



THE PORTUGAL News

Portugal's **National** Newspaper in English

30 Nov 2019 • Ed. 1554
 €1.50 inc IVA
 Publisher: Paul Allen Luckman
 www.theportugalnews.com
 This week 19,130 copies
 Facebook: 63,360 followers
 Web: 99,552 page views last week

Portugal is drug “gateway”



Drugs seized by the authorities during Operation Tiphon which took place in the Azores in July 2019. (Photo: Lusa/António Araújo). Full story, see page 2.



Paying a high price for electricity. P4



Retirement age on the up. P6



Lisbon building prices rise. P13



A return to the world circuit? P40



BERKSHIRE HATHAWAY | Portugal Property
 HomeServices

THE PORTUGAL News
Portugal's National Newspaper in English

ANGLOPRESS Edições e Publicidade, Lda
Copyright ©2019 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

Classifieds: +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, Porto

Print-run: 19,130 copies this edition

Distributors: VASP

Member of apct audited circulation



PRODUCTION

Publisher: Paul Luckman
publisher@theportugalnews.com

Photos: LUSA • Press Association

GENERAL MANAGER

Daisy Sampson
Daisy@theportugalnews.com

SALES MANAGER

Sónia Seixas
sales@theportugalnews.com

ACCOUNTS MANAGER

Gaby Rodrigues
accounts@theportugalnews.com

While The Portugal News has done its utmost to ensure all advertiser information is correct, the paper is unable to verify the content and/or claims of adverts provided.

Publicação registada na Entidade Reguladora para a Comunicação Social com o número 127217
Estatuto Editorial:
www.theportugalnews.com/editorialguidelines

Portugal is 'gateway' for cocaine

The director of the National Unit to Combat Drug Trafficking at the Polícia Judiciária force has warned that Portugal continues to be a gateway for the transit of significant quantities of cocaine produced in Latin America.

Artur Vaz spoke to journalists on the sidelines of the opening session of the Seminar on Cross-border Drug Trafficking - Caravela Project, held at the headquarters of the Polícia Judiciária (PJ), in Lisbon, with the presence of the Attorney General, Lucília Gago, the national director of the PJ, Luís Neves, and the director of the department of drug combat of the Federal Police of Brazil, Elvis Secco, among others. According to Artur Vaz, Portugal, the countries geographical position and the existence of special relations with Latin American countries, namely Brazil, leads international criminal organisations to paralyse many of the transport structures with large quantities of cocaine between the two continents across the Portuguese maritime and air borders. Confronted with the fact that Brazil is an important point of passage for much of the cocaine that transits through Portugal, to reach other European countries, Elvis

Secco noted that Brazil has more than 16,000 kilometres of border with the three cocaine-producing countries - Bolivia, Peru and Colombia -, also bordering Paraguay, which is now the main producer of marijuana/cannabis. The director of the Brazilian Federal Police said that cocaine sent by sea to Europe and South Africa makes enormous profits for criminal organisations, as a result of the 'absurd' difference in price between one kilogram of cocaine in a producing country and a country in Europe. Luís Neves said drug trafficking (namely cocaine) and subsequent consumption are worrying at various levels, not only as criminal activity but also worrying about the profits it generates and the way it distorts the economy and encourages and facilitates other crimes, including money laundering and corruption of the state apparatus and structures. On the other hand, he said that the trafficking and use of cocaine and other drugs creates a public health problem



Portuguese and Spanish police have recently made important seizures of cocaine

while consuming a substantial part of states' budgets. The use of the proceeds of drug trafficking in the financial and logistical support of terrorism was another aspect mentioned by Luís Neves. He pointed out the Atlantic Ocean and Africa as privileged areas for transportation and transit of cocaine trafficked by the major drug traffickers and also pointed out the importance of direct police cooperation with Brazil and other international bodies (Europol, Interpol, MAOC) in a fight that has to be

done globally. In her speech at the ceremony, Lucília Gago stressed that the 'modus operandi' of international drug trafficking requires information sharing between the countries involved in an early, rapid, timely and effective way, also pointing to the danger that drug trafficking could finance terrorism. The seminar takes place at a time when the Portuguese and Spanish police have recently made important seizures of cocaine on Portuguese soil and in Galician waters, respectively.

ALGARVE REMOVALS

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 within the Algarve

STORAGE

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

ONLINE SHOPPING

- Shop online with any main high street or online retailer and have your items delivered the following week
- One to multiple items from various suppliers



Please find our Pre-Christmas departures below:
Our trailer departs from our Essex Depot on Thursday
19th December 2019 for deliveries before Christmas

(Please make sure all your deliveries arrive into our Essex Depot by Wednesday 18th December)

For Deliveries between Christmas and New Year
Trailer also departs on Thursday 19th December 2019



sales@algarveremovals.com
www.algarveremovals.com

Call us now for
a FREE quote

UK Tel: 0044 (0) 1621 850 070
Mob: 0044 (0) 7711 179 842

Algarve Tel: 00351 289 513 851
Mob: 00351 968 019 226

LOCAL DEPOTS AT: ALCANTARILHA – ALMANCIL – TAVIRA – LAGOS



...ine on Portuguese soil and in Galician waters, respectively. (Photo: Lusa/Luis Forra)

N News in Brief

Ronaldo, Silva, Fernandes nominated for UEFA team of year

Bruno Fernandes, 'captain' of Sporting and the highest scoring midfielder in Europe in 2018/19, with 32 goals, is the only representative of Primeira Liga, while Cristiano Ronaldo competes for the 14th presence in the team of the year, now in the service of the Italian champions Juventus, already holding the record in this distinction. Bernardo Silva, an English champion with Manchester City, is the other Portuguese named in a list that also includes three former Benfica players, goalkeepers Ederson (Manchester City) and Oblak (Atlético de Madrid) and Di María (Paris Saint-Germain).

Minister promises to simplify legalisation of immigrants

Portugal's minister of state and the presidency, Mariana Vieira da Silva, has assured that the simplification of visas and the teaching of Portuguese are the government's priorities for the integration of immigrants in the country. "With more and more immigrants arriving, the work of legalisation is essential," she said, adding that by simplifying the legalisation process it would be possible to stop people going through a long transitional period between arriving in the country and being legalised.

Lisbon airport to expand to 72 take-offs or landings an hour

The project to increase the capacity of Lisbon airport from the current 44 to up to 72 movements per hour has been approved. In a statement, NAV (Navegação Aérea de Portugal) said that the project for the reorganisation of the Lisbon Terminal Area airspace was approved on 23 October by INFANAV, a permanent commission of air navigation that includes ANAC - National Civil Aviation Authority, the Portuguese Air Force and NAV Portugal. This project "provides for the reorganisation and conciliation of the civil and military use of airspace in the Lisbon region and its approval means that the conditions are met to gradually increase the airport's capacity to 72 movements an hour".

Demands to call off River Sado dredging

The People, Animals and Nature Party (PAN) and the left Bloc (BE) have submitted a draft resolution to parliament, in which they recommend that the Government revoke the authorisation granted to the Setúbal Port Authority to carry out dredging in the Sado River. Both parties mention that, as part of the project to improve maritime accessibility and improve competitiveness, more than six million cubic metres of sand are to be dredged from the Sado River. "There is no scientific knowledge that can ensure that this does not cause a natural and environmental disaster with devastating and irreversible consequences in the area of the Sado Estuary Nature Reserve, which has legal protection", stresses BE.

WEATHER

A wet weekend followed by a cool week

Rain over the weekend is set to clear by Monday when temperatures will then drop leading to cool nights across the country.

Lisbon: Rain is predicted for the entire weekend in the capital, however blue skies are to return by Monday and it is to remain dry for the rest of the week. Cloud cover will keep it feeling warm over the weekend before temperatures drop on Monday to average highs of 12 degrees.

The South: There will be a chance of rain over the weekend in the south. However it will be feeling warm with average highs of 19 degrees. From Monday temperatures are to fall as the skies clear with daily highs of 14 degrees and lows of 5 degrees during the night.

The North: A wet weekend is expected in the north with average highs of 15 degrees and lows of 12 degrees. The skies are to clear from Monday and for the rest of the week but it will be feeling cooler with average highs of 12 degrees and lows of 5 degrees.

Harry R.

"(...) I saw the advertisement about "all on 4 Procedure" which could be completed in one day. I made an appointment to discuss my problem. I had an x ray to determine the extent of loss of my upper bone structure and as to whether or not I could be helped. Dr Cris soon put my mind at ease and said he believed he could help. It was a total success, yes some small discomfort, but very acceptable. I cannot say enough to compliment Dr Cris and his team. I would not hesitate to recommend anyone who is considering this procedure to visit Dr Cris and his team."



Cris Piessens Clinic
Placing dental implants since 1987

WHAT PEOPLE SAY ABOUT US ON GOOGLE



Anne L-C.

"Thank you Dr Cris & your amazing team, so kind & caring. So happy with my implants, pain free, beautiful teeth in a day, unbelievable. I can smile again, eating is a pleasure. The best thing I have ever done."

www.crispiessensclinic.com



Portugal with 3rd highest electricity bills

In the first half of the year, Portugal had the third highest amount of taxes and charges on electricity bills, which accounted for almost half (49 percent) of the total paid by domestic consumers.



Portugal is among the countries with the highest proportion of taxes and duties in the final price excluding VAT.

According to the industry regulator the ERSE, the fees and taxes in Portugal represent about 30 percent of the total price paid by consumers, and it is not possible to make a comparison with the other countries of the European Union (EU) because Eurostat does not publish the data of this component separately. Excluding taxes, and comparing only the energy and network components for the consumer (in the annual consumption band between 2,500 and 5,000 kilowatt/hour (kWh), which is the most common in Portugal), the regulator stated that “prices in Portugal are lower than in Spain and the average of the Euro Area and the European Union”, with Portugal appearing “among the countries where the energy and grid component is lower”. The analysis carried out by the regulator also showed that, in the first half of this year, Portugal recorded, for the first time since 2014, a lower average electricity price for domestic consumers than in the euro area. According to ERSE, “the prices charged in Portugal are lower than the prices in Spain, the

average prices of the 19 Euro Area countries and the prices of the 28 European Union countries. It can also be seen that the lowest prices were found in Eastern European countries”. Thus, while in the component of energy and grid prices (excluding taxes and duties), in the first half, Portugal “improved its relative position in the list of countries” of the EU, representing this variable 71 percent of the total price paid, “Portugal is among the countries with the highest proportion of taxes and duties in the final price excluding VAT”, which stood at 29 percent. “An analysis of the evolution of prices without VAT in Portugal, Spain and the Euro Area revealed lower prices in Portugal until the 1st half of 2016, a situation that is repeated in the 1st half of 2019”, the regulator said. With regard to natural gas, in domestic consumption “prices in Portugal are in line with those in Spain, are lower than the average prices of the 19 countries of the Euro Area and higher than the average prices of the 28 countries of the European Union”, with lower prices being recorded in the Eastern European countries.

SOUTHERN FLAVOURS WITH A TOUCH OF THE NORTH

INVEST SMARTER WITH BINCKBANK

At BinckBank you invest and trade at competitive rates using Saxo Bank's platform.

Start today and pay € 0 on transaction costs!

The value of investments can rise or fall and you could get back less than you invested.
Terms and conditions apply: www.binckbank.com/opening-offer-300euros

Spain: (+34) 951 56 56 56 | UK: (+44) 203 901 2756
Email: info@binckbank.com
www.binckbank.com

BINCK  **BANK**
PART OF SAXO BANK

HAMPERS

SELECTION 2019

many more
options from
19,95€

Be responsible. Drink in moderation.



Discover our selection
apolonia.com/cabazes

Apolónia
The Real Supermarket.

Orders

Store

Almancil • Galé (Albufeira) • **Lagoa** (Carvoeiro)

Telephone

+351 707 201 261

Online & Email

myapolonia.com • myapolonia@apolonia.com

Retirement age to increase by 2.6 years

The average age of getting a pension among those retiring and starting work now is expected to increase by 2.6 years in Portugal, from 65.2 to 67.8 years, according to the OECD.



Over the past 40 years, the number of people over 65 for every 100 of working age has increased from 20 to 31. (Photo: Lusa)

Portugal is one of the countries that has the legal age for access to a pension indexed to average life expectancy and, according to the "2019 Pensions Overview" of the Organisation for Economic Cooperation and Development (OECD), is also one of the countries where it is estimated that the age for access to retirement will increase the most. The rise from 65.2 to 67.8 years assumes people start working at 22 and places Portugal in eighth position in the list of countries where it is expected

that the pension age for those who are now starting working life will advance further. At the top of the table is Denmark, where it is expected to increase by nine years (from the current 65 to 74), followed by Italy (from 67.0 to 71.3 years), the Netherlands (from 65.8 to 71.3 years) or Estonia (from 63.3 to 71.0 years). Although the retirement age is increasing in many countries, as a result of measures that have been taken to adapt the exit from working life to the advancement of average life expectancy, the study points out that this type of

measures "will be insufficient" to maintain the balance between the exit from working life and the entry into retirement. "Taking into account the measures taken, about half of the OECD countries will see the retirement age increase from the current 63.8 years on average to 65.9 years in 2060. This represents half of the gains in life expectancy expected for the same horizon, which means that these measures alone will be insufficient to stabilise the balance between working life and retirement," says the document.

Over the past 40 years, the number of people over 65 for every 100 of working age has increased from 20 to 31, and it is expected that by 2060 it will have almost doubled to 58, the "Pensions Overview" said. Portugal, along with Greece, Poland, Korea, Slovakia, Slovenia and Spain, is among the countries where ageing will advance most rapidly. The working age population is expected to fall 10 percent by 2060, which means an average decline of 0.26 percent per year, the report says, adding that this will "have a significant impact" on pension systems - such as the Portuguese one - that operate on a pay-as-go basis - i.e. where pensions in payment are financed by contributions from those who are working. In Portugal the replacement rate of pensions for full contributory careers is around 90 percent, which is among the highest among the countries analysed, and well above the OECD average of 59 percent. The report places Portugal among the 10 percent of countries where the replacement rate will remain stable when compared to those who are now retiring and those who were born in the 1990s. In 60 percent of countries, the replacement rate (the difference between the last salary and the first pension) is expected to decrease.

Pancreatic cancer deaths double

Deaths from pancreatic cancer have more than doubled in Portugal in the last 25 years, according to a study by the Portuguese Society of Gastroenterology.

The study "25 years of increased pancreatic cancer mortality in Portugal" by gastroenterologists Pedro Marques da Costa and Rui Tato Marinho, concluded that the absolute number of deaths from the tumour increased from 701 in 1991 to 1,415 in 2015. In 2017, deaths totalled 1,535.

Almost all deaths (99 percent) occurred in people over 40-years-old, with the 'maximum peak' being between 75 and 79.

Mortality growth is currently most pronounced between the ages of 50 and 54, which may mean that if this trend continues in the near future, an increasing number of pancreatic cancer deaths could occur at an increasingly early age, the authors say.

According to the study, there are more deaths in men than in women (14.12 versus 8.88 per 100,000 inhabitants).

Specialists also warn of the existence of marked regional differences: the Azores and Alentejo (and to a lesser extent Madeira) have mortality rates, as well as an annual growth rate, about twice the national average.

"The high prevalence of risk factors such as active smoking and overweight in these regions may partly justify the asymmetries recorded".



personal websites & blogs
business websites
property websites
online shops
booking systems
social media management
seo services

all your IT requirements in one place
info@algarvecomputersolutions.com

Established since 2004

**Need IT?
we can help**

+351 936 544 998

[f](#) [in](#)



techni-call.com

installations
repairs
upgrades
networks

fast, reliable hosting
domain name registrations



algarvewebhosting.com



STUNNING VILLA ON EXCLUSIVE GOLF CONDOMINIUM

Alvor · Penina

Stunning luxury villa in one of the Algarve's most exclusive golf courses just 10 minutes from historic town center and the popular beaches. The large plot of 4.880m2 and the living area of 52 lm2 on one level with 7 bedrooms and 5 bathrooms, convey generosity and privacy.

E&V ID W-02FIM9 • Price: 2,200,000 EUR

+351 282 071 131 • www.engelvoelkers.com/portimao
Soho Algarve, Lda • AMI-14061







BLACK FRIDAY

-10%

OFF YOUR TOTAL ORDER*

*OFFER VALID FOR ALL NEW CONTRACTS SIGNED UNTIL THE 6TH DECEMBER

OR

FREE ROOF CLEANING*

*OFFER VALID FOR ALL NEW proPERLA® CONTRACTS SIGNED UNTIL THE 6TH DECEMBER

BOOK TODAY - FREE HOUSE CHECK +351 967 946 216

proPERLA® Insulating Facade Covering - Solar Panels - Air Conditioning
Heat Pumps - Hot Water System - Solar Pool Pumps - Battery Storage Systems

enquiries@casaverde-int.com

Mob: +351 967 946 216 - Phone: +351 289 397 632

WWW.CASAVERDE-INT.COM

Portugal given imported car tax deadline



Portuguese legislation currently does not take full account of the depreciation of vehicles imported from other Member States. (Photo: Lusa)

Portugal has one month to notify Brussels of changes to the tax regime for second-hand vehicles imported from other Member States, otherwise the matter will be referred back to the European Court of Justice (ECJ).

On 27 November, the European Commission sent a reasoned opinion, the second stage of the infringement procedure, to Portugal for taxing used cars imported from other Member States at higher rates than used cars purchased in the Portuguese market. According to Brussels, in a statement, "Portuguese

legislation currently does not take full account of the depreciation of vehicles imported from other Member States" and is therefore not compatible with EU rules. The Commission wants Portugal to amend "discriminatory legislation on vehicle registration tax", giving a deadline of one month for this, otherwise the matter will be brought

before the ECJ again. The ECJ had already condemned Portugal on 16 June 2016 for finding that an earlier version of this Portuguese tax was contrary to EU law. The Commission may refer the case back to the ECJ as it considers that the amendments adopted in the meantime are insufficient to meet European standards.

Portugal's shining stars

The "Casa de Chá da Boa Nova" restaurant (Leça da Palmeira, chef Rui Paula) won its second Michelin Guide Spain and Portugal 2020 star, which awarded the first star to four Portuguese establishments and removed three others.

"In Portugal, to our joy, we are also pleased to present a second Michelin star to the 'Casa de Chá da Boa Nova' restaurant, in Leça da Palmeira, as it has captivated the inspectors with its wild singularity [a building by Portuguese architect Siza Vieira], on the rocks of Praia da Boa Nova, as by the intensity of the proposal of the Portuguese chef Rui Paula", reads the statement released during the presentation ceremony of next year's edition of the Iberian Michelin Guide.

Chef Rui Paula, who now reaches the second star, "plays with memory, the latest techniques and local cuisine to transfer the authentic flavour of the Atlantic to his dishes", the inspectors of the Iberian guide said.

In addition, the "Epur" (Lisbon, chef Vincent Farges), "Fifty Seconds by Martin Berasategui" (Lisbon, chef Filipe Carvalho), "Mesa de Lemos" (Viseu, chef Diogo Rocha) and "Vistas" (Vila Nova de Cacela, chef Rui Silvestre) restaurants are

the novelties in the first category ('high-level cuisine, pays to stop') of the Iberian Michelin Guide.

On the other hand, three Portuguese restaurants lose their star in 2020: "L'And Vineyards" (Montemor-o-Novo, chef José Miguel Tapadejo, after Miguel Laffan left), Willie's (Vilamoura, chef Willie Wurguer) and "Henrique Leis" (Almancil, chef Henrique Leis) - who in July was the first chef in Portugal to announce that he wanted to give up the star he had 19 years ago.

In total, Portugal has increased the number of two-star restaurants to seven and maintains 20 establishments with one star.

Next year, there are six new Portuguese restaurants in the 'Bib Gourmand' category (good value for money): "Casa Chef Victor Felisberto" (Abrantes), "Solar do Bacalhau" (Coimbra), "La Babachris" (Guimarães), "Saraiva's" (Lisbon), "In Diferente" (Porto) and "Ó Balcão" (Santarém).



ibex
INSURANCE

We cover
UK plates!

We can provide cover for UK and Portuguese registered cars

- Legal and breakdown assistance
- Protected no claims bonus option available

800 860 708

almancil@ibexinsure.com

Avenida Duarte Pacheco 32

8135-104 Almancil, Loulé

www.ibexinsure.com/almancil

tavira@ibexinsure.com

Rua 1 de Maio 26B r/c

8800-360 Tavira

www.ibexinsure.com/tavira

Car • Home • Motorbike • Health • Holiday Apartment • Boat • Travel • Business

Our financial solutions start with you

Our advice, your advantage

Blacktower provides international financial solutions and holistic tax planning to deliver the positive results our high net worth clients require.

We will assist you in the protection and growth of your wealth and assets by putting you at the heart of all our financial advice.

- International Investment Portfolios
- Tax Solutions and Planning
- Wealth Management Solutions
- International Pension Transfers
- Yachting Financial Solutions
- Estate Planning

Get in touch today at:

info@blacktowerfm.com

Lisbon

+ 351 214 648 220

Edifício Jomavipe, Rua Cesaltina Fialho Gouveia, 703, 2645-038 Cascais

Algarve

+351 289 355 685

Edifício Mapro, Estrada da Quinta do Lago, 8135-106 Almancil, Algarve

www.theblacktowergroup.com

All companies under the Blacktower Group are Regulated/Licensed in the locations they are positioned. For full details of how and who we are regulated by please visit www.theblacktowergroup.com



BLACKTOWER
FINANCIAL MANAGEMENT GROUP

Fishermen demand 30,000 tonne sardine quota

Iberian sardine fishing associations are demanding that their catch quota is raised to 30,000 tonnes by 2020.



Ship owners and fishermen demand to be able to catch 30,000 tonnes of sardines next year. (Photo: Lusa)

“The sector is no longer willing to be treated as it has been for the past three years. It is not willing to reduce its catches any further. We want fishing

opportunities according to the abundance of the resource. We deserve this because it is a way to compensate for the sacrifices and efforts that fishermen and ship

owners have made in recent years, efforts and sacrifices that are having positive repercussions on the growth of the resource,” said Humberto Jorge of the National Association of

Fishermen’s Organisations (ANOP - Cerco).

At the fourth Iberian meeting of the sardine production sector, a document was produced that will be sent to the governments of Portugal and Spain, in which ship owners and fishermen demand to be able to catch 30,000 tonnes of sardines next year.

This figure is based on the shared certainty that 2020 will be a year of resource in abundance also because the adult biomass is increasing, the professionals said.

“We have data that makes us very excited and that leads us to demand, together with our Spanish colleagues, from the Portuguese and Spanish governments a definition of the fishing opportunities for 2020 according to the abundance that is in the sea and allows the sector to

survive and have a longer activity unlike what happened in 2019,” said Humberto Jorge.

The prospect that there will be abundant sardines in the sea is shared by Spanish associations, with Andrés Garcia, of the Galician Association of Encircling Shipowners (ACERGA), who said that this is a prospect that goes far beyond the calculations of the International Council for the Exploration of the Sea (ICES) and scientific advice.

Still on the subject of the difficult moment of the sector, Humberto Jorge regretted that in the last five years sardine fishing has been confronted with very violent reductions, pointing out that a fifth of what was traditionally fished has been fished, something that had, he said, a negative social and economic impact.

“Many people abandoned this type of fishing. 2019 had very regular discharges, but we only had 81 possible days of sardine fishing and we used up the quota because the catch limits were extremely low. Now, what we demand is a sustainable amount, because it does not compromise the recovery of the resource and allows the sector to breathe and get out of a straitjacket in which it has been for five consecutive years,” said Humberto Jorge. But faced with the fact that the 30,000-tonne claim could come up against the recommendations of the ICES, the head of ANOP - Cerco regretted that this body has in three consecutive years recommended zero and that it sees the fishermen and shipowners as the weakest link.

Regulator calls for internet prices to be cut

The chairman of the National Communications Authority (Anacom), João Cadete de Matos, has said a reduction in the price of communications and Internet access in Portugal was “essential” to create “conditions to reverse” the disparity.

“Along with improving the quality of services provided, Anacom believes a reduction in the price of communications and Internet access in Portugal is essential,” the regulator said, in his speech at the opening of the 29th Congress of Communications (APDC), which began in Lisbon on 26 November with the motto “The Future of Business”.

The regulator said, “it is important to create conditions to reverse the disparity observed over the last decade in relation to the trajectory seen in the European Union”, stating that “in Portugal, telecommunications prices increased by 12.5 percent, which corresponds to the largest increase observed in that period in European Union

countries, compared with a reduction of 10.9 percent in the European Union”, as a whole.

Apritel, an association of the telecommunications sector, released a study last week that placed Portugal as the second country - out of a group of 10 - with the lowest package of communications services in Europe.

