

DISCOUNTS UP TO **50%**
Selected Products



BE HEALTHY
JAN 29 - 17 FEB

Apolónia
The Real Supermarket.

O&O
LUXURY REAL ESTATE

Over 170 new listings!!!

www.oando.pt +351 965548172

CERRO NOVO
PROPERTIES

YOUR
PROPERTY
AGENT
IN CENTRAL ALGARVE

cerronovo.com

AMI 860

THE PORTUGAL
News
Established 1977
19,129 copies this week

THE PORTUGAL
News

Portugal's **National** Newspaper in English

15 Feb 2020 • Ed. 1564
€1.50 inc IVA
Publisher: Paul Allen Luckman
www.theportugalnews.com
This week 19,129 copies
Facebook: 64,184 followers
Web: 161,918 page views last week

Cutting the queues



New equipment and control stations aim to speed up arrivals at Lisbon airport with plans to roll this out to Faro, Madeira and Porto in the near future. (Photo: Lusa / Mário Cruz) Full story P2.



Portugal in court over car import taxes. P6



Cycling stars return to the Algarve. P8



Workers falling further into debt. P10



House prices continue to rise in Portugal. P12

PORTUGAL
PROPERTY.COM

BERKSHIRE
HATHAWAY | Portugal
HomeServices Property

THE PORTUGAL News
Portugal's National Newspaper in English

ANGLOPRESS Edições e Publicidade, Lda
Copyright ©2020 Anglo Press Lda.
The Portugal News is part of the Portugal News Group established 1977. Depósito Legal N° 80258/94

DIRECTORS
Paul Allen Luckman
publisher@theportugalnews.com

Madeline Luckman
copy@theportugalnews.com

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

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

Classifieds: +351 282 380 315

Sales: +351 282 380 310

Accounts: +351 282 343 653

Newsdesk: +351 282 380 313

General: +351 282 341 100

Email: info@theportugalnews.com

Web: www.theportugalnews.com

PRINT & DISTRIBUTION

Printers: Unipress, Porto

Print-run: 19,129 copies this edition

Distributors: VASP

Member of apct
audited circulation



PRODUCTION

Publisher: Paul Luckman
publisher@theportugalnews.com

Photos: LUSA • Press Association

GENERAL MANAGER

Daisy Sampson
daisy@theportugalnews.com

SALES MANAGER

Sónia Seixas
sales@theportugalnews.com

ACCOUNTS MANAGER

Gaby Rodrigues
accounts@theportugalnews.com

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

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

Improvements to speed up arrivals in Portugal unveiled

New equipment aims to speed up arrivals at Lisbon airport with plans to roll this out to Faro, Madeira and Porto in the near future. The new arrival control area for the Foreigners and Borders Service (SEF) at Lisbon airport started operating on 10 February and has been created to deal mainly with flights from the United Kingdom, United States, Canada and Croatia.



KIM SCHIFFMANN

According to SEF, in this new space at the Humberto Delgado Airport, seven passenger control positions were placed, two with 'e-gates' for automated border control, which aim to reduce queues and ensure the "faster control" of passengers at arrivals.

SEF chose a flight from the United Kingdom to mark the entry into operation of this electronic equipment, in a ceremony attended by the Minister of Internal Affairs, Eduardo Cabrita, the Assistant Secretary of State and Communications, Alberto Souto de Miranda, the president the board of directors of ANA - Aeroportos de Portugal, José Luís Arnault, and the director of SEF, Cristina Gatões.

The SEF director explained to journalists that the new area will allow the processing of 700 passengers per hour and about 30 flights per day.

These seven electronic devices are part of the 49 new generation 'e-gates' that SEF acquired and which will start operating in the coming weeks at the airports of Faro and Madeira and which allows processing "passports with biometric data more quickly".

