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Business as usual



British Prime Minister Boris Johnson (L) welcomes European Commission President Ursula von der Leyen (R) as the country prepares to leave Europe at 11pm on 31 January. (Photo: EPA / Andy Rain) Full story P2.



EU involvement in minimum wage rejected. P4



From London to Hollywood. P8



Preparation for Six Nations in Portugal. P9



A day in Viana do Castelo. P20

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Portugal's National Newspaper in English

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Business as usual after Brexit

N DAISY SAMPSON

As Europe prepares for Brexit to officially take place at 11pm on 31 January, it is firmly business as usual in Portugal with British tourists and residents still being actively welcomed and reassured.

In a statement, the British Ambassador to Portugal, Chris Sainty said: "We will be leaving the EU under the terms of the Withdrawal Agreement: in other words, we are leaving with a deal. "Last week the UK legislation needed to implement that deal was passed by the British Parliament and became law in the UK. This week the European Parliament also approved the Withdrawal Agreement. The Withdrawal Agreement is extremely important for British nationals living in Portugal. Because it protects - in international law - important rights that you have here such as: the right to continue to live and work in Portugal, the right to healthcare and the right to continue to receive benefits and your UK state pension." British nationals in Portugal need to be a resident in Portugal before the end of the year to have their rights protected and are still being advised by the Embassy to apply for the valid documents if they have not yet done so. Those planning to move to Portugal between now and the end of the year will have until June 2021 to register as a resident. Chris Sainty added: "I know this was not the outcome that many of you hoped for. But I would make two points. First of all, as I have already said, the Withdrawal Agreement - an international treaty between the UK and the EU - offers

very strong protection of your rights. It is good news that we are leaving with this deal. And secondly, as many of you have heard me say before, Portugal is an old friend and ally, and the Portuguese authorities have made clear many times that the British community here will always be welcome. That won't change - in fact I am sure that the long-standing friendship and partnership between the UK and Portugal will continue to grow stronger in the years ahead." While the situation for British residents in Portugal may be resolved at least for the time being in Portugal, any possible negative impact of Brexit on the tourism market had been ruled out by both the Algarve Tourism Board (RTA) and the Algarve Association of Hotel and Tourist Developments (AHETA). Elidérico Viegas, the president of AHETA told **The Portugal News**: "We think that any damage and uncertainties that may have been caused to the tourism industry in the Algarve by Brexit has already occurred and any further negative impacts are expected to residual." He explained: "The British market has always been the biggest supplier of tourists to the Algarve. This reality, in spite of some of the upheavals that have arisen since the beginning of contemporary tourism in the 60s, including more recently Brexit, were not enough to alter a commercial and tourist relationship over more than 50

years between the United Kingdom and the Algarve, and I have no doubt that this will remain and even increase in the future." An indicator that has been particularly positive for tourism in the Algarve has been the rise in the value of the pound since which Elidérico Viegas expects to continue in the future, helping to keep the Algarve a financially viable option for British tourists. President of the RTA, João Fernandes, told **The Portugal News** that a combination of promotional campaigns to help encourage British tourists to the region and positive discrimination have helped to mitigate against any negative effects of Brexit. "The latest data on British tourist demand in the Algarve, released by the National Statistics Institute (INE), and which refer to November 2019, show an accumulated growth of 7.2 percent of guests in tourist accommodation and an impact on overnight stays 2.5 percent higher than the same period in 2018. He added: "I think that also contributing to this good performance is the fact that Portugal was the first country to define a contingency plan for Brexit, with very favourable positive discrimination measures, such as visa exemption, facilities for travelling with animals or even the non-increase in airport charges for passengers from the British market. "This was further reinforced in



Permanent Representative of the United Kingdom to Portugal, Council Secretary General Jeppe Tranholm-Mikkelsen

promotional terms with the national campaign #Brelcome and the promotional reinforcement made by Turismo do Algarve in terms of the "Special Promotion Plan", which has been running campaigns with tour operators, with Online Travel Agencies (OTA) and with airlines." Elidérico Viegas, the president of AHETA concluded: "Ultimately, and for the record, if Brexit is good for the British, it will be good for tourism in the Algarve as well". Any British nationals who have questions about living in Portugal are advised to follow the 'Brits in Portugal' Facebook page.

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United Kingdom to the European Union, Tim Barrow (L) delivers the instruments of ratification for Brexit, to European Council President Donald Tusk. (Photo:EPA/Yves Herman)

N News in Brief

Rush for face masks in Portugal

Portuguese pharmacies are reporting a dramatic increase in the demand for face masks across the country. The rush comes as fears grow over the spread of the Coronavirus to countries across the globe. 3M, a company which manufactures face masks, told TSF radio they have increased production, with other suppliers in Portugal saying they have followed suit due to the heightened demand. Symptoms associated with infection by the virus are more intense than influenza and include fever, pain and breathing difficulties.

Ireland elects Algarve as best summer destination

Irish travel industry professionals have elected Algarve as the best summer destination in 2020. The southern Portugal region won ahead of destinations such as Spain, Greece, Italy and Orlando. The Algarve has won this award consecutively since 2017 and is the second award it has received this year, having already been elected the best golf destination on mainland Europe by Today's Golfer.

Studies for new Algarve hospital to start in 2021

Studies for a new hospital in the Algarve are to start being carried out in 2021. Health Minister Marta Temido said she wants "studies, investment guarantees, decisions about the service portfolio and specifications" to start materialising for the new Algarve Central Hospital next year. She made the comments during a visit to the Algarve where she participated in a ceremony to honour the late doctor, writer and politician Dr. Manuel dos Santos Serra, whose name has been given to the Albufeira Health Centre.

Portugal proposes taxing resident European pensioners

Portugal's governing socialist party has proposed taxing newly arriving European pensioners up to 10 percent of their annual revenue, scrapping massive tax breaks granted over the past decade. At the peak of the financial crisis in 2009, Lisbon exempted Europeans from paying tax for 10 years on condition they lived in Portugal for six months a year. But this week the socialist party introduced an amendment to the law that will mean pensioners arriving in 2020 and afterward will be taxed.

Flu intensity remains low in Portugal but increasing

The propagation of the flu virus in Portugal is currently of low intensity but still spreading, according to the Ricardo Jorge Institute's epidemiological surveillance bulletin released recently. According to the bulletin, the incidence of flu was 56.24 people per 100,000 inhabitants. The data refers to the third week of January, and is up on the week before.

WEATHER

Sunshine and showers in Portugal

A mixed bag of weather is expected over the weekend across the country before brightening up for the rest of the week

Lisbon: Rain is set to clear by the weekend in the capital with only a slight chance of rain on Saturday. Temperatures are to peak on Tuesday with highs of 19 degrees and lows of 10. As the week progresses it is to remain dry with temperatures gradually falling to highs of 15 and lows of 8 degrees.

The south: It is to be a bright and sunny weekend in the south with temperatures peaking at 21 degrees on Sunday. Intermittent cloud cover is predicted for the remainder of the week and temperatures are to slowly drop to highs of 18 and nightly lows of 9 degrees.

The north: Saturday in the north is to still be wet however the skies are to clear for a couple of days and temperatures are to peak on Sunday at 18 degrees. For the rest of the week there will be a chance of rain while northerly winds will make it seem colder than the predicted daily highs of 14 degrees.

Lynda K.

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EU involvement in minimum wage rejected

Representatives of labour and employers in Portugal have rejected the idea of the European Commission being involved in setting the minimum salary.



António Saraiva, the president of CIP, Portugal's leading business confederation, told Lusa that the EC "does not have the power to introduce wage instruments". (Photo: Lusa/António Pedro Santos)

The position of unions and representative comes following the European Commission's announcement that it was launching a phase of consultations with social partners on ensuring that all

workers in the EU are paid fairly. "This initiative is open to manifest criticism and thus strong opposition," António Saraiva, the president of CIP, Portugal's leading business confederation, told Lusa. "We are facing a very worrying and possibly dangerous

initiative that, for the first time, [means that] the Commission intends to act directly on the issue of wages, which, from our perspective, must remain in the national competence of states." He pointed out that most countries in the EU have legislation on minimum pay and argued that it is "crucial to take into account and respect the diversity of existing labour relations systems in the different member states, as well as their methods of setting pay." He points out that the European Commission, "within the social policies established by the treaty on the functioning of the European Union, does not have the power to introduce wage instruments, and this would interfere significantly in member states' systems of setting pay." The president of the Confederation of Trade and Services of Portugal (CCP), João Vieira Lopes, also told Lusa that "Portugal has an established system of consultations around increases in the minimum salary" and so "the intervention of the European Commission is not justified". In Portugal, the national minimum salary, which this year

is 635 (paid 14 times a year rather than 12) is set by the government, after consulting the social partners. The opposition to the commission's initiative is also shared by the Confederation of Tourism of Portugal (CTP), headed by Francisco Calheiros, who in written statements to Lusa states that "there are much more important issues in Europe to discuss at this time" and that any changes to pay "must respect the scope of negotiation, in particular, collective bargaining." The CGTP's secretary-general, Arménio Carlos, argued that "the European Commission's proposal clearly aims to assume a logic of interference in what is the responsibility of each member state, which is to define collective hiring policies and at the same time salary increases. "We are facing a trap because there is no European minimum salary," he went on. "What there is, is a discussion of criteria that, if applied, would be detrimental to Portuguese workers." The head of the UGT, Carlos Silva, by contrast expressed his "support for this Commission proposal" for "ensuring the existence of a minimum salary in

all member states, but leaving the various governments and social partners the possibility of determining how to fix and update the value of the minimum salary, in line with the economic, business and social reality of each country." The European Commission headed by Ursula von der Leyen has stated its goal of "building a strong social Europe", with proposals for action at EU level that it proposes to set in motion in the coming months. One of the first actions was the launch of the first phase of consultations on the issue of minimum pay in the EU, while making clear that the idea is not to standardise the minimum salary in Europe. "There will not be a universal minimum salary," the commission announcement states. "Any potential proposal will reflect national traditions, whether at collective agreements or in terms of legal provisions." The objective is, rather, "to ensure that all systems are adequate, have sufficient coverage, include in-depth consultations with the social partners and have an appropriate upgrade mechanism."

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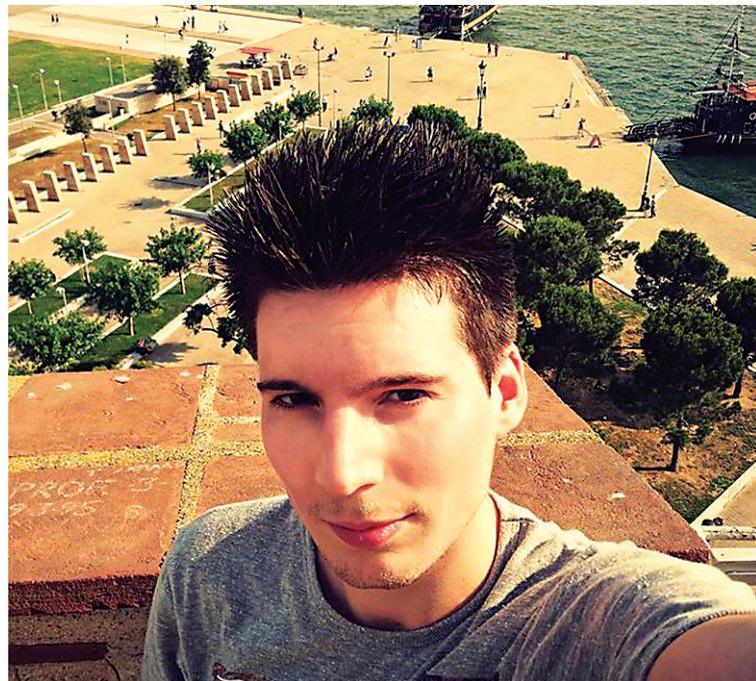
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Claims of “double standards” for hacker Rui Pinto

Ana Gomes, a former MEP, has criticised the “double standards” of Portuguese justice regarding Rui Pinto, the creator of the Football Leaks website and the source of the documents that led to Luanda Leaks, demanding that the hacker have whistle-blower status.



Rui Pinto (pictured) “is a whistle-blower and must have whistle-blower status for the Portuguese authorities,” said Ana Gomes

“There are double standards,” Ana Gomes told Lusa, considering the position of those in the Portuguese judicial system who do not want to know about the fight, which is public service, on

the part of a whistle-blower who exposes organised crime is completely obsolete. Rui Pinto, the creator of Football Leaks, a platform where several secret documents concerning transfers and players’ contracts

have been published, will stand trial for 90 crimes of illegitimate access, improper access, violation of correspondence, computer sabotage and attempted extortion. The Portuguese hacker is on trial in Portugal for illegal access to documents, but Portuguese justice has already agreed to collaborate with its Angolan counterpart, using documentation collected by Pinto to accuse the businesswoman Isabel dos Santos of mismanagement of public money. Pinto’s lawyers said in a press release that their client is the source of the documents that gave rise to Luanda Leaks, an international journalistic investigation that aimed at the enrichment of Isabel dos Santos, daughter of former Angolan president José Eduardo dos Santos, and that motivated the Angolan justice system to take action against the businesswoman, accused of mismanagement and embezzlement when she was an administrator of the state oil company Sonangol. “The undersigned lawyers declare that their client, Mr Rui Pinto, assumes responsibility for

having delivered, at the end of 2018, to the Platform for the Protection of Whistle-blowers in Africa (PPLAAF), a hard drive containing all data related to the recent revelations about the fortune of Isabel dos Santos, her family and all individuals who may be involved in the fraudulent operations committed at the expense of the Angolan state and, eventually, other foreign

countries,” a note by William Bourdon and Francisco Teixeira da Mota said. Rui Pinto “is a whistle-blower and must have whistle-blower status for the Portuguese authorities,” Ana Gomes said, considering that the hacker must be used by the Portuguese justice system to combat corruption and organised crime, money laundering, terrorist financing and other related crime.

Replanting underway in Monchique

The University of Évora and the Group for Spatial Planning and Environmental Studies (GEOTA) have “joined” forces to restore natural habitats in the Monchique mountains, the site of the largest fire in Portugal and Europe in 2018.

The flames destroyed 74 houses and over 27,000 hectares of forest and agricultural land in the municipalities of Monchique, Silves and Portimão.

In a communiqué, UÉ says it is coordinating the LIFE-Relict project, which aims to “conserve one of the rarest natural habitats in Europe and one of the most unique in the Monchique mountains.

GEOTA is simultaneously

coordinating the Renature Monchique project, focused on the restoration of the “main Natura 2000 habitats affected by the 2018 fire”.

“It is planned to restore the landscape of the Monchique mountains with more than 75,000 trees of native species. It is also planned to contribute to the well-being of the local community and mitigate the future impacts of climate change on the territory,” said the academy.



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From London to Hollywood



The From London to Hollywood concert, being held in the sports pavilion in Albufeira from 9.30pm, is a chance to experience some of the best soundtracks from the movies.

Take part in a journey from London to Hollywood through the sounds of the movies as performed by the Portuguese Philharmonic Orchestra in Albufeira on 8 February.