“Anacom will continue to give

priority to the protection of consumers and users of communications in Portugal,” João Cadete de Matos said.

“In this regard, I would stress the importance of approving the 12 measures included in the proposal to amend the Electronic Communications Law that we presented at the beginning of the year to the government and parliament,

among which I would highlight the strengthening of subscriber mobility in the market, reviewing and clarifying the limits to be applied to the amount of charges to be borne by subscribers in the event of early termination of contracts with loyalty periods and the disclosure of information on the measurement of Internet access speed,” he recalled.



Looking to earn income from your Algarve Property or searching for the perfect Holiday Rental?

We offer full Property Management & have a portfolio of great Holiday Rentals

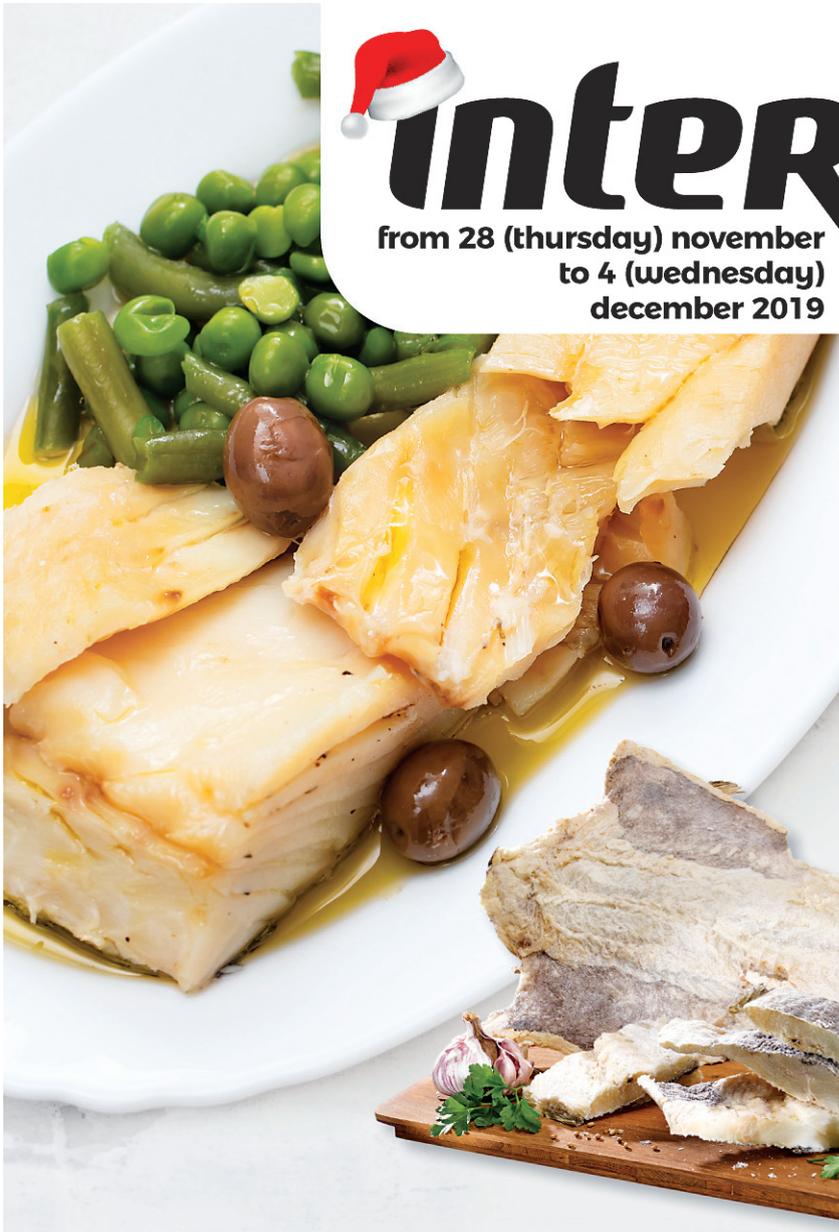
Contact us!

www.algarvehiddengems.com

Tel: +351 917 774 402 Email: info@algarvehiddengems.com

intermarché

from 28 (thursday) november
to 4 (wednesday)
december 2019



Special Olive Oil & Codfish

THURSDAY TO SUNDAY
28 OF NOVEMBER
TO 1 OF DECEMBER

7,95€
/Kg

GROWN CODFISH
FROM NORWAY



SAVE
25%
OR MORE

IN ALL
BRAND
GALLO

At a Portuguese table there is always codfish.
In Intermarché there is always good prices.

0,85€
/Kg

BANANA
Class: II

Real PRICE always low

5,39€*
/Kg

FRESH SEA BREAM
From 200 to 600 g
Farmed

Real PRICE always low

* PRICES VALID ONLY AT POINTS OF SALE WITH FISHMONGER'S COUNTER.

BOMBASTIC PRICE

37,90€
/Unit

STEAM GENERATOR
IRON
Silver
Pot.: 2800 W

SILVER
FORCETITANIUM

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; 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

Petition to stop cruise ship pollution

Over 1,000 people have signed a petition demanding measures to reduce pollution generated by cruise ships in Lisbon, as well as a study on the impacts of the operation of the Cruise Terminal.



The petition asks the Port of Lisbon and the Lisbon council for a set of measures to reduce air pollution generated by cruise ships

Available since last week and directed to the administration of the Port of Lisbon, the city council and the municipal assembly, the petition text highlights that cruise ships keep engines running while they are moored, “burning dozens of tonnes of extremely polluting fuel, whose emissions are not, in

the vast majority of cases, filtered or subject to treatment”. This air pollution can cause coronary and respiratory diseases, lung cancer, heart attacks, as well as destroy “important ecosystems, including that of aquatic systems by acidification,” and damaging buildings and monuments. The petition asks the Port of

Lisbon and the Lisbon council for a set of measures to reduce air pollution generated by cruise ships, including the establishment of stricter environmental policies, greater supervision, as well as the application of sanctions and total ban on entry into the Tagus River of this type of vessel which will not transit to cleaner fuels before 2021.

Other proposed solutions include restricting the number of ships docked simultaneously, installing air quality measurement stations at cruise terminals, and carrying out a scientifically valid study that makes clear the public health costs of operating the Cruise Terminal.

The text also states that there are “measures available to port terminals to mitigate the problem”, and that “one of the most effective is the supply of electricity by the port to ships, allowing them to keep their engines off during their stay”.

“The council’s favouring of unregulated mass tourism on cruise ships, one of the city’s biggest sources of pollution, cancels out an improvement in air quality that could be achieved by increasing the supply of public transport. All this makes the award ‘European Green Capital 2020’ even more ironic”.

The petition can be found at: <https://peticaopublica.com/pview.aspx?pi=PT95134>

Foreign subsidiaries’ pay 40% more than Portuguese companies

The average monthly salary in the subsidiaries of foreign companies in Portugal reached in 2018 the highest value since 2010, at €1,354 well above the €966 of national companies, Statistics Portugal (INE).

According to the “Globalisation Statistics” of INE, between 2010 and 2018 the average monthly remuneration was always higher in foreign subsidiaries, €393.70 more on average than in domestic companies.

This same trend is registered in productivity, with foreign subsidiaries registering on average, between 2010 and 2018, apparent labour productivity higher than that of domestic companies by around €18,100, with this indicator increasing from €43,237 in 2010 to €44,487 in 2018.

According to INE, the investment rate of foreign subsidiaries in 2018 (23.1%) was also higher than that of domestic companies (21.9 percent), showing contradictory developments compared to 2017 (-0.3 and +1.4 percentage points, respectively).

In 2018, the absolute values of these indicators were higher in national companies, as in the previous year.

Last year, Statistics Portugal reported the existence in Portugal of 6,825 subsidiaries of foreign companies in Portugal, which employed around 487,000 people, representing, respectively, 1.7 percent and 15.7 percent of the total number of non-financial companies.



Iberian Funeral Plans & Funeral Services

Our prices start from €2.495 (£2.132)

or €33,25 monthly fee



Funeral costs frozen at today’s prices with no hidden extras



Professional English and Portuguese speaking staff



Guaranteed provision of plan benefits



Local offices and professional consultants no matter where you are



24 hour English/Spanish speaking bereavement line “Only a call is needed”



Tailored plans



Interest Free Instalment plans
Payments in € or £



Fully operational and legally registered Spanish Company

A complete funeral with no hidden charges

Call to arrange your no obligation home visit to discuss our plans with no pressure

Get the best plan & the best price

~ shield yourself with iberian ~

**we are
brexit
ready**

Phone 00351 281 957 433
or email portugal@iberianfuneralplans.com

www.iberianfuneralplans.com

Sales price of buildings in Lisbon up 34%



KIM
SCHIFFMAN

In the 12-month period up to the second quarter of 2019 (inc.), buildings with more than 500m² in Lisbon were sold at an average price of €2,915/m², up 34 percent compared to the €2,173/m² that were transacted in the 2nd quarter of 2018.

The data calculated by Confidencial Imobiliário, relates to the transaction of buildings with an area exceeding 500m² located in the territory covered by the SIR-Urban Rehabilitation, which covers 17 central parishes of Lisbon.

Campolide is the most expensive parish for this type of asset, with transactions recording an average price of €4,246/m², followed by Belém with a price of €4,071/m². Also noteworthy are Santo António, Santa Maria Maior and Estrela areas, where the sales prices of buildings were, in the period under analysis, between €3,000 and €3,900/m². The price increase was transversal to practically all parishes, however, highlighting Alvalade, which reached €2,542/m², and Alcântara, which trades to €2,394/m², compared to less than €1,000/m².

In terms of demand, the parishes of Santo António, Arroios, Avenidas Novas, Santa Maria Maior and Estrela remain the main investment destinations, with shares of 14 percent to 9 percent of sales of buildings of this size in the last year. But it is Areeiro, Alvalade, Penha de França, Ajuda and Campolide that are emerging as new areas of interest, recording the largest growth in the transaction of such buildings between the second quarter of 2018 and the same period of 2019, with increases over 50 percent. Still, this set of parishes has shares of between 2 percent to 6 percent of total transactions. Overall, however, the number of sales of buildings over 500m² fell by around 9 percent of the total territory covered by the SIR-Urban Rehabilitation, with declines always above 16 percent in the different parishes.



The average price of properties over 500m² in areas has risen by 34 percent over the past year in Lisbon. (Photo: Lusa)

OECD anticipates 'zero deficit' in 2020

The OECD has improved the forecast for the Portuguese deficit to 0.1 percent this year and 'zero deficit' next year, in line with the government, reducing the estimate for economic growth in 2020 to 1.8 percent.

For next year, the OECD anticipated a zero-budget balance (0 percent), an improvement of two-tenths compared to the previous estimate (deficit of 0.2 percent).

The entity thus aligns its projections with those of the Portuguese government, which, in the draft budget plan sent to

Brussels on 15 October, it anticipated a deficit of 0.1 percent of Gross Domestic Product (GDP) this year and a zero deficit in 2020.

"Fiscal policy is expected to remain prudent," the OECD said, adding that the public debt-to-GDP ratio should continue to decline.

The organisation predicts that

the public debt will fall to 119.3 percent of GDP this year (the same forecast of the government) and 117.1 percent next year.

"The increase in the efficiency of public spending will support the creation of budgetary buffers to absorb unforeseen shocks and the budgetary impact of the ageing population," the document said.

The OECD pointed out the significant progress made by banks in strengthening their balance sheets and reducing non-performing loans, supporting the increase in the granting of

credit and consumption.

The OECD expects that Portuguese economy will grow 1.9 percent this year, one-tenth more than it anticipated in May, forecasting an expansion of 1.8 percent for 2020, one-tenth less than in the previous forecast.

The government expects GDP growth of 1.9 percent this year and 2 percent next year.

"Consumption growth will slow down due to slower wage growth. The growth of exports will be sustained by gains in competitiveness, despite the

challenging external conditions," the OECD said, adding that the absorption of structural funds from the European Union will sustain investment.

The OECD warned that the negative risks to the Portuguese economy result from further deterioration of growth prospects in the European Union and that the continued uncertainty arising from the Brexit may affect trade and tourism, adding that the banking sector is still vulnerable to financial shocks due to high levels of non-performing loans.

Verónica Pisco

LAW
OFFICE



~ Offices in Eastern, Western and Central Algarve ~

We deal with: Real Estate & Property Law | Tax Law & Tax Representation & RRNH | Corporate & Commercial Law | Wills | Immigration Law - Golden Visa | Condominium Law | Contracts | Litigation | Social Security & Labour Law | Civil & Criminal Law | Family & Inheritance Law | Notarial & Registry Law

Tel./Fax: +351 289 358 382 | Mob.: +351 968 919 049, +351 914 219 745
office@veronicapisco-lawoffice.com | www.veronicapisco-lawoffice.com



SeatoSky
Homes

See the difference
seatoskyhomes.pt

SILVES • LAGOA • ALVOR • LAGOS & WEST

Berkshire Hathaway HomeServices Portugal Property Opens New Office in Porto



The new Berkshire Hathaway HomeServices Portugal Property office in Porto has been opened to diversify the regional offering of the company.

Berkshire Hathaway HomeServices, one of the fastest growing real estate franchise chains in the world, opened its new office in Porto.

increased 6 percent between January and August this year, from €1106 per m² to €1175 per m². Porto is also the Portuguese city with the highest price rise during 2019, with a 15.6 percent increase in the value of a square metre, followed by Amadora and Seixal (13.9 percent), Sintra (13.7 percent) Setúbal (13.5 percent), Maia (13.4 percent) Almada (12.9 percent), Loures (12.6 percent), Barcelos (11.4 percent), Cascais (10.6 percent), Vila Franca de Xira (10.5 percent), Vila Nova de Gaia (10.30 percent) and Braga (10.1 percent). The northern city and the region have benefited from significant urban

development and rehabilitation projects in recent years. Between 2014 and 2018, a million square metres was licensed in Porto according to the real estate agents. In the same city, foreign direct investment has grown at a good pace over the last 10 years, at an annual average of 9.1 percent. This growth rate is higher than the national average rate (6.6 percent) and that of the 28 EU member states (5.3 percent). In the second quarter of 2019, the price of houses for the first time exceeded the national average, with a record of €1.034 per square metre, according to

data from the National Institute of Statistics (INE). Michael Vincent, CEO of Berkshire Hathaway HomeServices Portugal Property, states that "Porto is a passionate and attractive city for foreign and domestic investment. The opening of our office as Berkshire Hathaway HomeServices Portugal Property in this city testifies to our dedication to the Porto market and the knowledge we have of its potentials. It will ensure broader geographical coverage with a team of dedicated professionals and a deep understanding of the challenges and characteristics of the real estate market in Portugal".

St. Andrew's Society Algarve

St. Andrew's Ball

Saturday 30th November
Penina Hotel & Golf Resort
at 7pm

Music by Sounds of Islay

Celeidh Band

Members: €45

Non-members: €47.50

Contact Kathy on 919 635 246



Located in a prime area of the city, at 624 Santa Catarina Street, the space is in one of Porto's main commercial areas and will serve as the base for a team of seven dedicated to the real estate market in Porto.

According to Berkshire Hathaway HomeServices Portugal Property, the price per square metre in Porto

Solar swimming pool cover discounts

Aqua Pura is offering a 10 percent discount on orders on the AQP500 Pool Cover until the end of 2019.

Aqua Pura solar pool covers are easy to operate and an energy-efficient option to raise the temperature of your swimming pool water as well as saving money by reducing evaporation which

in turn lowers chemical consumption.

Aqua Pura manufactures the AQP500 solar pool cover locally in their warehouse located in Santa Barbara de Nexe. The AQP500 cover creates

a barrier between the surface of the water and the sun. This barrier contains little pockets of air that harness and convert the heat and energy of the sun to heat your pool water at no additional cost. An AQP500 solar cover is the least expensive way to cover and heat your pool.

The covers from Aqua Pura allow for one person to easily operate the cover and the sturdy one piece roller won't warp like telescopic ones. Prior to the fabrication of a cover, an Aqua Pura technician will carry out an on-site visit to the property to verify all of the necessary measurements.

Aqua Pura uses the finest GeoBubble material available which is treated with UV-protection as well as a chemical attack resistant layer made exclusively for the Algarve region. This material prevents up to 98 percent of evaporation, maximising the effectiveness of the solar bubble cover.

Place your order for an AQP500 Pool Cover and receive a 10 percent discount until the end of 2019. Call 918143491 or email info@aquapura.com.pt



Aqua Pura is offering a 10 percent discount on orders on the AQP500 Pool Cover until the end of 2019.

ENGLISH DENTAL SURGEON

Dr. Francis Haley

B.D.S.

(Guy's Hospital, University of London)

Av. 25 Abril, 184 - 1^oC 2750 - 511 Cascais

Tel: 21 486 3012

<http://clinic.cdhaley.pt>

ASK Kurt

All your computer questions answered

What is VR (Virtual Reality)?

VR, or virtual reality, has gone from a science fiction concept to a broad market of consumer devices in just a short span of years.

Virtual reality technology seeks to create a realistic three-dimensional image or environment that a human can perceive as real, and even interact with in realistic ways. Obviously we aren't at holodeck levels of realism yet, but consumers do have easy access to VR headsets and controllers.

VR in devices like headsets is created entirely by a mixture of hardware and software. That makes it different from AR (augmented reality), which uses an overlay of the real world and adds objects to it, like the Microsoft HoloLens. VR tends to be a more difficult prospect: In AR, there are solid fixed points of reference that your eyes can use to track and navigate. In VR, the full environment is simulated and realism is harder to attain.

Cutting edge VR projects are working with tactile sensation and even smells, but in the consumer market VR is typically limited to vision, hearing, and handling simple objects, but you would be amazed what can be done with just these senses.

The most well-known VR product is undoubtedly the VR headset: We have seen many versions from top tech brands like Google and Sony, each with their own unique approach. These headsets are easy to divide into categories based on the hardware they are designed to work with. Larger, high-end headsets are typically designed to work with PC's that have been enabled to run VR software. Close behind them are headsets designed for other machines like game consoles, notably PlayStation VR. Lately we are also seeing the rise of stand-alone headsets that include all necessary hardware onboard.

Email your questions to Kurt: kurt@algarvecomputercentre.com



Microsoft
CERTIFIED
Systems Engineer

Certified
Support Professional

For all your computer needs:

- Computer Diagnostics
- PC Optimisation
- Virus Removal
- Desktop Repairs
- Data Backup / Recovery

- 2nd Hand Laptops / Desktops
- Broadband Services
- Network Installations
- Website Hosting
- Remote Desktop Support
- VPN Services / BBC & ITV

www.algarvecomputercentre.com 934 807 027

ALGARVE
COMPUTER CENTRE
CERTIFIED BY MICROSOFT & APPLE

The Hospital Particular in Alvor, performs its 10,000th Catheterism

The Cardiovascular Intervention Unit of the Private Hospital in Alvor was the first unit in the region to perform differentiated diagnostic tests such as Cardiac CT Scan and Cardiac MRI, including minimally invasive Cardiovascular Intervention Techniques, Catheterisation, Angioplasty and Percutaneous or Transcatheter Implants of the aortic and mitral valves by catheter (known as TAVI, Transcatheter Aortic Valve Implantation).

Operating for over 18 years, the Cardiovascular Intervention Unit of Hospital Particular in Alvor has in its curriculum thousands of interventions and procedures and has now performed its 10,000th Cardiac Catheterisation. Cardiac Catheterisation is a procedure where a small tube, called a catheter, is inserted through a large blood vessel in the arm or leg and directed to the heart. The catheter allows the Cardiologist to measure the pressure and oxygen levels within the cardiac chambers, thereby assessing heart function. These results will then

assist the specialist in deciding precisely what type of intervention is to be carried out. Cardiac Catheterisation is a diagnostic test, but may also be therapeutic. It is a diagnostic tool when it is performed to diagnose a specific lesion and therapeutic when, during the examination, the lesion is corrected, for example by placing a tube or ring in the clogged artery - in the case of angioplasty - which is the most used procedure when a myocardial infarction is diagnosed. The Private Hospital in Alvor in its Hybrid Operating Theatre, boasts the most advanced

technology in this area, where procedures in interventional cardiology as well as cardiothoracic surgery are carried out. Its multidisciplinary team of competent and very experienced professionals, have tripled the number of cases in 2018, which also include emergency cases, when compared to the average of previous years. As far as thoracic surgery is concerned, the number of surgeries performed has also been significant, especially in lung cancer surgery, through minimally invasive techniques, namely by single-port thoroscopic video.

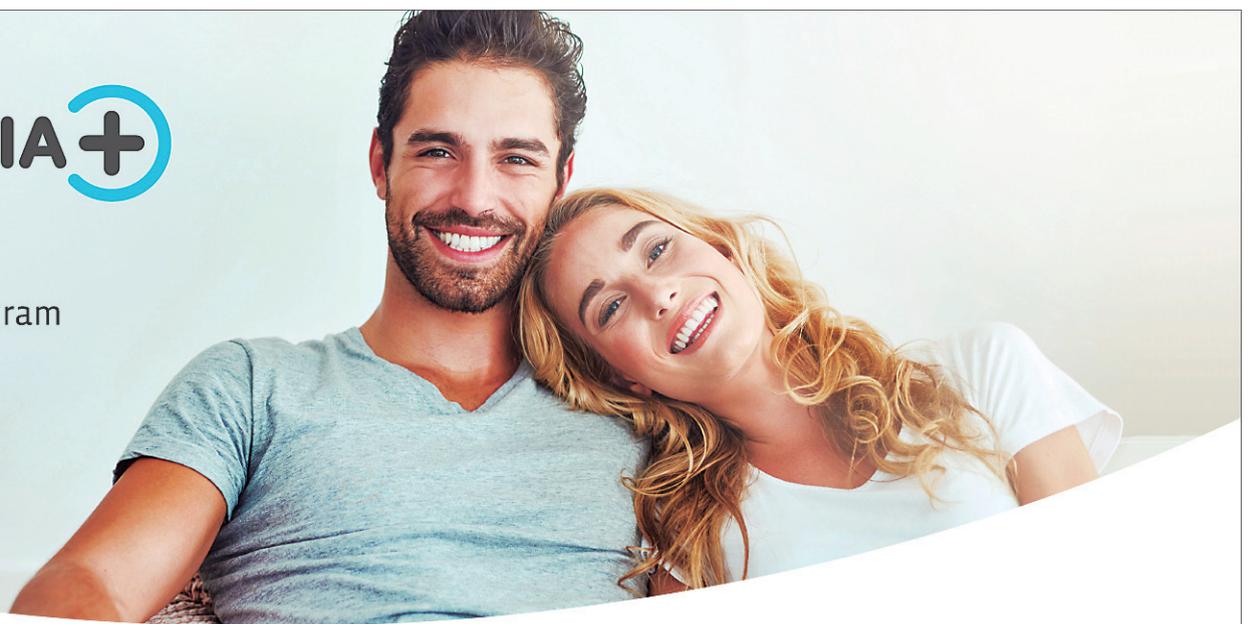


Operating for over 18 years, the Cardiovascular Intervention Unit of Hospital Particular in Alvor has in its curriculum thousands of interventions and procedures and has now performed its 10,000th Cardiac Catheterisation. (Photo: Supplied)

PROGRAMA SORRIA+ DENTAL SURGERY

A SMILE IS FOREVER

Your health and oral rehabilitation program that will make you smile even more.



PACKS

FIRST CONSULTATION
Dental Check-Up, Orthopantomography and Treatment Plan.

25€

UPPER AND LOWER DENTAL SCALING
Oral disease prevention.

50€

ORTHODONTICS
Consultation/Dental Braces, Maintenance and Treatment Plan.

From 95€ month x36 months

IMPLANTS + CERAMIC CROWNS
Dental implants to replace missing teeth.

From 54€ month x24 months

SAME DAY DENTURE REPAIR (Week days)

PAYMENT & CREDIT FACILITIES (Up to 48 months after approval)

DIRECT BILLING AGREEMENT W/ HEALTH INSURANCE COMPANIES

☎ 282 420 400

info@grupohpa.com · www.grupohpa.com

GRUPO
HPASAÚDE
PRIVATE HEALTH



**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, nº Q, R/C
8200-271 ALBUFEIRA
(Behind the yellow shop VESPARENT) clinica.pacifico.albufeira@gmail.com
Tel: 289 543 545 (24h) www.clinicapacifico.com



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

**EXCELLENCE IN
MEDICAL EYE CARE**

**Vale do Lobo
Medical Centre
Tel. 289 353 433**

**Albufeira
Clínica Pacífico
Tel. 289 543 545**

**Cascais
Clínica Sabeanas
Tel. 218 025 501**

How to stay safe while running

Even if you've smashed a marathon, no runner is invincible. Here we share advice for running happy this season.



