and allow the coconut milk to simmer for five minutes until it smells slightly fragrant.
2. Meanwhile, rinse the rice until the water runs clear. Drain the rice in a colander, then add it to the coconut milk - it should just about be covered by the liquid. Turn the heat up to medium-high, cover with a lid and

cook for about 10 minutes - you'll have to stir the rice every so often to make sure it doesn't burn on the bottom. Once most of the milk has been absorbed, you'll find that if you bite on a grain of rice, it should have softened but still be quite al dente and taste slightly nutty. Turn off the heat and set aside.

3. Take a large, deep frying pan and heat the groundnut oil or coconut oil over a medium-high heat. Add the onion, mushrooms, peppers and carrot, and coat them with the ground coriander, turmeric, garlic powder and ginger. Continuously stir the veggies for seven minutes until they start to soften.
4. Add the partly cooked rice and season with salt and pepper before reducing the heat to medium-low. Cover the pan with a lid and steam for a further five to 10 minutes, depending on how soft you like your rice.
5. Divide the rice evenly between four plates, or place in a large serving dish for the middle of table.

∴ *Hibiscus* by Lope Ariyo is available now

TPN/PA



Saudade
EM PORTUGUÊS

Quiet and cozy traditional Portuguese restaurant with coffee shop and traditional grocery

Rua Filipe Alistão, 43, Faro
Tel: 964 228 358 • FB: Saudade em Português



Saudade
EM PORTUGUÊS
• Tradição à Mesa •

Lunch Menu 7,90€

Coffee • Restaurant
• Typical Products •

Rua Filipe Alistão, 43 - 8000-343 Faro
• TEL: 964 228 358 •
info@saudadeportugues.com
FACEBOOK.COM/SAUDADE.EM.PORTUGUES



O PARQUE
Restaurante & Lounge Bar

Typical Restaurant
where you can taste good wines, traditional dishes and snacks.
Suitable for big groups.

Book your table:
966 414 407
Armação de Pêra
Camping Park



Thursdays Live Music
Saturday Steak Night
Closed Tuesdays

We've moved!
Rua do Barranco, Carvoeiro
Mob. 969 577 644
www.tastecarvoeiro.com



SOLAR DO POETA
RESTAURANT

Relaxed Restaurant serving Traditional British Fare. Home-made Pies, Calves Liver, Fish & Chips and many more favorites
Best Sunday Carvery 12:30 - 16:30.
Follow signs to Sao Lourenco Church, Almancil.

Call 289 355 094
Email: algarvelil@hotmail.com



World Sleep Day 2018

In an age where we live at an incredibly fast pace and always online, where slowing down is seen as a "waste of time", sleep is devalued. Sleep is essential for one's wellbeing. Lack of sleep will result in exhaustion and is detrimental to one's health. Only when the body reaches its limit and says enough, do we stop to reflect.

It is important to realise that sleep is the main support of our wellbeing. Science has proven that sleep is a period of intense activity, necessary for restoring energy, productivity, creativity and connecting with ourselves and others during the day.

In order to combat disrespect for sleep, "World Sleep Day" was created. This year it falls on 16 March. "World Sleep Day" is an annual event that draws attention to important issues related to sleep, motivating professionals from all over the world to create events that remind everyone of this important issue which is so important for our wellbeing. The focus of WSD is to expand knowledge on the many aspects of sleep related

problems by promoting prevention and information on ways of solving sleep disorders.

World Sleep Day 2018 will incorporate the slogan: "Join the sleep world, preserve your rhythms to enjoy life". The object is to emphasise the importance of the circadian rhythms in healthy sleep, which was inspired by the recent Nobel Prize winners in Physiology and Medicine. These three researchers led a study on this topic and made important discoveries on the molecular mechanisms that control the circadian rhythm.

This year, an important event will be held in Lisbon on World Sleep Day. The II Latin- American Meeting on Chronobiology and Sleep Medicine will

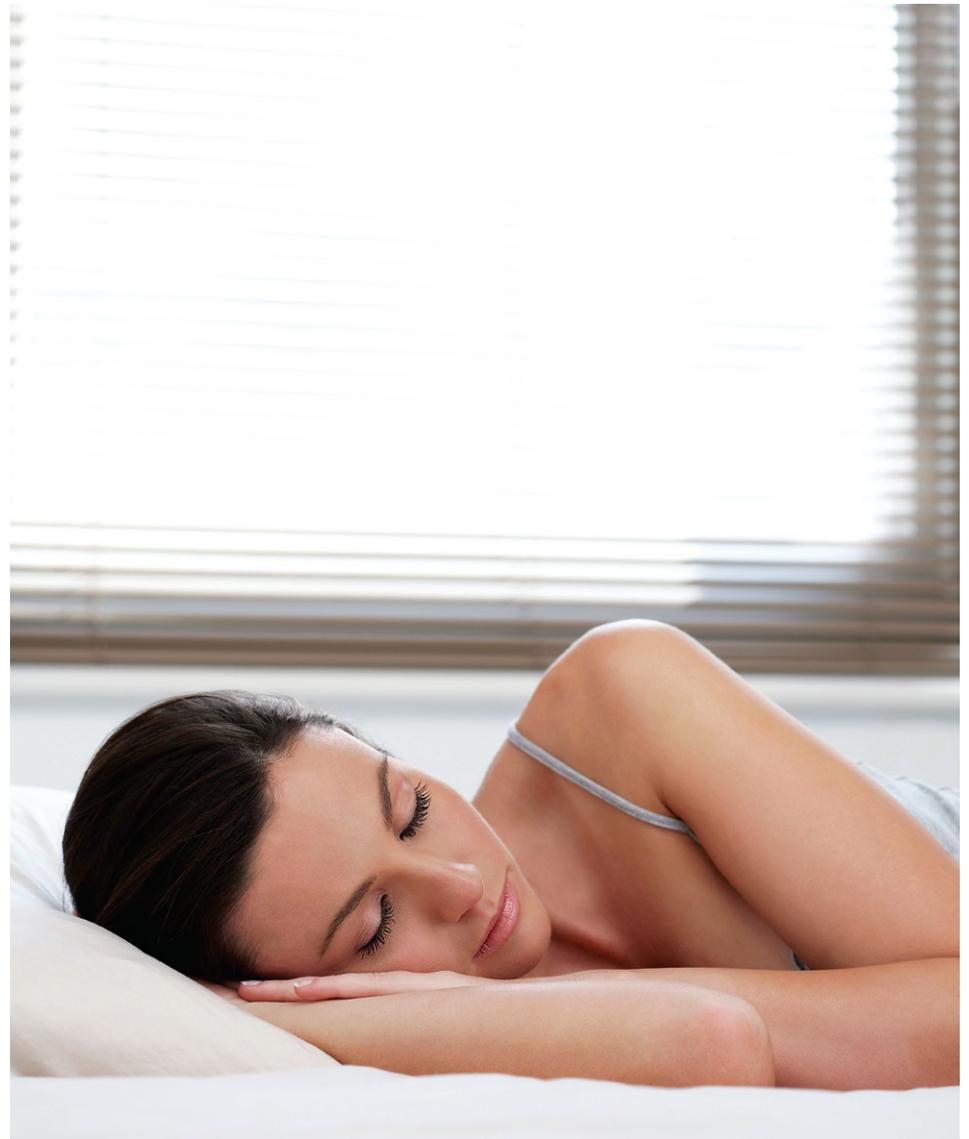
feature, in addition to a panel of speakers of extraordinary international prestige, national speakers from multiple converging areas, both scientific and medical, related to sleep.

This event will be organised by the Portuguese Association of Chronobiology and Sleep Medicine.

Research on sleep disorders has evolved in recent years, as have the medical and psychological solutions. There is no longer a reason not to seek medical help if you sleep poorly.

LOOKAFTERYOUR SLEEP AND IT WILL LOOK AFTER YOU!

*Teresa Sousa
Psychologist
Consultations at the various units of the HPA Health Group*



PREMIUM CHECK-UP

AN EARLY DIAGNOSIS AVOIDS FUTURE PROBLEMS.

FULL COMPLEMENTARY DIAGNOSTIC TESTS

PERSONALISED AND EXCLUSIVE SERVICE

TESTS, RESULTS AND MEDICAL CONSULTATION ON THE SAME DAY

// MAIN SERVICES

- / 24H EMERGENCY SERVICE
- / 24H PRIVATE AMBULANCES
- / OPERATING THEATER
- / INTENSIVE CARE UNIT
- / IN-PATIENT FACILITIES
- / EXAMS
- / HEMODIALYSIS
- / ONCOLOGY
- / PHYSIOTHERAPY
- / DENTISTRY
- / AESTHETIC MEDICINE
- / HOME & HOTEL VISIT

// THE HPA HEALTH GROUP

HOSPITAL
Funchal (2018) **MADEIRA**

HOSPITAL
Sines (2018) **ALENTEJO**

CLINICS
Sines
Beja
Odemira
São Teotónio
Vila Nova de Milfontes

HOSPITALS
Alvor **24H**
Gambelas · Faro **24H**
Lagos **24H**
Portimão

CLINICS
Monchique
Albufeira
AlgarveShopping · Guia
Vilamoura
Vila Real de Santo António
MAR Shopping Algarve · Loulé
São Brás de Alportel **ALGARVE**

WORK DIRECTLY WITH MOST HEALTH INSURANCE COMPANIES



GRUPO **HPASAÚDE**

☎ 707 28 28 28 · www.grupohpa.com





Bachik gave the actress Margot Robbie a champagne shimmer, starting with OPI Lisbon Wants Moor and topping it with a chrome effect powder. (Photo: PA Photo)

The best of Awards Glamour

Awards season is done and dusted for another year, but the glam doesn't have to stop now the red carpets have been rolled up and the gowns returned to the ateliers. You can emulate A-list glitz by trying your hand at the hair and make-up looks of the stars - and for significantly less than the price of a designer dress.

Here, we hand out the gongs for the best beauty looks of the season, and ask the experts for their advice on how to get the Hollywood look at home...

Best blush: Emma Stone
 "This was a power blush moment. I was inspired by the unabashedly high glamour and powerful feeling of the late Seventies and early Eighties - a time when women wore strong, modern looks," explains Rachel Goodwin, Nars celebrity make-up artist who did Emma Stone's Oscars look, starting with a base of Nars Natural Radiant Longwear Foundation.
 "I mirrored the pink colour blocking in Emma's suit and applied the Nars Wanted Cheek Palette high on the cheeks blending up toward the eye," Goodwin explains.

Best lipstick: Lupita Nyong'o

For the Baftas, make-up artist Nick Barose was inspired by Lupita Nyong'o's latest movie role.
 "She's wearing all black, I wanted the make-up to feel regal and fierce. The 'panther eyes' is a nod to her movie Black Panther," the make-up artist says. "Dramatic graphic liner that looks cat-like adds so much toughness and attitude, and when paired with perfect elegant red lips, it gives the classic, feminine red lips a fun and tougher attitude."
 Barose recommends Lancome's Caprice shade to emulate this bold look: "Apply two coats for intensity."

Best up-do: Zendaya

American actress Zendaya is a real red carpet chameleon, constantly switching up her hair; but for the Oscars she went with a super-sleek, scraped back chignon.
 Hair stylist and Viviscal Ambassador Neil Moodie offers his advice on updos: "A lot about putting hair up is having grip on the hair itself. Don't have it too clean as it will be smooth and slippery. I recommend a little bit of root backcombing as this gives support as you're putting it up."
 "For a neat, tight up-do, I always recommend spraying hairspray onto the brush so as you're brushing the hair it distributes evenly and gives hair grip. Pins and grips are essential. Bend the end of the pin over and create a little hook so if it starts to slip out, the hook will grip to the hair. I also suggest using a matte texture spray at the roots."

Best complexion: Helena Bonham Carter

Morag Ross, make-up

artist and SUQQU spokesperson, was responsible for Helena Bonham Carter's incredible skin at the Baftas.
 Ross achieved the peaches and cream glow by first giving the actress a skin-plumping facial massage, then used a trio of SUQQU products, tapping a shimmering highlighter on Bonham Carter's cheekbones and finishing with a delicate sweep of blusher over the cheekbones.

Best manicure: Margot Robbie

Leading actress nominee Margot Robbie was also presenting an award at the Oscars, so she drafted in the A-list's favourite manicurist Tom Bachik, to get her nails ready for the spotlight.
 Bachik gave the Aussie actress a champagne shimmer, starting with OPI Lisbon Wants Moor and topping it with a chrome effect powder. The polish is available to buy, but if you want to get the exact same metallic top coat, you'll need to book in for an OPI manicure in salon.

Best curls: Jennifer Lawrence

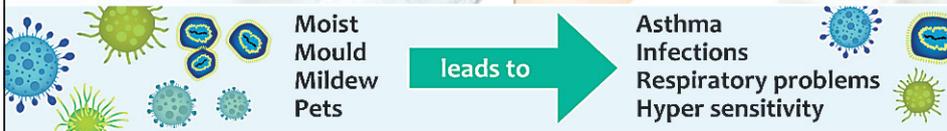
To complement her stunning Dior disco ball dress at the Oscars, Jennifer Lawrence opted for Seventies-inspired curls.

Award-winning hairdresser Lee Stafford has this hair how-to.
 "For Jennifer Lawrence's voluminous curls, opt for a wand with a medium-sized barrel like my Rainbow Shine Wand. Section your hair into two and work from the back of your head towards the front. For this look you want to curl even sections of hair, roughly one-inch, away from the face. Once you've finished curling, take a pea-sized amount of hair wax and rub between your hands and comb the wax through the hair. This will give you matte texture a la J-Law."

Best eye make-up: Lady Gaga

For her dramatic Grammys look, Lady Gaga turned to Marc Jacobs Beauty and the brand's Global Artistry Ambassador, Sarah Tanno.
 "Gaga's eyes were inspired by a dark, starry night, romantic and striking to complement her gorgeous gown," Tanno says.
 She applied a gel crayon eyeliner heavily on the upper and lower lash line, then created a strong winged shape with liquid liner, blending the two together with a shimmering black eyeshadow and finishing with lots of mascara. TPN/PA

Prevent mould and odours in your home!



BioZone Air Purifier prevents these problems. No filters or chemicals. Just plug it in!

www.biozone.one www.biozone.pt +351 924 229 845 info@biozone.one

Winter indulging

ENJOY a very special sports treatment for men or women

Sport Massage	1 Hour	€50.00
Deep Tissue Massage	1 Hour	€55.00
Relaxing Massage	1 Hour	€40.00
Back and Neck Massage	45 Minutes	€35.00
Reflexology	1 Hour	€40.00

Salão Elysium
 Rua do Brasil, Vilamoura 289 301 768

EYE CENTRE
 Dr. med. **ALEN SULZBACHER, PhD**
OPHTHALMOLOGIST

EXCELLENCE IN MEDICAL EYE CARE

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

Fi-Line Fashions
 Winter sale now on.

Open Mon-Fri 10-1 3-6 and Sat 10-1

Call Fiona for more information on 914538888
 Urb. Quinta dos Arcos, Lote 13, Loja 3, 8365 -186, Armação de Pêra

In the pink

When the British first found grapefruits in Barbados they were christened 'forbidden fruit', but there's no evil behind these spheres of Caribbean sunshine. Dubbed one of the Seven Wonders of Barbados, the underrated and understated grapefruit is one of the most nutritionally beneficial fruits around. We've found five of the most surprising health benefits to sink your teeth into.

They boost your immune system

Constantly getting colds? You might want to head to the citrus fruits aisle. Grapefruits are packed with flu-busting vitamin C, which many of us lack in our diets. Micronutrient deficiencies of this crucial vitamin have been found to alter immune responses in animals and are thought to have a similar effect on the human immune response. Studies have also found that maintaining good levels of vitamin C in the body can reduce the severity of cold symptoms. So next time you're feeling under the weather, avoid the soft drinks and fill your cup with a grapefruit smoothie.