The concert, being held in the sports pavilion in Albufeira from 9.30pm, is a chance to experience some of the best soundtracks from the movies including pieces from Star Wars, Harry Potter, Pirates of the Caribbean, Pink Panther and the James Bond movies. “The “From London to Hollywood” concert takes us on a fantastic journey through great music that has been immortalised through cinema,” said a spokesman from the Orchestra. “From the studios of Hollywood across to London, some of the most famous film soundtracks will be brought to life by the Portuguese Philharmonic Orchestra (OFP) for an unforgettable evening under the direction of conductor Osvaldo Ferreira”. While the music is being performed, images from the films

will also be projected on a giant screen for audiences to enjoy. Founded in 2016 by maestro Osvaldo Ferreira and Augusto Trindade, the OFP quickly captured the attention of the national musical and artistic milieu, being already widely recognised, by the public and critics, as one of the best symphonic orchestras in the country. The OFP produces symphonic concerts, opera and promotes connections to other artistic genres, in a constant search for the development of differentiating and unique events and shows. Tickets to the event cost €10 and can be purchased at Albufeira / CIAC City Hall, on weekdays from 9am to 1pm and from 2pm to 4pm and at Albufeira Sports Pavilion, on the day of the show from 7.30 pm to 9.15 pm. For more information please visit www.cm-albufeira.pt

Quail voted Bird of the Year 2020

The Quail has been chosen as Bird of the Year 2020, in a vote that for the first time was jointly organised by the Portuguese Society for the Study of Birds (SPEA) and the Spanish Ornithological Society (SEO / BirdLife).



KIM SCHIFFMANN

A statement from SPEA warned that although in Portugal it is still a common bird, the quail may soon cease to be so, unless measures are implemented to stop the disappearance of the natural diversity of fields. Without a sustainable agricultural policy, the quail is expected to follow the path of other birds in agricultural areas: with a marked decline.

The distribution area of the Quail has decreased by 30 percent in the last decade in Portugal, as a result of changes in agricultural practices. The expansion of monocultures, the disappearance of fallows, and the elimination of hedges and margins of fields leave less and less available habitat for this and other birds typical of agricultural areas. This bird feeds on seeds,

cereal grains and small invertebrates, so it has also suffered from the increased use of herbicides and insecticides.

“The Iberian Quail population is the most important in Western Europe. But if nothing is done to value extensive rain-fed agriculture, it will follow the path of other endangered species such as the Bustard and the Montagu’s Harrier”, says Domingos Leitão, SPEA Executive Director.

In Spain the species is already in decline: the number of Quails has decreased by 70 percent in the last 20 years. In Portugal, there are no more than 100,000 individuals of this species. The impact of intensive agriculture is compounded by hunting pressure, genetic contamination (with the

introduction of the Japanese Quail or hybrids for hunting purposes) and climate change.

The poll for Bird of the Year 2020 took place online this month, promoted by SPEA and SEO / BirdLife. The Common Quail was elected with 7,930 votes, ahead of the Hunter-Harrier (or hunting eagle), which had 6,130 votes and the King Shrike (5,156 votes).

“Agricultural policy must compensate those who practice responsible and sustainable agriculture, contributing to the preservation of natural values. Otherwise, in a few years it may be difficult to see quails in our fields, not because they are masters of camouflage, but because they are disappearing”, says Domingos Leitão.



The quail has been voted as Bird of the Year 2020. (Photo: Jan Svetlik)

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Preparation for Six Nations in Portugal



KIM SCHIFFMANN

The England national rugby union team returned to the Browns Sports Resort, in Portugal, for the 11th time since 2007, to train and prepare for the upcoming Guinness Six Nations Championship, which is scheduled to start on 1 February.



The England national rugby union team in training in the Algarve before the Guinness Six Nations Championship. (Photo: Browns)

England national team, previously told Browns. On 2 February England will be in the Stade de France, in Paris, to face France as their first opponent in round one of the Guinness Six Nations Championship, a team that England considers “a fairly useful squad”. “I am just excited to be in the camp and my focus is France, nothing else. I think the whole team is the same” stated Manu Tuilagi in an interview with **The Portugal News**. In the same interview, Steve Borthwick, England assistant coach, praised the team and the motivation they are showing during their time in Portugal “I think that the energy, enthusiasm and determination of the players is the best I have seen at this point. They are coming here and they’re bursting to go on the field. The mix of players that went to the world cup and the guys that haven’t been around this much, the new guys that come in, it adds a different character, different element to the group, so it has been brilliant to be with the guys this last week.”

The Portugal News also had the opportunity to talk to scrum half Willi Heinz, who is back in the squad after an injury in the semi-final win over New Zealand in the Rugby World Cup. “After the World Cup, picking up the injury, I wasn’t sure what was going to happen, but was massively motivated to try and get back in the squad again, and I am just massively excited to be here” said the New Zealand born sportsman, adding that he thinks they “laid some pretty good foundations throughout the world cup and before the world cup and that is something that senior players have talked about already. “Coming in to Portugal, we can’t waste days at the start of these camps and we need to hit the ground running and it’s up to the new players to get up to speed with the help of the guys that have been around and we need to get them on board as quick as possible with what we are doing. So I don’t think it is about reinventing the wheel or anything like that, it is about building on what we’ve got and making it better and better all the time.”

Browns is in its 20th year as a sports training resort specialised in hosting sports teams of all levels and disciplines, it’s a

“one stop shop, which is important for players on a camp because they don’t have to get on a bus so we can train hard, recover well and the food here is

fantastic. So it’s a very relaxing setting that allows the players not only to focus on their work but also relax in an appropriate way” Eddie Jones, head coach of the



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Plans to entice workers to interior regions



Minister for Territorial Cooperation, Ana Abrunhosa has detailed plans to boost the attractiveness of the interior regions of Portugal to businesses and workers. (Photo: Lusa/José Sena Goulão)

Tax breaks and support for workers who move to the interior regions, along with reduced road tolls are all hoped to attract people to less densely populated areas of the country.

The new "Working in the Interior" programme will have local and regional support to provide financial support to workers, as well as promote training and retraining courses, said the Minister for Territorial Cooperation. In a parliamentary hearing, Ana Abrunhosa said that the new programme aims to "ensure that the interior is able to attract and retain more and more people". With this programme, the government will "create local and regional support networks, to provide financial support to workers, to share costs associated with their travel, to guarantee more speedy access to the labour market and to promote incentives from interior councils to companies and families", she said. In addition, "Working in the Interior" will promote training and

retraining initiatives for workers, as well as encourage their involvement in identifying training needs.

"We propose that small and medium enterprises (SMEs) in the interior benefit from a special corporate income tax rate of 12.5 percent for the first €25,000 of taxable income," she said, noting that currently SMEs in these regions only benefit from this tax rate for the first €15,000. In addition to this tax benefit, the proposal of the State Budget 2020 suggests "a 20 percent corporate income tax deduction on expenses on job creation with the intention of creating qualified employment in the interior". Abrunhosa added that road toll discounts are available for those who live, work and visit interior regions at the weekend. "We are working on toll discounts for the interior based on quantity

discounts and weekend discounts that benefit frequent users, as well as those who wish to visit the interior," said the Minister. Without detailing the percentage discounts or deadlines, the minister explained that the proposal to reduce tolls in inland regions is under study, through a working group made up of members of the Ministries of Territorial Cooperation, Infrastructure and Housing, and Finance, which is working on various scenarios for the gradual reduction of tolls. "We will guarantee a simpler and clearer regime with lower costs for those living in the interior and for those who visit, guaranteeing greater use of infrastructures already built and a reduction in road accidents". Ana Abrunhosa explained that this measure should be implemented as soon as possible.

Record number of tourists visit port wine cellars

Certified Port Wine Cellars received a record number of visitors in 2019, which exceeded 1.3 million and increased 8.8 percent over the previous year.

According to the Association of Port Wine Companies (AEVP), the new record of 1,376,243 visitors reached last year is an increase of 6.1 percent compared to 2017, which until now held the record for the best year ever.

According to data provided by the association, in 2019 Spanish visitors overtook the French and began to lead the 'ranking' of visits to Port wine cellars, with nearly 192,000 tourists, corresponding to a weight of 13.94 percent and an increase of 20.0 percent over the previous year.

The French followed, with a weight of

13.55 percent and a year-on-year increase of 2.8 percent, to a total of 186,483 visitors, and the Portuguese (175,758 visitors), equivalent to 12.77 percent of the total and an increase of 32.6 percent compared to 2018.

The USA, the UK and Brazil complete the 'top' six visitor markets for Port wine cellars, with shares of 8.81 percent, 8.55 percent and 8.43 percent of the total respectively.

In terms of year-on-year evolution, US visitors led with a year-on-year increase of 33.0 percent in visitors in 2019, followed by Portuguese visitors.



Spanish visitors overtook the French and began to lead the 'ranking' of visits to Port wine cellars, with nearly 192,000 tourists in 2019. (Photo: Lusa/Pedro Rosario)

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Online shopping fears

One fifth of Portuguese do not shop online for fear of payments.

About 23 percent of Portuguese nationals said, in a European report, they do not shop online for fear of the security of online payments, making Portugal the most reticent member state in this type of transactions in the European Union (EU).

The figures came in a European report on the use of information technology, in which 6,624 Portuguese citizens out of a total of around 200,000 EU citizens, aged between 16

and 74, were surveyed in the second quarter of last year.

In this study, Portugal was the EU country with the most concerns expressed about online commerce, as 23 percent of the Portuguese nationals said they had not made purchases online in the 12 months preceding the survey due to security concerns about payments.

Among the member states with the highest percentages are also

Spain (16 percent), Hungary and Finland (both with 14 percent).

Conversely, the EU countries that showed the least concern were Estonia (1 percent), Poland, Denmark and the Czech Republic (all 2 percent).

Among the concerns of these EU citizens, which have nonetheless decreased since 2009, are issues such as the fraudulent use of payment card details.

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New chairman named at NOS after Luanda Leaks



It has emerged that three non-executive directors linked to Angolan businesswoman Isabel dos Santos had submitted their resignations at NOS

Ângelo Paupério, a non-executive director of Portuguese telecommunications company NOS, was this week elected chairman of the board, replacing Jorge Brito Pereira, who resigned.

In a statement sent to Portugal's securities markets commission, the CMVM, the company announced that at a meeting of the board of directors that took place last Monday, "Mr. Ângelo Gabriel Ribeiro dos Santos Paupério was elected chairman of the Board of Directors of the company."

It has emerged that three non-executive directors linked to Angolan businesswoman Isabel dos Santos - Brito Pereira, Mário Filipe Moreira Leite da Silva and Paula Cristina Neves Oliveira - had submitted their resignations.

The resignations came four days after a consortium of journalists published details of a cache of

files dubbed 'Luanda Leaks', which detail alleged financial schemes set up by dos Santos, daughter of the former head of state of Angola.

The three non-executive directors of NOS had been serving terms from 2019 to 2021. Brito Pereira is a partner at the Lisbon law firm Uria Menendez - Proença de Carvalho and has served as a lawyer to Isabel dos Santos.

Leite da Silva, who is widely seen as dos Santos's right-hand man, and Paula Oliveira, a friend of the businesswoman, have been named as suspects in Angola in a criminal investigation into the activities detailed in the leaked files, along with dos Santos herself. *TPN/Lusa*

Companies expect 2.1 percent increase in exports

Portuguese companies exporting goods expect a nominal growth of 2.1 percent in their exports in 2020 compared to the previous year.

According to data released by Statistics Portugal (INE), companies expect an increase of 1.1 percent in exports to markets outside the European Union (EU) and 2.4 percent to Intra-EU countries.

Excluding fuels and lubricants, the expected increase is 1.7 percent in 2020.

These figures, according to INE, show a deceleration from the perspectives indicated by companies for 2019 in the previous survey (of 4 percent), both for total exports and total exports without fuels and lubricants.

Another edition of this survey will be carried out in May 2020 to update the outlook of companies for the export of goods for 2020, which will correspond to the second forecast.

The prospects refer to nominal changes, thus reflecting the combined effect of expected changes in prices and quantities.

"In the particular case of fuels and lubricants, the prices observed have been characterised by very high volatility and amplitudes of change, generally dominating the direction and magnitude of nominal changes in international trade of this type of products," the INE pointed out.

Central bank destroys 8,923 counterfeit banknotes

Banco de Portugal (BoP) withdrew 8,923 counterfeit banknotes from circulation in the second half of the year, 1,496 more than in the first half.

According to a statement published on its website, however, the central bank pointed out that the number of counterfeit banknotes seized is negligible in relation to the number of banknotes in circulation.

3,279 €20 notes, 3,228 €50 notes, 188 €100

notes, 1,469 €200 notes and 260 €500 notes were seized.

According to the BoP, there was an increase in the number of low-quality counterfeits seized, which can be easily identified using the Feel - Look - Tilt method.

The regulator warned

that a counterfeit banknote cannot be exchanged for a genuine banknote and that whoever accepts a counterfeit banknote as if it were a genuine one will not be able to recover its value.

"For this reason, users should check the banknotes when they receive them".

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Public sector budget deficit in 2019 was €599M

Portugal's public sector budget deficit last year was €599 million, announced the Ministry of Finance, saying that the figure was €1.643 billion smaller than the deficit for 2018.

The budgetary implementation in public accounting [terms] of the public administrations in 2019 recorded a deficit of EUR 599 million, reflecting an improvement of EUR 1.643 billion compared to 2018, as a result of growth in

revenue of 4.3 percent and [in] expenditure of 2.3 percent," the ministry said in a statement.

It noted that this "budgetary execution makes it possible to meet the budget objective for 2019" set for itself by the Socialist

government.

The deficit figure is released in advance of the publication of the more detailed Budget Implementation Summary by the ministry's Directorate-General for Budget (DGO).

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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.carvoeirocatcharity@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

WORN AGAIN charity shop (formerly Tavira Treasure) Rua Almirante Cândido dos Reis, 134 Tavira 8800-357. Open every Monday and Saturday, 10am - 1pm. We also receive donations of clothing, books, household goods, small furniture. Contact Sara 967 159 010

FRENCH LANGUAGE Following the French Government's initiative to expand the French language, we are looking for Volunteers to teach French in Albufeira or Olhos de Água to children and adults. No experience or qualifications necessary, just fluency in French and a passion to meet and help others learn this beautiful language. Please contact 961 636 201 or Angelica.fash.co@gmail.com

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

MUSIC

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

The East Algarve International choir. Rehearsals in new location in Livramento, between Luz de Tavira and Fuzeta. All welcome. Call Rineke Hofman 926684061. eastalgarvechoir@gmail.com

Coro dos Amigos do Museu. Thursdays from 6.30pm. Call 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 or 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. www.casasocial.club

Coffee & conversation for expats. Meet other newcomers in the Algarve almost every week at different venues. www.expatscentreportugal.com/events

BRIDGE

DUPLICATE BRIDGE. Tuesday & Friday 1.15pm at Café Snack Bar Paris Lagos. Please contact 964 611 003 / 966 111 248.

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

Vilamoura Bridge Club. Tuesdays 1.45pm 919 833 122 or 910 448 170. www.vilamourabridgeclub.com

Lagoa. Thursdays 1.45pm. 282352022 / 969174130.

Vale d'el Rei. Beginners and Improvers 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, sally@blanchworth.co.uk

SPORT

Ride with the Pack - Mountain Biking. Every Saturday, 9.30am, different hills each week. ridewiththepack@pm.me

Walking Football Mondays, 50+, Tavira. Tuesdays 60+ ONLY, Olhão Thursdays, Olhão from 9.30am 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. 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 Tuesday 2pm. Peter or Janette 966169747 or 965700536.

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 Wilkinson wilks89@hotmail.com, 282912280 / 924220173.

afpop - Badminton in Silves. Thursdays, 8pm to 10pm. 910108730 or 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 - Mon., Wed, and Friday from 10am, Almacil. 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 EN125 between Lagoa and Porches. Mardie Cunningham, 282356029 / 964278432 or rosevale45@gmail.com.