A bit of smart thinking can help to keep you street safe. (Photo: iStock/PA)

Pounding the pavements on a long outdoor run is one of the most exhilarating ways to blow off steam at the end of a working day. But as the nights draw in earlier, running in the dark can present a new set of challenges in itself. Heading outdoors on a winter evening can feel a little daunting, but the change in seasons shouldn't put you off running altogether. A bit of smart thinking can help to keep you street safe...

Wear reflective gear

First up, think about your running uniform. Dark winter evenings can make you vulnerable to cars, even if you're running on an adjacent path towards the traffic. Invest in some pieces that will help you to get noticed by oncoming vehicles in low-lit environments, which means plenty of reflective strips and hi-vis materials.

Ditch the loud music

A great playlist can help to supercharge your run, but if you're running in the dark, you'll need your ears to stay alert and aware of your surroundings - the last thing you want is to be caught off guard. If you do use headphones, keep the volume low so you can hear the sounds of cars and other pedestrians.

Have a GPS tracker

Most smartphones have an option to share your GPS location with a friend, via maps or messaging platforms like WhatsApp.

Wear a headlamp

If parts of your run aren't well-lit, it's a good idea to take a head torch so you can always see the track ahead of you - you never know when the ground might become unsteady. As well as safeguarding against potential trips and falls, it will also alert oncoming traffic to your presence.

Run with a buddy

As the old saying goes, there's safety in numbers. Running with a friend can boost your confidence during evening running, especially if you live in a quiet area. If don't have any pals that run in your postcode, try to find a running group so you'll always have a big bunch of people to join at night.

Always tell someone you're going for a run

Staying safe starts with letting others know that you're leaving for a run in the first place. A simple text to a friend or family member before starting your route can help to act as an extra level of security when it's dark outside. Make sure to include details of your route. **PA/TPN**

How cli

What climate change and air pollution are doing to our planet is frightening - but what they can do to our health is equally scary.

The World Health Organisation (WHO) stresses that air pollution and climate change are intertwined - for example, the shifts in weather patterns due to climate change can cause more ozone to be produced at ground level, which harms our health. Increased ozone levels then contribute to more warming.

"Climate change and air pollution are among the most serious health challenges we face this century," says BMA board of science chair Professor Dame Parveen Kumar. "We need to see bold and immediate action if we are to curb this dangerous threat."

But exactly how are climate change and air pollution damaging our health? Here the Royal College of Physicians and the Royal College of Paediatrics and Child Health, outline 11 of the major health effects, as detailed in their Every Breath We Take: The lifelong impact of air pollution report.

Premature birth and stillbirth

When pregnant women breathe in some pollutants, including particulates and

Pain-FREE Shoulder Clinic



**Michelangelo knew
(now you can too!)**

The British Journal of Sports Medicine finds...
"THE most Effective Treatment" -- provided by Dr. Bock

93% of Patients recover in 1-5 Treatments

Call today for your FREE Consultation & Examination

282 352 202

Paloma Rios
DENTAL IMPLANTS SPECIALIST.



FIXED ALL TEETH IN 6 OR 5
MORE STABLE . MORE COMFORTABLE **KEEP SMILING**

clinicalvor
WWW.CLINICALVOR.PT

ALVOR
RUA PADRE MENDES, 05
8500-022 ALVOR
TLM: +351 96 460 56 58
INFO@CLINIALVOR.PT

PORTIMÃO
AV. BRASIL, LT II - LOJA IB
8500-504 PORTIMÃO
TLM: +351 96 025 50 90
PORTIMAO@CLINIALVOR.PT



WE HAVE
WHATSAPP
AND FACEBOOK

Climate change is affecting your health

heavy metals, they can cross the placenta to the developing baby. Air pollution can affect growth of the unborn baby and may be linked to premature birth, which in some cases can lead to severe disability and early death. From the earliest stages of development, DNA is susceptible to changes arising from exposure to air pollution, and even seemingly trivial interference during critical development periods can irreversibly harm a baby's organs and tissues. Evidence also suggests potential links with higher rates of stillbirth. In addition, it is thought the exposure of pregnant women to traffic-related air pollution accounts for more than a fifth of all cases of low birth weight at term.

ADHD and low IQ

Children are especially vulnerable to air pollution, and may suffer permanent health impacts from early exposure. Heavy metals, particularly lead and mercury, which can cross the placenta and accumulate in the foetus, have been associated with neurodevelopmental harm, leading to reduced cognitive function, lower IQ, attention deficit hyperactivity disorder (ADHD), and possibly autism spectrum disorder during childhood.

Asthma and childhood respiratory illnesses

There's "compelling evidence" in children and adults that air pollution exposure is associated with new onset asthma. In the Californian Children's Health Study, exposure to higher levels of nitrogen oxides was associated with new-onset asthma, and children living within 75m of a major road had a 29% increased risk of lifetime

asthma. Plus, traffic-related air pollutants near the home and school were associated with a 1.5-fold-increased risk of new-onset asthma. And as well as causing asthma, pollen and other aeroallergen levels are also higher in extreme heat, often caused by global warming. Such high aeroallergens can trigger asthma attacks. In addition, children living in highly polluted areas are four times more likely to have reduced lung function in adulthood. Infants living in areas with high levels of particulate air pollution are at increased risk of death during the first year of life, particularly from respiratory illnesses.

Cardiovascular disease

Studies have shown significant associations between air pollution and a range of cardiovascular problems in adults. Both short- and long-term exposure to air pollution can increase the risk of heart attacks, heart failure, arrhythmias (abnormal heart rhythms) and stroke in at-risk individuals, such as older people or those with pre-existing medical conditions. Once people have a heart condition, spikes in air pollution can make their symptoms worse, leading to more hospital admissions and deaths.

Cancer

The International Agency for Research on Cancer (IARC) classifies outdoor air pollution and particulate matter from it as carcinogenic to humans. It says there's strong evidence that exposure to outdoor air pollution is associated with changes in gene expression and genetic damage, which are linked to increased cancer

risk. In addition, IARC says there's "sufficient evidence that exposure to outdoor air pollution causes lung cancer".

6. Obesity

Research suggests some air pollution may be connected to the development of obesity. Prenatal exposure to endocrine-disrupting chemicals, for example, has been reported to increase children's risk of obesity. Being overweight can also make people more vulnerable to the harmful effects of air pollution, while a diet rich in antioxidant nutrients, or which includes vitamin and mineral supplements, may give some protection.

Chronic obstructive pulmonary disease (COPD)

There's strong evidence that long-term exposure to outdoor air pollution suppresses normal lung function growth in children, and accelerates lung function decline in adults. COPD is common in the elderly, and is often linked to smoking. Patients with COPD have a reduced ability to clear inhaled material from their lungs and may, as a result, get a higher-than-normal dose of air pollution. So when air pollution is high, people with COPD have a greater fall in lung function and a higher risk of admission to hospital.

Dementia

The Alzheimer's Society says the most convincing evidence linking air pollution to dementia comes from a 2016 study of 6.6 million people from Canada. It found those living within 50m of a major road were 7 percent more likely to develop dementia than people living more than 300m away, where fine particulate matter



"Climate change and air pollution are among the most serious health challenges we face this century," says BMA board of science chair Professor Dame Parveen Kumar. (Photo: iStock/PA)

levels can be up to 10 times lower. As there are other factors associated with living on a busy road, such as high noise pollution and stress, the Alzheimer's Society points out that the study doesn't prove air pollution causes dementia.

"However, it does suggest that the study of air pollution and dementia should be prioritised for future research," it adds.

Diabetes

There is "concerning" evidence that exposure to air pollution is associated with new-onset type 2 diabetes in adults. One study found living within 50m of a major road, compared with those living more than 200m away, was associated with new-onset type 2 diabetes.

Mental health

More frequent and severe flooding is a result of climate change, and health experts are concerned about the effect on people's mental health, with victims of the 2007 UK floods up to

five times more likely to experience symptoms of stress and anxiety.

Spread of disease

Changes in climate are likely to alter the geographic range of

serious vector-borne diseases (which are transmitted to humans and other animals by arthropods like mosquitoes, ticks, and fleas) like malaria and dengue. *PA/TPN*



Martin's
•BIKE

Dutch Quality
★★★★★

The E-Bike specialist



E-Bike RENTAL & SALES
www.martinsbike.com

✉ info@martinsbike.com

🏠 Avenida Duarte Pacheco 48
8135-104 Almancil

📞 +351 289 098 603

SHIMANO BOSCH

PRIVÉ

estética avançada

www.clinicaprive.com



Preventive and Cosmetic Dentistry

Non-invasive Facial Rejuvenation

Non-invasive Body Contouring

Laser Therapies

Call our PORTIMÃO office at:
282 457 018

As seen on screen in Seville

Countless TV and film crews have used the Spanish city of Seville in their productions. Laura Paterson finds out why.



Betis Street in the Triana neighbourhood. (Photo: PA Photo/Anibal Trejo/Turismo de Seville)

Having taken six attempts to pass my driving test, letting me loose on a Segway near main roads in a European city is perhaps ill-advised. But speeding around on two wheels proves to be a novel way to see the sights in the Andalusian capital Seville, in the south of Spain. Our tour starts in the lush Maria Luisa Park, and after

getting to grips with balance, thanks to some patient teaching from the instructors, our group is zipping around the Plaza de Espana on the futuristic devices. The landmark is no stranger to space-age visitors, having featured in Star Wars: Episode II - Attack of the Clones, in a scene when Anakin and Padme arrive on the planet Naboo.

In fact, many of the city's historic landmarks pop up in films, with the five-star Alfonso XIII Hotel - which counts royals including Princess Diana amongst its former guests - appearing in 1962 epic Lawrence Of Arabia, and hit Netflix series The Crown. Elsewhere, the orange groves, peaceful pools and idyllic gardens of the Real Alcazar double up as the Kingdom of Dorne in Game Of Thrones. Home to the Royal family since the 10th Century, this World Heritage Site was partially built by a Christian king at a time of harmony amongst Christian, Jewish and Muslim people; quotations from the Koran mix with Christian symbols in the beautiful mosaics. As we head across the Guadalquivir River to

Triana - proudly known to some residents as the Independent Republic of Triana - I hit the heady Segway heights of 18 kmph. Originally a working-class neighbourhood packed with ceramic factories, it has become fashionable in recent years, but has a dark past as the headquarters of the Spanish Inquisition. Our Segway tour ends near the Plaza Nueva, a palm-shaded square filled with the scent of jasmine. It's almost in sight of Seville Cathedral, the third largest church in the world and home to a tomb of Christopher Columbus, containing just 150g of his body.

Even more bizarre is a wooden crocodile hanging outside the cathedral; it's a replica of the live animal sent by an Egyptian sultan in a bid to woo a princess in the 13th century. After failing to win her heart, it was strung up after living out its days in the palace. We finish our journey at the city hall, where a meeting with the mayor reveals another Hollywood actor may currently be filming in town. Sadly, I fail to set eyes on Javier Bardem, but I've already clocked up enough A-list sights to fill more than just one blockbuster.

Where to eat?

La Quinta
It's probably worth visiting Seville just to eat here. Based in an Andalusian mansion house, the restaurant offers modern twists on local specialities, with highlights including

croquettes filled with local cheese, Iberico ham and prawns, and Iberico pork cheeks slow-cooked and served with a rich and sweet Pedro Ximenez sherry glaze. Mains from €10.50; glass of wine from €3. **Tapas bar La Azotea**
Buzzy but relaxed, this modern restaurant has a mix of tapas and larger dishes, all with an emphasis on fresh produce; staff routinely present fish to diners for approval before cooking. Go for the Spanish tomatoes with tuna belly, followed by a dessert made from local oranges. Tapas from €4; beer from €1.60.

Where to stay?

Hotel Inglaterra

On the edge of the Plaza Nueva in the heart of the old city, this hotel is minutes from key sights, including the palace and cathedral - which can be seen from the modern, upmarket roof terrace. Built in 1857, the design is opulent and traditional, with mirrors, dark wood and swathes of marble offsetting the pale blue and yellow decor.

What to do?

Take a selfie at Las Setas
The world's largest wooden structure is a futuristic vision among the shops and cafes of Seville city centre. It's officially known as Metropol Parasol, although most people refer to it fondly as Las Setas (the mushrooms). Walking on top of the 28.5m-high sculpture offers great views

across the city, while below, the Antiquarium archaeological museum reveals the history of Seville. Las Setas entry €3; Antiquarium entry €2 **Feel impassioned by a flamenco show**
Shaped by various cultures passing through Andalusia over the past 3,000 years, and used to commemorate persecution of minorities, flamenco is the heart and soul of Seville. Castanets came from the ancient Phoenicians, guitars were brought over from the Middle East, and hand gestures owe their origin to the Roma gypsies making their centuries-long journey from India to Europe.

Learning the complex steps and hand movements reputedly takes 10,000 hours to master, so those hoping to appear on Strictly after one lesson can think again. Instead, go and watch a show. Museo del Baile Flamenco, the world's only flamenco museum, has a nightly performance. Combined entry adult ticket to the museum and show, €26.

Zoom around the sights on a Segway

Segways are permitted on Seville's many cycle lanes, making them an ideal means of zipping about and covering more ground than you would on foot. Cyclotour guides will whisk you around the main sites, stopping regularly to give a local perspective on the city. Segway tours (30 min) from €17.

PA/TPN

Long Weekend in Monte Gordo



€56 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 €27 per night per person, half board)

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

**A CHEGAR OU A PARTIR,
TUDO COMEÇA AQUI!
BEM-VINDO AO
AEROPORTO DE FARO.**

ARRIVING OR DEPARTING,
EVERYTHING STARTS HERE!
WELCOME TO FARO AIRPORT.

DESCUBRA +/FIND OUT +
AEROPORTOFARO.PT/MAISAEROPORTO

ANZ
FARO
AEROPORTO

Powered by **VINCI**
AIRPORTS

All in a pickle

But have you given much thought to what can be done with the vinegary liquid left over in the jar? Generally, once you're out of crunchy, sweet-sour veg, it ends up being tipped down the drain - but next time, stop yourself, there's a lot of potential in that pickle juice. We caught up with Florence Cherruault, founder of The Pickle House and author of drinks book, *Pickle Juice*, to find out what the fuss is about...

Why pickle juice is great mixed with alcohol

Cherruault first started making pickle juice from scratch after being introduced to picklebacks - a shot of whiskey followed by a shot of pickle juice - in New York. "It sounds kind of mental, but interesting at the same time," she remembers thinking. "I tried it and it was quite an insane mixture." Thoroughly hooked, she returned to the UK and started coming up with her own pickle juice recipes - before deciding to start bottling and selling it to bars and restaurants, hence The Pickle House. It's really taken off as an addition to cocktails because, Cherruault says, it "adds a really nice savoury, sweet, umami flavour to drinks".

Why it works in non-alcoholic cocktails

Cherruault also quickly realised that pickle juice is an ideal ingredient when it comes to soft drinks, especially non-alcoholic cocktails. "There are quite a lot of sweet soft drinks on the market at the moment, and when you don't want to be drinking [alcohol], you probably don't want to spend the whole night drinking lots of sugary drinks," she muses. "I found that adding pickle juice into non-alcoholic cocktails adds that depth of flavour a normal soft drink doesn't have - the vinegarity gives it a bit of a twang."

Why it's a good pick-me-up if you're hungover

Cherruault may have started out with the possibilities of pickle juice and booze on her mind, but she's since discovered that the salt and the vinegar in it "means it's full of electrolytes, so it helps rehydrate your body with nutrients" too. While drinking it in your cocktails won't mean you'll wake up hangover-free, sadly, when you do feel a bit groggy the morning after the night before, Cherruault notes that anecdotally, a shot of pickle juice can help pep you back up. Same goes if you've been working out: "A couple of

The tartness of a pickled cucumber is tough to beat, whether you're tucking into a plate of cheese and crackers, or stuffing the frog-green slices in with a burger.

shots of pickle juice can help rehydrate your body with those nutrients you're losing when you're sweating." In fact, some athletes even drink pickle juice to help reduce muscle cramps.

Why you should get to grips with shrubs

No, not the garden border plants. Shrubs in drink terms are actually "a sweet version of a pickle juice". "It's where you macerate fruit with sugar, and then mix it with apple cider vinegar," explains Cherruault. "It creates this really delicious cordial. You can have that just on its own with sparkling water."

Three ways with pickle juice

Not sure where to start your pickle juice education? Cherruault recommends, firstly, "A shot of vodka, a shot of pickle juice, topped up with ginger ale, with a squeeze of lime - and you can do that without the vodka and it's still really delicious." Secondly, she promises that "pickle juice is really good in a Bloody Mary". And thirdly: "In summer, it's really nice to have a little bit of pickle juice mixed with mango juice, and you use that as a base to mix with prosecco - it's a bit like a mimosa." *Pickle Juice: A Revolutionary Approach To Making Better Tasting Cocktails And Drinks by Florence Cherruault is available now. PA/TPN*



Pickle juice is really good in a Bloody Mary. (Photo: PA Photo/iStock)

A revolutionary approach to making better tasting cocktails and drinks



By Florence Cherruault

Features: Shrubs, Kimchi, Bloody Marys, Chasers and more

Pickle Juice by Florence Cherruault. (Photo: PA Photo/Clare Lewington)

CACTO

Bistro-style

During this festive season, come and enjoy a complimentary glass of mulled wine

Winter Sunday Lunch

NEW MENU EVERY SUNDAY
2 courses 20€ or 3 courses 25€

OPENING HOURS
Mon, Tue, Fri & Sat from 18:30 to 21:30
Sunday Lunch from 12:00 to 15:00
Wed & Thu closed

CHRISTMAS OPENING TIME
23 - closed
24 - from 18:30 to 21:30
25 - Christmas Lunch at 12:30
26 to 28 - from 18:30 to 21:30
29 - Sunday lunch from 12:00 to 15:00
Closed from the 30th of December till the 2nd of January inclusive.

E.N.125 Odiáxere, Lagos
www.cactorestaurant.com

Locally sourced, lovingly prepared.

+351 282 798 285

Christmas Day LUNCH MENU

- Glass of bubbles with amuse-bouche
- Steamed strip of salmon with herbs and butter
OR
Beef carpaccio with figs and pine nuts
- Consommé with fish and prawns
- Granité of lemon
- Roast turkey with all the trimmings & gravy
seasonal vegetables and potatoes
OR
Pink fried fillet of venison
truffled purée and red cabbage - sauce gibier
- Trio of mousse with a finish of kahlua or
Christmas pudding cheesecake
- Coffee and Pralinés

75€ / person (drinks not included)
RESERVATION ONLY

To guarantee your table, a 30€ deposit per person is required at the time of booking, please confirm your choice of starter, main and dessert by Friday the 20th of December. Guests Arrival at 12:30.



RUA DOS PESCADORES N° 104 CARVOEIRO LAGOA - ALGARVE
Ele e Ela in Carvoeiro is closed at the moment but guests of Ele e Ela are most welcome at the Chef's Kitchen
GPS: N 37.09955, W 46958
OPEN FROM 17.30 (CLOSED TUESDAYS)
(+351) 282 083 332
WWW.CHEFSKITCHEN.PT



GURKHA KITCHEN

Nepalese & Indian Cuisine
Restaurant & TakeAway

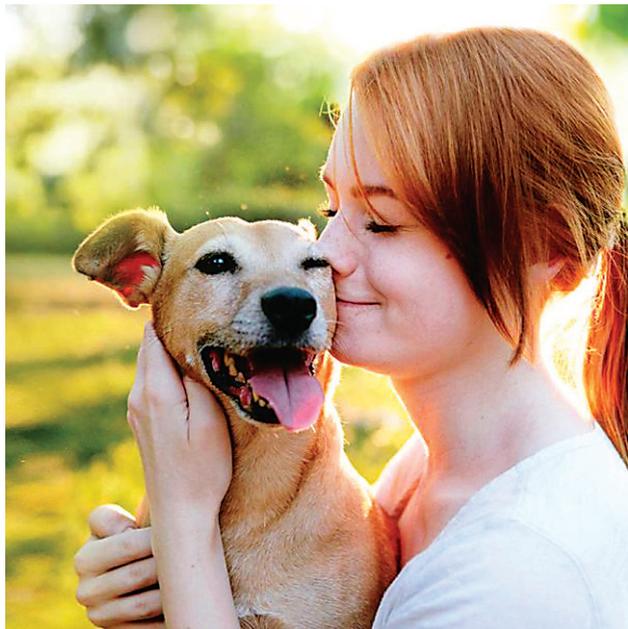
Quality food prepared by
Nepali chef Shree Ram Maharjan
Friendly and attentive staff
Excellent value for money

OPEN ALL YEAR

Tel: +351 282 185 776 Tel: +351 920 169 028

RUA DAS AMOREIRAS N°14, 8400-503, CARVOEIRO

Is owning a pet good for you?



If you own a pet we don't need to tell you how they brighten your day at the wag of a tail or the twitch of a nose.

kids active. For owners with physical health problems, assistance is not limited to Guide Dogs: pets can become unofficial support animals for owners. As well as offering comfort and emotional support, there have been cases of pets predicting their owner's fits, helping them after a fall or warning about serious illnesses.

Pets are great for our mental health

There's plenty of evidence to show that pets can be great for our mental health too. The PDSA Animal Welfare (PAW) Report 2018 found that 94 percent of pet owners said owning a pet makes them happy. Pets can also help their owners feel less fearful or lonely. Some older pet owners say their pet is their only friend and feel a bond equal to a friendship with another person. Children too can benefit

emotionally from having a pet and will seek them out when they are feeling upset, which may be helpful during stressful life events.

Pets are part of the family

Our pets are members of our families and provide a focus in life. This can be good for those in need, such as the ill and elderly, whose pets can provide an important source of companionship. Pets also support owners who are going through hard times in their life such as losing a job or breaking up with a partner.

The right pet for you

Taking on a pet is not something that should be done on a whim and there's lots to think about before you bring a pet into your life. It's important that you get a pet that fits into your lifestyle and that you can give them everything they need.

But did you know that scientific studies have also shown that owning a pet can be good for your physical and mental health?

Pets help keep your body healthy

Regular walks help dog owners get lots of exercise themselves, but the benefits of dog ownership

don't end there. Dogs can often break the ice in social situations, helping dog owners meet other people and feel less lonely. Running with a dog is great exercise for both of you, and can help you feel safer if you're running in the evening. Growing up with pets is great for children's health, too. Playing with a cat or dog can help keep your

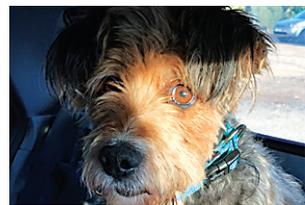
PETS FOR ADOPTION



MAX is approx. 10-weeks-old male. Will be vaccinated, microchipped and sterilised by us when old enough. Email cadelacarlota.comp@gmail.com



CHILLIE approx. 5-months-old female. Will be vaccinated, microchipped and sterilised. Email cadelacarlota.comp@gmail.com



LISA is approx. 5-6-years-old. Doesn't see too well. A total sweetheart. House-trained. Will be vaccinated, microchipped and sterilised. Please email: cadelacarlota.comp@gmail.com

The joy

Award-winning biophilic designer and architect Oliver Heath, This Morning's 'Mr Plant Geek' Michael Perry and Nik Southern, creative designer and founder of innovative plant and florist shop Grace & Thorn, have transformed three hotel suites into urban jungles where guests can stay, in an initiative from the The Joy Of Plants and Leman Locke hotel in London. The buzzword is 'biophilia' - the technique of incorporating plants and other natural elements in our homes to reconnect with nature. Each of the suites has been adorned with carefully selected houseplants to help boost productivity, ignite passion, and bring peace and tranquillity. So, what can we do to create our own biophilic design at home?

Perk up your productive space Heath has created a productivity suite adorned with Boston ferns, peace lilies and snake plants - all



Hospital Veterinário de Portimão
Portimão Veterinary Hospital

- CT Scan, Endoscopy, Echography, X-Ray, Echocardiography
- Soft Tissue Surgery •Orthopedic Surgery
- General Consultation •Vaccination
- Hospitalisation •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



ALGARVE TREE SERVICES

917 479 921

www.algarvetreeservices.com

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

**QUALITY TREE CARE
ACROSS THE ALGARVE**

Artificial Grass Suppliers
Best Quality From Belgium

Before



After



From
€16.5/m²
+ VAT




ECOGROUND™
All Languages

MãosVerdes +351 934 816 122

English Only

Ray: 938 659 443 | Keith: 920 567 070
info@maosverdes.pt | www.maosverdes.pt




ROYALGRASS®

Get your **ReaDY** artificial Grass now for just **€27,50** /sqm incl. IVA

ReaDY technology gives the artificial grass a beautiful natural appearance.