They keep your skin healthy

Not only are grapefruits high in vitamin C, they also pack a powerful vitamin A punch. These two wonder vitamins combined are the perfect formula for healthy skin. Grapefruit extract applied topically has been found to have some pretty potent anti-ageing benefits, and it can even fight off free radicals. If you don't fancy smearing it on your face, a grapefruit a day will provide the body with all-important nutrients essential for clear, glowy and blemish-free skin.

It can reduce gum disease

Nobody wants to look down in the sink after brushing their teeth and see

While avocados continue to be all the rage on the breakfast scene, there's a far superior fruit we reckon deserves its time in the spotlight. It's pink, it's sour and looks a bit like an overgrown orange; we're talking, of course, about the majestic grapefruit.



While the legends of extreme weight loss results should be taken with a pinch of salt, a study has shown that eating half a grapefruit before a meal may actually help with appetite control. (Photo: PA Photo)

blood, but if you do find yourself in this unlucky scenario, perhaps another red liquid is the answer. Studies have found that those suffering from gum disease greatly benefit from eating two grapefruits per day, thanks to the fruit's high levels of vitamin C, which promote wound healing and cut damage by unstable free radical molecules.

It lowers cholesterol

While doctors aren't quite sure how grapefruits interact with cholesterol, though antioxidants may be the answer, studies have shown they can lower LDLs - lower density lipoprotein or 'bad cholesterol'. In particular, red grapefruits appear to lower cholesterol more effectively than their white counterparts. However, if you're already on medication for cholesterol

- or anything else for that matter - you may want to consult your doctor before adding grapefruit to your diet.

It may help you lose weight.

It's long been rumoured that grapefruit has a mythic quality that can help with weight loss. Variations of the 'grapefruit diet' have been used since the 1920's, but the most consistent theme is the idea that eating grapefruit before a meal can kick-start your metabolism. While the legends of extreme weight loss results should be taken with a pinch of salt, a study has shown that eating half a grapefruit before a meal may actually help with appetite control. Even if adopting a 'grapefruit diet' doesn't do much for your weight, at the very worst, you're still getting one of your five-a-day before each meal.

Algarve Homecare
...in safe hands!

Assisted Care and Support in your Own Home

Tel. (351) 917 472 828

www.algarve-homecare.com

Naturally,
staying healthy comes first

Book a consultation to see how a treatment plan can help you



Elke Muche
German Alternative Practitioner
00351 964453896 - Praia do Carvoeiro

CLÍNICA PACÍFICO

BRITISH & PORTUGUESE
DENTAL PRACTITIONER

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

SPECIALISING IN THE CARE
OF NERVOUS AND
FRIGHTENED PATIENTS

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

PAIN FREE DENTISTRY IS A REALITY!



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

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

Luzdoc
Serviço Médico Internacional
International Medical Service

A Tailor Made Health Service

- Caring for your health as a whole
- Using a comprehensive multidisciplinary approach to healthcare
- Following the state of the art in medicine
- Organizing anything your health requires

- Emergency Consultations and Appointments
- Outpatient and Day Care Clinic
- General Family Medicine and Medical Specialists
- Domiciliary Service - Doctor/Nurse
- Onsite Laboratory
- Rental of Medical Equipment
- Travel Medicine
- Health Screens/Diabetic Care
- Aesthetic Medicine Clinic
- Occupational Health
- Medis/Multicare/Medicare/BUFA
- AFPOP Discount
- Multilingual Staff

Direction:
Dr^a Maria Alice Serrano e Silva
Dr^a Joana Karamon

Clinic: Rua 25 de Abril, 12 - Luz
8600-174 Lagos

We are here for you
24Hours a day
Emergency Cover: 917 811 988

Phone: 282 780 700 GPS: N 37°06,170 W 8°43,910
Fax: 282 780 709 E-mail: info@luzdoc.com www.luzdoc.com

massage-me

Special Discounts for groups!

Enjoy the benefits of a professional massage therapy service in the comfort and privacy of your own home. All year round. Qualified professional therapists.

- Classic Swedish Massage
- Aromatherapy Massage
- Deep Tissue Massage
- Sports Massage
- Reflexology
- Oriental Massages

Use this code for 10€ off on your 1st session.
CODE: PTN10

Call: (+351) 961 297 167 www.massage-me.eu | Enquire Now!

Confessions of a special needs mum

N KATE INACIO

As I sit here writing this in the dark as Marley sleeps soundly next to me, I want to see the ripple effect start to occur. Create a voice for special needs parents in the Algarve and also in other areas. Start making change happen. I don't know the best way to make change happen but I figured a start would be to express some feelings.



I am 99.9% sure there will be other parents out there who can relate to some of this article. I can't give you the answers, but maybe you'll be able to relate, and feel comfort from that. Reach out and contact me with your confessions and thoughts, let's become a pack of fighters. A group of warriors is far stronger and louder than one!

I feel under a huge amount of pressure every day. Do the right thing, say the right thing, find the best kind of treatments, and always be positive but realistic... The list is endless. Most of all, a huge amount of pressure to be the best possible mum I can be. I often think I wish I had a leaflet given to me when I had him. What to expect when being a mum of a child with special needs. A checklist of everything that will happen, what you will need and the future steps. But that's impossible. I wish I had one to show me the right road, guide me through the best decisions and the most effective ways to do things. The truth is you need to find acceptance that no one knows what's best, but most people will give it a good go!

And then my issue with being incapable of asking for help.

My friends have started to really start to get irate with this. Everyone is always saying how I need to take better care of myself and ask for help where it's needed. I never accept it though and I can't even explain why. I suppose I just like getting on with things, keeping my mind occupied and distracting myself a lot by being very busy. This isn't advice though as it isn't healthy! Definitely something I need to change.

We always get priority given to us in supermarket check-outs and I think I've offended some by declining it. There are a couple of reasons. Firstly, whenever someone points out we have priority and tries to push us through it's done with some kind of imperative like it must be obeyed. But mainly because there are people who DO need to pass a check-out and CAN'T wait - people in pain or someone pregnant needing a wee. But please respect my decision of teaching my son how to wait. He needs to appreciate that nothing in life comes easy and what it is about him that makes him incapable of waiting to pay for our bananas. Nothing. Patience is a virtue - something I want him to understand too.

One thing I need to learn myself, is being more conscious of talking about him when he is in the same room like he isn't there. The whole hearing deficit and global damp doesn't mean he can't understand everything and I'm becoming more and more aware of how much he picks up. I really have to try and work on that.

It all stems from the fact I feel completely consumed by him. I hope other parents can relate to this. My feelings towards him and caring for him feel really overpowering at the moment.

accessible Portugal



Used with kind permission of the artist José de Guimarães

Like I can't think or talk about anything other than him. My thought processes ever rolling which interrupt 'normal' interactions considerably. The longing to have a conversation about anything other than health, but finding him coming right back into the forefront over every coffee or lunchtime.

My real internal struggle at the moment is with my daughter. Giving her enough time and attention and splitting myself between the two. I know she needs more time with her mum, but Marley is so needy at the moment that it is really hard. I need to help her create her own identity. Since she was born she has been the sister of... the translator for... the best door opener for... I need to find ways to help her create her own self as ultimately, she needs to be her own person.

I'm rattled with guilt that I don't take them out more especially Lilia. Recently it's been nearly impossible to leave the house. My plans revolve around whether it's wheelchair friendly or avoiding situations or places with noises I know will set him off. Possibly trying to get out of meeting someone who gets offended by Marley not saying hello. That has been embarrassing recently. So I opt out sometimes, but to be honest I really don't care. I have enough complications at the moment, why create more?

I've recently started exercis-

ing again to try and resemble something that doesn't look like it's surfaced from hibernation since 2011... When I actually go I feel great - but it's a rare sighting. I'm trying really hard but I do need to be forced to go. When Marley starts to feel a bit better I'm hoping I'll have a bit more motivation. I feel almost selfish for wanting to exercise sometimes. That, along with my love of a glass of wine and Italian food, isn't going to help bikini hopes for 2018.

The future terrifies me. With progressive diagnoses and illness I think it terrifies any mum. It feels some days like a looming cloud following me waiting to burst and it is really hard on his bad days. I need to be strong though and try my best to have faith.

Trying to understand him more whilst learning about myself as a mother and an individual... making sure I try not to shelter or underestimate, or overestimate for that matter. Patience... consistence... battles, hurdles, accomplishments and ultimately love.

I take my hat off to all you parents, you are all super heroes to me. Join the club and here's to you!

For more about disability issues or to find out more about the Marley and Mum journey please check out our blog at www.marleyandmum.com

What is your experience of Accessible Portugal?

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

AW&B ALGARVE WEDDINGS & BLESSINGS

NATASHA LUCKMAN WEDDING PLANNER



T. 934 809 144

E. natasha@algarveweddingsandblessings.com

W. www.algarveweddingsandblessings.com



ICE-CREAM BIKE HIRE

SCOOP algarve

- Weddings
- Corporate events
- Private functions

www.scoopalgarve.com

932 442 897

Beautiful 1-bedroom ground floor apartment in Olhos d'Agua

Immaculate 1-bedroom ground floor apartment with large terrace, sea/beach views and proven great rental potential in Olhos d'Agua



This beautiful 1-bedroom apartment with a fantastic sea view is situated in Olhos d'Agua which is between Vilamoura and Albufeira. The apartment is a fantastic holiday residence with one of the biggest beach-facing sun terraces in the condominium, excellently furnished and with a proven record of rentals.

This means the property can either be used by the new owner for their own holiday accommodation or alternatively used as a business opportunity with an established and proven list of rentals throughout the year, with a return on investment

over 5% per annum. The property has been awarded with the Alojamento Local rental licence, which means it is fully approved by the local Câmara (Council). It also has a Heating Efficiency certificate, rated at Level C.

The rentals have been managed by the current owner in conjunction with a number of professional rental companies and a cleaning organisation. Full details of the current bookings and the cleaning contacts will be passed on to the new owner.

Many rental tenants return year after year due to the position, size and com-

fort of this apartment. We regularly receive feedback comments from tenants saying that they want to return because, as regular visitors to the area, they have never stayed in a better apartment.

The apartment is furnished to a high standard, with a super-king sized bed in the bedroom, which unzips to 2 singles if preferred. It also has 2 double sofa beds in the lounge. It has a fully equipped kitchen and bathroom and a triple built-in wardrobe and security safe. There are air conditioning units which can also be used to provide heat in the winter.

The apartment has a total area of

100.9 square metres, with 55.4 square metres indoors and a 45.5 square metre sun terrace with unrestricted sea views. The sun terrace is furnished with sun loungers, table and chairs and is sheltered from the wind, which makes it ideal to use all the year round.

This apartment is located on the ground floor entrance level with fully accessible access from Rua do Parque,

For more information about this property contact Beverywhere.com, the online property portal. Telephone: 282 782 610. Website: www.beverlywhere.com. Email: info@beverywhere.com. For vendors wishing to sell their property Beverywhere.com charge NO commission or Estate Agency Fees. Sell your property the smart way!

Olhos d'Agua. The elevator gives access to two 12.5 square metre parking spaces in the garage at Level -2 and the village and beach at Level -6.

The property is only 9-years-old. It is in immaculate condition and has been recently redecorated throughout.

This property is being marketed by Beverywhere.com and is priced at €285,000.



DECKING DAVE
Quality wooden construction for the home

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

Visit our NEW website for lots of great ideas!
WWW.DECKINGDAVE.COM
289 149 476 info@deckingdave.com

Get decked-out...

With springtime upon us and the long summer months to follow, the Algarve's glorious outdoors lifestyle beckons once more... Time to get decked-out with Decking Dave!

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

For all kinds of decking, check out their website – or just ask **Decking Dave!**

AbacoZ algarve

AMI: 10429

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

www.abacoZ-properties.com
Email: info@abacoZ-properties.com
Tel: +351 282 044 886 / Mob: 929 030 445
Office: Marina de Lagos, Nucleo Gil Eanes, Loja 18/19, Lagos





REF: AA-440SJ - LAGOS
BRAND NEW 1,2 AND 3 BED APARTMENTS IN THE CENTER OF LAGOS WITH ROOF TOP JACUZZI & UNDERGROUND PRIVATE PARKING!! CLOSE TO ALL AMENITIES, BEACHES & MARINA!!!

PRICES STARTING FROM: €155.000



REF: AA-432SJL - BUDENS - LAGOS
LOVELY 3 BED VILLA ON A GOLF RESORT WITH SPA, GYM, TENNIS COURTS, HEALTH CLUB, PRIVATE & COMMUNAL POOLS, SOCCER ACADEMY, SECURITY, RESTAURANTS & BARS JUST A SHORT DRIVE FROM LAGOS, SALEMA & PRAIA DA LUZ!!

ASKING PRICE: €575.000



REF: AR-443SH - LAGOS
UNIQUE OPPORTUNITY FOR A SUPERB 6000 M2 BUILDING PLOT IN A EXCELLENT LOCATION, PARTLY SURROUNDED BY THE GOLF, CLOSE TO THE SEA AND PRAIA DA LUZ!!

ASKING PRICE: €750.000

VENDICI PROPERTIES.COM

• BUYING • SELLING • MEDIATING

+351 919 592 097
rebecca@vendiciproperties.com
www.vendiciproperties.com
AMI2913



Super 3 Bedroom Villa
With south facing pool & terraces
Vilas Alvas

€800,000 Ref no: VCL375 Energy rating: D



3 Bedroom Villa in Ideal FRONTLINE Location
SOUTH Facing with Private Swimming Pool.
Vale do Garrão

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



3 Bedroom RENOVATED Townhouse
With pool, BBQ area and terraces.
Vale do Lobo

€675,000 Ref no: VRN450 Energy rating: E

CCHomes ALGARVE REAL ESTATE

★★★★★

www.cchomes.pt

T. +351 289 462 438
M. +351 938 713 680
info@cchomes.pt
AMI.8999

ALGARVE PROPERTY SPECIALISTS...!



2 + 1 BEDROOM TOWNHOUSE CLOSE TO THE BEACH IN ALBUFEIRA - GREAT INVESTMENT OPPORTUNITY

295.000 € Build area: 94 m2 | Location: Albufeira | Ref: B2-027

Visit us on the road from Almancil to Quinta do Lago (Rua Sacadura Cabral), just before Quinta Verde

ERA IMOBILIÁRIA

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



Detached Villa | Loulé, Almancil center
Ref. 014170113 Price: 290.000€
🏠 2 WC 3 🛏 2 🏠 113 🏠 234



Semi-detached Villa | Almancil, São Lourenço
Ref. 014150206 Price: 180.000€
🏠 2 WC 2 🛏 2 🏠 172 🏠 907



Townhouse | Santa Bárbara de Nêxe, Canal
Ref. 014180003 Price: 149.950€
🏠 2 WC 3 🛏 - 🏠 98,4 🏠 -



Apartment | Loulé, Almancil center
Ref. 014170235 Price: 225.000€
🏠 4 WC 3 🛏 1 🏠 147 🏠 147



Apartment | Loulé, Almancil center
Ref. 014170159 Price: 170.000€
🏠 3 WC 1 🛏 1 🏠 113 🏠 -





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

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

EXCLUSIVE LISTING!