Latin American and Ballroom Dancing. Tues. 10am - 1pm Alvor. Tuesday 7pm - 9pm Carvoeiro. Caroline 961916821, strictlydancing carvoeiro@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 February events

afpop Lagos Putting Garden and Chinese Meal on Monday 10 and Friday 14 February. €26.50 for members, €7.50 for Golf only and €19 for the meal; guests €29.50 (€9.50 & €20). This includes: bottle wine or beer, soft drink, water with your meal, tips and a small prize for the winner. Pat Allen, **afpop** Lagos Area Event Organiser. Tel: 282697548, email: lagos@afpop.com

afpop Portimão/ Monchique Lunch at Pestana Alvor on 18 February at 12.30pm. Meet in the ground floor dining room at 12.30pm for a 1pm start. €21 per member or €22 for non-members. Anita Nott-Bower **afpop** Portimão/Monchique Area Event Organiser Email: portimao@afpop.com

afpop Silves/Carvoeiro lunch at Frango Dourado on 21 Feb. at 12.30pm. Price €17 Members, €18 non-members. Heather and Les, **afpop** Silves/Carvoeiro Area Event Organisers, Tel: 966 677 295 or email silves@afpop.com

afpop Cascais Lunch at Hotel Baia on Saturday 22 Feb. at 1pm. This is for €25 pp. Drinks are not included but for an extra €4 pp you can enjoy, Water. Red/ White wine. Coffee and Tea. Hotel Baia need at least 20 people to attend for this to go ahead, so if you and your friends would like to come



please contact me for a place. Kelly, **afpop** Area Event Organiser Cascais Email: cascais@afpop.com

afpop East Algarve monthly Coffee and Chat Morning at Pedras da Rainha, just outside Tavira on 26 February from 10.30am to 12.30pm. Always the last Wednesday each month and organised by **afpop** EA members. If you are interested contact: Sherry: 916 913612 or email: slosantaclara@gmail.com.

afpop Loulé Lunch at Restaurant L'Auberge on 27 February at 12.15pm for 1pm. Bert Shubbrook. Email: bertshubbrook@gmail.com

afpop Lagos Lunch at Rest. Carvi on 28 February at 12.30pm for 1pm. Members price is €22.50 and €25 for guests which includes the tip for the waiters. Pat Allen, **afpop** Lagos Area Event Organiser, Email lagos@afpop.com Tel: 282697548 or 969814789

Romantic Dinner

Rotary Estoi Palace International invites you to come to our 3rd annual Rotary Romantic Dinner at the fabulous Restaurante Tertulia Algarvia, Praca Dom Afonso III 15, in Faro old town on Saturday, 15 February at 6.30pm for 7pm. Places are limited so please book early to avoid disappointment. No bookings can be accepted after 12 February. Only 35 euros per person for a 3 course dinner with drinks included plus entertainment. For further information and bookings please contact rdinner@rotaryestoiapalace.org or book through our website https://rotaryestoiapalace.org/romantic-dinner/



Algarve Bike Rides

Here are the details of this week's rides: **Saturday 1 February** - Please contact Diana via email: ridewiththepack@pm.me **Sunday 2 February - Bike Ride starting in Estoi:** We meet by the cemetery in the centre of town (https://goo.gl/maps/UpUK5zDB1yLGP2pk9) at 9.15am ready for a 9.30am start. This will be a typical Sunday ride of 35 to 40km with a café stop somewhere along the way.



For more information please contact Paul Beesley on tel: 913226954, email: paul@algarvebikesholidays.com, Visit: www.algarvebikesholidays.com, or Facebook: AlgarveBikeHolidays.

Portugal Walks

Tuesday, 4 February - Let's Walk through Orange Groves near Silves: A beautiful and interesting moderately easy 2.5 hour walk through the orange growing area close to Silves. 10.30am start. Meet at the Café Casinhas. Drive to Silves, cross over the bridge and turn right. At the roundabout take the first exit and drive for about 300m when you will see a road to the right with a blue sign for 'Turismo rural'. Turn here and drive for about 4km when after crossing a bridge you will soon

see the cafe on your right. Chris 913 011 537

Tuesday, 11 February - Let's Walk from Marreiros: Walking through the low hills east of Messines, giving wonderful 360 views to enjoy. Returning along the valley of the Rib do Gavião and surrounding quiet rural farmlands, about 2.5 hours. (There is a river crossing on stepping stones) 10.30am start. Meet at the café/ restaurant Marreiros. Drive up the IC1 and exit for Messines, take the first exit right at the roundabout and

after 500m at the next roundabout take the 3rd exit direction Messines. After 500m take the turning right for Fonte João Luis and follow the road for almost 5km. Café is on the left. Chris 913 011 537

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

Bowls Algarve



The first game of Australian Pairs took place on Tuesday, 21 January at Alvor Bowling Club. All games took place during morning and afternoon sessions with lunch provided by Ros and her team.

Valverde won four points from Albufeira who won six points; Tavira won two points from Floresta winning eight points; whilst Pedras took six points from Alvor who won four points. The Table has Floresta at the top on eight points, with Pedras and Albufeira on six points. Four more matches to decide the winners, so every point counts.

Thursday, 23 January was our next Super 10's game. Tavira took two points from Valverde who won six points; Albufeira and Floresta shared the points with four each; whilst Alvor took six points from Balaia who won two points. Pedras was the resting team this week.

Floresta remain at the top of the Table with fifty points, Pedras are second with forty-two points, and Valverde are in third place with thirty-four points.

In League A, on Saturday, 25 January, Tavira Tigers won

six points from Alvor Rooks who won two points; Floresta Foresters took all eight points from Balaia Pods; Valverde Vikings won two points from Pedras Panthers who won six points; whilst Albufeira Cats took all eight points from Alvor Amigos.

Albufeira Cats remain at the top of Table A with sixty points, Floresta Foresters are chasing closely behind on fifty-four points and Pedras Panthers are third with fifty points.

In League B, Alvor Greens won one point from team-mates Alvor Scorpions winning seven points; Balaia Whalers took all eight points from Floresta Rangers; whilst Valverde Vulcans and team-mates Valverde Vipers shared the points with four each. Floresta Huntsman were the resting team this week.

The top of Table B remains with Valverde Vulcans on forty-eight points, with Valverde Vipers chasing closely behind on forty-four points, and Floresta Huntsman closing on forty-two points.

Miriam Hare

Actors, accents and a Bunch of Amateurs

With The Algarveans' next production set to open Lagoa's Municipality's Humorfest 2020, we shine the spotlight on the region's favourite amateur thespians in their forthcoming comedy.

A Bunch of Amateurs by Ian Hislop and Nick Newman centres around fading Hollywood star, Jefferson Steel, who, keen to boost his flagging career, arrives in England to play King Lear in Stratford only to find it is not Shakespeare's birthplace but a sleepy Suffolk village and the cast are a bunch of amateurs. Jefferson's monstrous ego is tested to the limit by the

enthusiastic amateur thespians. As acting worlds collide and Jefferson's career implodes, he discovers some truths about himself, his relationships with other people and his inner Lear!

A Bunch of Amateurs will be performed in English at the 300-seat Carlos do Carmo Auditorium in Lagoa on 27, 28, and 29 February at 7.45 pm. Tickets at €12 are available at all Worten and Fnac stores as well as the Auditorium and Convento de S. José box offices, or online at www.ticketline.pt. For all enquiries visit www.thealgarveans.com.



Deborah Kloegman, Ria Cowley, Director Paul Kloegman and Frank Remiatte in rehearsal.

Algarve Archaeological Association talk



On Tuesday, 4 February, the AAA will be presenting a lecture by numismatist (coin expert) Tiago Gil Curado. The two lectures, in English, will be at 2.30pm at the Museu do Traje in São Brás, and at 6pm at the Convento de São José in Lagoa.

The lecture will look at the contact between Portugal and England and what is considered to be the oldest alliance still valid in the world which has lasted for 646 years which involved much more than royal weddings. It was a vehicle through which the countries reinforced their

military defences against common enemies, a cooperation that strengthened the partnership and also helped to reduce taxes on businesses.

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.

First C.A.S.A. outing of 2020

For more years than any of us care to remember C.A.S.A.'s first event of each year has been a joint 'goodbye last year' and 'welcome this year' which we call 'The After Hangover Dinner'.

On 18 January, 50 of us joined in this celebration at one of our favourite restaurants, 'Brasserie Rosal' just outside Carvoeiro. A full and varied menu guaranteed another great evening, at this very atmospheric restaurant, with the owner always ready to go that extra mile to ensure our members are happy; an enjoyable and fun evening for

all. The wine flowed, the food was good and the staff were very attentive, but never invasive. Naturally we will be returning here, hopefully soon.

Our next scheduled event will be a 'Post Valentines' lunch on Saturday, 15 February at Restaurant *Ponto de Encontro*, also in Carvoeiro.

Full details of this and all our planned events, all of which are open to non-members, can be obtained from the club website:

www.casasocial.club, from Margaret Brito on 282 495 475 or by email: info@casasocial.club



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

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Millions of pets facing the blues

As the post-festive buzz wears off, the cold weather and short, dark days can leave many of us feeling depressed.



Dogs need daily outdoor exercise to ensure good physical and mental health,

However, according to the PDSA, our four legged friends face more than just the blues, with millions of pets suffering from a lifetime of loneliness, stress, preventable illnesses and obesity, due to lack of understanding of their basic needs. Findings from the latest PDSA Animal Wellbeing (PAW) Report reveal that many owners are failing to meet their pets' welfare needs. The study found a shocking 19 percent are left alone for longer than

the maximum recommended four hours on a typical weekday. Meanwhile, 13 percent don't get walked on a daily basis. PDSA Vet Nurse Nina Downing said: "Exercise is so incredibly important to dogs. Not getting enough exercise can cause health problems, such as obesity, but can also lead to long-term behavioural problems. Bored dogs are really unhappy dogs - they can show their frustration by chewing, barking, toileting in the house,

being destructive and over-grooming themselves (licking too much). As our busy routines resume after the festive break, we know that millions of dogs will be left for longer than four hours, leaving them mentally unstimulated and bored. "Dogs need daily outdoor exercise to ensure good physical and mental health. Worryingly, our Report found that 1 percent are never walked! Lack of exercise is a major contributing factor to the national canine obesity problem, along with too much food or the diet. Fun, fresh air, running and jumping can't be underestimated, it's utopia for our pets and probably many of us could take a leaf out of their book too!" Cats have an equally 'blue' time ahead, with the PAW Report revealing that 43 percent live in a house with more than one cat, 18 percent are living with other cats they don't

get along with. Nina added: "Cats are naturally solitary creatures and tend to prefer to live apart from other felines, as their territory is very important to them. Living closely with a cat or cats they don't get along with can cause a lot of stress, which can affect their health. Each cat in the household should be given their own food and water bowls, toys, beds, scratching posts and litter trays, plus one extra. Spread these around the house so each cat has their own space. "Cats need exercise too, if they're indoor cats make sure they have the opportunity to see the outside world, some people have a 'catio', so they can have some access to the outside. But if not, provide them with plenty of toys, hiding places and high shelves so they can view their surroundings with confidence." PDSA research also reveals that millions of much-loved pets are being exposed to potentially fatal diseases due to a plunge in vaccination levels. "By getting their pets vaccinated, owners can avoid subjecting their pets to further misery in the shape of deadly diseases such as parvovirus, distemper and cat flu. Sadly, many of these diseases can be fatal if they are left unvaccinated. Affected pets that are fortunate to recover could be left with long-term health problems which means they have to struggle through a lot of pain, discomfort and treatments. In turn resulting in feelings of guilt, worry and concern for owners, as well as leaving them with some costly vet bills."

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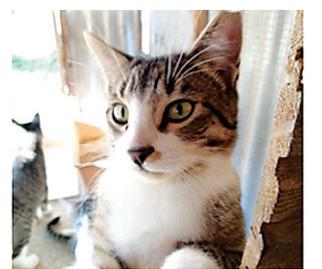
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MINNIE is 6-months-old. Fully vaccinated and castrated. Looking for a forever home. Tel: Corinna on 918 552 788 or send an email to: ccc.carvoeirocatcharity@gmail.com



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The self sufficient urban gardener

Try these 7 eco-friendly urban hacks from an expert in self-sufficiency.

If you want to live 'The Good Life' in your urban garden - keeping chickens, growing crops, making your own compost and using rainwater and solar energy - expert James Strawbridge has some tips. The sustainable living expert and co-author of Practical Self Sufficiency, written with his father Dick - says with some easy adaptations, you can make your city plot much more eco-friendly. "In urban environments, you have to combine a practical approach to growing your own food with encouraging biodiversity. If you can strike a balance where you are getting a productive but also a pretty, wildlife-friendly plot, that's a great way of approaching it," says Strawbridge. Here, he offers tips towards a more sustainable lifestyle...

Eat your peel
"Question what you are going to put in the compost bin before you do it," he advises. "Consider if your peelings are good enough to cook and eat. Take the peelings of root vegetables, such as parsnips, drizzle them with oil, roast them in the oven, season with sea salt and suddenly you have a waste snack. Broccoli stalks are fantastic if you chop them up and pickle them. "In urban gardens, most of your waste is going to be

from food. Start looking at that more ambitious zero waste approach. If you start being more creative with skins, peelings, stems and roots before they are relegated to the compost bin, you can bring a fresh angle to cookery."

Keep chickens
Urban gardeners can keep chickens, Strawbridge insists, for a constant supply of fresh eggs. "Give them as much space as you can dedicate, so they can have a nice little dust bath, a bit of cover from rain. If you compare with caged bird environments, you can give them a much better home than that. You can buy off-the-shelf coops. "They are the perfect animals for young couples who want to learn more about living off the land in an urban environment. You give them good feed and water, clean them out regularly, and then you have chickens who have character and are quite sweet animals."

Create a wormery
Composting prevents waste going to landfill and produces a great soil improver for raised beds and containers. In a small garden, the most compact option is a wormery, which will produce great compost. "Wormeries are like turbo-charged composting," says Strawbridge. Buy them in stackable units that come with a tub of

worms. As you fill each unit with waste, you simply add another on top. The worms also produce a liquid nutrient that filters down through the wormery, known as worm tea, which is high in nitrogen and phosphates, a rocket fuel for growing plants, he enthuses.

Grow vertically
Think about your footprint in terms of, not just the space you have on the patio or in your back garden, but any walls suitable for wall-mounted growing, window boxes and interplanting on a small patch of land, Strawbridge advises. "For example, you could have squashes and pumpkins at the base, sweetcorn growing up in the middle and beans climbing the sweetcorn as a trellis. You are creating a cityscape of different crops in one small area."

Use solar energy to pump water
You can buy solar powered water pump kits to provide the energy needed to pump water from a water butt, and even heat your greenhouse with small solar PV panels. Solar dryers can also use the sun's energy to preserve foods, such as tomatoes and apple slices, by drying out all the moisture. Practical Self-Sufficiency by Dick and James Strawbridge is published by DK. **PA/TPN**



Urban gardeners can keep chickens, for a constant supply of fresh eggs. (Photo: iStock/PA)

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Eat well on a budget

If you're on a budget, with mouths to feed, Lorna Cooper has you covered.