Since 2003

enjoy perfection

912 649 654 | www.royalgrass.pt

Safe and comfortable pet transport covering Western Europe and the UK

EURO PET TRANSPORT

- *Regular trips to UK and return
- Covering the majority of the UK
- *Fully Licenced and D.E.F.R.A inspected
- *Climate Controlled Transporters with Full Pet Insurance Cover




www.europettransport.co.uk
enquiries@europettransport.co.uk
Tel: +44 7852665320 +351 913179390



A Landscaper for All Your Gardening Needs...

Arquiscap

EST. 1994

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

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

of plants

Three designers have come together to show how people can create a horticultural haven in their homes, using tropical flora and fauna.

renowned for their productivity-inducing properties. Feathery-leaved Boston ferns create a natural jungle look and inject instant energy with their powerful air-purifying properties, while snake plants, native to tropical West Africa, produce sword-like foliage bringing a raw edginess to any environment. Their distinctive leaves are said to provide protective energies to shield negative Chi, while they also have air-purifying properties. Studies have found they can also help remove toxins such as formaldehyde from the environment. Heath says: "Research suggests that a combination of sheltered spaces, access to nature and species-rich spaces will create the most restorative environment for a stressed individual, so the tucked-away sofa with a lot of plant fringing is the perfect opportunity for

relaxation. Boston ferns and dwarf mountain palms introduce lots of natural movement, which has been shown to help us relax and restore focus." **Create a cascading canopy in the bedroom** Southern has created a botanical canopy over the bed, in a heady romantic respite. Imagine enjoying the intimacy that will cocoon you and your partner in a lush green blend of cascading plants. Signature bedroom plants she uses include Anthurium 'Black Love' (Anthurium hybrid), a black-to-dark chocolate-flowering variety which is low-maintenance, and Epipremnum 'Marble Queen', an easy-care variety with green and white marbled trailing foliage which creates a romantic vibe. Southern says: "It might seem ambitious to create a canopy in your own home but there are plenty of hacks to make something

similar. You could hang a traditional pulley clothes airer to the ceiling and attach plants with vines such as devil's ivy and strings of hearts to create a dramatic canopy. Make sure you choose the right planters that will prevent water leaking below." Alternatively, create a living love seat in her design in your sofa area, using banana plants and rubber tree plants to create a cosy, intimate area in an open-plan room, she suggests.

Escape to your urban jungle spa room

Perry, aka Mr Plant Geek, has packed his suite with tropical plants, creating an oasis of calm in the city, showing that people can enjoy a forest-bathing experience at home. His design features houseplants such as bromeliads and a variety of monstera (Swiss cheese plant), from deliciosa to obliqua, while in the bathroom there's a dedicated plant meditation



Heath has created a productivity suite adorned with Boston ferns, peace lilies and snake plants - all renowned for their productivity-inducing properties. (Photo: Thejoyofplants.co.uk/PA)

space and a clean sleep zone containing the world's most air-purifying plants. He says to create a spa room, ideally you want to have the feeling of being completely surrounded by plants. Calming ferns, helxine and fittonia offer jungle vibes while bromeliads punctuate the

setting with colour. Perry says: "Suction pots allow you to easily hang plants from wall surfaces, without creating any fixings and are incredibly versatile. Bromeliads are used to rainforest conditions and thrive in bathroom environments - a quick spritz of water every few days is all the moisture

they need." He also advises using ferns in low light level rooms but avoid using succulents and cacti in spa rooms, as they prefer a drier environment. And don't forget that any potted plants will need drainage, so put in a layer of gravel at the bottom of the pot and keep a check on watering. PA/TPN

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

Algarve Leather Restoration.com
Looking Great & Lasting Longer

CLEANING RE-COLOURING REPAIRS

CARS FURNITURE BOATS - WE COME TO YOU

915 432 027
English speaking Whole Algarve covered

pgorton@me.com
www.algarveleatherrestoration.com

PVC Directo
Open Mon to Fri 9am - 1pm & 2pm - 6pm

Mosquito Nets
FlyScreens
Shutters
PVC & Aluminium
Doors & Windows

High quality materials, with great sound insulation, secure and available in a variety of colours, shapes and sizes.

Tel: 282 317 472 • info@pvcdirecto.com
www.pvcdirecto.com

EN 125, Areias de Pêra - Near Galp Petrol Station
37.124247, -8.337148

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

CHARITIES

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

SUPPORT FOR FAMILIES in the Algarve receives items for families in need, Guia and surrounding areas. To donate or discuss concerns about a needy family contact Su Davis: 932 307 548, su.davis@sapo.pt. Facebook: support for families in the Algarve.

A.A.G. CHARITY Shop Guia. Situated in the Main Street, opposite the Football Club Snack bar and close to Crédito Agrícola Bank. Opening hours Mon - Fri, 10am to 5.45pm, Sat 10am to 2pm. Closed Sun. Animal charity feeding street animals. Patron Bonnie Tyler.

PIANIST WANTED on a volunteer basis for occasional Sunday services at the Anglican Church of St Vincent's Chaplaincy, Praia da Luz. Email pet.alex@sapo.pt

THE GOODWILL CHARITY. R. Direita 5, Ed. Portus Magnus, Portimão. (Close to Theatre). 968 740 693, 10am to 2pm. Clothes, bric a brac and furniture in saleable cond., large items collected. *We would like to thank you all for your donations and for shopping, that has enabled us to help the local community.*

SECOND CHANCE charity shop at Largo Das Ferreiras (on roundabout), Ferreiras, Albufeira. Open Mon to Fri, 10am to 4pm. Sat 10am to 1pm. Supporting people in need, also Bombeiros, Soup kitchens, Riding for the disabled, AHSA day care centre for the elderly and more. Contact Maggie Cook 917 707 808.

PORTIMÃO SOUP KITCHEN Beco São José, Rua São José, under old bridge in Portimão. Come and help us make sandwiches & serve food to hungry but appreciative people. For more info call Joy 917 358 098.

THE DONKEY SANCTUARY needs all your unwanted items for our shops in Ferragudo, Carvoeiro and Lagoa. Larger

items i.e. furniture can be collected. The shop funds allow us to feed our many mouths at the Sanctuary. We always need extra hands at our shops so if you can spare 3-4 hours a week give us a call. Chris 966 033 127.

CARVOEIRO CAT CHARITY ASSOCIAÇÃO. Located in Porches and run entirely by volunteers. We are looking for some more volunteers to help in our shelter of 250 cats as well as some foster families for our cats. Call 918 552 788 or email ccc.carvoeirocharity@gmail.com

ASMAA CHARITY & UP-Cycling Hub. Volunteers are now needed for our shop. Wed, Fri and Sat 11.30am to 5pm, other days by appointment only. Tel 969 320 231, email info@asmaa-algarve.org. Rua J. Pereira Sampaio Bruno, Nº 53. Portimão (Behind Bombeiros).

MADRUGADA ASSOCIAÇÃO provides home-based, end of life, palliative care to patients and their loved ones free of charge. Your donations would be very welcome. Volunteers are also required. If you can help call us on 282 761 375 or visit our shops in Lagoa and Praia da Luz.

CADELA CARLOTA shop in Lagos open Mon to Fri, 10am to 1pm/3pm to 5pm. Almadena: Mon to Fri, 10am to 4pm, Sat, 10am to 1pm. We always need extra hands in our shops.

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

FRENCH LANGUAGE Following the French Government's initiative to expand the French language, we are looking for Volunteers to teach French in Albufeira or Olhos de Água to children and adults. No experience or qualifications necessary, just fluency in French and a passion to meet and help others learn

this beautiful language. Please contact 961 636 201 or Angelica fash.co@gmail.com

THE NANDI CHARITY SHOP. Winter clothing now in store. Furniture can be collected within 30 k Lagos. Tel 912741857

MUSIC

Aljezur International Choir. Thursdays 2pm to 3.30pm. Tel. 914285640 or wattyts100@hotmail.com,

The East Algarve International choir. Thursdays, Luz de Tavira, Call Rineke Hofman 926684061. eastalgarvechoir@gmail.com

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

Barbershop Chorus. Tuesdays 7.30pm. Moncarapacho. www.bellaacappella.net

SOCIAL

Royal British Legion Portugal (Algarve) the Central Area. Lunches on the 3rd Wednesday of each month at various venues. Non-members welcome. Tel : 926908089 colinhearn998@gmail.com.

Royal British Legion Portugal (Algarve) the Eastern Area. Lunches on the 1st Sunday of each month at various venues. Non members welcome. rblportugalsecretary@gmail.com

Chess Club. Eastern Algarve. chessalgarve@mail.com

Drawing the Nude. Olhão Thursday mornings. jill.stott@gmail.com

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

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

BRIDGE

Duplicate Bridge. Wednesday & Friday afternoons at Vale d'El Rei Hotel. Please contact 911561224 or 282358885.

Marina Club Suite Hotel Lagos. Tuesdays & Fridays 1.15pm. 963977642

Vilamoura Bridge Club. Tuesdays 1.45pm, Olhos de Água. Mary Moore 919833122.

Lagoa. Thursdays 1:45pm. 282352022 / 969174130.

Vale d'el Rei. Beginners 968457888.

Carvoeiro. Mondays & Thursdays 1.45pm for 2pm. 282357953 or 282357657.

Frank's Bridge. Thursday's 2.30pm duplicate bridge, Hotel Quinta Jacintina, Vale do Lobo. Frank Spelbos 937802110, spelbos@sapo.pt

Amigos do Museu Bridge. Friday's 2pm duplicate bridge, Museu do Trajo at São Brás de Alportel. Frank Spelbos 937802110, spelbos@sapo.pt

Quinta Jacintina. Mondays 2.30pm, Hotel Quinta Jacintina, Vale do Lobo. Contact Sally Roberts Tel: 28935 090, sally@blanchworth.co.uk

SPORT

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

Walking Football. Wednesdays, 10am - midday, Clube Desportivo de Odiáxere. 50+, just turn up. Tel. 960234641 or Billandyvonne.harper@btinternet.com

Tavira County Lawn Bowling Club - Cerro do Leiria, Santa Catarina, Fonte Bispo, Tavira. Roll-ups Mon, Wed & Fri. Joe Scott 963997582, joe.scott121@btinternet.com

Crown Green at Alvor bowling Club 10am. 966169747 or 965700536.

Adult Fitness Programmes. 10am beginners and +55's, 11am intermediate, every Monday/Wednesday/Friday. Meet at Burger King Vilamoura. 919 339 396

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

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

afpop - Badminton in Silves. Thursdays, 8pm to 10pm. Tel: 910108730 or email: susharman9@gmail.com,

Alvor Bowls Club, Every Wednesday and Sunday, 10am. 282490280 www.alvorlawnbowls.com

Walking Football Wednesdays, 9.30am - 11.30am. Lagos. 50+. jerrydowd@hotmail.co.uk

Walking football Tuesdays and Thursdays 9.30am. Vilamoura. info@browns-club.com or 289322740.

Valverde Lawn Bowls Club - Every weekday from 10am, Almancil. Jen 282332628 or 937264287.

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

WORKSHOPS & COURSES

Scottish Country Dancing. Every Monday, 7.30pm - 9.30pm, Nobel International School on the N125 between Lagoa and Porches. Mardie Cunningham, 282356029 / 964278432 or rosevale45@gmail.com.

Latin American and Ballroom Dancing. Tues. 10am - 1pm Alvor. Wed 7pm - 8.30pm Carvoeiro. Caroline 961916821, strictly dancingcarvoeiro@hotmail.com

Art Classes: Botanical Art in Watercolours for beginners. Weekly from 12 March. Vale D'el Rei every Tuesday 1.45pm - 4.15pm 15 per class. Tel: 933669503 email: tonidade@yahoo.co.uk

afpop December Events

afpop Portimão/ Monchique and Silves/ Carvoeiro December lunch at Portarade Restaurant, Ferragudo on 6 December, 12.30pm for 1pm start. €14.50 p.p for Members and €16.00 p.p. Non Members. Includes Couvert. Starter, Main Course of Fish, Meat or Pizza, Dessert and Tea of Coffee. Drinks: 1/2 bottle of wine or 1/ 2 L. Sangria or a Big beer - one soft drink or one small water. Note: Any drinks before and after the meal are to be paid for by members. Please confirm your reservation to Anita on: portimao@afpop.com

afpop Loulé Luncheon at Restaurant Monte da Eira, Clareanes on 19 December, 12.30pm for 1pm. For more information and bookings contact Bert Shubrook, Email: bertshubrook@gmail.com

afpop East Algarve Christmas Cocktail Dinatoire at Vila Monte Farm House, Laranjal Restaurant on Thursday, 19 December 7.30pm to 10.30pm. Members €38, Non-Members €40. Fully inclusive of drinks, musician & ticket raffle. For bookings and more information contact Linda Cree on eastalgarve@afpop.com

AAA Talks

On Tuesday, 3 December, the Algarve Archaeological Association (AAA) will be presenting two lectures entitled *Alcalar: a settlement of the 3rd Millennium BC in the far south-western corner of Europe*, in English, by Rui Parreira and Elena Moran.

The first lecture will be at 2.30pm at the Museu do Traje in São Brás and the second lecture will be at 6pm at the Convento de São José in Lagoa.

Non-members are welcome to attend AAA lectures for a 5 euro admission fee, with all money raised by the AAA being used for archaeological grants and speakers.

For more information contact algarvearchass@gmail.com, visit arquealgarve.weebly.com or Facebook 'Algarve Archaeological Association'. Please check the website or facebook page for any last minute changes.

Algarve Bike Rides

Here are the details of this weekend's rides:

Saturday 30 November: Please contact Diana via email: Dihoutzager@hotmail.com.

Sunday 1 December - Bike Ride starting in Benafim: We meet by the roundabout in the centre of the village, this will be a typical Sunday ride of 35 to 40km with a café stop somewhere along the way.

If you would like to come along to one of these rides, please do let me know either by text, email or by confirming

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@algarvebikelihoods.com, Visit: www.algarvebikelihoods.com, or Facebook: AlgarveBikeHolidays.

6th of December — 8am to 8pm

Kiss FM Xmas

Live broadcast at MAR Shopping Algarve

Find us by the Xmas Village
Be Santa and drop a present
for our Christmas appeal

THANK GOD FOR OUR TEDDY BEARS

11am Sunday Service Convento de S. José Lagoa
1st December

Bring your teddy bear & enjoy this unique service then join us for a 'teddy bear's picnic' afterwards
For directions, call 282 380 311 any time

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

Portugal Walks

Tuesday, 3 December - Let's Walk from Parragil:

An inspiring walk in this little known part of the Algarve, walking on the Barrocal. Just over 2 hours of moderate walking. 10.30am start. Meet in the centre of Parragil. From the EN125 at Boliqueime take the road for Loulé. Cross the A22 and after passing the quarry turn left direction Alte. After 500m at T-junction go left and 200m you come to the centre of Parragil, cafés to left and right. Chris 913 011 537

Friday, 6 December - Let's Walk through Orange Groves:

A very easy circular walk of about 2 hours through the orange groves and small hamlets near

Silves. 10.30am start. Meet at the Snack Bar Oasis close to Alcantarilha Gare. Alcantarilha Gare is on the road between Silves and Algoz and when you arrive you turn to cross the railway line direction Fonte Louseiros. Follow the road uphill and then 250m on your left you will see the snack bar (just after Algarve Removals). Julie 965 753 033

All are welcome, there is no need to book. Please wear shoes suitable for country walking (remember you walk at your own risk) and bring a sense of humour. There is a nominal charge of 5 euro p.p. this includes a donation to charity. Full details plus driving directions can be found at www.portugalwalks.com

8th Father Christmas Parade

On Saturday 7, December, at 10am the eighth charity Santa Parade will take place along the promenade of Armação de Pêra. What a wonderful way to start the festive season!

The event will be composed of several activities for all ages!! Participants can choose either a walk or a bike ride guided by BTT Algarve Maniacs. To start it off Angelo of Urban Gym Health Club will provide some warm-up exercises. Participation is free, but we ask anyone who wants to join us to bring some food items. Preferred items are olive oil and packets of milk, but any dried food items will be accepted. All donations offered will be greatly and gratefully appreciated. No donation is too small. On foot or by bicycle, have a healthy walk and help raise food or money to be distributed to the poor. To attend, just go to the Holiday Inn Algarve on Saturday, 7 December, 2019 at



10am, with your Santa Claus suit!! Adults and children are all welcome to take part on the understanding that you do so at

your own risk. For more information please contact the Holiday Inn Algarve - 282 320 260.

Odiáxere Football Club launches Walking Football



Clube Desportivo De Odiáxere have now added Walking Football for the over 50's to the wide range of ages enjoying football at their impressive stadium near Lagos, Western Algarve.

The newly formed section host a two hour session every Wednesday from 10am. However, be sure to arrive promptly to enjoy a well organised, structured warm up before the session begins. Other features include various competitive fun, reiteration of

the Walking Football rules and a "warm down" session (for those who want to take part).

A number of countries are represented via the current club members including Portugal, England, Russia, Scotland, USA and Wales.

Interested? Please contact either Ian Street at: ian.street1@gmail.com or Bill Harper at billandyvonne.harper@btinternet.com. Alternatively, just feel free to turn up on Wednesdays, introduce yourself and join the fun.

Helping Hands Charity Meal

Local charity Helping Hands in The Algarve will be holding a fund raising meal and auction starting at 7pm on Saturday, 7 December at Fonte da Pedra Restaurant in São Brás de Alportel.

The meal will consist of Couvert, Bacalhau, Cachaço de Porco and Sobremesas. A vegetarian option will be available if pre-ordered. Wine, beer, water and coffee are included in the price of €20 per person. Last December's meal at Fonte da Pedra received a lot of positive feedback. Christmas dress/headgear etc. will be optional!

The three parts of the auction will provide a wide range of bargain lots at prices starting at very reasonable levels. One part of the evening will consist of a 'raffle' with a guaranteed prize for each €5 ticket. All ticket holders will win a prize, with the majority worth more than €5. Some prizes will be worth well in excess of that value!

In the first main auction, lots will be of approximately €10 value. The second main auction will consist of about 10 items, up to approximately €100 in value, although they could well go to lucky bargain hunters for less. Maybe even solve that Christmas present list?

Helping Hands has always supported a variety of worthwhile causes but, in the spirit of Christmas, they will be earmarking any proceeds from the meal and auction to the Casa Da Primeira Infância Children's Home in Loulé, who care for children from babies up to the end of primary school age.

This should prove to be a fun event that might well result in lucky bidders leaving with a bargain and will raise funds to support the disadvantaged children in the Home.

Tickets for the meal/auction are available from: richardmcr@hotmail.co.uk or Tel: 914 786 875.

Helping Hands in the Algarve can be found at <https://www.facebook.com/groups/108656626377874>

Help the homeless this Christmas - Adopt a cuddly toy

Caroline Langston from The Algarve Emporium Charity is organising Christmas Care Packages for approximately 50 homeless people in the Albufeira area, and in order to raise funds, she has set up the Cuddly Toy Adoption Campaign.

There are a number of Cuddly Toys ("pre-loved" and new) to choose from. Each one has been given a name to suit his or her character and comes complete with adoption certificate. Prices range from €3 to €8.

The Algarve Emporium Charity will be at the Guia Fair in Guia on 30 November and at the Almadena Christmas Fayre near Praia da Luz on 1 December with the Toys that are available for Adoption. Please come along and choose yours.

Toys can also be adopted at online at [https://algarveemporium.com/collections/keep-the-kids-](https://algarveemporium.com/collections/keep-the-kids-occupied)



occupied All proceeds from the Cuddly Toy Adoption Campaign will go towards the Homeless Christmas Care Packages.

For further information about helping the Homeless in Albufeira or adopting a Cuddly Toy please contact Caroline Langston, email: algarveemporium@gmail.com or 961 428 636

PENGUIN

penguinalgarve.com

Air conditioning

Solar systems

Central & underfloor heating

Pool heating

Energy-smart heating & cooling!

+351 289 092 595 info@penguinalgarve.com

www.penguinalgarve.com

www.facebook.com/penguinalgarve

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

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

WE BUY CARS ALGARVE

UK & PT

CARS • VANS • BIKES

Bought for cash

We can explain all your motoring needs and paperwork

UK and Portuguese undertaken

Also we are looking for pre 1990 vehicles

(+351) 915 367 826

(+44) 798 493 2876

This Week's profiles:



Furniture World

For further information, visit: www.furnitureworld.pt or call: 282 798 263.



Algarve Removals

For more information, Tel: (+351) 289513851 or visit: www.algarveremovals.com



Apolónia

For more information Tel. Almancil: 289 351 440, Galé: 289 583 950, Lagoa: 282 380 080 or visit: www.apolonia.com



Fires of Portugal

For more information, Tel: (+351) 289 489 958 / (+351) 966 468 190), email: sales@firesofportugal.com or visit: www.firesofportugal.com/index.html

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.

Top quality furniture at competitive prices



A house is never a home until you put your own stamp on it and at Furniture World near Lagos, you can find top quality English furniture to bring your home to life.

After having owned 20 furniture stores across the UK and with more than 20 years of experience in the industry, Christine and Graham Pippett from Furniture World know how to help clients to find exactly what they need.

By continuing to work with their previous suppliers and many contacts in the UK, they have been able to keep their prices fair and at competitive levels. Their policy is to only buy directly from reputable factories and manufacturers thus ensuring quality and durability and all their merchandise is delivered directly to them in regular, large container shipments which enables them to take advantage of economies of scale.

In the 700m² store you can find a wide array of styles and choices to pick from, including contemporary oak, traditional oak, ash and painted furniture, as well as a range of rugs and oil paintings at the best

value for your money. Furniture World aims to supply all customers' requirements within 48 hours. Local delivery is free of charge and they also offer to assemble all beds, tables and anything else for you, leaving no rubbish or packaging behind. As a further incentive, they have introduced gift vouchers, which make an ideal present at any time of the year.

They have been fortunate to acquire the services of Sandrine Reis as the shop manageress, who is fluent in Portuguese, English, French and Spanish and can ensure excellent customer service.

They believe that a good reputation means repeat business and their enviable reputation has already been established in a relatively short period for supplying top quality furniture and attention to detail. Christine said: "We have supplied furniture to all parts of the Algarve and our customers return time after time".

If you would like to see more from Furniture World, view their online catalogue or visit the store just 2 kilometres east of Lagos on the EN125 towards Portimão.

A guiding force in shopping pleasure



Apolónia provides customers in the Algarve with everything from family favourites to gourmet treats in their unique supermarkets.

The family owned business was first set up 36 years ago and since then, has grown to being a reference for across the region not only for the incredible range of products on offer in the stores but also for the customer focused service championed by the company.

Avelino and Célia Apolónia have always been one step ahead of the game. Their ability to spot market potential has been an integral part of Apolónia Supermarket ever since 1983, when it was nothing more than a humble, 100-m² mini-market located in the family home in Vale d'Éguas on the outskirts of Almancil. This initial vision, specialising in new products entering the market at home and from abroad, grasping an opportunity that nobody else spotted, has followed the company throughout its evolution.

Apolónia boasts more than 36,000 products, stocking everything from local produce to imported goods from around the

globe. The product lines are constantly adapting to meet the needs of clients allowing even the most loyal of customers to be constantly surprised by what is in store.

Quality, freshness and variety are cornerstones of the business which has stores located in Almancil, Galé and in Lagoa on the road to Carvoeiro.

Apolónia is a guiding force in terms of shopping pleasure with each individual store designed to make shopping an experience rather than a chore. Throughout the year the company run a variety of special offers, promotions and fairs, giving shoppers the chance to benefit from exceptional prices while always maintaining the high quality the company is synonymous with.

Apolónia Supermarket can look back over many years of dedication to customer satisfaction. The family-run philosophy remains in every store despite the company now being in three different locations, employing over 300 people and featuring thousands of different products.

Algarve Removals – Investing in the future



Algarve Removals has been successfully relocating its clients' belongings and online shopping orders with a true weekly service between the UK and the Algarve for 20 years. Due to a substantial increase in demand, Algarve Removals are expanding and investing in the future.

A fleet of specialised Renault vans have been purchased recently, along with their new lorry. Each vehicle is smartly sign written in Algarve Removals unique livery so they cannot go unnoticed when driving up and down the country collecting and delivering customers personal belongings.

In addition to this, Algarve Removals has also invested in a purpose built warehouse in the Algarve which should be completed in early 2020. This will create further employment within the Algarve along with increased space for storage and the expansion of their business. There will be plenty of notice for their existing and new customers before they do eventually move, so do not panic.