REF 2193 - 3 BEDROOM PENTHOUSE CABANAS DE TAVIRA
REDUCED FROM €375.000 TO €359.000

- HUGE PRIVATE TERRACES
- GARAGE AND PRIVATE STORAGE
- FULLY EQUIPPED KITCHEN
- TWO BATHROOMS (ONE SUITE)
- FIREPLACE AND AIR CONDITIONING
- BBQ AREA; ON COMPLEX WITH POOL



Office phone/fax: 00351 281 95 28 20
 Mobile: 00351 911 04 18 62
 Sales: www.algarvemantaproperties.com
 Rentals: www.algarvemanta.pt
 E-mail: sarah@algarvemanta.pt

AMI Agents licence number: 7673

AbacoZ

algarve

OUR PROPERTY OF THE WEEK:

REF: AA-446SH - LAGOS
 EXCLUSIVE WITH ABACOSZ
 MODERN & CONTEMPORARY 2
 BED APARTMENT WITH A LOVELY
 TERRACE, IN A POPULAR
 RESIDENTIAL COMPLEX WITH
 BEAUTIFUL VIEWS!!
 PRIVATE GARAGE SPACE &
 STORAGE ROOM, WALKING
 DISTANCE TO THE MARINA, CITY
 CENTER AND BEACHES!
ASKING PRICE: €329.000





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

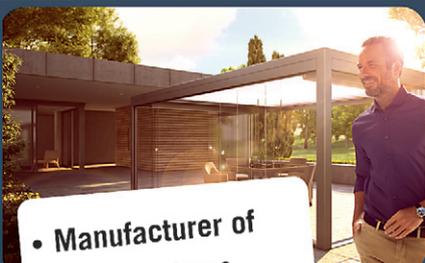


SCAN THE QR CODE TO GO TO OUR WEBSITE

GIANTS WINDOWS

SHOW ROOM

www.giantswindows.com

- Manufacturer of glass systems
- Windows and doors
- Insect protection
- Any kind of shutters
- Repair service

Av. Engº Duarte Pacheco nº1
 8005-491 Sta. Bárbara de Nexe,
 Algarve, Portugal
 Tel: 289 998 050
 Fax: 289 998 279
 Mob: 911 199 888
www.giantswindows.com
 e-mail: info@giantswindows.com




WE NEED MORE PROPERTIES



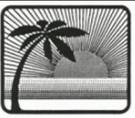
C3247
 580,000 EUR | 3 Bedroom(s)



A1564
 315,000 EUR | 3 Bedroom(s)

SPEAK TO US FOR FREE ADVICE!

(00 351) 282 788 977 | WWW.MARCELAPROPERTIES.COM



John Hill Estate Agents
 Sociedade de Mediação Imobiliária, Lda
 = Established 1988 =
 T (+351) 289 395 610
 F (+351) 289 397 212
 M (+351) 917 238 517
 Email:
info@johnhillproperties.com
www.johnhillproperties.com
 AMI 2214

CAN YOU AFFORD VILAMOURA?

With all its attractions- internationally famous marina, 4 x 18 hole golf courses etc. This classic villa is situated with 9 others in a quiet cul-de-sac within walking distance of everywhere.

Its 323m² has three bedrooms and four bathrooms, fully fitted kitchen, lounge with fireplace, balconies and verandahs, BBQ and swimming pool set in mature gardens.

€850,000



Ref. V675






The Portugal News

In Print - On Line - On Air





ERA
IMOBILIÁRIA
FARO / S. BRÁS

T. Guerreiro Mediação Imobiliária
Unipessoal, Lda. AMI 8138
www.era.pt/farosaobras
farosaobras@era.pt t. 289895151
Largo Dr. Francisco Sá Carneiro
Nº 65, 8000-151 Faro



SÃO BRÁS DE ALPORTEL

4 WC 4 2 M² 342 M² 461 B

450.000 € 025180034



BAIXA, FARO

5 WC 3 3 M² 318

250.000 € 025180037



MERCADO, FARO

3 WC 3 1 M² 130 B

235.000 € 025180026



PERAL, SÃO BRÁS DE ALPORTEL

3 M² 196 M² 755

445.000 € 025180014

VENDAVILLA.COM



MAIN OFFICE:
VILAMOURA, Av. Da Marina, Marina Plaza, Shop 69, (in front of Hotel Vila Galé Marina) EST. 1982
AMI 489
Mobile: 91 8788375
Tel: 289 315 333
sales@vendavilla.com



VILAMOURA – SEA VIEW

Penthouse apartment consisting of 2 bedrooms, 2 bathrooms, lounge/dining room, fitted kitchen, storage area and spacious terraces with sea view. Furnished. Communal swimming pool and garden area. Const. area - 112 sq.m. ENERGY CLASS – E
Ref. A01628 **Price: €175,000**



VILAMOURA – PRIVATE CONDOMINIUM

Apartment located in a closed condominium composed of 1 bedroom, 1 bathroom, lounge with fireplace and dining area, kitchen and terrace. Communal swimming pool and garden area. Furnished and equipped. Const. area - 56 sq.m. ENERGY CLASS - E
Ref. A01631 **Price: €135,000**



VILAMOURA – NEAR THE GOLF COURSE

Semi detached villa comprising 3 bedrooms, 3 bathrooms, living room, equipped kitchen and storeroom. Basement with small lounge, bathroom, laundry and space for 3 cars. Plot area- 320 sq.m. Const. area-150 sq.m. + basement (+ - 150 sq. m.). Golf view. ENERGY CLASS - F
Ref. V12842 **Price: €395,000**



VALE D'ÉGUAS - SPECTACULAR VILLA W/ UNIQUE STYLE

Spectacular villa with sea and country view. 5 bedrooms, 7 bathrooms, 2 lounges, dining room, 2 kitchens with storages, laundry and basement. Furnished and equipped. Plot area approx. - 6.500 sq.m. Construction area approx. - 800 sq. m. ENERGY CLASS – B
Ref. V12360 **Price: €1,700,000**



LAND & HOUSES ALGARVE
YELLOW HOMES

Sociedade de Mediação Imobiliária Lda.
AMI 6232

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

Tavira: 281 320 281
Vilamoura: 289 301 294



Tavira

Quality 4 bedroom / 4 bathroom villa (215 m²) with superb view & swimming pool. Fully fenced & walled-in plot of 612 m². Close to golf & beach.
EC: C
Ref: LHV-1379 **Price: €499.000**



Tavira

Exclusive 2 bedroom / 2 bathroom property (143 m²) with garage, Jacuzzi & BBQ area located in upmarket residential area. Country and distant sea view.
EC: in progress
Ref: LHT-1024 **Price: €399.950**



Tavira

Semi-detached 3 bedroom / 3 bathroom villa (209 m²) with study, basement, garage & large outdoor spaces. Fully fenced plot of 325 m². Sea view.
EC: C
Ref: LHV-1406 **Price: €389.000**



Cabanas

Superb 3 bedroom / 2 bathroom apartment (94 m²) with large garden (72 m²) and 4 communal pools. Close to the water front & all amenities.
EC: D
Ref: LHA-1240 **Price: €209.000**



Tavira

Town center! Light & bright fully furnished 3 bedroom / 2 bathroom apartment (93 m²) with extended living room space. A/C and mosquito nettings.
EC: D
Ref: LHA-1301 **Price: €165.000**



SERVESUL

RUNNING THE PROPERTY MARATHON SINCE 1989!

BOOK YOUR PROPERTY VIEWING TODAY!

CONTACT US:
(+351) 282 444 471
(+351) 969 336 091
email@servesul.pt

Edifício Plaza, Av. Marginal,
Loja E, 8300-110 SILVES
GPS: 37.186050, -8.440555

SERVESUL.COM AMI-968



Fabulous 3 bedroom villa with a spacious living room, air-conditioning, swimming pool, BBQ area, situated only 2 min. from the beach & just on the outskirts of Carvoeiro. Perfect for a holiday rental or a permanent home in the Algarve.
Bedrooms: 3 Area: 136 m² | 400 m²
Ref.: V1312
€320,000



Modern Duplex 1+1 bedroom Apartment located in a condominium with a living room, kitchenette, bathroom, central heating, double glazed windows and terrace with sea views, only 5 min. from Carvoeiro beach. Potential holiday home.
Bedrooms: 1 + 1 Area: 64 sqm | 107 sqm
Ref.: AS616
€125,000



Picturesque, Traditional Portuguese Style 2-bedroom Semi-detached House with a living room, wood burner, 2 bathrooms and a terrace overlooking the countryside views of the lovely village of Alte.
Bedrooms: 2 Area: 91 sqm
Ref.: V1274
€85,000



Charismatic 3-bedroom Renovated Cottage with an open plan kitchen, spacious living room, large plot with garden & fruit trees, only 5 min. from Algoz.
Bedrooms: 3 Area: 160.90 sqm | 22900 sqm
Ref.: V1262
€260,000



Modern, Fully Renovated 2 + 1 Bedroom Townhouse with a cosy garden, BBQ area & garage located only 5 min. from the beautiful fishing village of Alvor.
Bedrooms: 2 + 1 Area: 96 m² | 297 m²
Ref.: V1264
€245,000



silver HOLIDAYS
REAL ESTATE & VILLA RENTALS

AMI 7557

Tel: 00351 289 314 312
Fax: 00351 289 314 260
info@silverholidays.com
www.silverholidays.com

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



Vilamoura €420,000

Price Reduced
This beautiful and spacious 3 bedroom 2 bathroom detached villa, located in a nice residential area of Vilamoura. It's set on a wonderful landscaped and spacious plot of land with many different fruit trees and its own pool. Must see to be appreciated



Vilamoura €260,000

New Property
A beautifully spacious 1st floor 2 bedroom apartment, situated in a prestigious area of Vilamoura within walking distance of the Marina. The apartment itself has been very well maintained, with air-conditioning throughout and lots of natural light.



Vilamoura €159,000

New Property
Nicely located 1 bedroom / 1 bathroom spacious apartment set within a well maintained condominium. The apartment has two lovely south facing balconies and a communal pool, surrounded by landscaped gardens.



Vila Sol €1,700,000

New Property
Spacious 4 bedroom / 4 bathroom detached villa with private heated swimming pool fabulously located on one of the larger plots in Vila Sol. Beautifully designed property which has been executed to the highest standards using first class materials.



Vilamoura €260,000

Investment Property
Delightful 3 Bedroom / 2 Bathroom semi-detached villa set in a tranquil area of Vilamoura located between the Hilton Hotel Spa Resort and the Old Village. It is a cosy property which is filled with lots of natural light and has a communal pool.

Algarve Assistants at your service



Are you spending more time in Portugal and think you may want to enjoy this lovely country more? Maybe it is time to become resident! Take the advantage of tax residency benefits, such as Non-Habitual residency tax status that gives exemption of tax on income earned abroad, or even be entitled to tax relief on income earned in Portugal. There are also other benefits including exemption of tax on importing and registering a foreign vehicle.

Or do you have a property in Portugal that you are renting? Do you have a Rental Licence, or do you need help in obtaining one?

Find all the help and advice you need with Algarve Assistants, with the team at your service to offer friendly assistance and support on these and similar matters.

Established in 2012 by managing partner Célia Vences who has extensive experience in this area, the aim of Algarve Assistants is to provide support services to foreign owners and visitors in order to help

them to reduce problems they may encounter and to feel more confident about living or owning a property in Portugal.

If you are looking for tax advice, a Rental property license, Non-Habitual residency tax status, Vehicle registration, to Exchange or register your driving license, Fiscal Representation or are simply looking for direction with accounting then you can count on the professional and experienced team at Algarve Assistants to help.

Every case, client and situation is assessed on an individual basis to ensure a customised solution to meet the unique needs of each client.

Never struggle with paperwork again in Portugal and let Algarve Assistants take the stress away with their prompt, efficient and trusted services.

Visit Algarve Assistants at their office in Patação, in Rua de Mar e Guerra, nº75A, on the way to the airport.

The office is open Monday-Friday, from 9am to 1pm and 2pm to 6pm.

Your choice for property in the Lagoa area



If you are looking for a wide range of properties in the Lagoa area of the Algarve, then visit ERA Lagoa and meet the experienced and professional team on hand to help every step of the way.

ERA Lagoa is a real estate company which has been operating since January 5, 2004, with the team exclusively dedicated to the real estate market of Lagoa. With their in-depth knowledge of the local area and long experience, ERA has been able to sell more than 1,250 properties, helping to realise the dreams of more than 2,500 families.

ERA Lagoa is a firmly structured and organised company with 12 qualified real estate consultants who receive continuous training support. The consultants work full-time and are exclusively dedicated to the geographical area where they are specialists and work, with two commercial directors who give the necessary support to their teams of consultants. This allows for a streamlined proc-

ess with a guarantee of success and procedural direction entirely dedicated to the legal and financial processes of purchase and sale. Such professionalism makes all the difference in the success and conclusion of each sale and purchase with an efficient coordinator that guarantees the smooth transition between owners. This is all backed up with a proven national and international marketing structure to better promote the sale of each property.

ERA works within a larger network of more than 200 agencies within mainland Portugal and the islands of the Azores and Madeira and is integrated into the largest operator of real estate franchising, currently present in more than 50 countries.

You can find ERA Lagoa located at Rua Marquês Pombal, on the roundabout of the EN125, in Lagoa and at Rua do Barranco, in the centre of Carvoeiro.

Come and visit us! We look forward to helping you realise your real estate dreams!

U-Store- store things your way

After almost 2 decades in business, U-Store self-storage continues to provide the Algarve with the highest quality storage. Whether you are building, moving, renovating or are simply clearing your clutter, U-Store is the perfect solution for you.

We offer competitive prices and flexibility for customers' needs and have storage solutions for practically any sort of item, from a small box to full household contents.

Temporary, long-term or permanent storage is available for private or business use in indoor, locked, secure units within a fully insulated, purpose-built environment keeping your stored goods safe, clean, dry and in pristine condition.

Individual private units vary in size from 1.5m² (4m³), up to 17m² (51m³), whilst pallet or crate storage is an economical option for a small amount of goods.



With daily access, U-Store offers other amenities such as sale of packing materials, on site insurance and advice on storage requirements. Trolleys, pallet trucks and a forklift service are also available free of charge.

U-Store Self Storage is free of hidden charges, service charges or maintenance costs and all visits to the facility for viewing are welcomed.

Whatever you need to store (except flammable, explosive, perishable or illegal items), U-Store has the space to store it.

For comments from previous customers, view them on our website.



Ever thought about a Swim Spa?



Swim all year round, no licence needed, no extra tax, lots of extra features, heated, covered and many more benefits to be had with a Swimspa from Wellnes Dreams Algarve.

If you are thinking about having a Pool or Swim Spa there are many things to consider from energy efficiency to installation and more.

Installation Costs

The first expenses you'll be exposed to for a swimming pool or swim spa are the installation costs. A swimming pool takes weeks to build and can cost anywhere from €25,000 to €100,000. A swim spa takes around one day to install, with a price tag of €12,000 to €30,000.

A basic swimming pool and a high-end swim spa will cost you around the same amount of money, so knowing which features the swim spa has and whether they're right for your lifestyle is also important.

Safety Cover, Liner, and Shell Costs

Whether you choose a swim spa or a swimming pool, a safety cover is an essential purchase. It's important to remember that these can be expensive, with

swimming pool covers costing between €3,000 and €10,000 and swim spa covers are included and give much better Heat retention

Energy and Heating Expenses

Energy efficiency is another important consideration when choosing a swimming pool or swim spa.

Typically, swim spas are more energy efficient than swimming pools. The best insulated swim spas have advanced insulation that traps and regenerates heat from the motor, using less energy overall.

Swim spas are cheaper to run in cooler weather. They also feature hard covers that are insulated. Because these covers trap waste heat from the water, you won't need to heat your swim spa in summer.

Swim spas have a current and massage seats

An active current is the main feature of swim spas. The current allows you to swim without hitting the end of the spa. It's a very productive (and practical) feature for exercise. You'll get one of the very best workouts for cardiovascular health, with a workout as challenging as you want it to be.