Loaded Breakfast Burritos. (Photo: Seven Dials/Andrew Hayes-Watkins/PA)

Five years ago, Paisley-born Lorna Cooper set up a Facebook page ([facebook.com/fyf20quid](https://www.facebook.com/fyf20quid)) to help people get dinner on the table more easily, healthily and - most importantly - cheaply. She recalls how at the start, "we had people commenting and messaging us saying, 'We've got £3.75 to last us until Thursday, what can we do?' Or people saying, 'I'm on maternity leave so I've only got £15 to buy the next four days' worth of food'." Half a decade on, she says, "that's been consistent". Food poverty is being increasingly (and quite rightly) talked about more

than ever before, and in terms of how many people are affected, Cooper says, "one person is way too many, isn't it?" Cooper, 43, started the FYF community after a back injury left her off work sick for almost a year. "I started to look at the budget to see where I could cut costs," she remembers, and began scrapping expensive jarred sauces, cooking from scratch rather than just heating stuff up, and soon found herself sharing tips online with other people in a similar position. FYF now has more than half a million followers - and a new cookbook to match, *Feed Your Family For £20 A Week*.

The ethos behind the food - which she says is "not fancy; it's healthy, it's filling" - takes you back to "what your granny or your great-granny would've cooked, from scratch. They wouldn't have thrown out leftovers, they would've gone in the next meal."

Cooper says these are skills a lot of people just haven't had the opportunity to learn.

FYF is designed to help fill that gap for people.

Loaded breakfast burritos

(Serves 12)

- Oil, for frying
- 2 sausages, removed from their skins
- 1 onion, diced
- 1/2 pepper, diced
- 1 tomato, diced
- 6 eggs
- 50ml milk
- 50g cheese, grated
- Parsley, chopped
- 2 cooked potatoes or 1/2 tin, diced
- 12 wraps

1. Pour a little oil into a frying pan and add the sausages, breaking them up with a wooden spoon (as you would if you were browning mince).
2. Add the diced onion and cook for five minutes.

3. Add the pepper and tomato and cook for a further five minutes.
4. Whisk the eggs in a bowl and add the milk. Add this to the sausages and veg, and cook like you would scrambled eggs until the egg has cooked through.
5. Remove from the heat and add the grated cheese and parsley. Stir through the potatoes.
6. Spoon the mixture onto 12 wraps and then either roll or fold them up, ready to eat.

Slow cooker chocolate cake

(Serves 8)

For the cake:

- 130g plain flour
 - 150g white sugar
 - 3tbsp cocoa powder
 - 2tsp baking powder
 - 1/4tbsp salt
 - 125ml milk
 - 75g butter
 - 2tsp vanilla essence
- For the topping:
- 100g caster sugar
 - 100g soft brown sugar
 - 25g cocoa powder
 - 350ml hot water
 - Ice cream or custard to serve

1. To make the cake, combine the dry ingredients in a bowl, then make a well in the centre.



Slow Cooker Chocolate Cake. (Photo: Seven Dials/Andrew Hayes-Watkins/PA)



Budget Fishcakes. (Photo: Seven Dials/Andrew Hayes-Watkins/PA)

2. Add the milk, butter and vanilla essence to the well, and whisk until smooth.
3. Pour the batter into the slow cooker.
4. To make the topping, mix the sugars and cocoa powder together in a bowl and sprinkle evenly over the top of the cake batter.
5. Pour the hot water evenly over the mix - and don't stir! I know it doesn't make sense, I know you'll want to, but trust me, don't stir!
6. Put the lid on and cook on high for about four hours. Serve straight out of the slow cooker with ice cream or custard.

Budget fishcakes

(Serves 4)

For the tuna fishcakes:

- 4 spring onions, sliced
- 1 garlic clove, crushed
- 20g butter
- 800g cooked potato, mashed
- 100g frozen sweetcorn, thawed
- 1tsp parsley
- 2 x 110g tins of tuna, drained
- Salt and pepper, to season

For the salmon fishcakes:

- 4 spring onions, finely chopped
- 1 garlic clove, crushed
- Cooking oil, for frying
- 500g cooked potato, mashed
- 1tbsp chilli flakes
- 1 x 210g tin of salmon, drained
- Zest of half a lemon
- Salt and pepper, to season

For the prep:

- 2tbsp plain flour
- 1 egg, beaten
- 2tbsp cold water
- 100g breadcrumbs
- Cooking oil, for frying

1. Gently fry your spring onions and garlic in oil/butter for two minutes over a medium heat. Remove from the heat and place in a large bowl, leaving to cool slightly.
2. Once cool, add the rest of the fishcake ingredients. Mix well using your hands, then shape into patties. (You'll do this process separately for both the tuna fishcakes and the salmon fishcakes.)
3. Next, set up your 'fishcake prep line': three bowls, one with flour, the next with egg and cold water and the third with breadcrumbs.
4. Coat the fishcake in plain flour, then dip in the egg. Finally, coat in breadcrumbs. Repeat with the other fishcakes, then chill in the fridge until you're ready to cook.
5. Heat the oil in a large frying pan and shallow-fry the fishcakes for four to five minutes per side, until golden brown. Drain on kitchen paper, then serve with simple mint or carrot salad.



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Feed Your Family For £20 A Week by Lorna Cooper, is published by Seven Dials.

Truly lit

Banish winter gloom and give rooms a bright update with some fresh lighting.

Winter's long dark nights may linger, but if you start the New Year with razzle-dazzle lighting, you can banish the gloom at home and make rooms sparkle. There's a host of new lighting effects and lights on the horizon to choose from, and experts at Habitat, Christopher Wray, Andrew Martin and Heal's have made it easy for you to transform your home. Here, they reveal the top trends and their best buys, so you can simply plug yourself in and switch on to 2020's brilliant lighting solutions...

Play with colour
"Introducing colour into the home through lighting is something which is becoming ever more popular," says Clare Griffin, lighting buyer, Habitat.

Rule with rattan
"Rattan's lightweight, durable, pliable and sustainable qualities make it one of our favourite

materials to use in the design studio. People love the unusual 3D forms and design pieces with an obvious hand-crafted, natural aesthetic," says Griffin.

Rock a retro vibe
"Homeowners are seeking more personalised, interesting pieces in their spaces, and there's a real revival of evocative retro. The distinct bold vibrancy of the Seventies and the chintzy detail of the Eighties are both set to return to interior design," predicts Chris Jordan, managing director, Christopher Wray.

Invest in new industrial
"While copper fixtures and exposed bulbs have enjoyed prolonged popularity over the last decade, other aesthetically-cooler burnished metals such as nickel and silver, as well as concrete, are set to star this year," forecasts Jordan. "Pendants zoning kitchen or dining areas, hanging in

pairs or triplets, will predominate. There's less exposure of the bulb with these lights, and more classic forms will be important in the subtle presentation of this upcoming industrial style."

Turn on to neon
"Neon lighting is now in high demand and is fast becoming a must-have in style-conscious homes," says Martin Waller, founder of Andrew Martin, one of the hottest destinations for innovative design. Feminist contemporary artist, Tracey Emin, who expressed her thoughts using industrial neon gas lights - including 'The Kiss Was Beautiful' and 'I Promise To Love You' - is credited with first popularising it in the early-Nineties. Andrew Martin's artwork collection overlays iconic photography and graffiti prints with modern light-up signage. "Nowadays, no room feels complete without art. The trend for neon lighting highlights the

rise of maximalism as a luxury lighting trend," says Waller.

Let lamps shine
"Think of lamps as art pieces or sculptures, like a design-led finishing touch, and consider how your lighting choices will impact a room even when not switched on," advises Waller. "Bold designs featuring sculptural shapes, interesting texture or coloured glass make a style statement when on or off."

Embrace eco solutions
"Customers are increasingly looking for more energy-efficient lighting solutions and feel a growing responsibility to be sustainable across all aspects of life," says Claire Anstey, lighting buyer, Heal's. "LEDs not only reduce carbon emissions by consuming less energy and have a significantly longer life-span, but are also allowing designers to be much more creative."



Let Rattan Rule (Photo: Habitat/PA)

Look for lustre
"Following on from an emergence of coloured glass last year, expect to see a shift towards the more interesting finishes offered by electroplated lighting," predicts Anstey.

"Adding a contemporary twist to light fixtures, electroplating creates a high-shine, mirrored effect for a truly eye-catching, iridescent and distinctive look."

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A day trip to Viana do Castelo


 MIRJAM COLLENS

Viana do Castelo is a pleasant town where there is something to do for everyone. You will find a green mountain landscape, sea, river, harbour and must sees.



Viana do Castelo local market.

After an hours drive from Porto, you're already there. On a Friday afternoon my boyfriend spontaneously took the turn to this city. We wandered around the city centre and visited its beautiful church on a mountain. The journey to Viana is not a punishment. There is plenty to see and the further north

we drive, the greener and hilly the landscape becomes. The travel time is not much longer compared to many drives to the centre of Porto, while we live nearby Porto. Naturally, traffic plays a major role in this and on the way to Viana do Castelo you continue to drive easily. You can also catch a train from Porto (Campanhã station) that will take you there in 1.5

hours.

Once we arrived I imagine myself on vacation in a completely different environment. Viana do Castelo is surrounded by mountains and water: the Atlantic Ocean and at the mouth of the Lima River. As background decoration you can see the Santa Luzia mountain on which a beautiful church is situated. "That's where we're going at sunset." We will first discover the city. In terms of atmosphere, it's a bit like the first capital of Portugal: Guimarães. We sniff the antiquity and the good vibes while we walk through the streets. We visited Viana, it's December and everything is transformed into a Christmas atmosphere with the main street as a highlight. Later, we admire this street full of

lights from the mountain. As in any city, wandering around is the best thing you can do. In this way we arrive at lively squares and hidden alleys with small shops. If you really want to buy something traditional that comes from Viana, then that is the "Heart of Viana" ("Coração de Viana"). This represents Portugal more or less, together with the Rooster of Barcelos. The window displays of jewellers are full of golden and silver hearts. These are made very finely, with the 'filigree' technique.

At a local bakery we enjoy a quick lunch for a great price and then take the car to the Santa Luzia mountain and the church of the same name. We have certainly not seen everything yet. There is a municipal museum and there are other churches to admire. However, the sun shows its last rays, so we rush to the viewpoint. You can also take a cable train that will take you up in a few minutes.

The sun has just set and the sky turns pink, blue and purple, and the panoramic view is amazing. You look over the city with its long bridge, the ocean and the river. I quickly take a few photos with my back to the church before it is completely dark. But the view of the Santa Luzia church is also breath taking. The wall reveals the full name: 'Templo

Monumento Santa Luzia'. It's also called "The Sanctuary of the Sacred Heart". The church (built between 1904 and 1959) is dedicated to the sacred heart of Jesus. We will definitely be back to see this attraction from the inside next time. The doors are open every working day from 9 a.m. to 6 p.m. and Friday through Sunday to 7 p.m. If you go to Viana do Castelo, you really can't skip Santa Luzia.

The cold makes us long for a hot drink and some food. That is why we end up back in the centre of Viana do Castelo. Here we enjoy delicious (vegetarian)

dishes from Indian cuisine at 'Indian Punjabi Restaurante'. The menu is large, and the prices are small. This restaurant is highly recommended as the food is tasty, and the price / quality ratio is very good.

Although this was a short trip it was a nice introduction and requires a follow-up. If you make it a full day, you could combine a visit to the city with an activity in nature. There is enough to enjoy what Viana and its surroundings offer. A Portuguese saying goes: "Hi-de-voltar a Viana." This means: "I will go back to Viana." Sure! ■



Viana do Castelo church.

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Improve your body image in nature

There's no denying that being surrounded by nature does wonders for your stress levels and general state of mind. But did you know that going for a walk in the park could even improve your body image?



There's no denying that being surrounded by nature does wonders for your stress levels and general state of mind. (Photo: iStock/PA)

Various studies (conducted by researchers at Anglia Ruskin University, University College London and Perdana University in Malaysia) have been

looking at just this, focusing on how green spaces can affect the way we think about our bodies. For example, British students were shown photos of either natural places or more built-up

areas, and scientists found that those who looked at the leafy areas reported a more positive body image, whereas the other group did not. Another study had participants walking about

in either a natural setting or an urban one. Once again, it was found that people who were exposed to greenery had a significantly higher appreciation for their body - in comparison to those

who were in the city. The findings make logical sense. Cities can be stressful places, where you're bombarded with advertisements that push an unrealistic standard of beauty onto you. It's perhaps no wonder that you soon begin to be hypercritical about your own body. Compare this to spending some time in the park. Not only do you feel so much more peaceful, but this positive state of mind is transferred onto how you feel about your body. The paper mentions this idea of nature as being "restorative". This means that it can help wipe away negative thoughts about your appearance, whilst also offering the opportunity to distance yourself from appearance-obsessed urban spaces. Away from the claustrophobia of cities and towns, you get the opportunity to appreciate your body for all it does for

you, as opposed to judging it harshly on aesthetics. Add this to the host of other benefits that being amongst nature has, from improving your sense of community and safety to helping your mental health, and it's pretty clear we all need some green time. In one of the studies, it's worth noting that if the green space is crowded with other people, the improvement to your body image might not be as great. This is probably because participants became annoyed with the amount of people around, and may have experienced some negative social encounters. The studies focused on the short-term, positive impact that nature can have on body image. The longer-term effects are unclear, but if regular exposure to greenery helps foster a lasting positive relationship with your body, that would be pretty amazing. PA/TPN

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How often should you clean your brushes?

They're an essential piece of beauty kit we can't do without. Much as make-up artists love to wax lyrical about blending, dabbing and smearing with your finger, nothing beats the precision of a brush.



Make-up brushes should be cleaned once every week. (Photo: iStock/PA)

breakouts and dermatitis."

Use a specific make-up brush cleanser

"If you can't find one or don't have the time/finances to do so, you can use a shampoo or soap you have in your home. This will work temporarily, but it may not be as effective at cleaning your brushes and removing the make-up residue [as a proper make-up brush cleanser would be]."

Invest in a make-up brush cleaning mat

"Brush cleaning mats have a number of different textures, levels and layers that will help clean even the deepest of bristles. All areas of the mat should be used with the cleaning of each brush," explains Lavahun.

"Once you've wet your brush, apply the cleanser and massage this around the palm of your hand to create a lather, then you can then rub the brush around the different levels of the mat - watching as the make-up residue rinses away." "The one rinse may not be enough though," she adds. "Once you think you might be done, rinse the bristles and see if the water is running clear, if not, repeat the process."

Prepare the brushes for drying

"Before putting your brush out to dry, ensure you squeeze out all excess water and pat dry with a towel. You can then either lay your brushes down flat on the towel to dry, or you can invest in a make-up brush dryer which will hold your brushes in place," says Lavahun. "Just ensure not to let your brushes dry standing up as the bristles may fall and bend, making them less effective when putting on make-up." PA/TPN

Their soft, dense bristles and balanced handles help us sculpt, shape and swirl to ensure our make-up looks

flawless.

But according to a survey by Cosmetify, as much as we love to use them daily, we're not always sure how to care for our brush collection.

Indeed, searches for 'how to clean make-up brushes' are incredibly popular according to Google trends, and research by the brand suggests 26% of British women have never cleaned their make-up brushes, and 68% have shared their make-up brushes with others.

Hands up if you're guilty of one or both of the above... Top reasons for our slackness were found to be: 'I didn't

know they needed cleaning,' (39%) 'They didn't look like they needed cleaning,' (28%) and, 'It's too much effort' (19%).

To help give your make-up brushes the treatment they deserve, Isa Lavahun, beauty expert at Cosmetify, shares her top tips on how to clean, dry and prep them for a perfect makeover...