In addition to the present Alcantarilha Depot, where you can arrange pick-ups and long-term storage, Algarve Removals

have 3 collection points in Almancil, Tavira and Lagos. Major investments also include their depot in Malaga, Spain to assist with the new UK - Algarve - Costa del Sol removal service.

Algarve Removals are a family-run business steered by managing director John Scott who has many years' experience in the transport and removals trade. Algarve Removals was created to provide a service which enables customers to have anything from 1 box to a full house moved from the UK to Portugal and from Portugal back to the UK. We are on hand to give you advice on your removal and offer a personal service using our own professional staff, warehousing facilities and vehicles in both the UK and Portugal.

Furthermore, Algarve Removals have a contingency plan in place regardless of the outcome of Brexit. This includes custom clearances, bonded warehouses and agents at all major ports.

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

Fires of Portugal: A small company with a big reputation



Autumn is here and perhaps time to make plans to keep warm this winter. Even though the Algarve winter may be mild and sunny, inside the house the chill begins! The burning season is longer than first thought.

Fires of Portugal have been here to solve this problem since 2000 supplying and installing log burning, pellet and gas fires. This family firm was started by Geoff and Carol who were joined 5 years ago by daughter Eva and husband Samuel. Their young approach and new

ideas are expanding on Geoff's knowledge and experience and Samuel makes his own mark on the company.

If you are looking to heat your villa, all it takes is an initial contact via email or phone. Geoff will visit to give his best advice and quotation and Samuel is in charge of the professional installation.

Based in Salir, they install fires all along the Algarve. Other services include professional chimney sweeps, general fire related building works and servicing.

Newly built unique frontline apartments and penthouse apartments with stunning sea views

Located in the fishing village of Cabanas de Tavira between the towns of Tavira and Cacela Velha you find this unique opportunity to own a one, two or three bedroom apartment with superb quality finishings, frontline to the Ria Formosa Natural Reserve Park with stunning views over the lagoon towards the sea.

The property is part of a gated condominium with infinity pool (salt water system) and a garden with lawn.

The south/east and south/west facing apartments consist of a hallway leading to the light and bright, good size living room with integrated dining area and adjacent fully fitted and equipped modern kitchen (AEG appliances and Silstone worktop) all in open plan. One/two/three double bedrooms with built-in wardrobes and two bathrooms (1 ensuite). Large sun terraces and/or patios.

These apartments have the highest energy efficiency: Class A+, which is an extraordinary achievement considering the large glass windows.

Unique location, excellent thermal and acoustic insulation, large terraces with

good sun exposure, solar energy for hot water, false ceilings with built-in LED lamps and ambient lighting, fully equipped high-end contemporary kitchens, electric shutters (with central control), surround sound, underfloor heating and electric towel rails in bathrooms as well as suspended sanitary ware of Villeroy & Boch and air conditioning in all rooms.

The driveway leading to the automatic entrance gate into the garage has a gradual inclination suitable for cars with low suspension. Furthermore, electric/hybrid cars can re-charge in the garage.

A datasheet with technical information of construction materials and equipment as well as payment conditions are available on request. The monthly



condominium fee will be approximately Euro 50 per month due to the high energy efficiency of the building and communal areas. Completion Q1 2021.

For further information about these magnificent apartments (Ref: LHA-1483), priced from 280.000 to 730.000, please contact Land and Houses Algarve. Tel: (+351) 281 320 280, email: info@landandhousesalgarve.com or visit: www.landandhousesalgarve.com



DECKINGDAVE
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

Alvará Nº 91519

Wood works...
For a Garden Studio



A garden studio can serve many uses - office, art room, workshop, spa, gym, or simply somewhere to quietly relax. Wood creates a naturally calm ambience, being an excellent insulator, and quality constructions have insulated cavity walls for optimum thermal & acoustic insulation and a comfortable environment. Interior walls may either remain in natural wood or be rendered and painted for a contemporary finish. Larger constructions may incorporate a kitchen and WC/bathroom to serve as independent guest accommodation.

Pictured here are three Decking Dave constructions: (Left) a chalet-style office; (Centre) a tennis courtside changing room & gym; (Right) a studio-office.

For these and many more ideas – ask Decking Dave!



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
Office: Marina de Lagos, Nucleo Gil Eanes, Loja 18/19, Lagos





REF: AA-710SDN - LAGOS
2 BED GROUND FLOOR APARTMENT IN POPULAR PORTO DE MÓS WITHIN WALKING DISTANCE OF THE GORGEOUS BEACH. UNDERGROUND PARKING & STORAGE PLUS A COMMUNAL POOL AND GARDENS ARE ALSO INCLUDED.
ASKING PRICE: €247.000



REF: AV-486SLM - SÃO TEOTÓNIO
BEAUTIFUL 2 BED COUNTRY HOUSE LOCATED IN THE HILLS OF SÃO TEOTÓNIO, ON A LARGE PLOT OF LAND OFFERING COMPLETE PRIVACY, A SALTWATER POOL AND NATURAL POND WITH ENDLESS VIEWS OVER THE VALLEY AND THE RISING HILLS.
ASKING PRICE €450.000



REF: AT-707SDN - MEXILHOEIRA GRANDE
A GREAT OPPORTUNITY TO PURCHASE A NEW, NEARLY COMPLETED MODERN BUILD OF A 3 BEDROOM SEMI-DETACHED VILLA WITH VIEWS OF THE RIA DE ALVOR YET JUST A SHORT DRIVE TO PORTIMÃO AND LAGOS. TWO MODELS TO CHOOSE FROM!
ASKING PRICE €349,000



Sociedade de Mediação Imobiliária Lda. AMI 6232

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

Tavira: 281 320 281
Vilamoura: 289 301 294



Tavira
Semi-detached 3 bedroom / 2 bathroom villa with garden (plot of 420 m²) & large basement. Semi-rural location although close to town. Sea view from roof terrace. EC: D
Ref: LHV-1451 Price: €298,500



Cabanas de Tavira
Newly built 3 bedroom / 4 bathroom townhouse (147 m²) with sunny terrace close to golf course & waterfront. Modern & welcoming. High standard. A/C. EC: B
Ref: LHT-1047 Price: €265,000



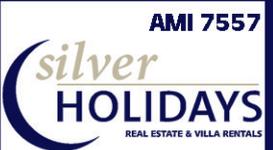
Tavira
Recent completely refurbished 2 bedroom / 2 bathroom apartment (93 m²) with sunny, 18 m² courtyard right in the heart of Tavira. A/C. Superb location! EC: D
Ref: LHA-1490 Price: €209,000



Cabanas de Tavira
Sole Agency – fully furnished 1+1 bedroom / 2 bathroom apartment (87 m2) with terrace & sea view in Golden Club resort. All amenities provided. A/C. EC: IP
Ref: LHA-1488 Price: €195,000



Fonte Santa
Tastefully decorated 2 bedroom / 3 bathroom townhouse (92 m2) with basement & communal pool. Close to golf courses and beach. A/C. Sold fully furnished. EC: IP
Ref: LHT-1057 Price: €159,000



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



Apartment Cassias
Vilamoura €375,000
Spacious 2 bedroom / 2 bathroom ground floor apartment within walking distance of the Marina and the Beach of Vilamoura.



Apartment Atlantis
Vilamoura €265,000
Very nice 2 bedroom 1 bathroom apartment within walking distance to the Marina and the beach of Vilamoura.



Villa Maritenda
Boliqueime €750,000
A well built 4 bedroom 3 bathroom spacious villa within a few minutes drive from Vilamoura with great views.



Villa Protage
Vilamoura €495,000
A single story 3 bedroom / 2 bathroom villa with a large salt water pool and a great garden and outside area.



Villa Millenium
Vilamoura €1,575,000
Spacious 4 bedroom villa overlooking the Millennium Golf, well built and completely south facing.



268.000€

3 Bedroom Apartment with fantastic Views in the center of Loulé
This apartment is located on the top floor and situated in a quiet area in the center of Loulé, close to all amenities.
The apartment is spacious and modern.

CONTACT US
(+351) 289 462 438
www.cchomes.pt

Ref:A14-183




Build area: 126 m2






CCHomes
ALGARVE REAL ESTATE

Coast & Country Homes, Lda



AMI 15430

00351 282 357 133
00351 927 200 182

REF SPA38 - APARTMENT



1 bed 150m from the beach

130,000€

REF SPV81 - VILLA



4 bed in Carvoeiro

440,000€

REF SPA25 - APARTMENT



2 bed in Golfemar

290,000€

REF SPV87 - VILLA



Luxury 4 bed in Carvoeiro

895,000€

COMMISSIONS FROM 2.5%+IVA

WWW.SAMPSONPROPERTY.COM | info@sampsonproperty.com

DIVINE HOME

IMOBILIÁRIA • REAL ESTATE



2 Bedroom Apartment in Albufeira €230,000

FOR SALE!



Property Ref: SAP845
2 Bed apartment on top floor with private roof terrace of 45 m², sea views, elevator, near to beach, sold furnished... Call us **NOW** to arrange a viewing!

f t i y ALBUFEIRA • MONCARAPACHO • SÃO BRÁS

Tel: (+351) 289 501 664 | www.divine-home.eu | AMI: 11606

AbacoZ

algarve



OUR PROPERTY OF THE WEEK:
MEIA PRAIA, LAGOS
REF: AA-655SM
EXCLUSIVE SALE
3 BED APARTMENT WITH LOVELY SEA VIEWS WITHIN WALKING DISTANCE OF THE BEACH AND JUST A QUICK DRIVE TO PALMARES GOLF, THE HISTORIC CENTRE OF LAGOS, THE MARINA AND ALL AMENITIES. A GREAT INVESTMENT!

ASKING PRICE: €349.000



CONTACT OUR MULTI-LINGUAL SPECIALISTS AT ABACOSZ ALGARVE TO **SELL YOUR PROPERTY**
OFFICE: MARINA DE LAGOS, NÚCLEO GIL EANES, LOJA 18/19, LAGOS
EMAIL: info@abaco-properties.com TEL: +351 282 044 886



SCAN THE QR CODE TO GO TO OUR WEBSITE

BATISTA property

THINKING OF BUYING OR SELLING A PROPERTY?
TALK TO US!

Rua José Ventura Neto Cabrita Lote 1 Loja B 8600 - 774 Lagos, Algarve, Portugal
www.batistaproperty.com | Email: info@batistaproperty.com | Tel: 00351 282 043 679

MARCELA propriedades
Sociedade de Mediação Imobiliária
Estate Agent | Immobilien
AMI 1538

MODERN 3 BED VILLA WITH SEA VIEWS, LAGOS | REF: C3472

SPEAK TO US FOR PROFESSIONAL ADVICE
info@marcelaproperties.com 00351 282 788 977

QUALITY BEDS & LINEN
LOTS IN STOCK AVAILABLE NOW WITH

- FREE NEXT DAY DELIVERY.
- FREE WE TAKE AWAY YOUR OLD BED
- FREE PAIR OF SATIN STRIPE PILLOWS OR DUVET FOR YOUR NEW BED. (SPECIAL OFFER FROM NOW UNTIL THE END OF THE YEAR)

MASSIVE RANGE OF BEDS, BEDLINEN, TOWELS AND HOME FURNISHINGS IN OUR STORES AT QUATRO ESTRADAS, ALCANTARILHA AND CARVOEIRO.

Romantica
BEDS TO FALL IN LOVE WITH
www.hometextilesalgarve.com
email: hometextiles@sapo.pt

CASA TÊXTEIS
HOME TEXTILES

"Bigger stores, Better quality, choice and value"

Carvoeiro Rua do Barranco • Tel: 282 354 222 • Mon to Fri 10am - 6pm
Alcantarilha (next to Espaço Casa) • Tel. 282 315 994 • Mon to Sat 10am - 6:30pm
Pereiras de Cima nr. Quatro Estradas • Tel. 289 396 385 • Mon to Fri 10am - 6pm, Sat 10am - 5pm

Kit&Caboodle

HIGH QUALITY PRE-LOVED FURNITURE

www.kitandcaboodle.pt | Tel: 289394257 | sales@kitandcaboodle.pt

AUTUMN DEALS



3 BED TOWNHOUSE PRIVATE POOL
VILA NOVA DE CACELA - REF: 2507 €265.000

- SECOND LIVING ROOM IN BASEMENT
- AIR CONDITIONING
- THREE DOUBLE BEDROOMS
- MODERN EQUIPPED KITCHEN
- QUIET CUL DE SAC
- CLOSE TO THE CENTRE OF TOWN
- 1300M FROM MANTA ROTA BEACH
- CLOSE TO ALL LOCAL TRANSPORT ROUTES



2+1 BED SEMI DETACHED VILLA
MANTA ROTA - REF: 2532 €239.000

- ON COMPLEX OF 8 HOUSES SHARED POOL
- SOLD FULLY FURNISHED
- LIGHT AND BRIGHT
- LIVING / DINING OPEN PLAN
- SPACE TO PARK
- AIR CONDITIONING
- TWO BEDROOMS FIRST FLOOR
- LOFT WITH VELUX WINDOWS (THIRD BED)



AMI: 7673

Office phone: 00351 281 952 820
 Mobile: 00351 911 041 862
 www.algarvemantaproperties.com
 Rentals: www.algarvemanta.pt
 Email: sarah@algarvemanta.pt



AMI 10185

STAR PROPERTY - Vilamoura

1bedroom, ground floor apartment with terrace direct to the swimming pool in Prestige (next to the Old Village). Wonderful location. Good as a holiday home or investment.

Ref: FS108

Price: 165,000€



This is a 1 bedroom ground floor apartment with a lovely terrace – direct access to the resort's swimming pool in Vilamoura. It has a well equipped kitchen, secured underground parking and storage room. A good size bedroom, 1 bathroom, airy lounge and dining area. Prestige is within walking distance to the Old Village and Vilamoura Marina. It has numerous restaurants, bars and supermarket. Fantastic location. Total area 74.6 m2

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

Boavista Golf & Spa, part of the Jones Homes Emerson Group, introduce you to Bayview Village.

Bayview Village offers a unique combination of villas and exclusive leisure & wellness centre. Properties benefit from magnificent views overlooking the resorts championship golf course, the bay of Lagos and the Monchique mountains. Combining luxury and functionality, Bayview Village is considered the most refined living concept the trusted resort has

fashioned yet. The spacious 3 bedroom linked villas comprise a modern open plan living, kitchen and dining space perfect for entertaining, which seamlessly opens to a private garden and patio area overlooking the 4th hole. Additionally, each villa is equipped with an integral garage and 1st floor south facing terrace with further golf course and ocean views.

Exclusive to Bayview Village property owners and their guests will have dedicated use of the leisure & wellness centre. This prestigious new community is designed to cater to the exacting needs of a growing clientele. With many residents wishing to spend their winter in the Algarve, the new build properties are designed to offer a year-round lifestyle. Bayview village is dedicated

to curating a lifestyle that property owners and their guests can enjoy. Boavista Golf & Spa believe that the combination of luxury property and exclusive state of the art facilities, in a tranquil surrounding, creates the perfect environment for family, friends and the future. Visit the Boavista Golf & Spa property sales onsite or contact the team via - boavistasales@boavista.com



Property Highlight

Insure your property in Portugal through *The Portugal News* **PROPERTY INSURANCE**



As a homeowner in Portugal, make sure you get the right insurance cover, designed specifically for your needs.

GENEROUS DISCOUNTS ON PROPERTY INSURANCE

- Dedicated in-house UK Claims handlers and overseas Loss Adjustors
- Cover whether your property is occupied or not
- Specialist providers of holiday home insurance and static caravans in Portugal

This Intasure policy, underwritten by LLOYDS OF LONDON, has been designed to meet the needs of homeowners in Portugal.

- Underwritten by one of the world's leading insurers – Lloyds of London
- Cover for your property whether occupied or unoccupied
- Cover for short and long term lets
- Up to £5 million public liability as standard
- UK based call centre and all documentation in English
- Dedicated in-house claim handlers and overseas loss adjusters
- Swimming pool cover
- Temporary accommodation following an insured loss
- Loss of rent included following an insured loss
- Optional Accidental Damage cover
- No hidden fees

- ✓ UK centres and English documentation
- ✓ Dedicated in-house claim handlers and overseas loss adjusters
- ✓ Up to £5 million public liability as standard
- ✓ Instant cover over the phone

Call our friendly team today to receive a free no obligation quote



Intasure is a trading name of Arthur J. Gallagher Insurance Brokers Limited which is authorised and regulated by the Financial Conduct Authority. (Financial Services Register Number 311786) Registered Office: Spectrum Building, 7th Floor, 55 Blythswood Street, Glasgow, G2 7AT. Registered in Scotland. Company Number: SC108909. www.ajginternational.com



Bethlehem Village 2019

Friday 6th 7-9.30pm Saturday 7th 7-9.30pm
Sunday 8th 4-6.30pm followed by
A joint Carol Service at 8pm

Enter into the Christmas story through a live dramatisation of the greatest event in history. Meet king Herod, The Wise Men, hear the Angels sing, sit and listen to the Shepherds tell their story of that amazing night. With live animals, a Christmas market, and Salvation Army Band, an event that will touch all your senses and is not to be missed.

Location: International Evangelical Church of the Algarve, Vargem da Mão, 8100-300 Vale Judeu. Or for directions go to www.iec-algarve.com

SATURDAY 30

BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 Flour Power.
12.00 Football Focus.
13.00 BBC News; Weather.
13.15 Live Snooker: UK Championship.
16.30 Final Score.
17.15 BBC News.
17.35 Pointless Celebrities.
18.25 The Hit List.
19.10 Strictly Come Dancing.
20.10 Michael McIntyre's Big Show.
21.00 Casually.
22.00 BBC News; Weather.
22.15 National Lottery Update.
22.20 Match of the Day.
23.40 The NFL Show.
00.10 **FILM:** The Uninvited (2009).
01.30 Weather for the Week Ahead.
01.35 BBC News.

BBC Two

06.30 Top Class.
07.00 Mustangs FC.
07.25 Blue Peter.
07.55 The Amelia Gething Complex.
08.30 Deadly 60 on a Mission.
09.00 Penguin Post Office: Natural World.
10.00 Robot Wars.
11.00 Celebrity Antiques Road Trip.
12.00 MasterChef: The Professionals.
13.00 MasterChef: The Professionals.
14.00 Best Bakes Ever.
14.30 Best House in Town.
15.00 The World's Most Extraordinary Homes.
16.00 Radio 1 Teen Awards Highlights 2019.
17.00 Football: Euro 2020 Draw.
18.30 Dad's Army.
19.00 Wales: Land of the Wild.
20.00 Great Australian Railway Journeys.
21.00 Q! XL.
21.45 Seamus Heaney and the Music of What Happens.
23.15 Snooker: UK Championship.
00.05 Snooker: UK Championship Extra.

ITV London

06.00 CITV.
07.30 Scrambled!
07.35 Mr Magoo.
07.50 Mr Bean: The Animated Series.
08.10 The Rubbish World of Dave Spud.
08.30 LEGO Jurassic World: The Legend of Isla Nublar.
09.05 Mighty Magiswords!
09.25 ITV News.
09.30 James Martin's Saturday Morning.
11.40 Gino's Italian Express.
12.10 Nadia's Family Feasts.
13.10 ITV News and Weather.
13.25 ITV Racing: Live from Newbury.
16.00 Paul O'Grady: For the Love of Dogs.
16.30 The Chase Celebrity Special.
17.30 ITV News and Weather.
18.00 Take Me Out.
19.10 The X Factor: Celebrity Final.
21.10 I'm a Celebrity Get Me Out of Here!
22.10 The Jonathan Ross Show.
23.15 ITV News and Weather.
23.40 You've Been Framed!
00.10 Ideal World.

Channel 4

06.10 The King of Queens.
06.35 Everybody Loves Raymond.
07.50 Frasier.
09.20 The Big Bang Theory.
10.40 The Simpsons.
11.40 Four in a Bed.
14.15 Live International Rugby Union.
17.00 Formula 1 Abu Dhabi Grand Prix Qualifying Highlights.
Channel 4 News.
18.30 The First Brit: Secrets of the 10,000 Year Old Man.
19.00 The Royal House of Windsor.
21.00 **FILM:** Mission: Impossible - Rogue Nation (2015).
23.35 **FILM:** Keeping Up With the Joneses (2016).
01.35 The Last Leg.

BBC Four

19.00 Nature's Weirdest Events.
19.10 Natural World: Tiger Dynasty.
20.10 The Lake District: A Wild Year.
21.10 The Sinner.
22.35 Jeff Lynne's ELO: Radio 2 in Concert.
23.30 Jeff Lynne's ELO - Wembley or Bust.
00.45 Top of the Pops: 1988.

SUNDAY 01

BBC One

06.00 Breakfast.
07.35 Match of the Day.
09.00 The Andrew Marr Show.
10.00 Sunday Politics.
10.30 Fern Britton Meets Gregory Porter.
11.30 Wanted Down Under.
12.15 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Songs of Praise.
13.50 FA Cup Final Score.
16.05 Seven Worlds, One Planet.
16.55 BBC News.
17.20 Countryfile.
18.20 Seven Worlds, One Planet.
19.20 Strictly Come Dancing: The Results.
20.00 His Dark Materials.
21.00 The War of the Worlds.
22.00 BBC News.
22.30 Match of the Day 2.
23.45 The Women's Football Show.
00.15 Weather for the Week Ahead.
00.20 BBC News.

BBC Two

06.45 The Instant Gardener.
07.30 Around the World in 80 Gardens.
08.30 Countryfile.
09.30 Saturday Kitchen Best Bites.
11.00 MasterChef: The Professionals.
12.00 Rick Stein's Secret France.
13.00 Live Snooker: UK Championship.
18.00 MOTD: FA Cup Highlights.
19.00 Top Gear.
20.00 Dragons' Den.
21.00 Reggie in China.
22.00 The "Christmas" Misadventures of Romesh Ranganathan.
23.00 **FILM:** The Program (2015).
00.35 Snooker: UK Championship.
01.25 Snooker: UK Championship Extra.

ITV London

06.00 CITV.
09.25 ITV News.
09.30 Beautiful Baking with Juliet Sear.
10.30 John and Lisa's Weekend Kitchen.
11.30 Nadia's Family Feasts.
12.35 ITV News and Weather.
12.45 How to Spend It Well at Christmas with Phillip Schofield.
13.45 The X Factor: Celebrity Final.
15.45 Back to Mine.
16.10 ITV News and Weather.
16.40 **FILM:** Harry Potter and the Deathly Hallows: Part 2 (2011).
19.00 The ITV Election Debate.
21.00 I'm a Celebrity Get Me Out of Here!
22.05 ITV News and Weather.
22.25 Holiday Horrors: Caught on Camera.
23.25 Police, Camera, Auction.
00.15 Ideal World.
03.00 Motorsport UK.
03.50 ITV Nightscreen.
05.05 Judge Rinder.

Channel 4

06.20 Cheers.
06.50 The King of Queens.
07.40 Everybody Loves Raymond.
08.30 Frasier.
09.30 Sunday Brunch.
12.30 The Simpsons.
14.30 The Secret Life of the Zoo.
15.15 **FILM:** Crocodile Dundee II (1988).
17.30 Channel 4 News.
18.00 Party Election Broadcast.
18.05 Formula 1 Abu Dhabi Grand Prix Highlights.
20.00 Escapeto the Chateau.
21.00 Our Guy in Japan.
22.00 Gogglebox.
22.55 **FILM:** Bad Neighbours 2 (2016).
00.45 **FILM:** Snake Eyes (1998).
02.25 Come Dine with Me.
03.20 Grand Designs Australia.
04.15 Sun, Sea and Brides to Be.
05.10 Extreme Cake Makers.
05.35 Kirstie's Handmade Treasures.

BBC Four

19.00 The Women's Football Show.
19.30 The River Taff with Will Millard.
20.00 Fair Isle: Living on the Edge.
21.00 Gauguin - A Dangerous Life.
22.00 Charles I: Downfall of a King.
01.00 Naples '44.
02.20 Gauguin - A Dangerous Life.

MONDAY 02

BBC One

06.00 Breakfast.
09.15 Murder, Mystery and My Family.
10.00 Homes Under the Hammer.
11.00 Fake Britain.
11.45 A1: Britain's Longest Road.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 The Mallorca Files.
15.00 Escape to the Country.
15.45 Garden Rescue.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.55 Party Election Broadcast.
19.00 The Andrew Neil Interviews.
19.30 EastEnders.
20.00 The Prince and the Epstein Scandal - Panorama.
21.00 Reported Missing.
22.00 BBC News at Ten.
22.45 The Young Offenders.
23.15 Have I Got a Bit More News for You.
00.00 The Graham Norton Show.
00.50 Weather for the Week Ahead.
00.55 BBC News.