This Week's profiles:



Algarve Assistants

For more information, Tel: 289816390 / 927773239, email: info@algarveassistants.com or visit: www.algarveassistants.com



U-Store Portugal

For more information, Tel: 917010365/282798490, email: info@u-store-portugal.com or visit: www.u-store-portugal.com



ERA Lagoa

For further information, Tel: 282380380, Email: lagoa@era.pt or visit: www.era.pt/lagoa



Wellness Dreams Algarve

For further information, Tel: 912 356 287, Email: info@algarvehottubs.com or visit: www.algarvehottubs.com

DISCLAIMER:

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

SATURDAY 17/03/18

BBC One	Scoby-Doo!
06.00 Breakfast.	09.05 Scrambled!: Wishfart.
10.00 Saturday Kitchen Live.	09.25 James Martin's Saturday Morning.
11.30 Classic Mary Berry.	11.20 Britain's Brightest Family.
12.00 Football Focus.	11.50 ITV News and Weather; Weather.
13.00 BBC News; Weather.	12.00 Live Six Nations Rugby Union.
13.15 MasterChef.	14.25 Live Six Nations Rugby Union.
14.15 MasterChef.	17.00 The Chase.
15.15 MasterChef.	18.00 ITV News and Weather.
15.45 Wanted Down Under Revisited.	18.15 ITV News London; Weather.
16.30 Live Six Nations Rugby Union.	18.30 New You've Been Framed!
19.00 BBC News.	19.00 Ant & Dec's Saturday Night Takeaway.
19.10 BBC Regional News; Weather.	20.30 The Voice UK.
19.20 Pointless Celebrities.	22.30 ITV News and Weather; Weather.
20.10 Casualty.	22.45 FILM: Fast & Furious (2009).
21.00 Troy: Fall of a City.	00.45 Play to the Whistle.
22.00 BBC News; Weather; National Lottery Update.	01.30 Jackpot247.
22.20 Match of the Day.	03.00 Babushka.
23.20 MOTD: FACup Highlights.	03.50 ITV Nightscreen.
23.50 FILM: Gambit (2012).	
01.10 Weather for the Week Ahead.	
01.15 BBC News.	

BBC Two England

06.10 The Wonder of Animals.	06.00 Winter Paralympics Live.
06.40 Naomi's Nightmares of Nature.	08.00 Winter Paralympics Breakfast.
07.10 The Pets Factor.	09.00 Frasier.
07.30 The Dengineers.	09.30 Frasier.
08.00 Absolute Genius: Monster Builds.	10.00 Frasier.
08.30 Beyond Bionic.	10.30 The Big Bang Theory.
09.00 Robot Wars.	10.55 The Big Bang Theory.
10.00 Gorilla Family and Me.	11.25 The Big Bang Theory.
11.00 Homes Under the Hammer.	11.55 The Simpsons.
11.35 Cats v Dogs: Which Is Best?	12.25 The Simpsons.
12.35 Orson Welles: Talking Pictures.	12.55 The Simpsons.
13.20 FILM: Waterloo (1970).	13.25 FILM: Casper (1995).
15.30 Me and My Dog: The Ultimate Contest.	15.20 A Place in the Sun: Winter Sun.
16.30 Final Score.	16.25 The Secret Life of the Zoo.
17.30 The Repair Shop.	17.30 Winter Paralympics Today.
18.00 Hugh's Wild West.	18.30 Channel 4 News.
19.00 Amazing Hotels: Life Beyond the Lobby.	19.00 Penelope Keith's Coastal Villages.
20.00 David Attenborough's Natural Curiosities.	20.00 Britain at Low Tide.
20.30 Dad's Army.	21.00 FILM: Fantastic Four (2015).
21.00 FILM: Suite Francaise (2014).	22.55 8 Out of 10 Cats Does Countdown.
22.40 Performance Live: Winged Bull in the Elephant Case.	23.55 The Inbetweeners.
23.10 FILM: Defiance (2008).	00.30 Winter Paralympics Live.
01.15 Civilisations.	05.35 Location, Location, Location.
02.15 This Is BBC Two.	

BBC Four

06.00 CITV.	19.00 Lost Kingdoms of Central America.
07.30 Scrambled!: Scrambled!	20.00 The Silk Road.
07.35 Scrambled!: The Tom and Jerry Show.	21.00 Below the Surface.
07.50 Scrambled!: The Powerpuff Girls.	21.45 Below the Surface.
08.10 Scrambled!: The Bagel and Becky Show.	22.30 TOTP2.
08.30 Scrambled!: Be Cool,	23.15 Irish Rock at the BBC.
	00.15 Top of the Pops: 1985.
	00.45 Top of the Pops: 1985.
	01.15 Lost Kingdoms of Central America.
	02.15 The Silk Road.
	03.15 TOTP2.
	04.00 Close.

SUNDAY 18/03/18

BBC One	ITV News.
06.00 Breakfast.	09.30 Love Your Garden.
07.25 Match of the Day.	10.00 Peston on Sunday.
08.30 MOTD: FA Cup Highlights.	10.55 The Voice UK.
09.00 The Andrew Marr Show.	12.55 ITV News and Weather; Weather.
10.00 The Big Questions.	13.00 Ant & Dec's Saturday Night Takeaway.
11.00 Sunday Politics.	14.30 What Would Your Kid Do?
12.15 Lifeline.	15.30 The Harbour.
12.25 Songs of Praise.	16.00 Tipping Point.
13.00 BBC News; Weather.	17.00 The Chase: Celebrity Special.
13.15 MOTD Live: The FA Cup.	18.00 Paul O'Grady: For the Love of Dogs.
15.35 A Question of Sport.	18.30 ITV News and Weather.
16.05 MOTD Live: The FA Cup.	18.45 ITV News London; Weather.
18.35 BBC News.	19.00 Celebrity Catchphrase.
18.50 BBC Regional News; Weather.	20.00 The Durrells.
19.00 Countryfile.	21.00 The Good Karma Hospital.
20.00 Hold the Sunset.	22.05 ITV News and Weather; Weather.
20.30 FILM: Brooklyn (2015).	22.20 Peston on Sunday.
22.10 BBC News.	23.15 Six Nations Highlights.
22.30 BBC Regional News; Weather.	00.10 Marcella.
22.40 Paddy McGuinness' Sport Relief Warm Up.	
23.40 FILM: The Sentinel (2006).	
01.20 Weather for the Week Ahead.	
01.25 BBC News.	

BBC Two England

06.05 Coast.	06.30 Everybody Loves Raymond.
07.05 The Instant Gardener.	06.55 Everybody Loves Raymond.
07.50 Gardeners' World.	07.25 Mobil 1: The Grid.
08.20 Countryfile.	08.00 Winter Paralympics Breakfast.
09.15 Saturday Kitchen Best Bites.	09.00 Frasier.
10.45 Spring Kitchen with Tom Kerridge.	09.30 Sunday Brunch.
11.30 Lorraine Pascale: How to Be a Better Cook.	12.30 Winter Paralympics Today.
12.00 Escape to the Country.	14.00 Winter Paralympics Closing Ceremony.
12.45 The Ladykillers: Pest Detectives.	15.15 FILM: Epic (2013).
13.45 Pilgrimage: The Road to Santiago.	17.15 The Great Celebrity Bake Off for Stand Up to Cancer.
14.45 Money for Nothing.	18.30 Channel 4 News.
15.45 The World's Most Extraordinary Homes.	19.00 Britain's Polar Bear Cub.
16.45 Back in Time for Tea.	20.00 Escape to the Chateau.
17.45 FILM: Catch Me If You Can (2002).	21.00 Homeland.
20.00 Top Gear.	22.05 13 Commandments.
21.00 Famously Unfit for Sport Relief.	23.00 FILM: Solace (2015).
22.00 The Mash Report.	00.55 The Last Leg.
22.30 Top Gear: Extra Gear.	01.50 The Job Interview.
22.55 Women's Six Nations Highlights.	02.45 KOTV Boxing Weekly.
23.25 FILM: Being Blacker (2018).	
00.55 Sign Zone: Question Time.	
01.55 Sign Zone: Holby City.	
02.55 This Is BBC Two.	

ITV London

06.00 CITV.	19.00 Only Connect.
07.30 Scrambled!: Scrambled!	19.30 University Challenge.
07.35 Scrambled!: The Tom and Jerry Show.	20.00 Ancient Greece: The Greatest Show on Earth.
07.50 Scrambled!: Teen Titans Go!	21.00 Andrew Marr on Churchill: Blood, Sweat and Oil Paint.
08.10 Scrambled!: Mr Bean: The Animated Series.	22.00 FILM: 13 Minutes (2015).
08.30 Scrambled!: Spy School.	23.45 The Riviera: A History in Pictures.
09.05 Scrambled!: Wishfart.	00.45 The Riviera: A History in Pictures.
	01.45 Ancient Greece: The Greatest Show on Earth.
	02.45 Andrew Marr on Churchill: Blood, Sweat and Oil Paint.
	03.45 Sounds of the Seventies.
	04.00 Close.

MONDAY 19/03/18

BBC One	ITV London
06.00 Breakfast.	06.00 Good Morning Britain.
09.15 Holding Back the Years.	08.30 Lorraine.
10.00 Homes Under the Hammer.	09.25 The Jeremy Kyle Show.
11.00 The Sheriffs Are Coming.	10.30 This Morning.
11.45 Caught Red Handed.	12.30 Loose Women.
12.15 Bargain Hunt.	13.30 ITV Lunchtime News; Weather.
13.00 BBC News at One; Weather.	13.55 ITV News London; Weather.
13.30 BBC Regional News and Weather.	14.00 Judge Rinder.
13.45 Doctors.	15.00 Dickinson's Real Deal.
14.15 A Place to Call Home.	15.59 ITV London Weather.
15.00 Escape to the Country.	16.00 Tipping Point.
15.45 Money for Nothing.	17.00 The Chase.
16.30 Flog It!	18.00 ITV News London; Weather.
17.15 Pointless.	18.30 ITV Evening News; Weather.
18.00 BBC News at Six; Weather.	19.00 Emmerdale.
18.30 BBC Regional News and Weather.	19.30 Coronation Street.
19.00 The One Show.	20.00 The Kyle Files.
19.30 Britain's Equal Pay Scandal - Panorama; BBC News; Regional News.	20.30 Coronation Street.
20.00 EastEnders.	21.00 Marcella.
20.30 Classic Mary Berry.	22.00 ITV News at Ten; Weather.
21.00 MasterChef.	22.35 ITV News London; Weather.
22.00 BBC News at Ten.	22.50 100 Years Younger in 21 Days.
22.30 BBC Regional News and Weather.	23.45 The Kyle Files.
22.45 Imagine - Andrew Lloyd Webber: Memories.	00.15 Jackpot247.
00.15 Have I Got a Bit More Old News for You.	03.00 The Jeremy Kyle Show.
00.55 Weather for the Week Ahead.	03.55 ITV Nightscreen.
01.00 BBC News.	05.05 The Jeremy Kyle Show.

BBC Two England

06.00 The Repair Shop.	06.00 Countdown.
06.30 Holding Back the Years.	06.45 3rd Rock from the Sun.
07.15 The Sheriffs Are Coming.	07.10 3rd Rock from the Sun.
08.00 Sign Zone: Hugh's Wild West.	07.35 Everybody Loves Raymond.
09.00 Victoria Derbyshire.	08.00 Everybody Loves Raymond.
11.00 BBC Newsroom Live.	08.30 Frasier.
11.30 The Week in Parliament.	09.05 Frasier.
12.00 Daily Politics.	09.35 Frasier.
13.00 Women's Six Nations Highlights.	10.05 Ramsay's Kitchen Nightmares USA.
13.30 Yes Chef.	11.00 Undercover Boss USA.
14.15 Your Home in Their Hands.	12.00 Channel 4 News Summary.
15.15 Planet Earth.	12.05 Come Dine with Me.
16.15 Spy in the Wild.	13.05 Posh Pawnbrokers.
17.15 Put Your Money Where Your Mouth Is.	14.10 Countdown.
18.00 Eggheads.	15.00 A Place in the Sun: Home or Away.
18.30 The Repair Shop.	16.00 A New Life in the Sun.
19.00 Top Gear.	17.00 Four in a Bed.
20.00 Only Connect.	17.30 Star Boot Sale.
20.30 University Challenge.	18.00 The Simpsons.
21.00 The Funeral Murders.	18.30 Hollyoaks.
22.00 QI.	19.00 Channel 4 News.
22.30 Newsnight.	20.00 The Truth About Your Pay: Channel 4 Dispatches.
23.10 Weather.	20.30 Food Unwrapped.
23.15 Pilgrimage: The Road to Santiago.	21.00 24 Hours in Police Custody.
00.15 Sign Zone: Taking on Putin - Panorama.	22.00 Electric Dreams: Kill All Others.
00.45 Sign Zone: Countryfile.	23.05 One Killer Punch.
01.40 Sign Zone: Imagine - Philip Pullman: Angels and Daemons.	00.05 Seven Year Switch.
02.40 This Is BBC Two.	01.00 One Born Every Minute.
	01.55 World of Weird.

BBC Four

19.00 Beyond 100 Days; Weather.	19.30 Great Irish Journeys with Martha Kearney.
20.00 Treasures of the Indus.	21.00 The Art of Spain.
22.00 Mary Magdalene: Art's Scarlet Woman.	00.00 Treasures of Ancient Greece.
23.00 Mothers, Murderers and Mistresses: Empresses of Ancient Rome.	01.00 Top of the Pops: 1982.
00.00 Treasures of Ancient Greece.	01.30 Top of the Pops: 1982.
01.00 Top of the Pops: 1982.	02.00 A History of Art in Three Colours.
03.00 The Art of Spain.	04.00 Close.

TUESDAY

BBC One
06.00 Breakfast.
09.15 Holding Back the Years.
10.00 Homes Under the Hammer.
11.00 The Sheriffs Are Coming.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 A Place to Call Home.
15.05 Escape to the Country.
15.45 Money for Nothing.
16.30 Flog It!
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 This Country.
23.10 Rehab: Addicted Lives.
00.35 Weather for the Week Ahead.
00.40 BBC News.

BBC Two England

06.00 Flog It! Trade Secrets.
06.30 Holding Back the Years.
07.15 The Sheriffs Are Coming.
08.00 Sign Zone: Celebrity Antiques Road Trip.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Daily Politics.
13.00 The Super League Show.
13.45 Coast.
14.30 Yes Chef.
15.15 Planet Earth.
16.15 Spy in the Wild.
17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.
18.30 The Repair Shop.
19.00 Saving Lives at Sea.
20.00 Great Indian Railway Journeys.
21.00 Amazing Hotels: Life Beyond the Lobby.
22.00 Mum.
22.25 The Archaeologists.
22.30 Newsnight.
23.10 Weather.
23.15 Gareth Thomas' Silver Skydivers for Sport Relief.
00.15 Sign Zone: MasterChef.
01.15 Sign Zone: Amazing Hotels: Life Beyond the Lobby.
02.15 This Is BBC Two.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
13.55 ITV News London; Weather.
14.00 Judge Rinder.
15.00 Dickinson's Real Deal.
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.
19.30 100 Year Old Driving

The Durrells (ITV, Sunday 8pm)

New series. In the first episode of a new series, the family are surprised to find out that Leslie has three different girlfriends, so Louisa decides to take it upon herself to help him pick one by having each member of the family invite their favourite girl to afternoon tea. Larry injures his leg and Theo decides to use his newly set-up x-ray unit to try and examine it. Elsewhere, Gerry continues to grow his animal collection, Margo takes up a job as Theo's assistant, and Aunt Hermione arrives in Corfu for good.