Wash them on a weekly basis

"Make-up brushes should be cleaned once every week - you most certainly wouldn't leave the same layer of make-up on your face for a week or longer, so don't let it sit on your brushes either," says Lavahun. "Not only will the brushes be softer on your skin, you'll also be reducing your chances of clogging your pores and causing acne

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Do's and don'ts of home teeth whitening

When Google released its end of year trend data for 2019, it published a list showing what people were searching for, starting with the words 'how to make...'

As well proving that people were on the hunt for guides on how to create scrunchies, friendship bracelets and lip scrubs last year, the top 10 also revealed that people wanted to improve their appearance in one particular way, by searching 'how to make teeth whiter'. According to dentist Dr Amit Rai, social media is largely responsible. "Tooth whitening has become increasingly popular, as some patients strive for Instagram perfection," he says. "White teeth are in fashion, I mean almost no one would choose to have a darker shade of teeth if they were given the choice." Plus, who wouldn't want to emulate celebrities and their megawatt smiles? "Most celebrities have bright white teeth, but one which none of my patients try to emulate is Simon Cowell," says Dr Rai. "In my opinion, that's a little too white!" But what if you don't have an A-list budget for brightening your smile? DIY kits can be effective, but there

are a few pointers you need to know before you get started. Here, Dr Rai shares his five do's and don'ts of at-home teeth whitening...

Don't believe viral hacks

"As you can imagine, I have heard all sorts of tooth-whitening hacks, ranging from the use of banana peel to the use of coconut oil. "The most unusual has to be a patient who swears by the use of rubbing their toothbrush over a piece of coal before brushing their teeth!"

"In all seriousness, some of the methods can be dangerous and potentially damaging, such as the use of domestic toilet bleach."

Don't use kitchen ingredients

"I've heard a lot about oil pulling to help remove plaque, but it does not whiten teeth anymore than brushing twice daily.

"Bicarbonate of soda may do a fabulous job of lifting stains from the tooth surface, but it is very abrasive to the precious outer enamel layer of your teeth, leaving

the yellower underlying dentine visible.

"Once your enamel is gone, it's gone, so be careful."

Don't trust quick tricks

"Beware of blue light whitening conducted by non-dentists in shopping centres and exhibitions. "This involves keeping your mouth open, which dehydrates your teeth, making them appear whiter. "These methods may appear cheap and quick, but they aren't effective in the long term."

Do choose a reputable retailer

"At-home whitening is generally effective, and naturally there are different formulations, some of which are safer than others. "It is best to stick to clinically-effective products sold by reputable sellers, such as Boots (i.e. not from eBay or Instagram)."

Do maintain your dental health - and beware of staining

"Brushing twice daily, not smoking and regularly visiting



Tooth whitening has become increasingly popular, as some patients strive for Instagram perfection. (Photo: iStock/PA)

your dentist and/or hygienist are all a must for maintaining a whiter smile, but it is also true that some types of food and drink can stain your teeth.

"Confusingly, however, they give you other health benefits, so you may not necessarily want to cut

all of them out of your diet altogether. "Tea and coffee both contain tannins, which cause staining, particularly when drunk without milk, and red wine is one of the most common causes of tooth staining." PA/TPN

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A beginner's guide to tooth whitening, invisible aligners and bruxism

The two most important causes of dental problems, caries and periodontal (gum) disease, are preventable. Fortunately, as a result of improved living standards and efficient preventive policies dentists are seeing more people with healthy teeth and gums. With no need to alleviate pain or restore function with prostheses, patients now ask to straighten 'crooked' teeth and to make them whiter.

There are 2 techniques for 'bleaching': in the dentist's chair or at home. In the first case a gel is applied to the visible parts of the teeth which are then exposed to a strong light source for about an hour. This has the advantage of giving an immediate result but it is a bit tiring and the effect is less durable than the second process. In this case impressions (moulds) are taken and individual acrylic trays prepared. The patient fills the trays, which fit over the teeth, with the whitening gel and wear them for several hours (most people leave them in overnight). The result lasts longer, the patient can decide when the desirable shade is achieved (usually after 5 or 6 days) and there is usually some gel remaining which can be used at a later date to give a 'tweak'.

Traditionally straightening misaligned teeth was achieved using metal brackets and bands fixed to the teeth and joined by a wire adjusted to move each tooth in the



required direction. In recent years, with the help of computer 3D imagery, a whole new approach to orthodontics has evolved. The initial case study starts with X-rays and impressions of the jaws. This information is analysed by a computer program; a proposal for the final result is shown to the patient and once approved the program will calculate the necessary steps for the treatment. As with the bleaching this involves a series of acrylic trays (in this case of slightly more rigid material) except that they are worn all the time (only removed for eating and cleaning). Typically these trays are changed every 2 weeks and an average treatment will take a year.

Bruxism is the unconscious habit of grinding or clenching teeth; it will be the subject of a future article.

E-Bikes the new standard?



When we started in 2011 we had no idea where we would stand in 2020. If someone had said that we would have a bike shop well known in the whole Algarve we would not have believed it. Now after unloading trucks full of new bikes we know: we are the biggest E-Bike shop and the only specialised one. We repair nearly every bike and we have a really big stock of rental bikes but the most inspiring is the bikes we have available in our showroom. More than 60 models are ready to be tested by you.

If you want to have a good idea how cycling can be, you really have to come to our shop and we will be very pleased to advise you on any bike.

In July we started with a new premium brand *Riese & Muller*. An outstanding E-Bike manufacturer with a very modern look

on sustainability, quality and design. The first models like the *Nevo GT*, *Supercharger*, *Swing* and *Culture* are now in our showroom to see and to test of course.

As a certified Bosch and Shimano Steps dealer we follow the new developments on E-Bikes very closely. Better batteries, stronger engines, we have them all in our shop. All the bikes in our showroom you can try. This way you can always make the right decision.

With our Dutch background and quality and our training in Holland, we can offer you a wide range of bicycles and the best advice for cycling in your situation. Prefer a workout? We have German and Dutch City, trekking, folding, road and mountain bikes as well. Visit us in Almancil, Av. Duarte Pacheco 48.

Its Winter time – time for a new mattress for a better night's sleep?



Following decades of trading experience within the Algarve, Bedrooms Extra know what they're doing with regard to UK beds. They import a wide range of mattresses and divans that comply with British Safety Standards, so there will always be a mattress to suit every requirement.

As they only sell from their extensive stock, there is no delay in having your bed delivered and getting that all important good night's sleep. Choosing a mattress is a very personal decision - it's certainly not a case of one size fits all.

It's very important that you lie on the bed and see if it gives you the support and level of comfort that suits your needs.

Very often if you have back or joint problems, you don't need a firm or hard mattress, but one that provides a mix of both support and comfort. All of the beds are imported from the UK, so there is no confusion on their size as they are all standard UK sizes, Single 90 x 190, Double 135 x 190, King-size 150 x 200 and

Super-king 180 x 200. Delivery covering the whole of the Algarve is all part of the service.

The bed ranges unique to Bedrooms Extra are well known brands such as Relyon, Durabeds and the MLily range (now with an additional 20% off). The MLily range have removable covers, are backed by a 5 year guarantee and are also infused with a cooling gel. This Spring we will also be adding a new range of Backcare mattresses from Sleepzee, holders of a Royal Warrant, as well as an updated range from Durabeds.

Bedrooms Extra offer everything from the traditional pocket sprung tufted mattress to the multi-layered and varied graded foam or even a hybrid! They also stock a range of quality pillows, mattress protectors, duvets, and of course, UK sized bedding. We look forward to welcoming you to our Lagos showroom to try the beds and see where your next good night's sleep could come from.

Algarve Surveyors

Algarve Surveyors has over 20 years' local experience in providing formal property valuations, building surveys and project management. Our independent, unbiased advice is invaluable to both individual and corporate clients. Whatever the project, we can save you time and money by anticipating and solving potential issues. We are a multi lingual team of licensed specialists with in-depth technical, industry and legal knowledge.

Valuations. One of very few teams in the Algarve equipped to provide a formal, internationally recognised valuation report (in English), Algarve Surveyors can assess the *true* value of your property. We are highly skilled in analysing a property's worth through its unique, defining assets (this can include but is not restricted to the land, location and quality of build). In fact, land, residences and projects *all* require a professionally certified valuation for the purposes of insurance, taxation, probate, bank loans and portfolio management. Our thorough approach can help you make well-informed decisions every time.

Surveys. Our comprehensive condition surveys provide you with detailed, indispensable information on the quality of structure and construction techniques, highlighting any defects and including rebuilding costs for insurance, access to water and other services. Using the latest technology, such as thermal cameras and damp detecting devices, this survey is key in helping buyers decide on purchase. It can also prevent



expensive 'surprises' and aid in the planning of future alterations. And let's not forget that owners can use surveys to verify the condition and worth of their property, a useful tool in securing a sale in a challenging market.

Project Management. From individual villas to multiple developments, starting afresh or renovating requires highly competent management of cost, time and quality control to avoid troublesome, expensive planning issues. Our highly qualified project management delivers planning, technical and contract advice from start to finish. We provide detailed building specifications, scrutiny of tenders and a constant overview of each and every project, right down to final documentation and certificates. We leave no page unturned.

So whether you are buying, selling or renovating, you can be sure that we will look after your interests and help you to achieve your specific goals on time and within budget.

Call Pedro Moreira on 918683819 for an informal chat or to arrange an exploratory meeting.

SATURDAY 01

BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 Garden Rescue.
12.00 Football Focus.
13.00 BBC News; Weather.
13.15 Eddie Butler's Six Nations.
13.40 Live Six Nations Rugby Union.
16.30 Final Score.
17.25 BBC News.
17.45 The Hit List.
18.30 The Greatest Dancer.
20.30 First & Last.
21.15 Casually.
22.05 BBC News; Weather.
22.20 National Lottery Update.
22.25 Match of the Day.
23.55 The NFL Show.
00.25 **FILM:** Keeping Rosy (2014).
01.50 Weather for the Week Ahead.
01.55 BBC News.

BBC Two

06.45 Wild & Weird.
07.00 Top Class.
07.30 The Dog Ate My Homework.
08.00 The Dengineers.
08.30 Blue Peter.
09.00 Deadly 60.
09.30 How Earth Made Us.
10.30 Robot Wars: Battle of the Stars.
11.30 Best Home Cook.
12.30 The Best Dishes Ever.
13.00 Tennis: Australian Open Highlights.
14.30 The World's Most Extraordinary Homes.
15.30 Spy in the Wild.
16.30 Coast.
17.00 Pipers of the Trenches.
18.00 **FILM:** Whisky Galore! (2016).
19.30 Dad's Army.
20.00 Great American Railroad Journeys.
21.00 QIXL.
21.45 Live at the Apollo.
22.30 Snowfall.
23.20 Snowfall.
00.00 **FILM:** Up in the Air (2009).
01.40 This Is BBC Two.

ITV London

06.00 CITV.
07.30 Scrambled!: Scrambled!
07.35 Scrambled!: Mr Magoo.
07.50 Scrambled!: Mr Bean: The Animated Series.
08.10 Scrambled!: The Rubbish World of Dave Spud.
08.30 Scrambled!: Thunderbirds Are Go.
09.05 Scrambled!: Craig of the Creek.
09.25 ITV News.
09.30 James Martin's Saturday Morning.
11.40 Living on the Veg.
12.40 Save Money: Lose Weight.
13.10 ITV News and Weather.
13.20 Dancing on Ice.
15.25 ITV News and Weather.
15.45 ITV News London; Weather.
16.00 Six Nations Live.
19.00 The Masked Singer.
20.30 The Voice UK.
22.00 Shopping with Keith Lemon.
22.25 ITV News and Weather.
22.40 **FILM:** American Sniper.
01.00 Ideal World.
03.00 Rebound.
03.50 ITV NightScreen.

Channel 4

06.20 Mike & Molly.
06.40 Cheers.
07.35 Frasier.
08.30 The Big Bang Theory.
09.55 The Simpsons.
13.25 Come Dine with Me.
16.00 Four in a Bed.
18.30 Channel 4 News.
19.00 The Royal House of Windsor.
20.00 The Queen's Lost Family.
21.00 **FILM:** Hidden Figures (2016).
23.25 **FILM:** X-Men: The Last Stand (2006).
01.20 The Last Leg: Countdown to Brexit.
02.40 Hollyoaks.
04.50 The Great Hotel Escape.
05.45 Kirstie's Fill Your House for Free.
05.55 The King of Queens.

BBC Four

19.00 Rick Stein's Long Weekends.
20.00 Yes, Prime Minister.
20.30 Aurora: Dangerous Earth.
21.00 Inspector Montalbano.
22.45 Clive James: Postcard from Berlin.
23.35 **FILM:** Frantz (2016).
01.25 Top of the Pops: 1989.
01.55 Top of the Pops: 1989.
02.25 Rick Stein's Long Weekends.
03.25 Close.

SUNDAY 02

BBC One

06.00 Breakfast.
07.25 Match of the Day.
09.00 The Andrew Marr Show.
10.00 Politics England.
10.30 The Big Questions.
11.30 Wanted Down Under.
12.15 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Songs of Praise.
13.55 Live Six Nations Rugby Union: France v England Build-Up.
14.30 Live Six Nations Rugby Union: Sir David Jason at 80: A Lovely Jubbly Celebration.
17.10 BBC News.
17.45 Countryfile.
18.10 Doctor Who.
19.10 Call the Midwife.
21.00 The British Academy Film Awards 2020.
23.00 BBC News.
23.25 Super Bowl LIV - Live.

BBC Two

06.05 The Farmers' Country Showdown.
06.50 The Instant Gardener.
07.35 The Edible Garden.
08.05 Celebrity Antiques Road Trip.
09.05 Countryfile.
10.00 Saturday Kitchen Best Bites.
11.30 Mary Berry's Country House Secrets.
12.30 A Cook Abroad: Dave Myers' Egypt.
13.30 Tennis: Australian Open Highlights.
15.00 Flog It!
15.50 **FILM:** The Train (1964).
18.00 Undiscovered Worlds with Steve Backshall.
19.00 Ski Sunday.
20.00 Top Gear.
21.00 Win the Wilderness: Alaska.
22.00 Match of the Day 2.
23.00 Super Bowl LIV Build-Up.
23.30 The Women's Football Show.
00.00 Women's Six Nations Highlights.

ITV London

06.00 CITV.
07.30 Scrambled!: Scrambled!
07.35 Scrambled!: Mr Magoo.
07.50 Scrambled!: Mr Bean: The Animated Series.
08.10 Scrambled!: The Rubbish World of Dave Spud.
08.30 Scrambled!: Kung Fu Panda: The Paws of Destiny.
09.05 Scrambled!: Craig of the Creek.
09.25 ITV News.
09.30 Ainsley's Caribbean Kitchen.
10.30 Living on the Veg.
11.30 The Greek Islands with Julia Bradbury.
12.00 Countrywise: Guide to Britain.
12.30 ITV Lunchtime News; Weather.
12.35 The Voice UK.
14.05 The Masked Singer.
15.35 Tipping Point.
16.35 ITV News and Weather.
17.00 The Chase Celebrity Special.
18.00 Dancing on Ice.
20.00 Vera.
22.00 ITV News and Weather.
22.15 Bradley Walsh & Son: Breaking Dad.
22.40 Six Nations Highlights.
23.40 Liar.
01.20 Ideal World.