BBC Two

06.30 Murder, Mystery and My Family.
07.15 The Repair Shop.
08.00 Great Australian Railway Journeys.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Politics Live.
13.00 Live Snooker: UK Championship.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Celebrity Antiques Road Trip.
20.00 MasterChef: The Professionals.
21.00 Rick Stein's Secret France.
22.00 Live at the Apollo.
22.30 Newsnight.
23.15 NFL This Week.
00.05 Snooker: UK Championship.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 The Switch.
16.00 Tipping Point.
17.00 Cash Trapped.
18.00 ITV News London; Weather.
18.25 Party Election Broadcast.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 The Martin Lewis Money Show.
20.30 Coronation Street.
21.00 I'm a Celebrity Get Me Out of Here!
22.30 ITV News; Weather.
23.15 A Very Yorkshire Brothel.
00.15 All Elite Wrestling: Dynamite.

Channel 4

06.30 The King of Queens.
07.45 Everybody Loves Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 A Place in the Sun.
17.00 Kirstie's Handmade Christmas.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Party Election Broadcast.
20.00 Food Unwrapped.
20.30 Save Well, Spend Better.
21.00 24 Hours in A&E.
22.00 Growing Up Poor: Britain's Breadline Kids.
23.00 First Dates.
01.00 Flirty Dancing.
01.55 Harry Hill's Clubnite.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Yorkshire Walks.
20.00 Vienna: Empire, Dynasty and Dream.
21.00 Pleasure and Pain with Michael Mosley.
22.00 Facing Franco's Crimes: The Silence of Others - Storyville.
23.30 Stonehenge: Timewatch Guide.
00.30 The Art of Japanese Life.
01.30 Vienna: Empire, Dynasty and Dream.

TUESDAY 03

BBC One

06.00 Breakfast.
09.15 Murder, Mystery and My Family.
10.00 Homes Under the Hammer.
11.00 Fake Britain.
11.45 A1: Britain's Longest Road.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 The Mallorca Files.
15.00 Escape to the Country.
15.45 Garden Rescue.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.55 Party Election Broadcast.
19.00 The Andrew Neil Interviews.
19.30 EastEnders.
20.00 Holby City.
21.00 Gold Digger.
22.00 BBC News at Ten.
22.40 National Lottery Update.
22.45 Plastic Surgery Undressed.
23.40 Michael McIntyre's Big Show.
00.40 Weather for the Week Ahead.
00.45 BBC News.

BBC Two

06.30 Murder, Mystery and My Family.
07.15 The Repair Shop.
08.00 Great Australian Railway Journeys.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Politics Live.
13.00 Live Snooker: UK Championship.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Celebrity Antiques Road Trip.
20.00 MasterChef: The Professionals.
21.00 Rick Stein's Secret France.
22.00 Live at the Apollo.
22.30 Newsnight.
23.15 NFL This Week.
00.05 Snooker: UK Championship.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 The Switch.
16.00 Tipping Point.
17.00 Cash Trapped.
18.00 ITV News London; Weather.
18.25 Party Election Broadcast.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Paul O'Grady: For the Love of Dogs.
20.30 Coronation Street.
21.00 I'm a Celebrity Get Me Out of Here!
22.30 ITV News; Weather.
23.15 Peston.
00.15 Monster Carp.

Channel 4

06.30 The King of Queens.
07.45 Everybody Loves Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 A Place in the Sun.
17.00 Kirstie's Handmade Christmas.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Party Election Broadcast.
20.00 How to Save #1000 Online.
21.00 The Family Secret.
22.00 First Dates.
23.05 Gogglebox.
00.10 Our Guy in Japan.
01.05 Ramsay's Kitchen Nightmares USA.
01.55 Growing Up Poor: Britain's Breadline Kids.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Yorkshire Walks.
20.00 Secret Life of Farm Animals.
21.00 Takaya: Lone Wolf.
22.00 Koko: The Gorilla Who Talks to People.
23.00 The Turner Prize.
23.25 Looking for Rembrandt.
00.25 Masters of the Pacific Coast: The Tribes of the American Northwest.

WEDNESDAY 04

BBC One

06.00 Breakfast.
09.15 Murder, Mystery and My Family.
10.00 Homes Under the Hammer.
11.00 Fake Britain.
11.45 A1: Britain's Longest Road.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 The Mallorca Files.
15.00 Escape to the Country.
15.45 Garden Rescue.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.55 Party Election Broadcast.
19.00 The One Show.
19.30 The Andrew Neil Interviews.
20.00 The Sheriff's Are Coming.
21.00 The Apprentice.
22.00 BBC News at Ten.
22.40 National Lottery Update.
22.45 Match of the Day.
00.15 Weather for the Week Ahead.
00.20 BBC News.

BBC Two

06.30 Murder, Mystery and My Family.
07.15 The Repair Shop.
08.00 See Hear.
08.30 The Big Cook Out.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Politics Live.
13.00 Live Snooker: UK Championship.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Celebrity Antiques Road Trip.
20.00 MasterChef: The Professionals.
21.00 The Baby Has Landed.
22.00 The Apprentice: You're Fired.
22.30 Newsnight.
23.15 Snooker: UK Championship.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 The Switch.
16.00 Tipping Point.
17.00 Cash Trapped.
18.00 ITV News London; Weather.
18.25 Party Election Broadcast.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Paul O'Grady: For the Love of Dogs.
20.30 Coronation Street.
21.00 I'm a Celebrity Get Me Out of Here!
22.30 ITV News; Weather.
23.15 Peston.
00.15 Monster Carp.

Channel 4

06.30 The King of Queens.
07.45 Everybody Loves Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 A Place in the Sun.
17.00 Kirstie's Handmade Christmas.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Party Election Broadcast.
20.00 The Secret Life of the Zoo.
21.00 My Grandparents' War: Mark Rylance.
22.00 Trains from Hell: Caught on Camera.
23.05 The World's Most Expensive Presents.
00.05 What Makes a Murderer.
01.00 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Yorkshire Walks.
20.00 Sacred Wonders of Britain.
21.00 Digging for Britain.
22.00 Vic & Bob's Big Night Out.
22.30 Mortimer & Whitehouse: Gone Fishing.
23.30 Thailand: Tropical Paradise.
00.30 Masters of the Pacific Coast: The Tribes of the American Northwest.

THURSDAY 05

BBC One

06.00 Breakfast.
09.15 Murder, Mystery and My Family.
10.00 Homes Under the Hammer.
11.00 Fake Britain.
11.45 A1: Britain's Longest Road.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 The Mallorca Files.
15.00 Escape to the Country.
15.45 Garden Rescue.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.55 Party Election Broadcast.
19.00 The One Show.
19.30 EastEnders.
20.00 Inside the Supermarket.
21.00 Who Do You Think You Are?
22.00 BBC News at Ten.
22.45 Question Time.
23.45 Brexitcast; Weather.
00.20 BBC News.

BBC Two

06.30 Murder, Mystery and My Family.
07.15 The Repair Shop.
08.00 Your Home Made Perfect.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.00 Politics Live.
13.00 Live Snooker: UK Championship.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Live Snooker: UK Championship.
20.00 MasterChef: The Professionals.
21.00 Gini/Haji.
22.00 QI.
22.30 Newsnight.
23.15 Snooker: UK Championship.
02.05 BBC Election Debate.
03.35 Rick Stein's Secret France.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 The Switch.
16.00 Tipping Point.
17.00 Cash Trapped.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 The Leader Interviews: Jeremy Corbyn - Tonight.
20.00 Emmerdale.
20.30 Gino's Italian Express.
21.00 I'm a Celebrity Get Me Out of Here!
22.30 ITV News; Weather.
23.15 Piers Morgan's Life Stories.
00.15 Ideal World.

Channel 4

06.30 The King of Queens.
07.45 Everybody Loves Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 A Place in the Sun.
17.00 Kirstie's Handmade Christmas.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Party Election Broadcast.
20.00 Buy It Now for Christmas.
21.00 What Makes a Murderer.
22.00 999: What's Your Emergency?
23.00 Rick and Morty.
23.30 24 Hours in A&E.
00.30 My Grandparents' War: Mark Rylance.
01.30 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Yorkshire Walks.
20.00 Wonders of the Solar System.
21.00 Wild Weather with Richard Hammond.
22.00 Horizon: The Wildest Weather in the Universe.
23.00 Wild West: America's Great Frontier.
00.00 **FILM:** Letters from Baghdad (2016).
01.30 Handmade in the Pacific: Yidaki.

FRIDAY 06

BBC One

06.00 Breakfast.
09.15 Murder, Mystery and My Family.
10.00 Homes Under the Hammer.
11.00 Fake Britain.
11.45 A1: Britain's Longest Road.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 The Mallorca Files.
15.00 Escape to the Country.
15.45 Garden Rescue.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.55 Party Election Broadcast.
19.00 The One Show.
19.30 A Question of Sport.
20.00 EastEnders.
20.30 The BBC Prime Ministerial Debate.
21.30 Have I Got News for You.
22.00 BBC News at Ten.
22.35 National Lottery Update.
22.40 The Graham Norton Show.
23.30 Fleabag.
23.55 The Apprentice.
00.55 Weather for the Week Ahead.
01.00 BBC News.

BBC Two

06.30 Murder, Mystery and My Family.
07.15 The Repair Shop.
08.00 Love in the Countryside.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
12.00 Politics Live.
13.00 Live Snooker: UK Championship.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Live Snooker: UK Championship.
20.00 MasterChef: The Professionals.
21.00 Gini/Haji.
22.00 QI.
22.30 Newsnight.
23.15 Snooker: UK Championship.
02.05 BBC Election Debate.
03.35 Rick Stein's Secret France.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 Judge Rinder.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News.
14.00 Dickinson's Real Deal.
15.00 The Switch.
16.00 Tipping Point.
17.00 Cash Trapped.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 The Leader Interviews: Boris Johnson - Tonight.
20.00 Emmerdale.
20.30 Gino's Italian Express.
21.00 I'm a Celebrity Get Me Out of Here!
22.30 ITV News; Weather.
23.15 Piers Morgan's Life Stories.
00.15 Ideal World.

Channel 4

06.30 The King of Queens.
07.45 Everybody Loves Raymond.
08.40 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.05 Couples Come Dine with Me.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 A Place in the Sun.
17.00 Kirstie's Handmade Christmas.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Party Election Broadcast.
20.00 Buy It Now for Christmas.
21.00 What Makes a Murderer.
22.00 999: What's Your Emergency?
23.00 Rick and Morty.
23.30 24 Hours in A&E.
00.30 My Grandparents' War: Mark Rylance.
01.30 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 World News Today.
19.30 Top of the Pops: 1988.
20.00 Sound of Song.
21.00 Top of the Pops: 1988.
21.30 Country Music by Ken Burns.
23.15 Country Kings at the BBC.
00.15 Sings Stevie Wonder.
01.15 Top of the Pops: 1988.

Need storage? Direct

direct
TRANSPORT & REMOVALS

22 years!

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

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

282 354 310

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



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

DAMP

**Drymat® Systems
Portugal** modern house drain

- The Drymat Unit (made in Germany) will eliminate all rising damp (via electro-osmose, magnetic pulses)
- No digging, no drilling, no injecting
- 20 years guarantee
- Money back guarantee
- References available in Algarve, Lisbon & Coimbra areas.

Contact us for a free inspection visit:
Tlm: 962 435 572
e: contact@drymatportugal.com • Web: www.drymatportugal.com



BUREAUCRATIC SERVICES



**ALGARVE
ASSISTANTS**

Rua Mar e Guerra Nº 75 A Braciais
8005-424 Braciais - Faro
Faro office 00351 289 816 390
Mobile 00351 967 486 011
info@algarveassistants.com
www.algarveassistants.com

*Are you
moving to Portugal?
We can help you!*

- Non Habitual Residency Tax Status
- Rental licenses
- Vehicle Matriculation
- Fiscal representation
- Exchange or Register Driving Licences
- Accountancy and Tax advise

DRAINS

**Blocked Drains?
Call: ANDY**

Tel/Fax 282 471 335
Mobile 918 647 305

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



**DRAIN
KING**



CARAVANS



We buy and sell used Caravans & Mobile Homes.

SALE NOW ON
964 415 069
caravanasportugal@sapo.pt
www.caravanasportugal.com

HEATING & COOLING

FIRES OF PORTUGAL

Selected ranges of LOG, PELLET and GAS burners professionally installed by our experienced team. Advice and quotation given on site. Services and Repairs

Chimney Sweeping across the Algarve €50+ IVA

www.firesofportugal.com
sales@firesofportugal.com
TEL: 289 489 958 MOBILE: 966 468 190



CARPENTRY

BENSONS WOODLIVING
INTERIOR & EXTERIOR CARPENTRY



KITCHENS • WARDROBES • PORCHES • CARPORTS • SHEDS
DECKING • CLADDING • GARAGES GAZEBOS

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

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

INTERIORS & FURNISHINGS

FURNITURE WORLD

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



Turn your house into a home
www.furnitureworld.pt

Tel: 282 798 263

Urb. da Marateca
Lote 5, Chinicato, Lagos

BEDROOMS EXTRA

Pre-Christmas
Sale



MLILY
The Legend of Comfort



GLOBAL PARTNER OF MANCHESTER UNITED

REDEFINING SLEEP

A better sleep means a better life.
A hybrid of pocket springs, and different grades of foam with removable covers and a **5 year guarantee.**

**A MASSIVE 20%
DISCOUNT ON ALL
MLILY MATTRESSES**



MLILY Dream +
Cool Comfort Gel,
Hybrid X springs,
Hybrid support springs,
Flex support and
Comfort foam



MLILY Aria with 2 free pillows
Cool Comfort Gel, Hybrid mini springs, Zoned support foam



**MLILY Harmony
3000**
Cool Comfort Gel,
3000 pocket springs,
Flex support and
Comfort foam



**Offer available until
Christmas & whilst stocks
last**

Lagos Tel +351 282762383, email:
bedrooms@bedroomsextra.com
Parque Industrial do Infante, on the
EN125 between Odiáxere and Lagos,
500m before the A22 roundabout
**MON TO FRI 9-5PM,
SAT 9.30 – 1PM**



Almancil Tel +351 289050919,
email : bedroomsextra@gmail.com
In front of the São Lourenço Church on the
EN125 Almancil to Faro road – customer
parking available
MON TO SAT 9.30 TO 5.30PM

BEDROOMS EXTRA

THE BED WAREHOUSE

Top Quality British Beds, Sofas and Solid Oak Furniture DIRECT From the Warehouse



- ✓ Top BRITISH Brand Name Bankrupt Stock
- ✓ Bespoke 'Design Your Own' Service
- ✓ All sizes *Specialising in SUPERKING
- ✓ Superior Solid Oak Household Furniture
- ✓ Luxury British Sofas
- ✓ Bedding, Pillows and Mattress Toppers
- ✓ Next Day Delivery
- ✓ Unbeatable Prices

SAVE UP TO 50% ON BRAND NAME BEDS AND SOFAS
Tel.: 918 780 783
www.bedwarehousepain.com



www.theportugalnews.com

The Curtain Centre Carpets and Rugs

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

OPTICIANS

Had your eyes tested this year?
 British qualified optician.

Eye exams ✓ Glasses ✓ Contact lenses ✓ Sunglasses ✓

Essilor
 SN&N OPTICO

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

PAINTING & DECORATING

TOFTS

Paul Tofts
 Decorating & Painting

tofts@hotmail.co.uk After 6pm
 Mob: 918 938 004 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

good life spas www.glspas.com
 telf: 289 358 415

LEGAL

DLS DANIELLE SHRIMPTON

Solicitor • LL.B.

Legal Qualifications for UK and Portugal
 Property Conveyancing - Wills/Probate

Rua Doutor José Reis Júnior, lote 2, loja A, 8600-324 Lagos
 E-mail: danielle.shrimpton@gmail.com Tel: 282 080 008
 Fax: 282 181 164 Web: www.dj-law.com

Many thousands of people are reading these pages (Just like you are now)

Many of those people are looking for the sort of service you offer



Shouldn't you be here?

Putting your company in front of our vast readership can cost you less than you think

Call 282 380 310 or email sales@theportugalnews.com

Advertising with The Portugal News is an investment in your business



SALAGUA
 Sociedade de Piscinas Ecologicas

Pool Service
 Pool Covers
 Pool Fencing
Pool Heating

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

WWW.theportugalnews.com

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: info@algarvehottubs.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

REMOVALS & STORAGE

STORAGE: SHORT OR LONG TERM
in our modern, dry, secure warehouse

Refurbishment? • Inbetween houses? • Decorating? • Visitors arriving?



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

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

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

LEAK DETECTION IS OUR SPECIALITY

SPECIAL OFFER



FREE 7 POINT DIGITAL POOL HEALTH CHECK + GET 2 MONTHS FOR FREE

PAY FOR 10 MONTHS UPFRONT AND GET 2 MONTHS FOR FREE

Pools4U specialists in LEAK DETECTION, MAINTENANCE & REFURBS

'Keeping your swimming pool sparkling & safe all year round!'

CALL NOW FOR A FREE QUOTE OR TO BOOK AN APPOINTMENT

TEL: 282 098 698
EMAIL: Sales@pools4u.eu



U-STORE SELF STORAGE



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

* For Home & Business

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

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

ONLINE SHOPPING
UK TO PORTUGAL
FROM JUST
€4.99

UK DEPOT BASILDON ESSEX
Mobile 0044 (0)7989417625
Tel 0044 (0)1268 723601
www.algarveexpress.com



PURE POOLS

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

Covering the Algarve
Showroom in Lagos
Est. 1992

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

PROPERTY SERVICES



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

DLS REMOVALS & STORAGE
OVER 25 YEARS' PROFESSIONAL AND RELIABLE SERVICE

- Local removals, packing and storage in Almancil
- Weekly service to and from the UK
- Worldwide export packing and shipping service
- Regular service to and from Lisbon, Porto, Braga
- Dedicate loads, Personally tailored for clients

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

algarve REMOVALS

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

Depots: Alcantarilha - Almancil - Tavira - Lagos

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




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, Odiáxere, Lagos

S.O.S. UK TV

Immaculate Reception

If you want British TV, we have the solution.

HAVE IT ALL NIGHT LONG!

BBC, ITV, CH4 + CH5

Plus all UK freeview channels via Satellite or Internet
 Serving the Algarve for all of your television needs

Chris Whitman - 916 378 722
ukstv@sosuktv.com | www.sosuktv.com

WEDDINGS



ALGARVE WEDDINGS & BLESSINGS



NATASHA LUCKMAN WEDDING PLANNER

T. 934 809 144
 E. natasha@algarveweddingsandblessings.com
 W. www.algarveweddingsandblessings.com



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**

www.nwdf.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



Skynet

TELECOMMUNICATIONS & AUDIO

"The Latest Equipment at the Best Prices"

All Satellites TV (English, French, German, Dutch, Spanish, Italian, Russian, Arabic...)
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)
Internet (Broadband, WiFi Networks)
Audio (Hi-Fi, Background Sound, Home Cinema)
CCTV, Intercoms, Domotics

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

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



SCOOP

algarve

ICE-CREAM BIKE HIRE

- Weddings
- Corporate events
- Private functions

www.scoopalgarve.com
932 442 897

WHY THEY CHOSE THE PORTUGAL NEWS



- We reach more than 40,000 English language readers every week
- More than 100,000 people visit our website each month
- We connect with over 58,000 followers on social media
- Our newsletter is delivered to more than 4,000 people each week
- We have been publishing unbiased, high quality news since 1977
- Advertisers enjoy a range of multi platform benefits, including advertorial
- The Portugal News is available at targeted free distribution points, including Faro airport, and paid outlets throughout Portugal



**THE PORTUGAL
News**
Established 1977

Apartado 13, • 8401-901 Lagoa
 Tel: 282 341 100 • www.theportugalnews.com
 Sales: sales@theportugalnews.com • Tel: 282 380 310

Cinema

NEW THIS WEEK

Charlie's Angels - Stars: Kristen Stewart, Naomi Scott, Ella Balinska. Genre: Action, Adventure, Comedy. Director: Elizabeth Banks. Rating: PG13. Plot: When a young systems engineer blows the whistle on a dangerous technology, Charlie's Angels are called into action, putting their lives on the line to protect us all.

Knives Out - Stars: Daniel Craig, Chris Evans, Ana de Armas. Genre: Comedy, Crime, Drama. Director: Rian Johnson. Rating: PG13. Plot: When renowned crime novelist Harlan Thrombey is found dead at his estate the inquisitive and debonair Detective Benoit Blanc is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his



devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death.

Cinema Listings

NOS Forum Algarve - Faro
Knives Out; Charlie's Angels; Frozen II (OV & PV); Tristeza e Alegria na Vida das Girafas; Le Mans '66; Cats (PV).

NOS Mar Shopping - Loulé
Knives Out; Charlie's Angels; Frozen II (OV & PV); Le Mans '66; The Addams Family (PV).

Gran-Plaza NOS - Tavira
Frozen II (OV & PV); Le Mans '66; Midway; A Herdade; The Addams Family (PV); Joker.

Algarcine - Portimão
Knives Out; Charlie's Angels; Frozen II (OV & PV); Le Mans '66; Motherless Brooklyn; Midway; Maleficent: Mistress of Evil (PV); Joker.

Algarcine - Lagos
Knives Out; Charlie's Angels; Frozen II (OV & PV); Le Mans '66; Midway; Maleficent: Mistress of Evil (PV); Joker.

Algarcine Ria Shopping - Olhão
Knives Out; Charlie's Angels; Frozen II (OV & PV); Le Mans '66; Motherless Brooklyn; Midway; Maleficent: Mistress of Evil (PV); Joker.

Cineplace Algarve Shopping - Guia
Knives Out; Charlie's Angels; One Piece: Stampede (OV & PV); Adults in the Room; Mientras dure la guerra; Woman at War; Frozen II (OV & PV); A Yeti Adventure (PV); Danger Close; Never Grow Old; Le Mans '66; Motherless Brooklyn; Midway; Joker; The Addams Family (OV & PV); Maleficent: Mistress of Evil (OV & PV); Abominable (PV).

Cineplace - Portimão
Knives Out; Charlie's Angels; Woman at War; Frozen II (OV & PV); Danger Close; Le Mans '66; Motherless Brooklyn; The Addams Family (PV); Joker; Maleficent: Mistress of Evil.

Estação Viana Shopping - Viana do Castelo
Knives Out; Charlie's Angels; Frozen II (PV); Le Mans '66; Playing with Fire; The Addams Family (PV); Maleficent: Mistress of Evil; Abominable (PV); Joker.

Cineplace Loures Shopping
Knives Out; Charlie's Angels; Where'd You Go, Bernadette; One Piece: Stampede (OV & PV); Frozen II (PV); Danger Close; Never Grow Old; Le Mans '66; Motherless Brooklyn; A Yeti Adventure (PV); Midway; Addams Family (PV); Maleficent: Mistress of Evil (PV); Joker.

Cineplace Leiria Shopping
Knives Out; Charlie's Angels; Where'd You Go, Bernadette; Adults in the Room; Woman at War; Frozen II (OV & PV); Danger Close; Never Grow Old; Le Mans '66; Motherless Brooklyn; Midway; Playing with Fire; The Addams Family (PV); Maleficent: Mistress of Evil (PV); Abominable (PV); Cats (PV); Joker.

Cineplace Riosul - Seixal
Knives Out; Charlie's Angels; One Piece: Stampede (OV & PV); Adults in the Room; Frozen II (PV); Danger Close; Never Grow Old; Le Mans '66; Motherless Brooklyn; Midway; The Addams Family (PV); Joker; Maleficent: Mistress of Evil (PV); Abominable (PV).

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

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

Cineplace

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

North & Centre

EXHIBITIONS

To be a Woman in a Man's World Until 30 November, Trilhos da Terra, Aveiro, www.viralagenda.com

Harder Better Faster Stronger Until 2 December, 9am - 10pm, Cultura Maia,



Harder Better Faster Stronger. Until 2 December, Maia.