Must See TV

20/03/18

School.
20.00 The World's Ugliest Pets.
21.00 100 Years Younger in 21 Days.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 The Cruise: Voyage to Alaska.
23.10 Four Days That Shook Britain.
00.30 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 Come Dine with Me.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun: Home or Away.
16.00 A New Life in the Sun.
17.00 Four in a Bed.
17.30 Star Boot Sale.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Great Celebrity Bake Off for Stand Up to Cancer.
21.15 Seven Year Switch.
22.20 Gogglebox.
23.20 Before We Die.
00.30 Ramsay's Kitchen Nightmares USA.
01.20 The Supernet.
02.20 Scruffs: Britain's Favourite Dog.
03.15 My Baby's Life: Who Decides?
04.10 Coast vs Country.
05.05 Location, Location, Location.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Secret Knowledge: The Art of the Vikings.
20.00 Immortal Egypt with Joann Fletcher.
21.00 Madame Tussaud: A Legend in Wax.
22.00 The Prosecutors: Real Crime and Punishment.
23.00 Britain's Outlaws: Highwaymen, Pirates and Rogues.
00.00 Treasures of Ancient Greece.
01.00 Top of the Pops: 1982.
01.30 Top of the Pops: 1982.
02.00 A History of Art in Three Colours.
03.00 Britain's Outlaws: Highwaymen, Pirates and Rogues.
04.00 Close.

WEDNESDAY 21/03/18

BBC One

06.00 Breakfast.
09.15 Holding Back the Years.
10.00 Homes Under the Hammer.
11.00 The Sheriffs Are Coming.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 A Place to Call Home.
15.10 Escape to the Country.
15.45 Money for Nothing.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
19.00 The One Show; BBC News; Regional News.
20.00 MasterChef.
21.00 Zoe Ball's Hardest Road Home.
22.00 BBC News at Ten.
22.30 BBC Regional News and Weather; National Lottery Update.
22.45 A Question of Sport.
23.15 Film 2018.
23.45 FILM: Short Term 2 (2013).
01.15 Weather for the Week Ahead.
01.20 BBC News.

BBC Two England

06.00 The Repair Shop.
06.30 Holding Back the Years.
07.15 The Sheriffs Are Coming.
08.00 Sign Zone: Great British Railway Journeys.
08.30 Sign Zone: Classic Mary Berry.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
11.30 Daily Politics.
13.00 Lifeline.
13.10 Coast.
13.30 Yes Chef.
14.15 Monty Halls' Great Irish Escape.
15.15 Planet Earth.
16.15 Spy in the Wild.
17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.
18.30 The Repair Shop.
19.00 Saving Lives at Sea.
20.00 The Secret Helpers.
21.00 The Assassination of Gianni Versace: American Crime Story.
21.55 Live at the Apollo.
22.30 Newsnight.
23.10 Weather.
23.15 Famously Unfit for Sport Relief.
00.15 David Attenborough's Natural Curiosities.
00.45 Sign Zone: MasterChef.

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 Judge Rinder.

15.00 Dickinson's Real Deal.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Britain's Brightest Family.
20.30 Coronation Street.
21.00 Benidorm.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 easyJet: Inside the Cockpit.
23.45 Heathrow: Inside Britain's Busiest Airport.
00.35 Stuck on You: The Football Sticker Story.
01.25 Jackpot247.
03.00 Tenable.

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 Come Dine with Me.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun: Home or Away.
16.00 A New Life in the Sun.
17.00 Four in a Bed.
17.30 Star Boot Sale.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Supernet.
21.00 One Born Every Minute.
22.00 Damned.
22.35 24 Hours in Police Custody.
23.35 999: On the Frontline.
00.30 Pokerstars Championship Cash Challenge.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Secret Knowledge: The Private Life of a Dolls' House.
20.00 Metalworks! - The Golden Age of Silver.
21.00 Make! Craft Britain.
22.00 Carved with Love: The Genius of British Woodwork.
23.00 Britain's Outlaws: Highwaymen, Pirates and Rogues.
00.00 Treasures of Ancient Greece.
01.00 Top of the Pops: 1982.
01.30 Top of the Pops: 1982.
02.00 A History of Art in Three Colours.
03.00 Britain's Outlaws: Highwaymen, Pirates and Rogues.
04.00 Close.

THURSDAY 22/03/18

BBC One

06.00 Breakfast.
09.15 Holding Back the Years.
10.00 Homes Under the Hammer.
11.00 The Sheriffs Are Coming.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 A Place to Call Home.
15.05 Escape to the Country.
15.45 Money for Nothing.
16.30 Flog It!
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 MasterChef.
20.30 Not Going Out.
21.00 EastEnders.
21.30 Still Game.
22.00 BBC News at Ten.
22.30 BBC Regional News and Weather.
22.45 Question Time.
23.45 This Week.
00.30 Weather for the Week Ahead.
00.35 BBC News.

BBC Two England

06.00 The Repair Shop.
06.30 Holding Back the Years.
07.15 The Sheriffs Are Coming.
08.00 Sign Zone: Earth's Natural Wonders.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Daily Politics.
13.00 Two Tribes.
13.30 Yes Chef.
14.15 Monty Halls' Great Irish Escape.
15.15 Planet Earth.
16.15 Spy in the Wild.
17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.
18.30 The Repair Shop.
19.00 Saving Lives at Sea.
20.00 Big Cats About the House.
21.00 Civilisations.
22.00 MOTD: The Premier League Show.
22.30 Newsnight.
23.10 Weather.
23.15 Top Gear.
00.15 Sign Zone: MasterChef.
00.45 Sign Zone: Imagine - Mel Brooks: Unwrapped.

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 Judge Rinder.
15.00 Dickinson's Real Deal.
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 Pets: The True Cost - Tonight.
20.00 Emmerdale.
20.30 Coronation Street.
21.00 Martin Luther King by Trevor McDonald.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 The World's Ugliest Pets.
23.45 The Durrells.
00.40 Lethal Weapon.
01.25 Jackpot247.
03.00 Pets: The True Cost - Tonight.
03.25 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 Come Dine with Me.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun: Home or Away.
16.00 A New Life in the Sun.
17.00 Four in a Bed.
17.30 Star Boot Sale.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Location, Location, Location.
21.00 My Baby's Life: Who Decides?
22.00 The Job Interview.
23.05 Gogglebox.
00.05 Seven Year Switch.
01.05 One Born Every Minute.
02.00 The Supernet.
02.55 The Truth About Your Pay: Channel 4 Dispatches.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Top of the Pops: 1985.
20.00 Secret Universe: The Hidden Life of the Cell.
21.00 Contagion! The BBC Four Pandemic.
22.15 Michael Mosley vs the Superbugs.
23.15 Britain's Outlaws: Highwaymen, Pirates and Rogues.
00.15 Top of the Pops: 1985.
00.45 The Inca: Masters of the Clouds.
01.45 The Inca: Masters of the Clouds.
02.45 Britain's Outlaws: Highwaymen, Pirates and Rogues.
03.45 Sounds of the Seventies.
03.55 Sounds of the Seventies.
04.00 Close.

FRIDAY 23/03/18

BBC One

06.00 Breakfast.
09.15 Holding Back the Years.
10.00 Homes Under the Hammer.
11.00 The Sheriffs Are Coming.
11.45 Caught Red Handed.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 Doctors.
14.15 A Place to Call Home.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.
19.00 Sport Relief 2018.
22.00 BBC News at Ten.
22.25 BBC Regional News and Weather; National Lottery Update.
22.35 Sport Relief 2018.
01.00 Zoe Ball's Hardest Road Home.
02.00 Weather for the Week Ahead.
02.05 BBC News.

BBC Two England

06.00 The Repair Shop.
06.30 Holding Back the Years.
07.15 The Sheriffs Are Coming.
08.00 Sign Zone: Back in Time for Tea.
09.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Daily Politics.
13.00 Two Tribes.
13.30 Yes Chef.
14.15 Monty Halls' Great Irish Escape.
15.15 Planet Earth.
16.15 Spy in the Wild.
17.15 Put Your Money Where Your Mouth Is.
18.00 Eggheads.
18.30 The Repair Shop.
19.00 Saving Lives at Sea.
20.00 David Attenborough's Natural Curiosities.
20.30 Gardeners' World.
21.00 Pilgrimage: The Road to Santiago.
22.00 A Question of Sport Relief.
22.40 Newsnight.
23.10 Weather.
23.15 The Assassination of Gianni Versace: American Crime Story.
00.10 FILM: The Ones Below (2015).
01.30 Sign Zone: Britain's Equal Pay Scandal - Panorama.
02.00 Sign Zone: Civilisations.
03.00 Sign Zone: The Assassination of Gianni Versace: American Crime Story.
03.45 This Is BBC Two.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News;

Weather.
13.55 ITV News London; Weather.
14.00 Judge Rinder.
15.00 Dickinson's Real Deal.
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 Live International Football.
22.00 ITV News at Ten; Weather.
22.35 ITV News London; Weather.
22.45 International Football Highlights.
23.50 Play to the Whistle.
00.40 Jackpot247.
03.00 Take on the Twisters.
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 Come Dine with Me.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun: Home or Away.
16.00 A New Life in the Sun.
17.00 Four in a Bed.
17.30 Star Boot Sale.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Britain's Favourite Food.
21.00 Gogglebox.
22.00 The Last Leg.
23.05 Rude Tube.
00.10 FILM: The Net (1995).
02.10 Damned.
02.35 Electric Dreams: Autofac.
03.30 The Question Jury.
04.25 George Clarke's Amazing Spaces.
05.20 Coast vs Country.

BBC Four

19.00 World News Today; Weather.
19.30 Top of the Pops: 1985.
20.00 Fleetwood Mac - Don't Stop.
21.00 Better Than the Original: The Joy of the Cover Version.
22.00 Pop Charts Britannia: 60 Years of the Top 10.
23.30 Top of the Pops: 1985.
00.00 Ultimate Covers at the BBC.
01.00 Better Than the Original: The Joy of the Cover Version.
02.00 Guitar Heroes at the BBC.
03.00 Fleetwood Mac - Don't Stop.
04.00 Close.

Need transport? Direct

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

direct
TRANSPORT & REMOVALS



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

Books

ALGARVE BOOK CELLAR



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

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

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

Heating & Cooling

Fires of Portugal
WOOD BURNERS

Selected range of wood burning fires supplied and professionally installed by Geoff Waller
Advice and quotation given on site
Servicing and repairs / Reconditioned fires

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

Chimney Sweeping across the Algarve €50 + IVA



Bureaucratic Services

ALGARVE ASSISTANTS

Now is the **TAX RETURN** season. Call us!

- Fiscal Representation
- Non-habitual Residency Tax Status
- Rental Licences
- Vehicle Matriculation
- Exchange or Register Driving Licences
- Accountancy and Tax Advise

Rua Mar e Guerra Nº 75 A
Braciais
8005-424 Braciais - Faro

Faro office 00351 289 816 390
Mobile 00351 927 773 239

info@algarveassistants.com

Interiors & Furnishings

THE BED WAREHOUSE

TOP QUALITY BRITISH BEDS
OR JUST MATTRESSES AT UNBEATABLE PRICES



- All sizes- specialising in SUPER KING
- Wood Frame
- Metal Frame
- Drawer Divans
- Ottoman Storage Beds (*all sizes)
- Guest Beds
- Children's Beds
- Orthopaedic
- Pocket sprung, Memory Foam, pillow top etc.

Carpentry

BENSONS WOODLIVING

KITCHENS & WARDROBES
GAZEBOS & PERGOLAS
CARPORTS & GARAGES
WOODEN HOUSES



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

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

Drains

Blocked Drains? Call: ANDY

Tel/Fax 282 471 335
Mobile 918 647 305

DRAIN KING

Power Jetting | Camera Inspection
Drain Repair | Root Removal
Drain Reconstruction
New equipment for Improved Service:
Mini Digger with Operator
New Sewer Drains
Septic Tank & Soak-aways




The Curtain Centre
Carpets and Rugs



New Collection of Mirrors Now in Stock

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



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

Furniture World

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



Turn your house into a home

Lagos Portimao
EN125
2km from Lagos next to Solmate

www.furnitureworld.pt

Tel: 282 798 263
Urb. da Marateca
Lote 5, Chincato, Lagos



Company & Service Finder

To place an ad in this section please call: 282 341 100
or email:sales@theportugualnews.com

BEDROOMS EXTRA 
LAGOS: Tel: 282 762 383 **ALMANCIL:** Tel: 289 050 919
 Fax: 282 792 113 Fax: 289 051 040
The Biggest British Bed Retailer in the Algarve

ALMANCIL SHOP UNDER NEW MANAGEMENT. NOW OPEN ALL DAY SATURDAYS

SPRING SALE 
 5ft comfort care complete set, 2 drawer inc. headboard. Only €599

5ft climate control 1000 pocket - Summer/winter seasonal mattress. Revolutionary cool 'ice fabric' on one side for summer and natural fibres for winter on the other side.
 5ft divan set-only - €899 | 5ft mattress only - €699

Sleepeeze 
 Available and on display

SOME OF THE BEDS ON DISPLAY

WE STOCK:	> DIVAN SETS
> SINGLE, DOUBLE	> F. LEATHER FRAMES
KING & SUPER KING	> LIFT UP
> REYLON BEDS	STORAGE BEDS
> DURABEDS	> ZIP & LINK
> DRAWER DIVANS	> MEMORY FOAM
 	> POCKET SPRUNG
	> ORTHOPAEDIC
	> PILLOW TOP
	> POCKET & MEMORY

ALL MATTRESSES MADE TO BRITISH STANDARD WITH OVER 80 BED SETTINGS ON 2 FLOORS 

ALL ENGLISH BED LINEN EGYPTIAN COTTON – PERCALE 50/50

- > Single > Base Valances > Duvet Covers / Sets
- > Double > Fitted Sheets > Pillow Protectors
- > King > Flat Sheets > Mattress Protectors
- > Super King > Pillow Cases > Selection of Towels
- Microfibre Lightweight Duvets 4.5, 10.5, 13.5 Tog
- > Pillows, Memory Foam, Duck Feather, Microfibre, Quilted Pillow, V-Pillow, Egyptian Cotton, 500g Pair

20% DISCOUNT NOW AVAILABLE

NEW RANGES IN STOCK 
WITH UP TO 10% DISCOUNT OFF OUR GREAT PRICES

- 3FT, 4'6, 5FT & 6FT BEDS ALWAYS IN STOCK
- FOR IMMEDIATE DELIVERY
- 3FT BRITISH DIVAN SET ONLY €229 
- 3FT BRITISH MATTRESS €75

MON TO FRI 9-6PM
Lagos - Parque Industrial do Infante, Loja 9/10, Torre 8600-256 Odiáxere
 Email: bedrooms@bedroomsextra.com 
 We are off the EN125 towards Odiáxere 500m before the A22 R/B

MON 9:30-1:30PM, TUES TO SAT 9:30-5:30PM
Almancil - Edifício Bia, Bloco 4, Loja H, Avenida 5 de Outubro, 8135-100 Almancil
 Email: bedroomsextra@gmail.com
 From A22 towards Almancil High Street 50m from the Pingo Doce turning.

Website: www.bedroomsextraalgarve.com

Lawyers



Vanessa Vieira
SOLICITOR
 Real Estate Attorney
 Property Specialist

Cédula Profissional: 5274

Power of Attorney
 Legal Advice - Contracts
 Taxes - Wills
 Document Authentication
 Rental Licenses

(+351) 918 971 720 or (+351) 928 026 923
 vv.processos@gmail.com



EDWINA SHRIMPTON
 LAWYER
 LLB CP 56552F BPTC

Mobile: (00351) 918 464 235
 E-mail: edwina.shrimpton@gmail.com
 Address: Parque do Moinho, Lote 1B, Loja D, 8600-646 Lagos
 Website: edwinashrimptonlawyer.com

Danielle Shrimpton LL.B.
 Solicitor

Legal Qualifications for UK and Portugal
 Property - Wills / Probate - General Legal Matters

Parque do Moinho, lote 1B, loja D
 8600-646 Lagos
 e-mail: danielle.shrimpton@gmail.com

Tel: 282 080 008
 Fax: 282 181 164
 Mob: 918 787 729

Opticians



Had your eyes tested this year?
 British qualified optician.