Channel 4

06.20 The King of Queens.
06.45 Everybody Loves Raymond.
07.35 The Big Bang Theory.
08.25 Jamie and Jimmy's Friday Night Feast.
09.30 Sunday Brunch.
12.30 The Simpsons.
13.30 **FILM:** The Adventures of Tintin.
15.40 A Place in the Sun.
16.40 **FILM:** Men in Black (1997).
18.30 Channel 4 News.
19.00 The Great Pottery Throw Down.
20.00 George Clarke's Old House, New Home.
21.00 SAS: Who Dares Wins.
22.00 8 Out of 10 Cats Does Countdown.
23.00 **FILM:** Prisoners (2013).

BBC Four

19.00 The Women's Football Show.
19.30 lolo's Snowdonia.
20.00 Galapagos - Islands of Change: Natural World.
21.00 Art on the BBC: The Story of the Nude.
22.00 Horizon: What's Wrong with Nudity?
23.00 Fig Leaf: The Biggest Cover Up in History.
00.00 No Body's Perfect with Rankin and Alison Lapper.

MONDAY 03

BBC One

06.00 Breakfast.
09.15 Fraud Squad: The Hunt.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under.
11.45 Defenders UK.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 The Farmers' Country Showdown.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Inside Out.
20.00 EastEnders.
20.30 Cashing in on the Housing Crisis - Panorama.
21.00 Silent Witness.
22.00 BBC News at Ten.
22.35 Ladhood.
23.00 Rio Ferdinand: Being Mum and Dad.

BBC Two

06.00 Wanted Down Under.
06.45 Antiques Road Trip.
07.30 Sign Zone: MasterChef: The Professionals.
08.30 The Week in Parliament.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 Women's Six Nations Highlights.
13.30 Get Away for Winter.
14.15 Talking Pictures.
15.05 **FILM:** The Red Shoes (1948).
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Great Asian Railway Journeys.
19.00 Top Gear.
20.00 Cornwall: This Fishing Life.
21.00 Universal Credit: Inside the Welfare State.
22.00 Better Things.
22.25 The Archivistologists.
22.30 Newsnight.
23.10 Weather.
23.15 Body Clock: What Makes Us Tick?
00.15 Sign Zone: Monty Don's American Gardens.
01.15 Sign Zone: Murder, Mystery and My Family.

ITV London

06.00 Good Morning Britain.
09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 The Martin Lewis Money Show.
20.30 Coronation Street.
21.00 Cold Feet.
22.00 ITV News at Ten; Weather.
22.45 Inside the Crown: Secrets of the Royals.
23.45 All Elite Wrestling: Dynamite.

Channel 4

06.30 Cheers.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Undercover Boss USA.
11.05 Ramsay's Kitchen Nightmares USA.
12.00 Channel 4 News Summary.
12.05 Sun, Sea and Selling Houses.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 A New Life in the Sun.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Australia on Fire: Climate Emergency.
21.00 999: What's Your Emergency?
22.00 Baghdad Central.
23.00 Emergency Helicopter Medics.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Francesco's Mediterranean Voyage.
20.00 A Very British Romance with Lucy Worsley.
21.00 The 80s with Dominic Sandbrook.
22.00 This Life.
00.10 Art of Germany.
01.15 Treasures of the Indus.

TUESDAY 04

BBC One

06.00 Breakfast.
09.15 Fraud Squad: The Hunt.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under.
11.45 Defenders UK.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 The Farmers' Country Showdown.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Holby City.
21.00 Silent Witness.
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 Plastic Surgery Undressed.
23.25 Easy Ways to Live Well.
00.25 Weather for the Week Ahead.
00.30 BBC News.

BBC Two

06.30 Wanted Down Under.
07.15 Antiques Road Trip.
08.00 Sign Zone: MasterChef: The Professionals.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 The Super League Show.
13.50 Get Away for Winter.
14.35 Coast.
15.05 Deborah Kerr: Talking Pictures.
15.35 **FILM:** Black Narcissus.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Great Asian Railway Journeys.
19.00 Top Gear.
20.00 Cornwall: This Fishing Life.
21.00 Universal Credit: Inside the Welfare State.
22.00 Better Things.
22.25 The Archivistologists.
22.30 Newsnight.
23.10 Weather.
23.15 Body Clock: What Makes Us Tick?
00.15 Sign Zone: Murder, Mystery and My Family.

ITV London

06.00 Good Morning Britain.
09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.25 Party Political Broadcast.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Bradley Walsh & Son: Breaking Dad.
20.30 Coronation Street.
21.00 White House Farm.
22.00 ITV News at Ten; Weather.
22.45 Peston.
23.40 Tenable.
00.30 Ideal World.

Channel 4

06.30 Cheers.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Undercover Boss USA.
11.05 Ramsay's Kitchen Nightmares USA.
12.00 Channel 4 News Summary.
12.05 Sun, Sea and Selling Houses.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 A New Life in the Sun.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Crazy Delicious.
21.00 24 Hours in A&E.
22.00 Losing It: Our Mental Health Emergency.
23.00 Holidays from Hell: Caught on Camera.
00.00 Australia on Fire: Climate Emergency.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Botticelli's Venus: The Making of an Icon.
20.00 Life Drawing Live!
22.00 This Life.
00.00 Britain and the Sea.
01.00 Jigs & Wigs: The Extreme World of Irish Dancing.

WEDNESDAY 05

BBC One

06.00 Breakfast.
09.15 Fraud Squad: The Hunt.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under.
11.45 Defenders UK.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 The Farmers' Country Showdown.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
18.55 Party Political Broadcast.
19.00 The One Show.
19.30 Match of the Day Live: The FA Cup.
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 Eating with My Ex.
23.05 My Mate's a Bad Date.
23.30 First & Last.

BBC Two

06.30 Wanted Down Under.
07.15 Antiques Road Trip.
08.00 Sign Zone: See Hear.
08.30 Sign Zone: Fake Britain.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
11.15 Politics Live.
13.00 Get Away for Winter.
13.45 Coast.
14.25 Richard Harris: Talking Pictures.
15.00 **FILM:** Cromwell (1970).
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Great Asian Railway Journeys.
19.00 The Andrew Neil Show.
19.30 Yorkshire Walks.
20.00 Lose Weight and Get Fit with Tom Kerridge.
20.30 Trust Me, I'm a Doctor.
21.00 Good Omens.
22.00 Live at the Apollo.
22.30 Newsnight.
23.10 Weather.
23.15 Universal Credit: Inside the Welfare State.

ITV London

06.00 Good Morning Britain.
09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.25 Party Political Broadcast.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Bradley Walsh & Son: Breaking Dad.
20.30 Coronation Street.
21.00 White House Farm.
22.00 ITV News at Ten; Weather.
22.45 Peston.
23.40 Tenable.

Channel 4

06.30 Cheers.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Undercover Boss USA.
11.05 Ramsay's Kitchen Nightmares USA.
12.00 Channel 4 News Summary.
12.05 Sun, Sea and Selling Houses.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 A New Life in the Sun.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Kirstie and Phil's Love It or List It.
21.00 Britain's Most Expensive Home: Building for a Billionaire.
22.00 Home.
22.30 999: What's Your Emergency?
23.35 24 Hours in A&E.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 The Beauty of Anatomy.
20.00 World's Busiest Railway 2015.
21.00 The Trains That Time Forgot: Britain's Lost Railway Journeys.
22.00 This Life.
00.00 Art, Passion & Power: The Story of the Royal Collection.

THURSDAY 06

BBC One

06.00 Breakfast.
09.15 Fraud Squad: The Hunt.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under.
11.45 Defenders UK.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 The Farmers' Country Showdown.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Best Home Cook.
21.00 Death in Paradise.
22.00 BBC News at Ten.
22.35 Question Time.
23.35 Newscast; Weather.
00.10 BBC News.

BBC Two

06.30 Wanted Down Under.
07.15 Antiques Road Trip.
08.00 Sign Zone: Great British Railway Journeys.
08.30 Sign Zone: Lose Weight and Get Fit with Tom Kerridge.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
11.15 Politics Live.
12.15 Get Away for Winter.
13.00 Coast.
13.45 Shelley Winters: Talking Pictures.
15.05 **FILM:** Yentl (1983).
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Great Asian Railway Journeys.
19.00 Celebrity Antiques Road Trip.
20.00 Secrets of the Museum.
21.00 Travels in Euroland with Ed Balls.
22.00 Mum.
22.30 Newsnight.
23.10 Weather.
23.15 Win the Wilderness: Alaska.

ITV London

06.00 Good Morning Britain.
09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 How Safe Is Your Vape? Tonight.
20.00 Emmerdale.
20.30 Save Money: Lose Weight.
21.00 Inside the Crown: Secrets of the Royals.
22.00 ITV News at Ten; Weather.
22.45 The Late Debate.
23.10 Grantchester.
00.05 Tenable.

Channel 4

06.30 Cheers.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Undercover Boss USA.
11.05 Ramsay's Kitchen Nightmares USA.
12.00 Channel 4 News Summary.
12.05 Sun, Sea and Selling Houses.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 A New Life in the Sun.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Supertop: Noel Fitzpatrick.
21.00 Barrymore: The Body in the Pool.
22.50 Naked Attraction.
23.50 Sex Tape.
00.40 The Supertop.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 The Pennine Way.
20.00 Mark Kermode's Oscar Winners: A Secrets of Cinema Special.
21.00 Edgar Wright: Life Cinematic.
22.00 This Life.
23.20 Wonders of the Universe.
00.20 How We Built Britain.
01.20 Awesome Beauty: The Art of Industrial Britain.

FRIDAY 07

BBC One

06.00 Breakfast.
09.15 Fraud Squad: The Hunt.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under.
11.45 Defenders UK.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.
15.00 Escape to the Country.
15.45 The Farmers' Country Showdown.
16.30 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Garden Rescue.
20.00 EastEnders.
20.30 A Question of Sport.
21.00 Would I Lie to You?
21.30 King Gary.
22.00 BBC News at Ten.
22.30 National Lottery Update.
22.35 The Graham Norton Show.
23.25 RuPaul's Drag Race UK.
00.30 Weather for the Week Ahead.
00.35 BBC News.

BBC Two

06.30 Wanted Down Under.
07.15 Antiques Road Trip.
08.00 Sign Zone: MasterChef: The Professionals.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 Get Away for Winter.
13.45 Coast.
14.35 Shelley Winters: Talking Pictures.
15.05 **FILM:** Yentl (1983).
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Great Asian Railway Journeys.
19.00 Celebrity Antiques Road Trip.
20.00 Secrets of the Museum.
21.00 Travels in Euroland with Ed Balls.
22.00 Mum.
22.30 Newsnight.
23.10 Weather.
23.15 Win the Wilderness: Alaska.

ITV London

06.00 Good Morning Britain.
09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 How Safe Is Your Vape? Tonight.
20.00 Emmerdale.
20.30 Save Money: Lose Weight.
21.00 Inside the Crown: Secrets of the Royals.
22.00 ITV News at Ten; Weather.
22.45 The Late Debate.
23.10 Grantchester.
00.05 Tenable.

Channel 4

06.30 Cheers.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Undercover Boss USA.
11.05 Ramsay's Kitchen Nightmares USA.
12.00 Channel 4 News Summary.
12.05 Sun, Sea and Selling Houses.
13.05 Escape to the Chateau: DIY.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 A New Life in the Sun.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Supertop: Noel Fitzpatrick.
21.00 Barrymore: The Body in the Pool.
22.50 Naked Attraction.
23.50 Sex Tape.
00.40 The Supertop.

BBC Four

19.00 World News Today; Weather.
19.30 Top of the Pops: 1989.
20.00 Doris Day: Virgin Territory.
21.00 Top of the Pops: 1989.
21.30 There's Only One Madonna.
22.25 Madonna Rebel Heart Tour.
00.25 Classic Albums: The Waiters - Catch a Fire.

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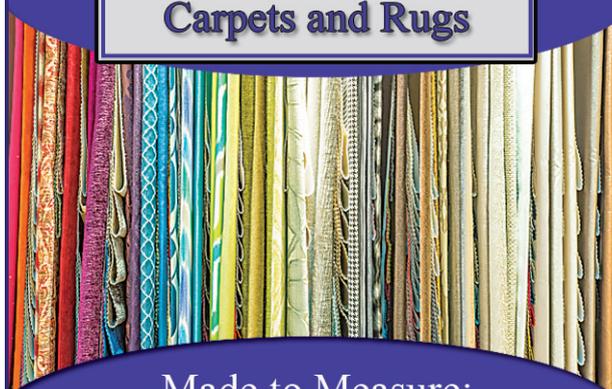


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Microsoft's new Edge Browser

Microsoft's new Edge browser is now finished and available for download. This new browser is based on Chromium, which forms the basis of Google Chrome. Windows 10 users will also get the new Edge browser automatically delivered via Windows Update in the next few months. Edge is available for Windows 10, Windows 8.1, Windows 8, Windows 7, macOS, iPhone, iPad, and Android. Microsoft has even promised Edge for Linux in the future—no surprise, as Chrome already runs on Linux. The new Edge browser offers many of the features found in Google Chrome, features found in the older Edge like support for inking PDF files with a stylus, and new features like Internet Explorer Mode for accessing older websites without actually opening Internet Explorer. And yes, the new Edge works with Chrome extensions. After you install the new Edge, the old Edge browser will be hidden on your system. The new Edge browser can automatically import the old Edge browser's data, so you won't lose anything. So why switch to Edge? Two reasons, in Microsoft's view: productivity and privacy. Productivity is represented by features like Collections, which lets you amass information from lots of websites as you're planning travel, researching a paper or otherwise digging deeper into the web. Edge also dovetails with Microsoft's sign-in technology used in businesses so your Edge login information is the same as your email. As for privacy, Edge is taking a similar approach to Mozilla's Firefox by trying to block a list of known sites that track you online. It's related to Apple's anti-tracking technology already in Safari and Brave, too. Google's Chrome is the laggard here, but Google is ramping up its browser privacy effort.

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Cinema

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Little Women - Stars: Saoirse Ronan, Emma Watson, Florence Pugh.
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Director: Greta Gerwig.
Louisa May Alcott. Rating: PG13. **Plot:** Little Women or Meg, Jo, Beth and Amy is the first book in Louisa May Alcott's Little Women series. The story revolves around the lives of four sisters growing up during and after the Civil War. With their father off fighting the war, the girls face the hardships and constraints of poverty and social expectations.

Jojo Rabbit - Stars: Roman Griffin Davis, Thomasin McKenzie, Scarlett Johansson.
Genre: Comedy, Drama, War.
Director: Taika Waititi. **Rating:** PG13. **Plot:** Jojo is a lonely German boy who discovers that his single mother is hiding a Jewish girl in their attic. Aided only by his imaginary friend - Adolf Hitler - Jojo must confront his blind nationalism as World War II continues to rage on.



Cinema Listings

NOS Forum Algarve - Faro

An Officer and a Spy; Mosley (PV); Parasites; Bombshell; A Shaun the Sheep Movie; Little Woman; Frozen II (PV); Bad Boys for Life; 1917 ATMOS.

NOS Mar Shopping - Loulé

A Shaun the Sheep Movie; The Turning; 1917 ATMOS; Frozen II (PV); Jojo Rabbit; Bad Boys for Life; Spies in Disguise (PV); Bruno Aleixo Movie; Bombshell.

Gran-Plaza NOS - Tavira
1917 ATMOS; Little Woman; The Wedding Year; Frozen II (PV); Bombshell; Bad Boys for Life; Spies in Disguise (PV).