Porto is also expected to start operating this

system, but there is no date yet for this. "This technological response represents around €5 million of public investment in 49 new electronic control positions", the Minister of Internal Administration told reporters, adding that the largest placement of these structures will take place at Porto airport, in a total of 16 new units due to their growth.

Eduardo Cabrita explained that this new equipment is part of the "improvement of conditions at Lisbon airport", stressing that two years ago he developed an action plan that was presented to ANA and that determined "a set of changes that were necessary in Portuguese airports to improve reception conditions for passengers from non-Schengen areas". The minister pointed out that one of these responses has also been the recruitment of inspectors for SEF, considering that it was "the biggest since 2005".

Eduardo Cabrita also praised the "responsiveness" that SEF inspectors have given to the growth in the number of passengers.

In turn, the chairman of ANA's board of directors told reporters that this new area "will surely help to improve the problem of



The Minister of Internal Affairs, Eduardo Cabrita (2nd from left) at the new arrivals control area at Lisbon Humberto Delgado Airport.

queues at the entrance to Lisbon airport in the border control area". Emphasising that the issue of queues at border control is the responsibility of SEF and not ANA, José Luís Arnault acknowledged that this situation "is in fact a problem" that has been improved. However, he stated that this situation persists and, as an example, he referred that, in January, there was "an average of one hour and seven minutes of waiting during peak hours".

"We are confident that with these improvements and new technologies and with these investments we can contribute to reducing the situation, which is one that does not make anyone happy," he concluded.

ALGARVE
Hidden Gems Rentals

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

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

Contact us!

www.algarvehiddengems.com

Tel: +351 917 774 442 Email: info@algarvehiddengems.com



(right) with ANA president José Luís Arnaut (left) and the national director of SEF Cristina Gatões (2nd left) at the airport. (Photo: Lusa/MÁRIO CRUZ)

N News in Brief

Portugal poised to hit new investment record

Portugal expects to hit a new investment record for export-focused projects this year. The proposals submitted so far this year, almost equals the record €1.17 billion of projects contracted in the whole of 2019. According to the state agency that promotes investment and exports, foreign investment in Portugal was becoming more diversified, coming from countries such as the United States, Qatar, the United Arab Emirates and Japan, in addition to more traditional sources such as Germany, France and Spain.

Portuguese surfer injured by monster wave

Portuguese surfer Alex Botelho was rushed to hospital where he is “stable and conscious” after being involved in a serious incident at the Nazaré big wave surfing spot. Botelho ran into trouble in a big swell when, following a wipeout, he was rescued by his partner on a jetski. But they were unable to outrun a wall of white water rushing up behind them before the craft was hit by another wave from the front. The pair were sent flying off the jetski and into the air before further waves pounded down on them.

Ten elderly people die home alone in three weeks in Algarve

Ten elderly people have died alone at home over the past three weeks in the Algarve. The cases were registered in several different Algarve counties. According to newspaper Correio da Manhã, most cases were registered in isolated areas where the victims, all aged between 70 and 90 years old, lived alone. Only three occurrences were recorded in urban centres.

Lisbon tourism at threat from ‘drug’ dealers

Street sellers are offering unsuspecting tourists in Lisbon’s centre “drugs” which police say are often bay leaves, flour or ground paracetamol. Locals in Lisbon’s historic Santa Maria Maior district told Reuters the fake drugs phenomenon is getting worse, worrying police and business owners who fear tourists could start to steer clear of the Portuguese capital’s bustling centre. Tourists sometimes come into bars saying they are hiding from dealers, while police said that on occasion dealers get aggressive if a potential buyer is not interested.

5G to arrive in Portugal this year

5G, or fifth generation wireless technology for digital cellular networks, will arrive in Portugal later this year and will cover a range of infrastructures, from councils to hospitals, motorways to universities, roads, trains and the underground. The Government announced its intention to start implementing 5G this year and in phases until 2025. This objective, the Government said, is critical to ensure the “development and competitiveness” of the Portuguese economy.