Eye exams Glasses Contact lenses Sunglasses




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

Painting & Decorating

TOFTS

Paul Tofts

Decorating & Painting

tofts@hotmail.co.uk
 Mob: 918 938 004

After 6pm
 Tel: 289 399 370

Pools & Spas



ARTESIAN SPAS
 PLATINUM ELITE CLASS

Probably The Best

 **Hot Tubs**
 SAUNAS & SWIM SPAS
 in the World

Quality - Design - Reliability - Service



www.glspas.com
 telf: 289 358 415





Covering the Algarve
 Showroom in Lagos
 Est. 1992

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

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

info@purepools.com



SALAGUA
 Sociedade de Piscinas Ecologicas

www.salagua.com

N125, Sítio do Troto, Almancil
 1,5km Direction to Faro

Tel: 289 992 281
salagua@salagua.com
 Call Us For Free Advice

Pool Covers



...check our great Internet Specials!

No.1 in Hot Tubs in the Algarve



WELLNESS DREAMS
ALGARVE

HOT TUBS
•
SAUNAS
•
STEAMROOMS
•
SWIM SPA'S

SERVICE MAINTENANCE REPAIRS FOR ALL HOT TUBS

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

40 years



NORBERTO POOLS



All you need for your swimming pool

New Construction • Repairs • Remodelling
Maintenance • Heating • Covers

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



SOLARTEC
Renewable energies & all things water

A New Generation of Heating, Hot Water & Water Treatment

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

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

Pool Cover Specialists

30 YEARS **FACTORY DIRECT**



AQUA PURA LDA

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

Swim Arte

Over 40 Years Experience in Swimming Pools
Delifol pool lining • Pool renovations
Pool covers • Protect a Child fencing

We speak: English, Dutch, German, Portuguese

EN125, Sítio São Pedro, 8800-407 Tavira
Tel: 281 326 671 Mob: 919 852 838 Email: swimarte@hotmail.com

Removals & Storage

AIM
Removals & Storage

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

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

LEAK DETECTION IS OUR SPECIALITY



Pools4U.eu
Pools & Spa Management

KEEPING YOUR SWIMMING POOL SPARKLING & SAFE ALL YEAR ROUND!
WEEKLY PROFESSIONAL POOL & SPA MANAGEMENT FOR A LOW MONTHLY COST!

FREE + SIGN UP WITH POOLS4U FOR THE WHOLE YEAR GET 2 MONTHS FOR FREE
7 POINT DIGITAL POOL HEALTH CHECK

CALL NOW FOR A FREE QUOTE OR TO BOOK AN APPOINTMENT

TEL: 282 098 698
EMAIL: ellis.b@pools4u.eu



Property Services

WE RESOLVE YOUR DAMP PROBLEMS:

Concretseal Solutions   
Rudolf Stöhr

- Home purchase advise (Survey)
- Drying of damp walls, horizontal bars and damp proofing
- Renovation of cisterns, roofs and terraces
- Cleaning and sealing of St² Catarina tiles and natural stone

Our exclusive products:
www.komsol.eu
www.ilka-chemie.com
www.wolfin.de

Tel. 282 442 506 Mob. 933 935 153
Email concretseal.portugal@sapo.pt

Algarve Express
your next move

TRANSPORT & REMOVALS

UK-ALGARVE-UK
LOCAL – NATIONAL – INTERNATIONAL – WORLDWIDE

ALGARVE SECURE STORAGE SERVICE

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

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

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

www.algarveexpress.com

ONLINE SHOPPING UK TO PORTUGAL FROM JUST €4.99

The Portugal News
In Print - On Line - On Air



ALGARVE REMOVALS

"Relax, your move is in safe hands."

REMOVALS

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

STORAGE

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

ONLINE SHOPPING

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

Local Depots at: Alcantarilha - Almancil - Tavira

Call us now for a **FREE** quote

UK Tel: 0044 (0) 1621 850070
 Algarve Tel: 00351 289513851
 Mob: 0044 (0) 7711 179842
 Mob: 00351 968019226

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

NWDF LTD

TRANSPORT • SHIPPING
 REMOVAL SPECIALISTS

UK | PORTUGAL |
 IRELAND | EUROPE

NEW France-Portugal Service

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

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

RHA Road Haulage Association

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

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

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

TV & Satellite

Skynet

TELECOMMUNICATIONS & AUDIO

"The Latest Equipment at the Best Prices"

All satellites TV & Via Internet IPTV (English, German, Spanish, Dutch, French, Italian, etc)

Digiboxes (SD Sky +, Sky HD, MultiCAM, PCMCIA, Freeview, Freesat HD) Multicards

All **BBC** & **ITV** + Ch 4 & 5 + News + Movies + Kids + Music + Sports + Many others + Radio

Get 350 TV channels & 200 Radio stations **FREE Digital Terrestrial** (Portuguese channels) **FREE Cable TV** (Movies + Sports + Knowledge + Kids + News + Series + IPTV + Video on Demand)

VCR, DVD HD, Internet (Broadband)

Audio (Hi-Fi, Background Sound, Home Cinema)

CCTV, Intercoms, Domotics

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

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

U-STORE SELF STORAGE

STORE

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

* For Home & Business

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

DLS REMOVALS & STORAGE

OVER 25 YEARS' PROFESSIONAL AND RELIABLE SERVICE

- Local removals, packing and storage in Almancil
- Worldwide shipping service
- Weekly service to and from the UK
- Online shopping collection/delivery (one box to full load)
- References readily available

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

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

STORAGE: SHORT OR LONG TERM

in our modern, dry, secure warehouse

DAVIDWRIGHT storage

- Refurbishment • Decorating
- In between houses • Visitors arriving?

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

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

www.theportugalnews.com

Updated daily by our team of journalists

Never be behind with the news about Portugal

Home & Finance Supplement

Coming 24 March

THE PORTUGAL News

For more information, call 282 380 310 or email sales@theportugalnews.com

Cinema

NEW THIS WEEK

Tomb Raider

Stars: Alicia Vikander, Dominic West, Walton Goggins.
Genre: Action, Adventure.
Director: Roar Uthaug. **Rating:** N/R. **Plot:** Lara Croft is the fiercely independent daughter of an eccentric adventurer who vanished when she was scarcely a teen. Determined to forge her own path, she refuses to take the reins of her father's global empire just as staunchly as she rejects the idea that he's truly gone. Going explicitly against his final wishes, she leaves everything she knows behind in search of her dad's last-known destination: a fabled tomb on a mythical island. Suddenly, the stakes couldn't be higher for



Lara, who-against the odds and armed with only her sharp mind, blind faith and inherently stubborn spirit-must learn to push herself beyond her limits as she journeys into the unknown.

The Strangers:

Prey at Night Stars: Christina Hendricks, Bailee Madison, Emma Bellomy. **Genre:** Horror.
Director: Johannes Roberts. **Rating:** N/R. **Plot:** A family's holiday suffers a dangerous turn when they arrive at a remote bungalow park, where they are due to meet other relatives but find it completely deserted. Hidden behind a deep darkness, three masked psychopaths will test the family's limits, as they fight at all costs to survive.

Cinema Listings

NOS Forum Algarve - Faro

Gnome Alone (PV); Lady Bird; The Strangers: Prey at Night; Red Sparrow; Early Man (PV); Jalouse; Escolhe Tu!; Black Panther; Tomb Raider

NOS Mar Shopping - Loulé

The Hurricane Heist; Ferdinand (PV); Red Sparrow; Early Man (PV); Downsizing; Marrowbone; Black Panther; Gnome Alone (PV); Proud Mary

Gran-Plaza NOS - Tavira

Tomb Raider; Red Sparrow; Early Man (PV); Black Panther; The Hurricane Heist; The Strangers: Prey at Night

Algarcine - Portimão

Tomb Raider; Early Man (PV); Lady Bird; The Hurricane Heist

Algarcine - Lagos

Tomb Raider; Early Man (PV); Lady Bird; The Hurricane Heist

Algarcine Ria Shopping - Olhão

Tomb Raider; Lady Bird; Snow: Uma Viagem Heróica (PV); The Hurricane Heist; Early Man (PV)

Cineplace AlgarveShopping - Guia

The Strangers: Prey at Night; Ferdinand (PV); Tomb Raider, 2D & 3D; The Mercy; Escolhe Tu!; Lady Bird; The Shape of Water; Jalouse; Proud Mary; Snow: Uma Viagem Heróica (PV); The Hurricane Heist; Gnome Alone (PV); Red Sparrow; Early Man (PV); Black Panther; Maya the Bee: The Honey Games (PV); Three Billboards Outside Ebbing, Missouri; Fifty Shades Freed

Cineplace - Portimão

Tomb Raider, 2D & 3D; The Shape of Water; The Hurricane Heist; The Strangers: Prey at Night; Final Portrait; Fifty Shades Freed; Black Panther; Early Man (PV); Red Sparrow; Snow: Uma Viagem Heróica (PV)

Cineplace Loures Shopping

Snow: Uma Viagem Heróica (PV); Red Sparrow; Fifty Shades Freed; The Hurricane Heist; Gnome Alone (PV); Lady Bird;

The Shape of Water; The Strangers: Prey at Night; Coco; Tomb Raider, 2D & 3D; Early Man; Black Panther; The Mercy; Three Billboards Outside Ebbing, Missouri

Cineplace LeiriaShopping

Tomb Raider, 2D & 3D; Early Man (PV); Black Panther; Red Sparrow; Snow: Uma Viagem Heróica (PV); I, Tonya; Lady Bird; Ferdinand (PV); Escolhe Tu!; Fifty Shades Freed; The Shape of Water; The Hurricane Heist; The Strangers: Prey at Night; Gnome Alone (PV)

Cineplace Riosul - Seixal

Tomb Raider, 2D & 3D; The Strangers: Prey at Night; Red Sparrow; Early Man (PV); Black Panther; Gnome Alone (PV); The Hurricane Heist; Ferdinand; The Shape of Water; Snow: Uma Viagem Heróica (PV); Fifty Shades Freed

Estação Viana Shopping - Viana do Castelo

Snow: Uma Viagem Heróica (PV); Gnome Alone (PV); The Shape of Water; The Hurricane Heist; Black Panther; Red Sparrow; Early Man (PV); Fifty Shades Freed; Tomb Raider, 2D & 3D

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

**Algarcine**

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

**Cineplace**

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



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

North & Centre South

MARKETS

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

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

MUSIC

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

Bob Dylan and his Band -
One of the best singers,
composers and writers will be
passing through Lisbon in the
Altice Arena on **22 Mar**.
Tickets: €39-€240.
arena.altice.pt

SHOW

**Velocidade Furiosa ao
Vivo** - Fast and Furious live,
on their world tour, recreating
some of the most moving
scenes and most dangerous
stunts from the movies. **17
Mar** in the Altice Arena,
Lisbon. Tickets: €25.
arena.altice.pt

**Live Music in Casino
Lisboa during March** -
Sheri Vari, 17 Mar; Mário
Valente, 22 Mar; Diogo Pires,
23 Mar; John Holmes, 24 Mar;
Pelota, 29 Mar; Johnny Deep,
30 Mar; Luis Leite, 31 Mar. 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, 2 & 3 Mar. Tiago
Figueroado - Hand Balance, 9 &
10 Mar. Raquel Nicoletti -
Tecido Vertical, 16 & 17 Mar.
Daniela Vairo and Sonia
Navarro - Aerial Shinning
Elements, 23 & 24 Mar. Bruno,
Miguel, Mónica and Raquel -
Dança vertical, 30 Mar. 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

March in Casino Estoril -
Wednesday Fado Cycles,
every Wednesday 10pm, free
entry. Sofia Hoffman concert,
22 Mar. Frederico Braga da
Costa concert, 23 Mar. Rui
Faria & Sandra Gonçalves
concert, 30 Mar. By law,
access to the spaces of
Casino Estoril are reserved for
persons over 18 years of age.
Casino Estoril, Av. Dr. Stanley
Ho, Estoril. www.casino-
estoril.pt

**The Portuguese - a
Musical Comedy** - The first
musical in English directed to
the thousands of tourists that
visit us daily enabling them to
enjoy quality culture while
learning a bit more about the
history and stories of the land
of Camões. Tickets: €39. Tue,
Thu & Sat, 6:30pm in the
Auditório dos Oceanos in
Casino Lisboa, Parque das
Nações, Lisbon.
Tel: 218 920 000
www.casino-lisboa.pt

AUCTIONS

Auction House Algarve.
Our next live auction is **7 Apr**.
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

**"Histórias de Outras
Idades" Contemporary
sculpture exhibition** -
Dramatic pieces from the
renowned artist Rui Matos on
exhibition from **15 Mar until
7 Jun**. Open to the public
Mon-Fri from 9am to 6pm.
Entrance is free. Vale do Lobo
Art Gallery. Tel: 289 353 327
www.valedolobo.com

The Angels of Lagoa - A
photographic exhibition of tiles
of saints and angels charged
with protecting the houses
across the city of Lagoa.
Exhibition created by Dr. Ron
B. Thomson. Until **23 Mar** in
the Municipal Library in Lagoa.

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

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

**Exhibition of the 17th
Corrida Fotográfica de
Portimão** - The usual winning
photographs and the best of
the eight presented themes, a
lot of subaquatic photos taken
during the archeological
prospecting in the Arade river
will be on display. Exhibition
until **15 Apr** in the Portimão
Museum. Open Tue 2:30pm-
6pm and Wed-Sun 10am-6pm.
www.vivaportimao.pt

FAIRS & FESTIVALS

**NCA Filmfestival 'Casa
dos filmes'** - In Galeria de
Arte at Adega Cooperativa, on
the EN125 in Lagoa. **24 Mar**,
5pm "Love is strange", 8pm
"Elle". **25 Mar**, 5pm "I Daniel
Blake", 8pm "La Grande
Bellezza". Tickets: €4 including
a drink. All movies run original
language with Dutch subtitles.
Book your tickets:
info@ncaportugal.com
More info:
www.ncaportugal.com

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

'Musical Revolutions' in
the Mediterranean. Gonçalo
Pescada plays different types
of accordion on a journey
through Mediterranean
countries over several
centuries - Italian Tarantella,
Spanish Flamenco and many
others. **24 Mar**, 3pm. Quinta
das Alagoas, near Almadena.
Entrance, by reservation only,
€19,50 including refreshment
buffet of wine, cheese and
homemade products. Info and
reservations Tel 924 204 343.
Email
geral@quintadasalagoas.com.

Fado /Live Music - O
Navegante restaurant is proud

**KINGS INTERNATIONAL
BALLET ACADEMY**

info@kingsinternationalballetacademy.co.uk
Tel: +44 (0)7533 741301 / (0) 7714 503408

**Kings directors auditioning and teaching
30th & 31st March 2018
at Algarve Easter Workshop**

algarvedanceopen@gmail.com
Tel: 969 216 298 / 913 832 335

NCA Filmfestival
'casa dos filmes'

24 & 25 maart in Lagoa

Casa dos Filmes

www.ncaportugal.com

This page is primarily for cultural, sports, charity and free events or those staged by a club or society. Please send your events to events@theportugalnews.com by midday on Monday before publication. To guarantee inclusion of other events there is a charge of 50 cents per word. To place a paid listing, email linda@theportugalnews.com and you will be sent payment instructions.