Algarvine - Portimão

1917 ATMOS; Dolittle; Bombshell; An Officer and a Spy; Mosley (PV).

Algarvine - Lagos

1917 ATMOS; Dolittle; Bombshell; Mosley (PV).

Algarvine Ria Shopping - Olhão

1917 ATMOS; Dolittle; Bombshell; An Officer and a Spy; Mosley (PV); Richard Jewell.

Cineplace Algarve Shopping - Guia

Little Woman; Jojo Rabbit (2D); The Turning; Spies in Disguise (PV); Mosley (PV); 1917 ATMOS; Bombshell; Dolittle; Disturbing the Peace; Bad Boys for Life; Just Mercy; A Shaun the Sheep Movie; Jumanji; Star Wars.

Cineplace - Portimão

Little Woman; Bruno Aleixo Movie; 1917 ATMOS; Mosley (PV); Dolittle; Bombshell; Bad Boys for Life; Just Mercy; Spies in

Disguise (PV); Frozen II (PV); Jumanji.

Estação Viana Shopping - Viana do Castelo

Mosley (PV); Bombshell; 1917 ATMOS; Dolittle; Bad Boys for Life; Spies in Disguise (PV); Frozen II (PV); Jumanji.

Cineplace Loures Shopping

Little Woman; Jojo Rabbit (2D); The Turning; Mosley (PV); 1917 ATMOS; Bombshell; Dolittle; Bad Boys for Life; Just Mercy; A Shaun the Sheep Movie; Spies in Disguise (PV); Frozen II (PV).

Cineplace Leiria Shopping

Little Woman; Jojo Rabbit (2D); The Turning; Mosley (PV); 1917 ATMOS; Dolittle; Bad Boys for Life; Bombshell; Just Mercy; Spies in Disguise (PV); Bayala (PV); Frozen II (PV); Jumanji.

Cineplace Riosul - Seixal

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EXHIBITIONS

Elisa Costa 25 January 2020 - 15 February 2020, CNAP - Clube Nacional de Artes Plásticas, Lisbon, www.viralagenda.com

Salty Dolls 27 January - 2 February, Teatro Luís de Camões, Lisbon, Entry free, www.visitlisboa.com



O Mundo Animado de Tim Burton, 6 Feb - 19 Apr, Lisbon

Loops.Lisboa 2019 Until 2 February 2020, MNAC - Museu Nacional de Arte Contemporânea - Museu do Chiado, Lisbon, www.viralagenda.com

Robin Fior Until 3 February 2020, Fundação Calouste Gulbenkian, Lisbon, www.viralagenda.com

(De)Construction of Memory Until 9 February 2020, 10am - 7pm, Museu Coleção Berardo, Lisbon, Entry from €2.50, www.visitlisboa.com

No Escape from Noise Until 16 February 2020, 4pm - 1am, Centro de Artes, Caldas da Rainha, www.viralagenda.com

M.A.G.N.E.T Until 17 February 2020, 11am - 7pm, MAAT, Lisbon, www.maat.pt

Playmode Until 17 February 2020, 11am - 7pm, MAAT, Lisbon, www.maat.pt

She Looks Into Me Until 23 February 2020, from 6.30pm, Centro Cultural de Cascais, www.viralagenda.com

Before the Beginning and after the End Until 1 March 2020, 10am - 1pm & 2pm - 6pm, Atelier-Museu Júlio Pomar, Lisbon, Entry from €2, www.visitlisboa.com

LEAP Magazine Launch and Exhibition 25 January - 14 March, theLAB, Porto, Entry free, www.viralagenda.com

Sarah Affonso - Days of Little Things Until 22 March 2020, 10am - 6pm, Museu Nacional de Arte Contemporânea, Lisbon, Entry €4.50, www.visitlisboa.com

Boundless objects Until 29 March 2020, Centro de Arte e Cultura de Fundação Eugénio de Almeida, Évora, Entry €2, www.viralagenda.com

Around the World Until 31 March 2020, 9.30am - 7.30pm, Biblioteca Nacional de Portugal, Lisbon, Free entry, www.visitlisboa.com

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

Heritage for Generations 18 April 2020, Lisbon, Entry free, www.visitlisboa.com

O Mundo Animado de Tim Burton 6 February - 19 April, Museu da Marioneta, Lisbon, www.viralagenda.com

Loving As The Road Begins Until 20 April 2020, 11am - 7pm, MAAT, Lisbon, www.maat.pt

Picasso. Universal Master 25 January - 30 April, Anjos Palace - Manuel de Brito Contemporary Art Centre, Algés Oeiras, Entry free, www.visitlisboa.com

Weaving (the) Cosmos 20 February 2020 - 10 May 2020, Museu do Oriente, Lisbon, www.viralagenda.com

Electric - A Virtual Reality Exhibition 25 January - 24 May, Serralves, Porto, www.viralagenda.com

Gago Coutinho. Traveller and Explorer Until 24 May 2020, Museu de Marinha, Lisbon, Entry €6,50, www.visitlisboa.com

Meet Vincent Van Gogh 28 February 2020 - 30 June 2020, Terreiro das Missas Belém, Lisbon, www.viralagenda.com

PUM! The Secret Life of Intestines Until 2 August 2020, Pavilhão do Conhecimento Ciência Viva, Lisbon, www.viralagenda.com

The Sea is our Land 10 March 2020 - 20 September 2020, 10am - 6pm, Centro Cultural de Belém, Lisbon, Entry €6, www.visitlisboa.com

The Scribble Group - Drawing in Notebooks and Photography 12 February 2020 - 12 February 2021, Museu Nacional de História Natural e da Ciência, Lisbon, Entry free, www.visitlisboa.com

ONE - The Sea like you never felt it 11 January 2020 - 11 January 2023, Oceanário de Lisboa, Lisbon, Entry from €13, www.visitlisboa.com

PLEASE BE AWARE THAT THE NEW MAAT (MUSEU ARTE ARQUITETURA TECNOLOGIA) BUILDING IS CLOSED AND REOPENS ON 27 MARCH.

FAIRS & FESTIVALS

Festival PLAY - Lisbon's Int. Kids Film Festival 8 February 2020 - 16 February 2020, Cinema São Jorge, Lisbon, www.visitlisboa.com

Nauticampo 12 February - 16 February, Feira Internacional de Lisboa, Entry from €5, www.visitlisboa.com

Festival de Jazz de Lisboa '20 1 March 2020 - 31 March 2020, Teatro Municipal São Luiz, Lisbon, www.visitlisboa.com

ModaLisboa - Lisboa Fashion Week '20 5 March 2020 - 8 March 2020, Pavilhão Carlos Lopes, Lisbon, Entry free, www.visitlisboa.com

BTL - Lisbon Travel Market '20 11 March - 15 March, Feira Internacional de Lisboa, www.visitlisboa.com

Monstra - Lisboa Animation Film Festival '20 18 March 2020 - 29 March 2020, Cinema São Jorge, Lisbon, www.visitlisboa.com

Lisbon Coffee Fest 20 - 22 March, 10am - 8pm, LX Factory, Alcântara, www.viralagenda.com

MIL - Lisbon International Music Network 2020 25 - 27 March 2020, 10am - 12am, Cais do Sodré, Lisbon, Tickets from €25, www.viralagenda.com

Portugal Handpan Festival 2020 27 - 29 March 2020, 3pm - 11pm, Santarém, www.viralagenda.com

Festival BANG! 2020 28 March 2020, 11am, Fórum Lisboa, Tickets from €10, www.ticketline.sapo.pt

Cortex Festival '20 1 April 2020 - 30 April 2020, Centro Cultural Olga Cadaval, Sintra, Entry from €3, www.visitlisboa.com

ID NO LIMITS Festival 3 & 4 April, Centro de Congressos do Estoril, Tickets €40, www.visitlisboa.com

Westway LAB 2020 15 April 2020 - 18 April 2020, 10am - 11.30pm, Guimarães, www.viralagenda.com

Music Days in Belém 23 April 2020 - 26 April 2020, Centro Cultural de Belém, Lisbon, www.visitlisboa.com

Arco Lisboa - International Contemporary Art Fair '20 1 May 2020 - 31 May 2020, Córdoaria Nacional - Galeria do Terreão Nascente, Lisbon, www.visitlisboa.com

IndieLisboa '20 1 May 2020 - 31 May 2020, Cinema São Jorge, Lisbon, www.visitlisboa.com

Festival of the Iberian Mask '20 1 May 2020 - 30 May 2020, Praça do Império, Lisbon, Entry free, www.visitlisboa.com

Festival Música Viva 24 May 2020 - 6 June 2020, O'culto da Ajuda, Teatro Municipal S. Luiz, 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, Entry free

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. Tuesdays and Saturdays, 9am - 6pm, Campo de Santa Clara Lisbon

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

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



Electric - A Virtual Reality Exhibition, 25 Jan - 24 May, Porto

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.



Nauticampo 12 Feb – 16 Feb, Lisboa

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

Explosions in the Sky 1 February 2020, 9pm, Aula Magna, Lisbon, Tickets from €26, www.everythingisnew.pt

Ghostmane 28 February 2020, 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, 8pm, www.everythingisnew.pt

Nick Cave and the Bad Seeds. 19 April, 8.30pm, Altice Arena, Lisbon, www.everythingisnew.pt

JP Cooper 4 May 2020, 9pm, Teatro Tivoli BBVA, Lisbon, Tickets from €18, www.everythingisnew.pt

Lauv 11 May 2020, 8pm, Coliseu de Lisboa, Lisbon, Tickets from €27, www.everythingisnew.pt

Guns N' Roses 20 May 2020, Passeio Marítimo De Algés, Lisbon, Tickets from €69

Harry Styles 20 May 2020, 6pm, Altice Arena, Lisbon, Tickets from €41, www.everythingisnew.pt

Blue Man Group 28 – 31 May 2020, Coliseu de Lisboa, Lisbon, Tickets from €18, www.everythingisnew.pt

THEATRE & DANCE

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

Hamlet Until 2 February 2020, 9.30pm, Teatro do Bairro, Lisbon, www.viralagenda.com

Forever King of Pop 20 February 2020 – 23 February 2020, Casino Estoril, Cascais,

Tickets from €25, www.visitlisboa.com

Fake 19 March 2020 – 5 April 2020, Teatro Nacional D. Maria II, Lisbon, www.viralagenda.com

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

Chicago Until 29 March 2020, 9pm, Teatro Trindade INATEL, Lisbon, www.viralagenda.com

FIMFA – International Festival of Puppets and Animated Forms'20 1 May 2020 – 31 May 2020, Teatro Municipal Maria Matos, Lisbon, www.visitlisboa.com

La Bohème 4 – 10 May 2020, Teatro Nacional de São Carlos, Lisbon, Tickets from €20, www.visitlisboa.com

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

WORKSHOPS & COURSES

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

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

Portuguese for foreigners Until 31 May 2020, Wednesdays 6.30pm, Biblioteca Municipal da Maia, Maia, Cost €30, www.viralagenda.com

SPORTS

Lisbon Half Marathon'20 15 March 2020, Ponte 25 de Abril, Lisbon, www.vistlisboa.com

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

Millennium Estoril Open 2020 25 April 2020 - 3 May 2020, 1pm, Clube Ténis do Estoril, Tickets €85, www.blueticket.pt

South

AUCTIONS

Auction House Algarve 1 February 2020. All items can be viewed at the auction house and through our online catalogue: www.ahalgarve.com, 289 832 380, info@ahalgarve.com

EXHIBITIONS

A Step with Future 17 January 2020 – 31 March 2020, Arts and Crafts Centre, São Brás de Alportel, www.visitalgarve.pt

Contemporary International Art Exhibition 24 January – 15 February 2020, LUX Gallery, Portimão, www.theluxgallery.com

Amazon 25 January 2020 – 18 April 2020, 10am – 6pm, Centro Cultural de Lagos, Entry free, www.viralagenda.com

Spaces In Between 25 January 2020 – 18 April 2020, 10am – 6pm, Centro Cultural de Lagos, www.viralagenda.com

Paintings by Mary Byrde Until 14 February 2020, 10am – 4.30pm, Espaço, Aljezur, www.visitalgarve.pt

Maria Mergulhão, Messages in a bottle Until 23 February 2020, Museu Municipal de Faro, www.viralagenda.com

Estuaries Until 23 February 2020, 10am – 6pm, Municipal Museum, Portimão, www.visitalgarve.pt

ART at the MAG Winter Exhibition Opening Until 22 March 2020, 6.30pm – 10pm, The Magnolia Hotel, Almancil, www.viralagenda.com

Awarded Photographs from the 19th Portimão Photography Race Until 12 April 2020, 10am – 6pm, Entry €3, Municipal Museum, Portimão, www.visitalgarve.pt

Writing in the Lower-Alentejo: from the origins until today Until 2 May 2020, 9.45am – 4.30pm, Municipal Museum – Islamic Centre, Tavira, www.visitalgarve.pt

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

Contemporary Dance Festival 9 – 16 February 2020, Lagos

20th Al-Mutamid – Muhsilwan Music Festival 15 February, 9.30pm, Lagos

Windward Performing Arts Festival 20 March 2020, 9.30pm, Lagos

Carnaval of Odiáxere 23 – 25 February 2020, Odiáxere, www.viralagenda.com

MARKETS

Loulé - Every Saturday

Quarteira - Every Wednesday

Lift Market Lagos - Every Saturday

São Brás de Alportel Market - Every Saturday

Alcantarilha - 1st Friday of the month

Algoz Flea Market - 1st Saturday 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

Quarteira Flea Market - 1st Saturday of the month

Lagos Market, Next to the Stadium - 1st Saturday of the month

Lagos Flea Market - 1st Sunday of the month

Padere - 1st Saturday 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

Organic Market. Every Wednesday, 10am – 3pm, República 14 Olhão.