Maia, Free entry, www.viralagenda.com

Zayle Until 7 December, Casual Lounge Caffé, Lisbon, www.viralagenda.com

Treasures Until 7 December, 10.30am - 7pm, Galeria Jorge Welsh Works of Art, Lisbon, www.viralagenda.com

Are You a Tourist? Until 15 December, 10am - 7pm, Padrão dos Descobrimentos, Lisbon, Entry €6, www.padraodosdescobrimentos.pt

SLADE - Interpretations - David Clapham & Ulrich Niemeyer 9 November - 14 December, 3pm - 7pm, Wednesday - Saturday, Rua Capitão Luis Gonzaga, Coimbra, info@ngpcontemporary.com

Parallel Review Until 14 December, Lisbon, www.viralagenda.com

The Nature of this Room Until 21 December, 4pm - 7pm, Lapsó Galeria, Setúbal, www.viralagenda.com

Deep Deep Down, Far Far In (and Out) Until 28 December, Leal Rios Foundations, Lisbon, www.viralagenda.com

"NEW 18X" by the fLIPADOS Team Until 31 December, 3pm - 6pm, Vantag Galeria, Porto, www.viralagenda.com

Calouste: A Life, Not An Exhibition Until 31 December, Fundação Calouste Gulbenkian, Lisbon, Free entry, www.gulbenkian.pt

Claudia Mini Until 31 December, 7pm - 10pm, Colorida Art Gallery, Lisbon, Free entry, www.viralagenda.com

Elisa Strinna Until 3 January, Fidelidade Chiado 8, Lisbon, www.viralagenda.com

Inner Space Until 5 January 2020, 10am - 6pm, Museu Nacional de Arte

Contemporânea, Lisboa, Entry €4.50, www.visitlisboa.com

Your Money and Your Life Until 5 January 2020, Galeria Avenida da Índia, Lisbon, www.viralagenda.com

Jaime Isidoro Until 5 January 2020, FACE - Museu Municipal

de Espinho, Enspinho, www.viralagenda.com

Pop Art Stars Until 5 January, 10am - 7pm, Cordoaria Nacional - Galeria do Torreão Nascente, Lisbon, Entry from €5, www.visitlisboa.com

Ncod in Lis Until 10 January 2020, Galeria Reverso, Lisbon, www.viralagenda.com

Index: Landscape Past Future Until 11 January 2020, Praça Conde de Agrolongo 123, Braga, Free entry, www.viralagenda.com

Empty Quarter #2 Until 18 January 2020, Galeria SALA 117, Porto, www.viralagenda.com

Like Steel Until 31 January 2020, 9am - 6pm, Casa Morgado Esporão, Évora, www.viralagenda.com

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

FAIRS & FESTIVALS

InShadow - Lisbon ScreenDance Festival'19 Until 30 November, Lisbon, www.voarte.com

Festival Super Bock em Stock'19 Until 30 November, Avenida da Liberdade, Lisbon, www.superbockemstock.pt

Lisbon Tattoo Rock Fest 29, 30 November & 1 December, Altice Arena, Lisbon, Tickets from €10, www.arena.altice.pt

Oporto Soundshock 30 November - 1 December, 2pm - 12am, CCOP - Circulo Católico de Operários do Porto, www.viralagenda.com

Feira de Artesanato de Matosinhos 29 November - 23 December, 10am, Jardim Basílio Teles, Matosinhos, Free entry, www.viralagenda.com

Please be aware that for legal reasons access to events at Estoril and Lisbon Casinos is reserved to those age 18+. (Entrance for Children via Foyer Panorâmico)

NOTE: Events are correct at the time of going to press and according to information given to The Portugal News. However, events may be cancelled, delayed or fail to live up to their billing. Please send your events to events@theportugalnews.com by midday on the Monday before publication.

National Geographic Exodus Aveiro Fest 2019 30 November, 9am - 9pm, Centro Cultural e de Congresso de Aveiro, Aveiro, www.viralagenda.com

LXM Festival 2019 13 December - 15 December, FIL - Lisbon Exhibition and Congress Centre, Lisbon, Tickets from €38, www.visitlisboa.com

Portuguese Handicrafts Fair Until 28 December, every Saturday, Campo Pequeno, Lisbon, Free entry, www.visitlisboa.com

MARKETS

Botanic Market - Saturdays, 9am to 1pm, at the Botanic garden University of Coimbra, www.facebook.com/mercadinhodobotanicocoimbra

CCB Market - 1st Sunday of every month, Caminho Pedonal e Praça CCB - Belém Cultural Centre, Lisbon, Free entry

LxMarket - Sundays, 10am - 7pm, Lx Factory, Lisbon, lxmarket.com.pt

Mercado D'Aqui - 1st Sunday of every month, Parque de Jogos, 1º de Maio sports field, www.mercadodaqui.pt

Benfica Handicrafts Market 1st Saturday of the month, 10am - 6pm, Estrada de Benfica, Lisbon

Flea Market. Every Tuesday and Saturday, 9am - 6pm, Campo de Santa Clara Lisbon

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

Antique Book Fair Every Saturday 10am - 5pm, Rua Anchieta, Chiado, Lisbon

Handicrafts Market Saturdays, Praça da Galiza, Vila Nova de Cerveira

Mercado de Santana The largest Open Air Market in Portugal, Sundays, 8am - 1pm. Caldas da Rainha

MUSIC

Ugly Kid Joe 1 December, 9pm, Altice Arena, Lisbon, www.blueticket.pt

Harlem Gospel Choir Special Tribute to Prince 4 December, 9pm, Casa da Música, Tickets from €30, www.ticketline.sapo.pt

Márcia 6 December, Coliseu de Lisboa, Lisbon, Tickets from €15, www.everythingisnew.pt

Bryan Adams. 6 December, 9pm, Altice Arena Lisbon,

Tickets from €40, www.blueticket.pt

The World of Hans Zimmer 8 December, 9pm, Altice Arena, Lisbon, Tickets from €32, www.ticketline.sapo.pt

Gavin James 12 December, 9pm, Aula Magna, Lisbon, Tickets from €32, www.everythingisnew.pt

The National. 12 December, 8.30pm, Campo Pequeno, Lisbon, Tickets from €24, www.everythingisnew.pt

Dream Music Fest 14 December, 9pm, Altice Forum Braga, Braga, Tickets from €30, www.ticketline.sapo.pt

Cirque Du Soleil 3-12 January, Altice Arena, Lisbon, Tickets from €45, www.everythingisnew.pt

James Arthur 19 January, Campo Pequeno, Lisbon, Tickets from €23, www.everythingisnew.pt

Madonna Madame X Tour 16, 18 & 19 January, from 8.30pm, Coliseu Lisboa, Tickets from €75, www.everythingisnew.pt

Melanie Martinez 21 January, 7.30pm, Campo Pequeno, Lisbon, Tickets from €25, www.everythingisnew.pt

Keane 25 January, 8pm, Coliseu do Porto, Porto, Tickets from €30, www.everythingisnew.pt

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

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

Fat Freddy's Drop 29 March 2020, 8pm, Campo Pequeno, Lisbon, Tickets from €22, www.everythingisnew.pt

Bon Iver 15 April, Altice Arena, Lisbon, 8.00pm, www.everythingisnew.pt

THEATRE & DANCE

Heidi Until 14 June 2020, 3pm, Teatro Armando Cortez, Lisbon, www.viralagenda.com

Shrek the Musical Until 2 February 2020, Auditório Casino Estoril, www.ticketline.sapo.pt

The Sleeping Beauty 5 & 6 December, Teatro Tivoli BBVA, Lisbon, Tickets from €20, www.visitlisboa.com

Swan Lake 7 & 8 December, Teatro Tivoli BBVA, Lisbon, Tickets from €20, www.visitlisboa.com



Tattoo Rock Fest. 29, 30 November & 1 December, Lisbon.

The Night Watchman 7 December – 10 December, Teatro Municipal São Luiz, Lisbon, Tickets from €5, www.visitlisboa.com

Maxime Cabaret Show Until 14 December, 8.30pm, Maxime Restaurante – Bar, Lisbon, Tickets €55, www.viralagenda.com

Carmina Burana by La Fura dels Baus 20 & 21 December, Campo Pequeno, Lisbon, Tickets from €17,50, www.visitlisboa.com

The Nutcracker by the Russian Classical Ballet 21 December, 9.30pm, Auditório Jorge Sampaio, Sintra, Lisbon, Tickets from €18, www.ticketline.sapo.pt

Chicago Until 29 December, 9.30pm, Teatro da Trindade INATEL, Lisbon

Forever King of Pop 20 February 2020 – 23 February 2020, Casino Estoril, Cascais, Tickets from €25, www.visitlisboa.com

Disney on Ice 2020 20 March – 22 March, 7.30pm, Altice Arena, Lisbon, www.blueticket.pt

WORKSHOPS & COURSES

Bouldering Workshop 7 December, 10am – 4pm, Penoita – Vouzela, from €5, www.viralagenda.com

Azulejo Workshop Until 7 December, 9.30am – 1pm, Museu do Oriente, Lisbon, www.viralagenda.com

Triangle Network 2019 10 December – 20 December, Hangar Espaço Cultural, Lisbon, www.viralagenda.com

Ashtanga Yoga Class, Until 17 December, 7.30pm – 8.30pm, Jardim do Torel, Lisbon, www.viralagenda.com

Sat Nam Rasayan – Until 21 December, SER YOGA, Porto, www.viralagenda.com

Life Coaching Masterclass Until 25 January 2020, 9am – 12.30pm, Estúdio Mariposa, Lisbon, Tickets from €25, www.viralagenda.com

Yoga for Anxiety and Stress Relief Until 28 January 2020, 7pm – 8pm, Jardim do Torel, Lisbon, Cost: €6, www.viralagenda.com

Health Coaching 11 January 2020 – 22 March 2020, 9.30am – 6.30pm, Restelo, Lisbon, www.viralagenda.com

SPORTS

Corrida São Silvestre de Lisboa '19 28 December, Praça dos Restauradores, Lisbon, www.saosilvestredelisboa.com

Lisbon City Runners Until 31 December, Lisbon, www.viralagenda.com

Allianz CUP 22 January 2020, 7.45pm, Estádio Municipal de Braga, Tickets from €5, www.blueticket.pt

Nazaré Big Wave Challenge Until 31 March 2020, Praia do Norte, Nazaré, Free entry, www.worldsurfleague.com

South

AUCTIONS

Auction House Algarve Live auction 7 December. All items can be viewed at the auction house and through our online catalogue: www.ahalgarve.com, 289 832 380, info@ahalgarve.com

EXHIBITIONS

Sand City Until 30 November, 10am-10pm, Lagoa, Cost: €11.90 (Adult); €9.50 (Seniors); €5.90 (Children between 6-12); Free (under 5yo's). www.sandcity.pt

VIDA – Wildlife in Botswana and South Africa Until 6 December, 8.30am – 5.30pm, EMARP, Portimão, www.visitalgarve.pt

EXPATS – Collective Photo Exhibition Until 22 December, 3pm – 7pm, Associação 289, Faro, www.visitalgarve.pt



20th anniversary of TUALLE. 30 November, Loulé.

Century of the Seas Until 28 December, 9.30am – 5pm, Ponta da Bandeira Fort, Lagos, Entry €3, www.visitalgarve.pt

Afro – Disiac' Until 28 December, 10am – 6pm, Cultural Centre, Lagos, Free entry, www.visitalgarve.com

The Art of Clay – Culture and Tradition of Roof Tile Markers Until 31 December, Costume Museum, São Brás de Alportel, www.visitalgarve.pt

Local Arts & Crafts Expo Open daily until 3 January, 10.30am – 4.30pm, Caldas de Monchique. 961 571 984 artatspa@gmx.com

Treasures of Nature by Sylvain and Tara Bongard Until 7 January 2020, Silves Castle atelierbongard@hotmail.com

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

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

FAIRS & FESTIVALS

Aljezur Sweet Potato Festival Until 1 December, 12pm-12am, EMA – Aljezur Multipurpose Space, Aljezur

Autumn Fair 30 November, 11am – 4pm, Guia football Club. 10% of all money taken donated to the soup kitchen Guia. Donnaevents180@gmail.com

St Andrew's Ball. 30 November, from 7pm, Penina Hotel & Golf Resort. Ticketd from €45, 919 635 246

MARKETS

Loulé - Every Saturday

Quarteira - Every Wednesday

Lift Market Lagos - Every Saturday

São Brás de Alportel Market – Every Saturday

Tunes - 4th Saturday of the month

Alcantarilha - 1st Friday of the month

Sagres - 1st Friday of the month

Barão de São Miguel - 1st Monday of the month

Budens - 1st Tuesday of the month

Raposeira - 1st Wednesday of the month

Vila do Bispo - 1st Thursday of the month

Almancil - 1st and 4th Sunday of the month

Ameixial - 1st Thursday of the month

Azinhai - Last Saturday of the month

Lagos Flea Market - 1st Sunday of the month

Caliços - 1st and 3rd Tuesday of the month

Olhos de Água Flea Market - 1st Sunday of the month

Moncarapacho - 1st Sunday of the month

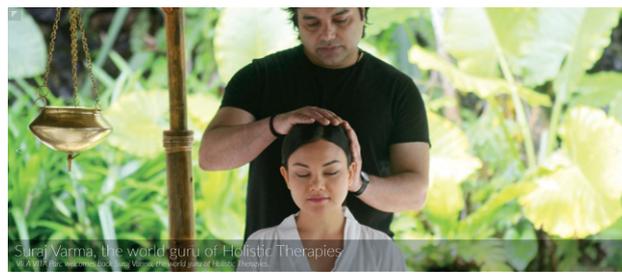
Fuseta - 1st Thursday of the month

Vila Real de Santo António Flea Market - 1st Sunday of the month

Portimão Flea Market - 1st and 3rd Sunday of the month

Car Boot Sale from 9am, 1st Sunday of each month. Old School House, Vales, Aljezur.

Farmers Market. 1st Sunday of each month, 10am – 1pm, Quinta Shopping. info@quintashopping.com



Suraj Varma holistic visiting practitioner. 18 December – 3 January, Vila Vita Spa.

MUSIC

20th anniversary of TUALLE. 30 November, 9.30pm, Louletano Conte Teatro. Tickets €12. www.cineteatro.cm-loule.pt

JJJohns X-Mas Dinner-Dance Show. 1 December, 2pm – 6pm, Restaurante Sítio do Mário, Albufeira. Show and Sunday roast €13. 914 900 031 or 282 442 621

Trio Rui Caetano. 17 January, 9pm, 18 January 5pm, Quinta do Barradas. Tickets €12. www.cmsilves.bol.pt

The Black Mamba 1 February, 9.30pm, Teatro das Figuras, Faro, www.teatrodasfiguras.pt

Tindersticks 17 February, 9.30pm, Teatro das Figuras, Faro, www.teatrodasfiguras.pt

SPORT

ALUT – Algarviana Ultra Trail 2019 Until 1 December, 4.30pm, Alcoutim River Pier, www.visitalgarve.com

THEATRE & DANCE

A life in motion. 29 & 30 November at 9.30pm and 1 December at 8.30pm, Teatro Experimental de Lagos. associacaotel@gmail.com

WORKSHOPS & COURSES

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

Transformation workshop Every Monday, 10am – 12pm, 1 Chakras, 917 899 115 vdvreugde@hotmail.com

Cork Workshops Mondays & Thursdays, 2.30pm, Algarve Costume Museum, Cost: from €25, www.viator.com

Sake Masterclass. 30 November, 4pm – 5.30pm at Mizu-Teppanyaki. www.vilavitaparc.com

Suraj Varma holistic visiting practitioner. 18 December – 3 January, Vila Vita Spa. www.vilavitaparc.com

Wine and perfume pairing. 28 December, from 7.30pm, Viife Shops at Vila Vita Parc. Free entry. www.vilavitaparc.com

Riverside painting week Beginning 6 June 2020 and 19 September 2020, Morning workshop every day, Cost €230. www.figsonthefuncho.com



Sempre Natal 2 November – 21 December, 3pm – 8pm, Global Dança Academia de Dança, Porto, www.viralagenda.com

Traditional Christmas Fair 23 November, 10am – 5pm, Quinta Shopping, Quinta do Lago

Campo Pequeno Christmas Market 29 November – 2 December, 11.30am – 9.30pm, Campo Pequeno, Lisbon, www.visitlisboa.com

Óbidos Vila Natal 29 November 2019 – 5 January 2020, Óbidos, www.viralagenda.com

Christmas Capital 29 November 2019 – 12 January 2020, Passeio Marítimo de Algés, Tickets from €20

Santa Claus Arrives 29 November, 6.45pm, Marquês de Pombal Square, VRSA

ACCA Christmas Market 30 November, 11am, Tennis & Fitness Club at Villas & Vacations, Estrada do Lobo, Almancil

Christmas Fair 30 November, 10am – 3pm, Vilamoura International School

Santa's Arrival 30 November, 3pm, Loulé

Christmas Fair 30 November – 1 December, 10am – 8pm, Ferragudo

Wonderland Lisboa 2019 30 November 2019 – 5 January 2020, Parque Eduardo VII, Lisbon

Feirinha de Natal 1 December, 11am – 4pm, Museu do Traje, São Brás de Alportel

Santa's Arrival 1 December, 11am, Praça do Mar, Quarteira

Santa's Arrival 1 December, 3.30pm, Jardim das Comunidades, Almancil

Amigos Xmas Bazaar 1 December, 11am – 4pm, Museu do Traje, São Brás de Alportel

Wonderland Christmas Fayre 1 & 2 December, 11am – 4pm, Wonderland Tea Room, Ferragudo, wonderlandtroom@gmail.com

Natalis '19 4 December – 8 December, Feira Internacional de Lisboa, Lisbon, www.visitlisboa.com

Loulé Christmas Shopping Tour 6 December, 4.30pm – 7pm, www.expatcentreportugal.com/events

Christmas Gala Dinner 6 December, 7.30pm, Conrad Algarve, Quinta do Lago

Village of Dreams 6 December – 29 December, Cerca do Convento, Alcaidaria do Castelo, Largo

D. Afonso III and Largo de S. Francisco

Natalândia Zoo de Lagos 6 December – 31 December, Parque Zoológico de Lagos

Monte Gordo Christmas Village 7 December, 11am, Monte Gordo Marginal Avenue

Christmas Show 7 December, 11am and 3pm, Loulé Municipal Sports Pavilion, Tickets available on ticketline.

8th Christmas Parade 7 December, Holiday Inn Algarve, 282 320 260

Concerto de Natal Dell'Acqua 8 December, 5pm, Igreja Matriz de Lagoa

Loulé Christmas Shopping Tour 10 December, 4.30pm – 7pm, www.expatcentrepor

Living Statues at Christmas | 6th Edition. 13 & 14 December, 3pm-6pm (Fri) & 10am-1am (Sat). 25 de Abril Street and 5 de Outubro Square, Lagoa.

Concerto de Natal 14 December, 4pm, Auditório Municipal Augusto Cabrita, Setúbal, Tickets from €3, www.ticketline.sapo.pt

Christmas Street 14 – 24 December, 11am – 6pm, Rua Vasco da Gama, Quarteira

A Andorinha e o Príncipe 15 December, 3pm, Centro Cultural Convento S. José, Lagoa

Concerto Coral de Natal 15 December, 5pm, Centro Cultural Convento S. José, Lagoa

Loulé Christmas Shopping Tour 17 December, 4.30pm – 7pm, www.expatcentreportugal.com/events

VILA VITA Christmas Food Market 20 – 22 December, 1pm – 8pm, VILA VITA Biergarten, Porches, Free entry

XMAS in the Night 21 December, 9.30pm, Altice Arena, Lisbon, Tickets from €20, www.blueticket.pt

Xmas in the Night 21 December, 9.30pm, Altice Arena, Lisbon, Tickets from €20, www.blueticket.pt

Christmas Day Swim For Charity 25 December, Holiday Inn Algarve, 282 320 260

Medieval Paderne 28 December 2019 – 1 January 2020, 12pm – 9pm, Paderne, 289 598 801

New Year's Eve in Lagos 31 December, 10.30pm, Praça do Infante, Lagos

New Years Day Charity Swim 1 January 2020, Holiday Inn Algarve, 282 320 260

Announcements

PROFESSIONAL CLEANING Private Villas, Restaurants, Shops, Condominiums and Companies:
info@nice-cleaning.com

HOT WATER without any sunshine needed: see more at www.shs-pt.com

CC ALCOHOLICS ANONYMOUS. Find the nearest meeting, ask for help or assistance call: 919 005 590. www.aaportugal.org

Antiques

RESTORATION OF Antique Clocks. Has your precious clock been standing still for a while? I am Wout, graduated and registered clock mender. Call for a quote to repair your clock. Mobile: +31 631 288 411
Email: info@uurwerkplaats112.nl
Website: uurwerkplaats112.nl

Auctions

AUCTION HOUSE ALGARVE
NEXT LIVE AUCTION
Saturday, 7 December 2019
10.00am onwards
Approx. 500 lots.
• Antiques and Collectibles
• Designer Handbags
• Furniture and Art
• Tools
• Jewellery: Antique, Vintage & Modern
• Sports Equipment
Check out our Facebook page & view items coming up at Auction. 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

Business Opportunities

TRADER IN FINANCIAL Markets, Stocks; Options; Futures seeks Investor preferably Trading background to Teach Trading in Portugal. pinder321@gmail.com

Caravans & Motorhomes

PANTARA 2 BIRTH caravan, sleeps 4. Must be moved by December 1st. €600.00 or best offer. Tel: 282103809 or 932708436

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 LOG BURNERS
WOODBURNING FIRES SPECIALISTS
sales@firesofportugal.com
www.firesofportugal.com
289 489 958 or 967 721 209

Education

REAL THEATRE is now offering speech & drama workshops for schools, beginner students and adult learners. Visit englishstageevents.com

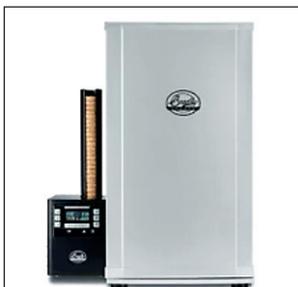
LEARN PORTUGUESE easily on our accredited courses (with focus on conversation). A popular 10-day beginners course starts 2 December. Centro de Línguas de Lagos. Call 282761070. Email info@centrodelinguas.com.

For Sale Private

EXRENTAL Callaway and Taylormade Golf Clubs excellent condition 300 Euros Per Set Including Bag Rod 969180644



ROUND POOL TABLE
€3200. Can be delivered. Tel: 966006666



BRADLEY DIGITAL Smoker. As new! See bradleysmoker.com. €450 ono. 919579032



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

DIGITAL PIANO. Kawai CN24. €500, original price €1150. Lagos area- Tel: +46 708132201

Friendship

LISBON AREA. Blonde girl, blue eyes seeks fun and sporty man. Animal lover, to practice sports as a friend. 963034696

Furniture



GLASS TV table 25 Euro (+351)919002823



2 IDENTICAL sheep leather chairs € 250 each. Tel. 926 130602



LUXURY GREY recliner chair and stool 120 Euro ONO (+351)919002823

L&L Louise & Leon (Second hand furniture)
Art & Antique Brocante & Vintage Inside & Outside
EN 125, between Almancil-Faro
www.fb.com/louiseleonmoveis
www.louise-leon.com
Mob: 918 831 211 / 914 798 796
Tel: 289 394 161



TWOSEATER black recliner sofa very good condition 300 Euro ONO (+351)919002823

Health & Beauty

SHOULDER PROBLEM? Pain-free Treatment! Guaranteed Improvement or your money back. Dr. Bock. 966706606.