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

Every 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

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@qtfontebispo.com

SOCIAL

afpop East Algarve Coffee and Chat Morning - Member-2-Member. Coffee & Chat mornings. The monthly Coffee & Chat morning. They are always the **last Wednesday** in the month. The coffee mornings are organised by a group of afpop members. It is very informal, a chance to meet up, make friends and have a chat. If you are interested in the Coffee & Chat mornings contact: Sherry on 916 913 612 or email: slosantaclara@gmail.com. Usually in the East Algarve Pedras da Rainha Club House. GUEST SPEAKER: Karin Holmström Forster Karin will be talking about her project to train guide dogs for the visually impaired young people living in the Algarve.

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.

Duplicate bridge - Come and join our friendly international club. **Thursday afternoons**, 3pm start at Restaurante Solar da Poeta in Al Mancil. 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

Bridge; Friendly social game Tuesdays & Fridays 1:15pm Marina Club Suite Hotel Lagos. Just tip up or call 963977642 -partner not necessary

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.

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

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

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

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

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, Al Mancil) 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 Agua, Albufeira - roll-ups on Tuesdays and Fridays at 09:45am. Tuition available if required. Please telephone 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 - Al Mancil, 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

Tellington TTouch Training - Introduction to Tellington TTouch Two-Day Workshop with certified Tellington TTouch Practitioner, Alex Wilson, covering TTouch Observations, TTouch Body Work, and TTouch Groundwork. **27-28 Apr** in Portimão. Places are limited for this workshop so please book early to avoid disappointment. Please bring a crate or vehicle so that your dog can rest as there are times when we will not be working with dogs - for those without dogs, there will be opportunities to work in groups with people who have dogs. For more information or to book please visit www.algarvedogtrainer.com or call +351 915 623 472

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. Al Mancil centre. 919 968 768

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.

Announcements

50% SAVINGS on your heating with Infrared heating panels: www.shs-pt.com

NO SUNSHINE needed for your hot water or heating! www.shs-pt.com

Algarve Homecare

...in safe hands!
Assisted Care and Support in your Own Home
Tel. (351) 917 472 828
www.algarve-homecare.com

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



The Club, which meets at 12 noon Mondays is open to both men and women. After a bowl of soup, prepared by one of our congregants, any subject may be discussed, but religion, as a topic is given a miss. Sometimes we have a guest speaker. There is no charge and all are welcome. If you wish to attend please email for details of the next meeting and directions (usually in the Lagoa area)
 Email: copy@theportugalnews.com

Auctions

AUCTION HOUSE ALGARVE

NEXT LIVE AUCTION Saturday, 7 April 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

Caravans & Motor Homes

UK CARAVAN wanted Looking to buy a UK caravan, cash waiting. call 966706140 or lmjp@sapo.pt

Charities

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

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.

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

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

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

CC THE NANDI CHARITY SHOP. Winter clothing now in stock. Bargain prices. Furniture can be collected within 30 K Lagos. Tel 912741857

CC 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

www.theportugalnews.com

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 CADELA CARLOTA shop in Lagos open Monday till Friday 10.00-13.00/15.00-17.00hrs. Almadena: Monday till Friday 10.00-16.00 hrs Saturday 10.00-13.00hrs. You are always welcome to donate and to purchase. We always need extra hands in our shops.

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
WOODBURNING FIRE SPECIALISTS
 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

Collections

artcollectables@ yahoo.co.uk We buy collections of stamps, chinese items, porcelain, paintings, bronzes, 1960s Scandinavian furniture and objects. Cash settlement. Call 0044 7922 306 200 or 0034 618 090073.

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.

Education

ENROLMENTS OPEN for really popular Portuguese courses. Beginners: 9 April and 7 May. Intermediate: 10 April. Advanced: 9 April. Centro de Línguas de Lagos. Call 282761070. Email info@centrodelinguas.com

Love Portugal and want to know it better?
 Read all about it's 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.

PIANO LESSONS from professional musician. John Evans Tel. 916206792. jevans@oninet.pt

For Sale Private



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

A SLIM new display cabinet €50. Samsung HDMI 52" €50 evelynlannigan@gmail.com 281023098



GEOBUBBLE 600
 Micron blue/silver cover 11.12m x 5.94m
 Price collected 150eur
 Tel: 934811523

Friendship

ALGARVE BASED Christian business man wishes to meet lady 20-35 years old for serious relationship. Tel. 934801273

Furniture

Curiosa
 INDOOR & OUTDOOR

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

SOFAS - BEDROOM furniture - Cabinets - Decorations. 30% OFF. Domus Deco - EN125 - New roundabout Pera Tel. 969146074

Jobs Offered

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

Place your advert online and receive 10% DISCOUNT

MAINTENANCE POSITION offered. We are looking for a reliable, trustworthy, energetic and organised person to fill our part time maintenance position for a small hotel on the outskirts of Loulé. See our full advert on page 4.

Kitchen Renovations

GEORGE & SON

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

Don't buy a new kitchen until you've spoken to us! We can renovate your old kitchen at a very reasonable cost. Free, NO-obligation estimates. Call Jamie on 968 211 631 or 965 137 517 or email jamielkitchen83@gmail.com



HIGH QUALITY KITCHEN RENOVATIONS

100s Door Styles & Colours Complete Qualified Professional Re-fit Service
 Tel: +351 966521828
newkitchendoorsalgarve@yahoo.com
www.homestyledoors.co.uk
 FB: Replacement Kitchen Doors Algarve

Personal

FANCY SOMETHING New? Join us in the Silves Area and play Mah Jong. Total Beginners welcome. Call Helen: 934258467 or email: penny_croxley@icloud.com

Pools & Gardens

GARDENER AVAILABLE, many years experience. Speaks fluent English & Portuguese. 13 Euros an hour. Happy to assist with garden clearance. Call 282 782 266

Property Agents

LEADING UK based holiday villa rental agency requires properties with private pool for 2019 season. All areas considered. Guaranteed income and weekly rate contracts available. Tel: 961 075 502 www.vintagegetravel.co.uk

Property for Sale


LAND & HOUSES ALGARVE YELLOW HOMES
 Sociedade de Mediação Imobiliária Lda. AMI 6232
For detailed information, please visit our website:
www.landandhousesalgarve.com
www.algarve-property-search.com
Tavira: 281 320 281
Vilamoura: 289 301 294

FOR SALE Alvor. Looking for a villa near the beach? Without a huge garden to maintain? Friendly quiet neighborhood. 4 bedroom. 530.000€. Let's talk. 919074147 or 919961168

ALMANCIL, VALE Formoso. Large contemporary quality villa with 4 bedrooms ensuite. Separate apartment and garaging for 4 cars. Large fenced mature gardens. Private with great sea view. This is an opportunity. hotelgarve@gmail.com or 914574199

SHOP & WAREHOUSE with Quality 4 bed apartment & Secure Parking & garages near Almancil. Good access, Bargain at 485,000€ 915148574

VILAMOURA 2 bed apartment of high quality on the golf with coastal view. Garage & storage. 298,000€ 914574199

BUILDING PLOTS Near Quinta do Lago: 10,000m² with project approved of 700m² 1.2M€ Almancil West: 2200m² plot can build 300m² 185,000€ St Barbara: Prime position with amazing coastal views for multiple build. 595,000€ hotelgarve@gmail.com or 914574199

Property for Rent

LONG TERM Rental Professional couple living and working in the Algarve require villa for long term rental, Minimum 3 Beds, 2 Bathrooms, Pool, Garden, within 15/20 mins drive to Almancil, Budget €1200/1800 pm, contact 915685848

Property Services & Building

THERMAL INSULATION of walls, floors and ceilings, Scandinavian spec. Central Algarve. 910227941.

classads@theportugalnews.com

TOTAL CARPENTRY Service. Kitchen and wardrobe renovations a speciality as are high security solid wooden hardwood doors. Tel 915329965. Email-oak.perfection.com

BUILDING WORKS All types and sizes carried out to a very high standard. 27 years experience throughout the Algarve.

Shoreland Properties Lda. Tel. 913223402 or 282763000 shorelandproperties@mail.telepac.pt www.shorelandproperties.com

V.I.P.-Villas in Portugal, Property Management and Administration. Working in Santa Barbara de Nexe, we can provide any service you may need for your property. References can be provided. Call 966435111 or email: info@vip-villasinportugal.com

PROQUINTA - Algarve Property Services. We provide all management, maintenance and administrative services any client could need. Professional, personal and bi-lingual team. Please call 916287054 or email info@proquinta.com www.proquinta.com



Property Management, Maintenance & Rentals. Lagos - Many years of experience. Flexible, tailor-made services. +351 915229993 | info@vilalaia.com

PROFESSIONAL LAUNDRY Salema - For Hotels, Restaurants, Resorts & Property Managers. Fast, efficient & economical. +351 915229994 | salema@vilalaia.com www.weloveportugal.com www.vilalaia.com

I OFFER a reliable, honest, professional Villa and Apartment management service with many years of experience. Paderne, Albufeira, Boliqueime, Vilamoura area. Contact: Kim 914624305 kmmanagement41@gmail.com.

LEAKING ROOFS & Terraces Problems solved 27 years experience in Algarve. Call 913 223 402

ALGARVE ROOF & property maintenance and renovations from leaks to roofs & balconies guttering, painting etc. Call Jason Tel 960136445 281324602

PROFESSIONAL PAINTER and Decorator. Top quality materials. 28 Years experience. glynpt@yahoo.com Glyn. 925345290

VILAMOURA + AREA Property Repairs etc. Most Trades. Tel 966 521 828

Property Wanted

WANTED - HOUSE to rent Long term, near to Lagos, 3 beds, garden or land, prefer unfurnished. Retired couple, rental guaranteed, 6 months in advance. 926323125

Removals & Storage

NWDF Ltd STORAGE

- €2 per m³ per week (no complicated contract)
 - Personal/Commercial secure storage
 - Individual lock ups/Pallet storage
 - Daily access (at no cost)
 - Fork Lift Truck available (at no cost)
 - Flexible terms (no penalties for early removal)
 - Collection/Delivery service at excellent rates
- Email: peter@nwdf.co.uk www.nwdfitd.co.uk

EN125, QUATRO ESTRADAS
00351 969 427 864
00351 910 767 634

U-STORE Lagos Self-Storage

Individual locked units Fully insulated premises

Daily access, Dry, Clean & Secure For Home & Business

282 798 490 / 917 010 365 www.u-store-portugal.com info@u-store-portugal.com

Satellite

TV, HI-FI, Satellite repairs, Tavira area. Experienced engineer. Tel: 964-721-714. www.trevortronix.com

Services Offered



MJG CUSTOM Classics British classic car restorer 30 years exp. Based Northern Portugal. Tel: 939736444 info@mjgcustomclassics.com [facebook/mjgcustomclassics](https://facebook.com/mjgcustomclassics)

BUILDING WORKER available. Gardening, painting, joinery, roofing. Algarve portugal. Can offer maintenance in Portugal or Europe, registered with green receipts. 963215951/920213627

No need to worry about maintenance and service. We are experienced ex Speed Frame technicians with a wide knowledge of this product. For maintenance, repairs or new units, call us for quick and efficient service at reasonable prices.

PVC Directo We double the glazing – Not the price 282 317 472 info@pvcdirecto.com

Transfers

ALICIA'S TRANSFERS

LOW PRICES! BAIXO CUSTO!

LIC: RNAVT 4171

www.aliciatransfers.com

Tel: (00351) 918 763 124

Vehicles



MERCEDES-BENZ C220 CDI Break, 2013, 55.000 km, manual, Portuguese plates, 1 year MB guarantee, 27.500EUR, Tel. 912800400



PORSCHE 356 B T6 S90 1962 Matching Numbers COA 1st owner Simon Scott neighbour of James Dean 99356 euros registry in Belgium michel.quevrain@gmail.com +32479500296

WE BUY cars Algarve all types of vehicles considered. We buy PT GB Dutch German French. We buy damaged and non runners. Call David PT 911136377 UK +447984932876



VW T1 SAMBA 21 bay windows european model 1967 with COA registry in Belgium 99500 euros michel.quevrain@gmail.com +32479500296

HYMER EXSIS 482 Campervan 2009, Ford Transit 2.2, 77000kms, LHD, 25000 euros, Portuguese plates Details robinsonpeter@wanadoo.fr



OPEL CORSA GTC 1.3 90cv Year 2008, 182,000km Portuguese Plates Diesel, 5 seats sportif Version MOT until July 2018 Price: 7,250Eur negotiable Contact: 919999320

OPEL CORSA GTC 2008. 182,000km. Diesel. 7,250Eur negotiable Contact: 919999320



BMW F650 LS. V.G.C. No dents or scratches, low miles. UK REG with MOT not required in Portugal. 1,650 euros ONO Tel. 282102773

Easter @ ALL Saints

29 March
Maundy Thursday
Maundy Thursday Agape Meal
Upper Room, ASCA
6.30pm Almancil

30 March
Good Friday
Good Friday Service
10.30am Almancil

1 April
Easter Sunday
Christ is risen!
Holy Communion
10.30am Almancil
11am Lagoa

Maundy Thursday Supper
7pm Fatacil Restaurant
(Pre-booking essential, call 916 501 527)

The Man upon the Cross
Good Friday meditations
in film, words and music
2pm Lagoa

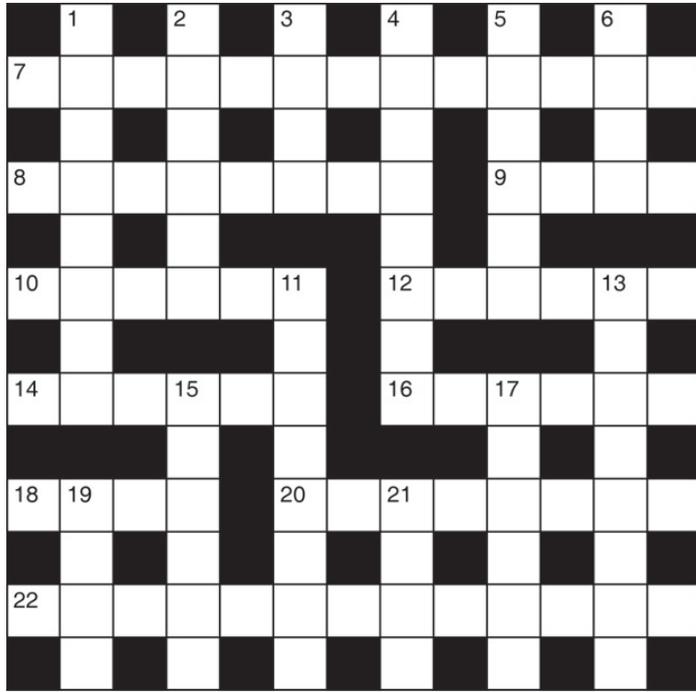
Community Centre • Almancil • Convento de S. José, Lagoa
info@allsaintsalgarve.org • www.allsaintsalgarve.org
For directions, call 282 380 311 any time

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

Verse of the Week

And this is eternal life: to know you, the only true God, and the one whom you sent—Jesus the Messiah.

John 17:3; New International Version (NIV)



Last week's cryptic crossword solutions

Across: 1 Duck; 3 All clear; 8 Jung; 9 Dove tail; 11 Cheap edition; 13 Ender; 14 Leader; 17 Streets ahead; 20 Eventual; 21 Smut; 22 Everyone; 23 Order.
Down: 1 Dejected; 2 Contend; 4 Lloyds; 5 Chew the fat; 6 Erato; 7 Rule; 10 Apparently; 12 Creditor; 15 Dreamed; 16 Strain; 18 There; 19 Pele.