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

MUSIC

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

JJ Johns Dinner-Dance show. 2 February, 2pm – 6pm, Restaurante Sítio do Mário, Rua Dr. Diogo Leote 36/38 8200-121 Albufeira. Afternoon show + Sunday roast €13. Reservations 914 900 031 or 282 442 621

Marco Cinelli & Danny del Toro 6 February, 11pm, Bar Bafo de Baco, Loulé

Marco Cinelli & Danny del Toro 7 February, 10pm, Clube Farense, Faro

From London to Hollywood. 6 February, 9.30pm, Albufeira Sports Pavilon. Tickets €10. www.cm-albufeira.pt

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

Play with Music and Movement for Babies 15 February & 21 March 2020, Municipal Library, Lagos

THEATRE & DANCE

Móce dum Cabreste 1 February 2020, 9.30pm, Cultural Centre, Lagos

“Caramel Macchiato” Pedro Teixeira da Mota 21 February 2020, 7.30pm and 10pm, Cultural Centre, Lagos

Tell me Antonio 22 February 2020, 9.30pm, Lagos

A bunch of amateurs. 27 - 29 February, Carlos do Carmo Auditorium, Lagoa. www.thealgarveans.com

Volta Portugal em Revista 14 March 2020, 9.30pm, Lagos

“Neverending Tour” 6 March 2020, 9.30pm, Cultural Centre, Lagos

Vagina Monologues 27 March 2020, 9.30pm, Lagos

Traditional Creative Family Music and Dance 22 February, 28 March 2020, Municipal Library, Lagos

Lettice and Lovage. 18 – 20 June, Convento do São José, Lagoa. www.thealgarveans.com

A Christmas Carol. 26 – 28 November, Carlos do Carmo Auditorium, Lagoa. www.thealgarveans.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

Street Art Lab 7 December 2019 – 30 May 2020, 10am – 5pm, LAC – Laboratório Actividades Criativas, Lagos, Cost €15, www.viralagenda.com

Tips for Doodles 1 February 2020, Vale do Lobo Artistic Space, €16

Margery Jane Bloomfield Book Presentation 2 February, 3pm – 5.30pm, Loulé, expatcentre.pt@gmail.com

Botanical Art: Create a Terrarium of Plants 8 February, Vale do Lobo Artistic Space, €16

Retiro 21-23 February 2020, Picota, Monchique, Tickets from €185, afloresentidos@gmail.com

Library II Meditation and Relaxation Cycle 15 February & 22 March 2020, Municipal Library, Lagos

Library Nights 1 February & 7 March 2020, Municipal Library, Lagos

Life is Beautiful 22 February & 21 March 2020, Municipal Library, Lagos

PNL Practitioner Algarve 7 March – 26 September, 9.30am – 7pm, Sítio do Valongo Senhora do Verde, Portimão, www.viralagenda.com

Poesia 21 20 March 2020, 9.30pm, Adega Almadrage, Lagos,

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

SPORTS

Full Moon Evening Walks 9 February, 7.30pm – 9.30pm, Loulé, expatcentre.pt@gmail.com

46th Algarve Tour 19 – 23 February 2020, Various Locations, www.visitalgarve.pt

2nd Solidarity Walk 23 February, 8.30am, Cabanas de Tavira – Hotel Golden Club, Entry free, www.visitalgarve.pt

Ride the Via Algarviana by mountain bike. We are 5 friends riding the Via from 2-6 March 2020 And have space for one more in our van. It's 65km per day, over 1500m climb, hard but fun. Interested in joining us? Contact ridewiththepack@pm.me



Tindersticks 17 Feb, Faro

NOTE: Please send your events to events@theportugalnews.com by midday on the Monday before publication.

Announcements

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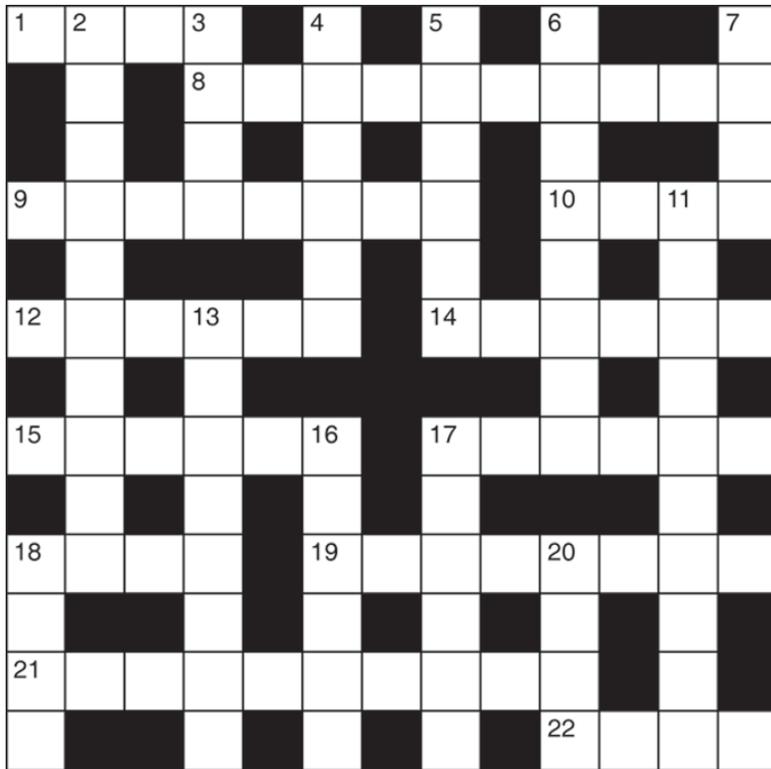
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CRYPTIC CROSSWORD

ACROSS

1. Letters, perhaps, for the station (4)
8. Little demon can be dressed? Not likely! (10)
9. Catching sight of somebody trying to imitate a leopard? (8)
10. One vehicle for a terrible Russian (4)
12. Cord that may be conditionally attached (6)
14. Extorts the precise letter (6)
15. Presumably his job is not to let go (6)
17. Displays of temper on stage, which might involve... (6)
18. ...heavenly body topping the bill who... (4)
19. ...might get the front? (8)
21. Coffin-maker doesn't get enough income (10)
22. Set of parts goes East to make flying-frame (4)

DOWN

2. Non-resident for treatment is apparently submissive when discharged (10)
3. The colour of one with explosive around (4)
4. Season in leap year? (6)
5. Language of the butcher (6)
6. Chaff isn't good when one is older (8)
7. Intend to be niggardly (4)
11. Fighting and holding the van (2,3,5)
13. I look after the gate for a buyer from abroad (8)
16. Disprove features ruined as lost (6)
17. Produce light on industrial action? (6)
18. Not born obstinate - it's the end! (4)
20. Casual profit to make one lift one's head? (4)

QUICK CROSSWORD

ACROSS

1. Festivity (4)
8. Amendment (10)
9. Hearth (8)
10. Raiment (4)
12. Fastener (6)
14. Famish (6)
15. Really (6)
17. Oxen (6)
18. Muddle (4)
19. Perpetuity (8)
21. Deviation (10)
22. Sea-eagle (4)

DOWN

2. Help (10)
3. Pain (4)
4. Commend (6)
5. Niche (6)
6. Motionless (8)
7. Slight (4)
11. Rotation (10)
13. Enjoyment (8)
16. Showy (6)
17. Belief (6)
18. Style (4)
20. Not any (4)

Last week's cryptic crossword solutions

Across: 7 Ivory; 8 Schools; 9 Habitue; 10 Patch; 12 Past caring; 15 Monteverdi; 18 Night; 19 Cheaper; 21 Spanner; 22 Glove.
Down: 1 Lighterman 2 Booby; 3 Eyot; 4 Ascent; 5 Whip-hand; 6 Nostril; 11 High-handed; 13 Abetting; 14 Anagram 16 Escort; 17 Spoon; 20 Edge.

Last week's quick crossword solution

Across: 7 Obese; 8 Heading; 9 Several; 10 Put up; 12 Legislator; 15 Miscellany; 18 Needy; 19 Tension; 21 Animate; 22 Cross.
Down: 1 Horsewoman; 2 Leave; 3 Near; 4 Chilli; 5 Zeppelin; 6 Dictate; 11 Portliness; 13 Everyday; 14 Ascetic; 16 Letter; 17 Minor; 20 Nick.

CODEWORD

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

7	11	4	26	26	8	21	21	17	20	21	16			
A	11	16	11	25	13	O	16	11	1	20	20			
B	13	15	20	26	1	13	4	16	D	16	6	21	9	5
C	17	5	20	12	18	20	6	17	1	1	1			
D	4	19	17	20	26	1	9	19	20	9	21	17	13	
E	1	4	26	11	19	19	26	26	26	26	26			
F	10	13	21	15	20	26	6	9	13	21	9	16	1	20
G	11	9	15	17	1	20	9	9	9	9	9	9	9	9
H	16	26	11	12	4	23	6	10	13	21	16	9	21	12
I	13	9	16	20	4	10	10	10	10	10	10	10	10	10
J	21	4	9	1	23	4	10	2	22	4	26	16	6	6
K	4	4	10	14	20	14	14	14	14	14	14	14	14	14
L	17	13	26	21	20	25	4	24	13	26	9	17	8	8
M	20	17	11	26	21	9	5	26	12	1	1	1	1	1
16	13	21	20	13	3	23	1	13	21	16	20	20	20	20

Last Week's Codeword Solution

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

SUDOKU

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

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

Medium

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

Hard

Last week's solutions

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

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

The Bear

You know the drill, if they play golf, they should get a golf present. But buying for Jack is especially difficult when he has achieved so much in the game. So up to last week there must have been a lot of head scratching for his five children and twenty-two grandchildren. For my money, he is the greatest. Because he is complete, he has shown time and again that he is a fully rounded, classy individual on and off the course. He still holds the record of eighteen Majors, three more than you know who. He was the pioneer who broke the records and then set them and then kept on setting them. Before him Walter Hagen had won eleven and Bobby Jones nine. Imagine the drive and fortitude of determination needed to keep on going when you have obliterated the records of your heroes. His competitive drive is one of the main characteristics which has led to him being on top of the pile. He has, it is generally regarded, married the greatest ever golf wife in Barbara. The support given from home helped him stay out and carry on competing. True, he didn't have as many bad days as most, but a consummate competitor is never really happy. All of those second places must have burned and led to sub-par moods. When he came onto the scene he wasn't

The Golden Bear has just turned 80. The family wouldn't thank him too much for making it so difficult to buy him something.



welcome; the crowds wished that the 'fat boy' from Columbus would hit it in the rough because he was challenging the crowned King of the game, Arnold Palmer. Nicklaus kept on beating Palmer and that wasn't cool. Yet once the spectators realised that the only thing they had against the new kid on the block was that he was winning, they started to embrace him; the Americans have always loved a winner, eventually. There is a documentary about the 1975 US Masters where Nicklaus was in contention against Johnny Miller and Tom Weiskopf. Weiskopf, also an Ohio State alumni and generally regarded as next generation's talent bearer, and Johnny Miller (when he was hot he was white hot) came up against the Bear in full flow. Nicklaus was stood on the eighteenth fairway, after catching and overtaking the opposition, and said to his caddy, "This is fun." He went onto win his fifth green jacket. Weiskopf only ever won one Major and Miller two. It is generally regarded that Weiskopf drove out of Magnolia Lane that evening a broken man, while Nicklaus collected his fifth Green Jacket. His sixth coming eleven years later at age forty-six. It's this competitive drive which he regarded as fun, feeling exhilarated by the pressure; where lesser players folded, he excelled. He never ever quit. Yet today, he



Jack Nicklaus celebrating his 80th birthday.

has retired from the world of competitive golf and for the last twenty years become the ambassador and mentor for the game and to the next generation of respectful professionals. They all are nervous to hit a ball in front of him yet listen intently to his wisdom and advice, such is the revered respect they hold him in. In researching this article, I came across a story where he was invited to open the

Nicklaus Room at the USGA's museum in 2015. His close family were given a tour of the museum where he paid homage to the Hogan room and the Bobby Jones room before seeing his own. Then on leaving he went into the Palmer room spent some time reminiscing then on leaving, under his breath, just audible and with a smile said, "My room is better than his."

Madeira 'punching above its weight' in Golf Digest top 10

Accolades in 2019 suggested Madeira's golf offering is at last being recognised - and that has been further demonstrated by the inclusion in Portugal's top 10, of two of its three courses, according to the latest Golf Digest ranking.

Both the Severiano Ballesteros-designed Porto Santo Golfe, at nine, and 10th-placed Santo da Serra - redesigned by Robert Trent Jones Snr in

1991 - are listed in the magazine's 'Best Golf Courses In Every Country' feature.

Last year saw Madeira hailed as the 'world's best emerging golf destination' at the World Golf Awards, and as Europe's 'leading island destination' for the fourth successive year, and the world's 'leading island destination' for a staggering fifth year running, in the 2019 World Travel Awards.

The excellent performance of the courses did not come as a surprise to those working at Discover Madeira, the consumer-facing brand of the Madeira Promotion Bureau.

A spokesman said: "When you look at the number of fine courses in Portugal - indeed the number that have been built in recent years - to have two of our three included in the top 10, by arguably the world's

leading golf title, is quite an achievement.

"But we have known for some time that the quality of golf in Madeira is

exceptional for its size and it is heartening that people are beginning to sit up and take notice. In boxing parlance, I think it's fair to

say we are punching above our weight. But it doesn't seem fair to keep such a fabulous trio of golf courses all to ourselves."

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Braga win League Cup

N CHRIS WRIGHT

The incredible start to the managerial career of Rúben Amori at SC Braga, he has won all five games, continued when his team lifted the Taça da Liga Trophy against FC Porto.



Braga have lifted the Taça da Liga Trophy against FC Porto

In the semi-finals Braga beat Sporting 2-1 thanks to a superb strike from Ricardo Horta and last minute header from Paulinho. Sporting had earlier levelled matters through Jérémy Mathieu but also had Bolasis and Mathieu shown red cards. In the other semi V. Guimarães took the lead against Porto via a penalty from Tapsoba. Celebrations by the V. Guimarães fans were soon cut short as in the very next minute Alex Telles equalised with a stunning low shot from twenty-five metres. Ten minutes later and Porto won the game when Tiquinho Soares netted his eleventh goal in his last nine matches. The final was a re-match of the recent Primeira Liga game when Braga secured a famous victory at the Estádio do Dragão. Both Braga and Porto hit the woodwork and had chances to win it in the ninety minutes. However, it was Braga who snatched the cup with one of the last kicks of the game. In theory, Braga were the home side for this one, playing in their own stadium, but fan

allocation was split equally between the two clubs to create a great atmosphere. Os Arsenalistas certainly began the better of the two sides with Ricardo Horta the danger, first hitting the bar after just five minutes, before having another excellent chance to open the scoring blocked crucially by Alex Telles. Defender Chancel Mbemba had a great chance to opening the scoring for Sérgio Conceição's Porto side when he rose highest from a free-kick, but his header went just over Matheus Magalhães' crossbar. Porto took charge late in the first-half and continued their ascendancy after the break. The second-half provided more yellow cards and fouls then it did goalmouth action. With time running out Braga's confidence returned and in stoppage time the hosts hit the bar from Raúl Silva's header. With just seconds left on the clock, Ricardo Horta did brilliantly to turn to find himself clear through on goal and he made no mistake from close range to win the Taça da Liga in extraordinary fashion.

Farense and Olhanense lead the way

After collecting just one point in their previous three games SC Farense returned to winning ways with a 2-0 victory at bottom club Casa Pia.

Goals from Arnold (42') and former Dundee United star Ryan Gauld, deep into stoppage time, keep the Faro side a point clear of CD Nacional (Madeira) at the top of the Segunda Liga.

On Saturday (1 February) Farense entertain Estoril Praia at the Estádio de São Luís (behind Faro Hospital) kick-off at 11am.

SC Olhanense likewise returned to winning ways, after two draws, with a 2-0 win at home to Aljustrelense Mineiro. Two late goals from Hassan were enough to return the Olhão side to top spot in the Campeonato Portugal Division B.

On Saturday Olhanense travel to Queluz to play second place Real SC. CW

Manchester double for Portuguese stars

20 year-old Manchester United full-back Diogo Dalot is a young player to watch.

The former Porto player, who signed for United in June 2018 on a five-year contract for a fee of €22m, scored his first senior goal last Sunday in the club's six goal FA Cup victory at Tranmere. His stunning shot would have graced

any game.

His more illustrious countryman Bernardo Silva found the net with a wonderful strike and João Cancelo registered an assist for Manchester City as they demolished Fulham 4-0, again in the FA Cup.

João Cancelo started his career at Benfica before plying his trade at Valencia and Juventus prior to signing for Manchester City last August.

Bernardo Silva got City's second goal in the ninth minute, working the ball onto his left foot and hitting an unstoppable drive past Fulham goalkeeper Marek Rodak. Cancelo, who played from right-back in a back four, set up the third with a cross for Gabriel Jesus in the second-half.

Ivan Cavaleiro started for Fulham but was substituted midway through the second-half. CW



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Diogo Dalot celebrates scoring his first goal for Manchester United