WELL BEING checkup. Enjoy a 50 min hands on healing session with Reiki Master Claire who will check your health and balance your energies. Lagos €30 claire@tweaklets.com. Tel: 937596679

HOMEOPATHY
Sick & tired of feeling sick & tired? Alternative medicine
• Acute and chronic illness
• All ages
• Bespoke solutions
Based in Lagoa
Home visits available
Maria Whitehorn
T: 936 691 209
Homeopathy-algarve-uk@hotmail.com

Jobs Offered

CRY-HAVOC Portugal is recruiting!
Available positions:
- merch handler
- styling assistant
- runner
We are a photography business that shoots large projects for uk companies please contact: tania.loucao@cry-havoc.co.uk

GERMAN COMPANY seeking full-time English or German speaking Recruiter of skilled labour in Portugal for German market. Flexible hours/ work place. Tel: (+351)968 824 131

SKILLED IN sales, closer, telesales, creative/thinker. Hard worker, punctual, presentable & professional, human. Car, central: nomisarte@yandex.com

SUNPOINT PROPERTIES (Ami 9545) in Praia da Luz Is seeking Sales Consultant & Property Lister OFFERS company car, training, great earning potential CV with photo to: susana@sunpoint.pt



TAX SOLUTIONS

EMPLOYMENT OFFER

- Fiscal Representation & AL Tax assistant. The right candidate must:
• Be fluent in English
• Previous Portuguese personal tax experience is preferable
• Knowledge of UK tax is desirable
• Have excellent verbal and written communication skills
• Be proficient with email, Microsoft Word and Excel
• Be able to work well under pressure and to tight deadlines
• Be organised, efficient and able to prioritise responsibilities
• Good self-presentation and a professional dressing code
If you have all the above qualities, please send your CV by 30/11/2019 to: info@algarve-taxsolutions.com

MACKENZIE PORTUGAL is seeking to employ property consultants. For competitive salaries and opportunity to travel please send your CV: enquiries@mackenzie-realestate.com

Jobs Wanted

WEB DEVELOPER looking for work. 911 864005

FREELANCE CONSULTANT seeks opportunities in Real Estate, Sales/Marketing, Business Development, etc. International experience. Please Email your requirements/projects to: alterup4746@gmail.com

LOOKING FOR jobs/ projects/sales/positions or other income possibilities on expenses-paid basis. Skilled & experienced. All Offers to: nohorsehockey@gmail.com

CARERAND THERAPIST for the elderly in Algarve or Alentejo 933679680

EXPERIENCED PORTUGUESE chef looking for placement kindly contact Mr Yunus +351920190885

Kitchen Renovation

HIGH QUALITY
KITCHEN RENOVATIONS
100s of Door Styles & Colours
Complete Qualified Professional Re-fit Service
Tel: +351 966 521 828
newkitchendoorsalgarve@yahoo.com
www.homestyledoors.co.uk
Facebook: Replacement Kitchen Doors Algarve

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 jamiekitchen83@gmail.com



Office, Media & Technology

INTERNET VIA Satellite. If PT/MEO and 4G don't work, we can help. More info: netinthesticks@gmail.com

Pets

DOG GROOMING And pet care services, based in Tavira. www.thespotteddog.net

Pet Park Friendly, caring, affordable service. 
Spacious kennels. Cattery
Lots of outdoor playtimes.
Short and long stays.
Call Caroline on:
282 011 092 or 92666 0465
Email: petparq@gmail.com
Sítio Varzea Do Farelo,
Mexilhoeira Grande, 8500 160
www.petparkpethotel.com

Pet park is still open despite local road closure, contact us for details.

WE ARE WANTING to adopt a dog or bitch as a pet. 1 - 4 years of age. Breeds: Labrador, retriever, spaniel, ridgeback. Other medium size breeds will be considered. we live in Olhão and can guarantee a loving and caring home. Tel: 913105627

Property for Rent

VILA NOVA DE Cacela/ Manta Rota. 6 month rental. 3 bed, 2 bathroom, lounge, Kitchen diner, Utility room. €1000 plus utilities per mth. 281952064

Property Services & Building

 **Algarve's No1 Renewable Energies Company**
Insulating Facade Covering
Solar Panels
Air Conditioning
Heat Pumps
Hot Water System
Solar Pool Pumps
Battery Storage Systems
+ 351 289 397 632
INFO@CASAVERDE-INT.COM
CASAVERDE-INT.COM

Algarve Roof & Property Renovations
From leaks to roofs and balconies, to complete renewals. Guttering supplied and fitted. Flat roof specialists and complete property renovations inside and out. All maintenance work, painting, jetwash service.
Call Jason
Tel: 960136445, 281324602.
jasonash1970@gmail.com

LEAKING ROOFS & terraces. Problems solved 30 years experience in Algarve. Call 913 223 402

CURE DAMP & MOULD €475.00. The Nuaire Drimaster. Supplied and Fitted. Covers av.5 bed house. 2cents per day running cost
Mike: 913 265 080
stopmouldpt@gmail.com

BUILDING WORKS

All types carried out to a very high standard. 30 years experience throughout the Algarve

Shoreland Properties Lda.
Tel. 913223402 or 282763000
shorelandproperties@mail.telepac.pt
www.shorelandproperties.com

Property Wanted

WANTED FOR LONG-TERM rent, House, 3/4 bedrooms. Unfurnished. Lagoa / Portimão area. Tel: 966276486

2 BED COTTAGE/house long term rental for retired couple preferably with little or no furniture. Contact 913543711 or 917192326

Removals & Storage

TW STORAGE & TRANSPORT
-Storage
-Removals & Transport
-Lift & Handyman service
-Packing service & material
-International transport to Belgium & Holland
www.transwilly.net
info@transwilly.net
(+351) 919 753 710
(+351) 282 449 126

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, Eastern Algarve. Experienced engineer. Tel: 964-721-714. www.trevortronix.com

Services offered

SELL YOUR... Antiques, Collectables, Garden Ornaments, Architectural Salvage, Furniture, Full House Clearances. Contact Mark 914774438.

House Keeping

Builders Clean Spring Clean Regular Keeping Ironing

Over 10 years experience Central Algarve
Contact 966 382 378

NICK 'MAN WITH VAN' house clearances, furniture bought and sold 934491320 nicktelling@gmail.com

HANDYMAN. For all your DIY needs. Painting, tiling, plumbing, electrical and building repairs. Albufeira area. 910070440 Peterrogers54@gmail.com.

HANDYMAN. Hourly/ Price rate. No job too small. Fire Safety Protection Specialist (Domestic only). Central Algarve. Call 933 991 967

MAN & VAN. Light or heavy removals. Please call Blake for a quotation. Tel. 912601192/ +44(0)7789873824.

ASPIRALGARVE Central Vacuuming System Specialist. Installation and technical assistance. Tel. 961 142 530 aspiralgarve@hotmail.com

Transport & Removals

TRANSPORT PORTO, Lisbon, Algarve and any where in between, a fortnightly service one box to a full load, commercial goods, removals with packing service if required. Forwarding to England and Europe service from our depot in the Algarve, where storage is also available. Please phone David 919873075 david@dlsremovals.com

Vehicles



2012 SILVER SEAT Mii five door hatchback. 81000km. MOT until April 2020. Taxed until November 2020. Good condition for year. Spare space wheel. Electric windows, Air Con. Clean interior. Returning to U.K. so priced for a quick sale. Offers considered. €6300. Contact Steve +447557 131416



RENAULT KANGOO Wheelchair transporter. Rhd Portuguese plates. Low mileage 22.000. Seats 4 and wheelchair. 7500euros. Contact 914637371

WEBUY CARS Algarve all types of vehicles considered. We buy PT GB Dutch German French. We buy damaged and non runners. Call David PT911136377 UK+447984932876

VW BEETLE 1999, LHD. MOT April 2020. Very good condition. English reg. Bargain price €1450. Low mileage. Tel: 281324795



FORD MODEL T 1926. Excellent inside & out. UK registered. €18,000 Tel: +351926137653. +447779598907



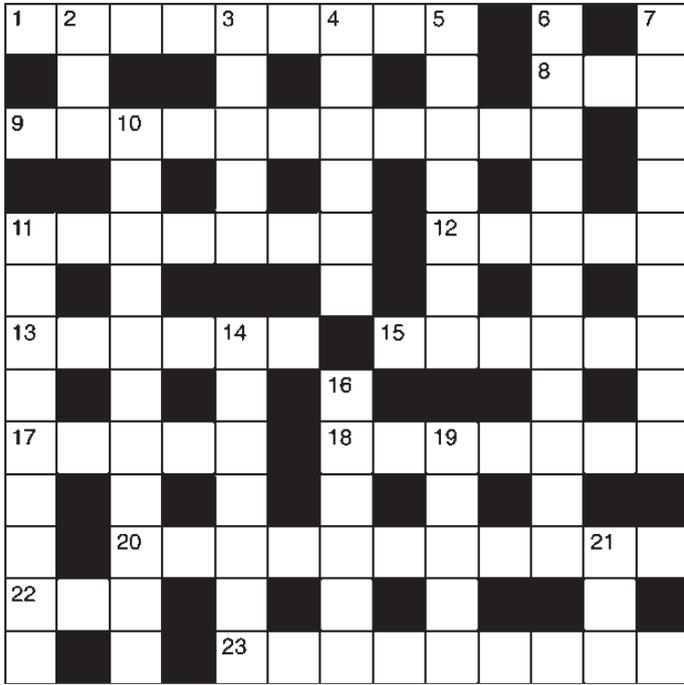
ENGINE VOLVO PENTA 200hp Diesel. 7m length, 2.38m beam, 1.5 draft. 8.000 Euros. Tel: (+351) 926137653 or (+44) 7779598907

AUTOMATIC FORD FOCUS 1.6 petrol 2001 pt registered mechanically perfect body not mint but no rust call David on 915367826

OPEL ASTRA MOT, full service, new timing belt, good condition €800. 965034258

Website Design

ALGARVE website design
- High quality design
- Excellent service
- Affordable pricing
Offering professional, bespoke and reliable services to some of the best known Algarve businesses since 2004.
Abbeygate Insurance
Porches Pottery
Clube Golf Vilamoura
Algarve Daily News
Blue Sky Golf Rentals
CALL US ON +351 936 544 998
www.algarvewebsitedesign.com



Last week's cryptic crossword solutions
Across: 1 Standstill; 7 Brass; 8 Cartoon; 10 After all; 11 Form; 13 Nursed; 15 Martin; 17 Bomb; 18 Highball; 21 Earthed; 22 Baton; 23 Dead-letter.
Down: 1 Start; 2 Absorbed; 3 Docile; 4 Turf; 5 Look-out; 6 Obtainable; 9 No-man's-land; 12 Bad habit; 14 Remorse; 16 Fiddle; 19 Actor; 20 Shed.

CRYPTIC CROSSWORD

ACROSS

- It's assumed by the pupil to protect the head! (6-3)
- In the larder a terrifying creature (3)
- A fine hand, but not suitable for a silver collection! (11)
- Go back on the same road where car is backed into ruined tree (7)
- On which you'll find the food schedule (5)
- Find fault with the game (6)
- It can be found in a record - selection from "Allegro" overplayed (6)
- Therefore the top of the chest is unlikely to collapse (5)
- Scraps of material for lace-makers (7)
- They will adversely affect the blooming results! (6,5)
- Wood left from the fire (3)
- The kind of order that needs figuring out (9)

DOWN

- The sound of a bird produces an expression of surprise (3)
- Work a long time - the result may be grand (5)
- Duplicated Greek letter in different code (6)
- See 21 Down
- Not footballers who play without a charge! (11)
- Don't say so much describing the displaced person (9)
- Presumably the air hostess who's allocated to her plane is! (3,2,6)
- He makes records (9)
- Unhappy club - this should smooth things out (3-4)
- Right in the water vapour current (6)
- A light to decrease in width (5)
- & 5Dn. What he produces goes to pot (3-7)

QUICKCROSSWORD

ACROSS

- Wooing (9)
- Droop (3)
- Unwise (11)
- Merit (7)
- Dough (5)
- Change over (6)
- Commend (6)
- Hatred (5)
- Charm (7)
- Fragility (11)
- Slippery fish (3)
- Patience (9)

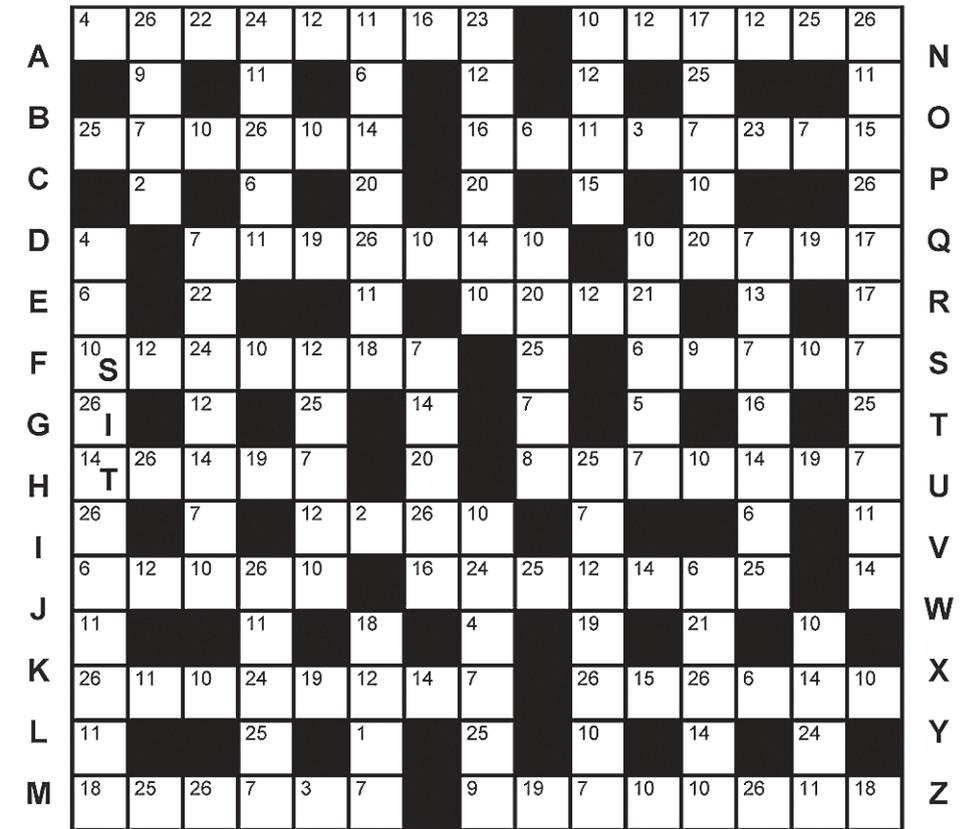
DOWN

- Possess (3)
- A royal (5)
- Outdoor game (6)
- Succeed (7)
- Murder (11)
- Harmony (9)
- Defensible (11)
- Misrepresented (9)
- Join together (7)
- Sitting (6)
- Encourage (5)
- Dry (of wine) (3)

Last week's quick crossword solution
Across: 1 Degenerate; 7 Alien; 8 Traitor; 10 Treasure; 11 Flag; 13 Esteem; 15 Crayon; 17 Heap; 18 Metaphor; 21 Pattern; 22 Exact; 23 Translated.
Down: 1 Drive; 2 Gangster; 3 Nature; 4 Real; 5 Totally; 6 Battleship; 9 Regenerate; 12 Ornament; 14 Tractor; 16 Kennel; 19 Hoard; 20 Lean.

CODEWORD

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



SUDOKU

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

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

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



Last week's solutions

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

linen-etc.com

SALE Everything is in the sale whilst stocks last **UP TO 75% OFF** **SALE**

Quality and Value Guaranteed



Buy in store, online or order by email . We deliver... Better prices and quality than the UK and other EU countries.

Budens Shop, En 125, Rua Areias de Cima 2, 8650-070, Budens +351 282 697 791 info@linen-etc.com

Lagoa Shop, En 125, P. Empresarial, Lote 3, 8400-431 Lagoa +351 282 071 674 lagoa@linen-etc.com

Never ending

As the message on the scoreboard said, "The race ends here." Signalling that the European Tour's year long Race to Dubai finishes when the tour winner is announced during sunset on Sunday evening.

The amount of money they are playing for is staggering, almost indecent, yet the words of Rory from earlier on in the year seem to still haunt the whole staging of the finale. When he said that the European Tour is just a "stepping stone" to the PGA Tour, where the money is obscene all year round. The white walls of Wentworth shuddered in shock, the betrayal was now complete. It was only eleven years ago when a Management Company, who had just signed Rory, leant on the Tour to allow him to play in a series of events through Sponsors invites. All of this was orchestrated so that he could side step the treacherously difficult Tour School qualifying. The Tour



NEIL CONNOLLY

believing that if they helped the player in his fledgling years he would reward the Tour down the line. From the outside it looks like the Tour has had to learn an uncomfortable lesson; whilst they remained loyal the player in question, his actions seem to be less loyal. It was only a couple of months ago Rory was again in the headlines when he said that he was "sick" of shooting sixteen under and finishing around fifteenth place, mainly because the European courses are set up too easy. Yet he is comfortable to turn up and play for the huge amounts on offer by

It was only a couple of months ago Rory McIlroy was again in the headlines when he said that he was "sick" of shooting sixteen under and finishing around fifteenth place

Rolex and the Tour. His comments are not without merit, it's just should he be making them? If you're not part of the solution you remain part of the problem. The problem, as such, is that there is more money on offer every week in the States. The States has three of the four Majors, with every event having a personality, history in fact.

The travel is easier too, everything within striking distance with NetJets or Marquis Jet helping the player jump onto a plane to the next destination. The PGA Tour can follow the sun, making the events, almost without fail, short sleeves de rigour. So if you were a Tournament Professional why wouldn't you play stateside. If you are going to win a tournament you want to place that trophy in

the cabinet knowing that you beat the best that week, when you are on you are on and have the same amount of talent as the rest, the consistency may just be a little off. And there's the reason for a slight feeling of anti climax at the end of the long arduous 'Race' to Dubai. Only six of the top fifteen players in the world turned up to play this week. Unsurprisingly Rahm won, Fleetwood second and Rory

lurking which accounts for three of the six. The other reason for the nullified feeling of excitement is that there is no break. The European Tour will roll on in the next week to another event which will start counting towards the 2020 Ryder Cup. If there is a break then anticipation can rise, absence makes the heart grow fonder and all that. But you have got to love the game haven't you?



New name for Ladies tour

The Ladies European Tour Order of Merit will be renamed the Race to Costa del Sol and offer a bonus pool of €250,000 (£215,000) from 2020.

The top player on the money list at the end of the season will receive an additional €125,000 (£107,000), with the runner-up collecting €75,000 (£64,000) and €50,000 (£43,000) going to the player who finishes third.

On Sunday, Jon Rahm secured a bonus

of USD 2million (£1.5million) for winning the European Tour's Race to Dubai.

As part of the deal, the Andalucia Costa del Sol Open de Espana Femenino, which began on 28 November, will see its prize fund double to €600,000 (£514,000) from 2020.

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

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

www.facebook.com/pestanagolfe

BOOK NOW! Tel: +351 282 340 900 | www.pestanagolf.com

* Price mentioned considers an annual subscription.

Win With The Portugal News!

Your chance to win a round of golf for two people at a Pestana Course

Simply answer the following question:
What year was The Portugal News established?

Send your answer to win@theportugalnews.com

Terms and conditions apply

BIGGEST REAL ESTATE AGENT IN WESTERN ALGARVE

PPI

PORTUGUESE PROPERTY INVESTMENTS SOC. MED. IMOBILIÁRIA UNIP. LDA
REAL ESTATE AGENTS
AMI 9454

PRICES FROM: €250,000

WITH OVER 20 YEARS OF EXPERIENCE

OFFICE PHONE: + 351 282 698 621

EMAIL: INFO@PPIESTATEAGENTS.COM

OPEN 7 DAYS A WEEK

PORTUGUESE PROPERTY INVESTMENTS SOC. MED. IMOBILIÁRIA UNIP. LDA,
E.N. 125 - ENTRADA DO PARQUE DA FLORESTA. 8650-060 BUDENS

PRICE: €215,000



Morais set to return to world surf circuit

Portuguese surfer Frederico Morais qualified for the quarter finals of Hawaiian Pro and practically ensured a return to the world surf circuit, after a year of absence.

Kikas (27), started the penultimate race of the year of the qualifying circuit in sixth place in the ranking, with 17,450 points, and with the arrival to this stage of the Hawaiian race won at least 4,000. Next year, the surfers who finish the season among the top ten in the qualification ranking will be on the world circuit. In Hawaiian Pro, the Portuguese

Frederico Morais will return in 2020 to the world surfing circuit, where he competed in 2017 and 2018. (Photo: Ryan Miller, Facebook)

qualified for the 'quarters' by winning the seventh 'heat' of the fourth round, with 16 points (7.23 and 8.77), against 15 from Brazilian Alejo Muniz, 13.9 from Australian Ryan Callinan and 10.5 from American Nat Young. "I am very excited to have already reached 20,000 points, it is already very good, but I do not want to celebrate until it is official. There is still work to be done and this competition is ongoing, I would like to compete in the triple crown, as I did in 2016", 'Kikas' said. Frederico Morais will return in 2020 to the world surfing circuit, where he competed in 2017 and

2018, when he finished in 14th and 23rd places respectively, after being third in the world in qualifying in 2016. This year, as a substitute for the 'elite', he has already competed in six championships, with the best result being the semi-finals at the Oi Rio Pro, and will line up at the Billabong Pipe Masters. In the qualifying circuit, he won the Pro Santa Cruz and the Azores Airlines Pro. In addition, he won a spot for Portugal at the Tokyo2020 Olympic Games, having been the best European at the World Championships.

Dakar2020 with 11 Portuguese entries

The 2020 Dakar off-road rally will have 11 Portuguese participants and will be held for the first time in Saudi Arabia, with 75 percent of the course on the sand.

Race distance is 7856km, more than 5,000 of them timed, with 70 percent in the desert.

There are 11 Portuguese enrolled, with six on motorcycles, three in cars, one in SSV and one in trucks.

Paulo Gonçalves (Hero) is once again the head of the Portuguese fleet. The Esposende driver, runner-up in 2015, left Honda after this year's Dakar and now, with the number 8, teams with brother-in-law Joaquim Rodrigues Jr., who will have the number 27.

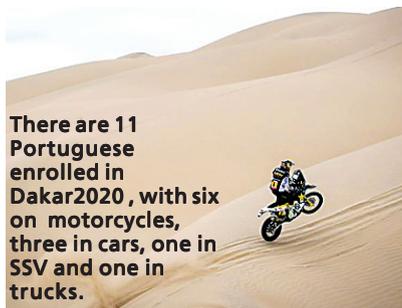
Mário Patrão remains in the KTM team, with number 31, while the Portuguese-German Sebastian Bühler (KTM) is 32. Fausto Mota

Husqvarna runs with 38, while António Maio is 53 on his Yamaha.

In the cars, navigator Filipe Palmeiro teams with Russian driver Boris Garafulic (Mini number 313), in a race that marks the debut of the brothers Porém, Ricardo and Manuel, in this category with an official Borgward (332).

Pedro Bianchi Silver lines up as navigator for the Zimbabwe rally driver Conrad Rautenbach (PH Sport) in the SSV category (number 404), while José Martins lines up with a DAF truck (548).

Dakar 2020 starts on 5 January in Jeddah, with a stage of 752km, 319 of them timed.



There are 11 Portuguese enrolled in Dakar2020, with six on motorcycles, three in cars, one in SSV and one in trucks.

On the 11th, the riders will rest after facing a super-marathon stage, in which motorcycle riders will have only 10 minutes to repair their bikes.

The longest stage will be on 14 January between Wadi Al-Dawahir and Haradh, at 891km.

The organisation say the rally is less physically demanding, but more difficult in terms of navigation.

Mourinho gets his Spurs

After almost a year out of the game José Mourinho has been appointed manager of Tottenham Hotspur where he replaces Mauricio Pochettino.



This is Mourinho's third club in the English Premier League having previously been at Chelsea and Manchester United where he was sacked twelve months ago. "I am excited to be joining a Club with such a great heritage and such passionate supporters," Mourinho told the Spurs website.

'The Special One' got off to a perfect start with Spurs gaining their first away win in ten months. Former Algarve schoolboy Eric Dier, a fringe player under Pochettino, was in the starting line-up against West Ham and could now play a crucial role in Mourinho's plans. Mourinho drew his coaching staff's attention to the fact that 20-year-old defender Japhet Tanganga marked Cristiano Ronaldo in a pre-season match in the Far East earlier this summer, when Spurs beat Juventus 3-2. Tanganga showed his credentials when going up against Ronaldo in the International Champions Cup clash, where he held his own.

It shows that Mourinho has been keeping a close eye on Spurs, before taking over. Wolverhampton Wanderers are another English team with a Portuguese manager who are attracting much

attention. Former Valencia and FC Porto manager Nuno Espírito Santos has worked wonders at the Midlands club who are currently fifth in the Premier League and still in the Europa League a point behind SC Braga who they play at the Quarry next Thursday.

Portimão born Wolves midfielder João Moutinho scored a wonderful free-kick in the 2-1 win at Bournemouth last weekend, after which the Portugal international signed a new contract at Molineux.

Further afield, former Benfica and Sporting manager, Jorge Jesus' led Flamengo (Brazil) to a sensational late comeback to win the South American Copa Libertadores; the highest level of competition in South American club football. Flamengo, for the first time in thirty-eight years, lifted the trophy after a dramatic 2-1 victory over River Plate (Argentina) in Lima (Peru). Flamengo striker Gabriel Barbosa struck twice in the last two minutes to turn defeat into victory and crown the Rio de Janeiro side champions of the continent. This result ensures that Jesus has acquired cult idol status at the club just five months after arriving in Brazil.

SEA VIEWS

2 1 Views Air Con Pool

São Rafael • €205,000

Ref. CNA5470

cerronovo.com
T. +351 289 510 790
sales@cerronovo.com
Soc. Med. Imobiliária, Lda. AMI 860

CERRO NOVO PROPERTIES
ESTABLISHED 1981

toldolanda sun protection

info@toldolanda.com | www.toldolanda.com | 914 609 517 | Portimão