CRYPTIC CROSSWORD

ACROSS

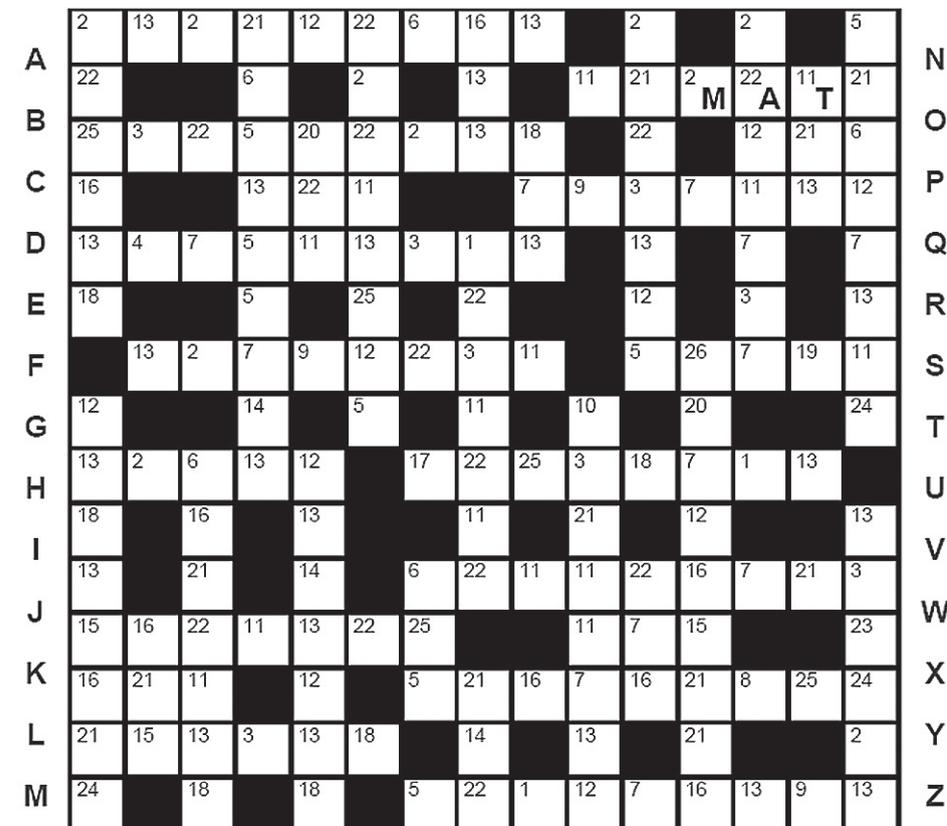
- 7. Eroded appearance, having conquered the elements (7-6)
- 8. Inflates around end of match (5,3)
- 9. Spoils tool if used incorrectly (4)
- 10. Hit one in the belly (6)
- 12. Arbiter with hesitation to move the pier (6)
- 14. Entertainer to scoff about good man (6)
- 16. Model of city headgear (6)
- 18. Burn the cleaner (4)
- 20. Endure job-call at night (4,4)
- 22. Sweets brought out once for N.E. city (13)

DOWN

- 1. It's fine to have lace tied loosely (8)
- 2. There's tension when the road gets wet (6)
- 3. Greek god going up the canal (4)
- 4. Hinder and rub Scott up the wrong way (8)
- 5. Note: everything to work at a fast pace (6)
- 6. The woman's love is much admired (4)
- 11. Brought by iron horseshoe? (4,4)
- 13. Comfort about the fool on the river (8)
- 15. Painter stands up, having argument about price-list (6)
- 17. Feel sorrow, tear seen, about record (6)
- 19. Bear jumps up to get round toy (4)
- 21. Second lubricant got from the ground (4)

CODEWORD

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



QUICK CROSSWORD

ACROSS

- 7. Disquieting (13)
- 8. Interpret (8)
- 9. Grime (4)
- 10. Cowardly (6)
- 12. Decorative (6)
- 14. Coma (6)
- 16. Image (6)
- 18. Cab (4)
- 20. Educated (8)
- 22. Refined (13)

DOWN

- 1. Cheeky (8)
- 2. Ambassador (6)
- 3. Distant (4)
- 4. Grisly (8)
- 5. Keeper (6)
- 6. Slight (4)
- 11. Radio (8)
- 13. As one (8)
- 15. Predicament (6)
- 17. Conventional (6)
- 19. Affirm (4)
- 21. Slender (4)

Last week's quick crossword solution

Across: 1 Byre; 3 Prepared; 8 Sink; 9 Asterisk; 11 Bewilderment; 13 Delays; 14 Snatch; 17 Imprisonment; 20 Assuaged; 21 Solo; 22 Hesitate; 23 Soon.
Down: 1 Busybody; 2 Renewal; 4 Roster; 5 Pre-eminent; 6 Reign; 7 Duke; 10 Play truant; 12 Shutdown; 15 Tremolo; 16 Aspect; 18 Moses; 19 Path.

SUDOKU

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

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

Medium

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

Hard

Last week's solutions

Last Week's Codeword Solution

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

Last week's solutions

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

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

Medium

Hard



Celebrating **10** years in business

Linen etc have been in business for ten years. With your support we have grown year on year. Supplying the public & the trade. Our product range is considered to be the biggest and our stock is vast. We buy direct from the Portuguese manufacturers so we can offer you all sizes & guarantee the quality.



REFRESH YOUR PROPERTY NOW!
10% OFF SOFT FURNISHINGS
Includes curtains, cushions, throws, runners, bedspreads, rugs & lamps.
 Offer valid until March 31st. Online & in-store.

Sheets, pillows & pillow cases, duvets & duvet covers, protectors, toppers, towels, bedspreads, runners, cushions, curtains, voiles, rugs & lamps

Buy online, buy in-store, order & collect

Tel 282 697 791 info@linen-etc.com www.linen-etc.com
 Monday-Saturday 10am-6pm | Retail outlet on the EN125 Budens, 8650-050

Contending in red again

N NEIL CONNOLLY

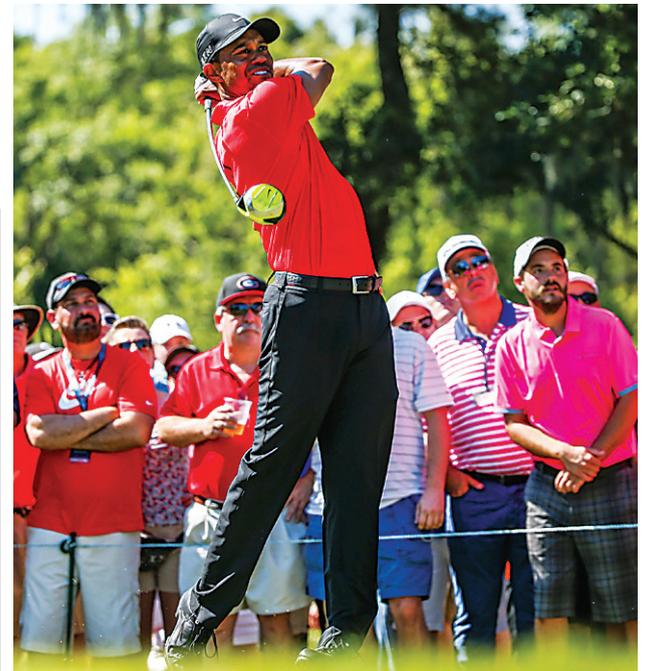
Tigermania is back. All of a sudden he is back. The Masters is only four weeks away. His fans are back boisterous and bustling. Their hero was wearing his red shirt on Sunday and this time he was contending.

What comes with Tiger is really a jolt in the arm, a tonic or twist in the storyline. Brandt Snedeker remarked after playing with Tiger that the surrounding noise, "is louder than (he) had heard in a long time." What is amazing is that the viewing figures on Saturday, were so high. So high that the networks haven't seen a Saturday spike, of this ilk, in the ratings for twelve years. Twelve years! He really is box office, this time people aren't expecting him to win; they are hoping to see him win with the mannerisms, the fist pumps, magnetic smile and the unexpected jail break shot. When the forty-four foot putt fed its way into the heart of the hole, on the seventy-first hole, to get him within one shot; It felt that the clocks had been turned back and we were watching the same imperious player. A birdie on the last and then a playoff, maybe it was possible. He fell short, this time, but what a comeback. His record shows that previously when he has been

within one stroke of the lead, the 69 times before, he has won 62 times. So, when he said that he felt comfortable in the thick of it, in contention on a Sunday - no wonder. In the modern era, nobody but nobody has controlled the dialogue and action on a Sunday. It appears we are on the verge of seeing the unthinkable, a Tiger Woods fully fit, pain-free and competitively ready for a comeback the likes of which the golfing world hasn't seen since Hogan's car crash in the fifties. He is already looking to Bayhill where he has won eight times already. He is saying publicly that he is just taking it day by day, no expectations, just pleased to be competing, healthy and pain-free. However, inwardly, deep down where the core of the competitor lives, he must be feeling that there is a shot at winning a tournament this year. Then the mind can wander, the Masters? Is it possible? That's what makes this so tantalising. He is closing on his 80th PGA Tour win, he has to

make it past 82 to be the all-time winner on Tour. The current banner holder is Sam Snead. It could be argued that if he passes that mark he really has become the greatest player of all time. Now I know you golfing aficionados have got a point, when you say that a true player is measured by their Majors record. Tiger is four short of the number held by Jack so Jack is the Greatest. Yet remember Jack's last win was in 1986, that's thirty-two years ago. The game has without argument become far more competitive over the last twenty years. So, fourteen stacked against eighteen, it's close, but if he were to get within two majors then the argument would surely shift towards Tiger being the greatest of all time, or GOAT as they are prone to saying these days. Now he may fall over, mentally or physically, we've seen the photos now. But the overwhelming feeling around the world is the game is better with Tiger in it. The advertisers, sponsors

and the spectators all agree and will pay to prove it. Paul Casey won by the way. Which is fabulous news, he hasn't won in nine years in the States and the resurgence of his career has been slow and steady. If Tiger had not been in the field, everybody would be asking Paul if he was planning to make the Ryder Cup Squad. Yet to find a story about that, is proving to be very difficult. Tiger is back. What seemed impossible two years ago now seems possible. He is "excited" about 2018. He's not the only one.



Tiger Woods showed a return to form last weekend. (Photo: Lusa/Tannen Maury)

We are Sweden's leading estate agent in Portugal

We are connected!

More than 250 offices in Sweden bring us the buyers.

FASTIGHETSBYRÅN ALGARVE
+351 967 086 029 / ALGARVE@FASTIGHETSBYRAN.SE
UTLAND.FASTIGHETSBYRAN.SE/EN/OFFICES/ALGARVE

Fastighetsbyrån

DISCOUNT TEE TIMES

GolfinPortugal.com

BEST GOLF IN THE ALGARVE

O melhor golfe do ALGARVE

MEMBERSHIP
Available w/ Unlimited Golf from **€167,00*** per month

Pestana GOLF & RESORTS PORTUGAL

- Gramacho PESTANA GOLF RESORT
- Vale da Pinta PESTANA GOLF RESORT
- Silves Golf PESTANA GOLF RESORT
- Alto Golf PESTANA GOLF RESORT
- Vila Sol PESTANA GOLF RESORT

BOOK NOW
Tel: +351 282 340 900 | www.pestanagolf.com

*Price mentioned considers an annual subscription.

IPTV promotion. Full subscription. 12 months - €199!

200+ TV & radio channels. Super price, super nice!

Renew your account with us

Mag 250 - €129

Free mobile app!

MARC ELECTRONICA
TV & Audio via satellite and internet
282 410 400
Casa Moderna, Sítio das Vendas, 8500-841 Portimão
www.marcelectronica.com info@marcelectronica.com

GI GOLF INTEGRATED ACADEMY at Vila Sol

BEST GOLF COACHING IN THE ALGARVE

6 Week Coaching Package (6 x 1 hour sessions)
Only €67.50 per person

Contact us on
+351 912 263 555



FC Porto suffer shock defeat

N CHRIS WRIGHT



FC Porto manager Sérgio Conceição, pictured here second from right, confronts match officials following his side's shock 1-0 loss to relegation-threatened Paços de Ferreira. (Photo: Lusa/José Coelho)

side went in at the break with their lead intact. The Dragons had a great opportunity when Felipe was impeded in the sixty-sixth minute but Yacine Brahimi had his spot-kick well saved by Felgueiras. Paços de Ferreira held on for only their second win of 2018 and in the process inflicted the first defeat of the league season on FC Porto.

Reigning champions Benfica needed to beat Desportivo Aves if they were to take advantage of FC Porto's slip and close the gap at the top. Despite the efforts of Rafa Silva and Jonas, the Eagles went in at the break with nothing to show for their endeavours. That all changed after the interval with Benfica beginning to pepper the Aves goal with greater frequency, enabling Jonas to break the deadlock in the seventieth minute from Franco Cervi's cut-back. Ruben Dias then secured all-three points just five minutes later, as he reacted first to Raúl Jiménez's strike to slot home the rebound. Sporting knew they had to win at Chaves to keep alive their outside chance of catching the top two. Jorge Jesus once again had to shuffle his starting line-up due to injuries and he had keeper Rui Patrício to thank for several first-half saves which keep the score sheet

blank at the interval. Bas Dost joined the fray in the second-half and it was no surprise when the Dutchman nodded home after good work on the left by Ruben Ribeiro. Rodrigo Battaglia then protected Sporting's advantage with a goal-line clearance before making an immediate impact at the other end. From the right-back position, Battaglia battled for possession deep in the final third before squaring a pass across goal to Bas Dost who had the easiest of tasks to tap home goal number two, five minutes from time.

There was still time though for Chaves to pull a goal back from the penalty spot through Platiny. SC Portimonense continue impressive progress in their first season back in the top flight. An eighteenth minute strike from Carvalho gave them the lead at home to Vitória de Guimarães. The visitors drew level four minutes later as Raphinha found the back of the net but their joy was short-lived when keeper Douglas was sent-off on the half-hour mark.

Portimonense secured victory against the ten men when Pires scored in the sixty-sixth minute. The victory propelled the Portimão side into the top half of the league although they deserve better support than the 1,830 fans who turned up for this game.

Paços de Ferreira, languishing in the relegation zone after five straight defeats, pulled off the shock of the Primeira Liga season with victory over FC Porto. Benfica moved to within two points of top spot with a home win against Desportivo Aves whilst Sporting followed up their Europa League first-leg success against Czech outfit Viktoria Plzen with victory at Chaves.

The weather at Paços de Ferreira's Mata Real Stadium was far from ideal for fast attacking football but the home side adjusted better to the conditions than their illustrious opponents FC

Porto. Just after the half-hour mark a Filipe Ferreira cross picked out Miguel Vieira at the near-post to give Paços de Ferreira the lead. FC Porto nearly levelled through Vincent Aboubakar but the home



toldolanda
sun
protection



info@toldolanda.com | www.toldolanda.com | 914 609 517 | Portimão

RUSTIC STYLE

3 bedrooms, 2 bathrooms, BBQ, fireplace, parking (P)

Algoz
€215,000 Ref.CNV6548

cerronovo.com
sales@cerronovo.com
+351 289 510 790

rightmoveoverseas

CerroNovo
Property sales and services
Established since 1981, AMI 860

AlgarExperience Enjoy the Sea

Unique Boat Experiences

Caves & Coastline

Dolphin & Caves

Beach Barbecue

Promo Code 10% Discount **PNEWS10** Valid exclusively for online bookings, phone or email until 31st December 2018

www.algarexperience.com
BOOK ONLINE or visit us at **Albufeira Marina - Algarve**

reservas@algarexperience.com
(+351) 967 525 127 | (+351) 289 591

AM:19149

Selling property is not leap of faith

2.5% sellers commission

Come on in the waters lovely

Carvoeiro:Silves:Portimao:Luz:Lagos:Albufeira
Sales:Conveyancing:Renovation:Rental

www.algarve-palm.com
00351 282352100

Palm Properties Imobiliária