WEATHER

Weather warming up in Portugal

While rain is expected in the north, temperatures across the country are warming up with average highs in the south reaching up to 21 degrees.

Lisbon: It is to be mild and dry in the capital over the weekend with average daily highs of 18 degrees and lows of 9 degrees. On Monday there is a slight chance of rain however on Tuesday blue skies are expected before intermittent clouds return for the remainder of the week.

The south: The weekend is to be warm and bright in the south with blue skies and temperatures reaching highs of 21 degrees. From Monday some intermittent cloud is expected however it will remain warm for the rest of the week with average highs of 21 degrees and lows of 10 degrees.

The north: The dry weather on Saturday is to be replaced with rain on Sunday and Monday in the north. The rain clouds are to clear on Tuesday and for the rest of the week. Temperatures are to remain stable over the weekend with average daily highs of 17 degrees and lows of 8 degrees.

Our multidisciplinary, dedicated and dynamic team is the reason for our success. We work continuously so that the smile of our patients reaches perfection.

www.crispiessensclinic.com



- General Dentistry
- Dental Implantology
- Oral Surgery
- Aesthetic Dentistry
- Prosthodontics
- Periodontology
- Endodontics
- Orthodontics
- Pediatric Dentistry
- Oral Hygiene
- Emergency Dentistry

Left to right: Fátima Mendes; Hig. Telma Nhacarize; Catarina Silva; Manuela Rodrigues; Dr. Cris Piessens; Dra. Márcia Martins; Filomena da Cruz; Hig. Carla Sofia Martins; Stephanie Ataide.

Cris Piessens Clinic
Placing dental implants since 1987

Rua dos Calços | Albufeira
T: +351 289 589 080 • M: +351 966 017 783
info@crispiessensclinic.com

Climate strike planned for 13 March

Young Portuguese activists are scheduled to join on 13 March another global student climate strike, following the international appeal of the student movement “Fridays for Future”, which demands political measures in defence of the environment.

In a statement, the student collective that has participated and promoted demonstrations in Portugal

says that the goal is to launch “a wave” for climate justice in the spring of 2020. “After the 2019 mobilisations, in

March, May, September and November, we still do not have a sufficiently ambitious response, given the increasingly intensified

threat of the climate crisis”, reads the document sent to the press by “Climate Strike Portugal”. Lisbon (3pm), Porto (time to be determined), Aveiro (10.30am), Penafiel (10.30am) and Pico (10.30am) are the locations with demonstrations already confirmed.

In the “March 13 Manifesto”, young people claim that the “house is on fire” and that societies have a decade to reverse a century of damage. For young people, the State Budget for this year, approved last week, shows “a serious failure” in the commitment to achieve the goals for carbon neutrality. According to the statement, young people want to “end the oil and gas concessions that still exist in Portugal and the legislation that allows the approval of new contracts” in this matter.

At the same time, they propose the investigation of “really sustainable” alternatives, which can replace lithium batteries and the use of natural gas. Electrifying the national transport system and renewing the railway are other proposals included in the manifesto.

Council buys historic house for €1

The Castelo de Vide council, in Alto Alentejo, plans to invest €150,000 in the recovery of a house with historical and architectural value, abandoned in the Jewish quarter, which it will acquire for the symbolic value of €1.

The property, in need of “urgent” intervention, is located in front of the medieval synagogue in the village of Castelo de Vide, in the district of Portalegre.

“It is a house with a very interesting architectural value, with an important location in the historic centre and maintains the functional spatial distribution of its origin, which makes it very unique,” said mayor António Pita.

The house, which belongs to the Solbrasa Company owned by businessman Fernando Barata, will be acquired for the symbolic value of €1, with the deed of sale scheduled for 6 March.

According to António Pita, the company, when selling the property for the value of €1, “set an example” so that, in the future, other cases of symbolic sales may arise, in the sense that the municipality can recover “little by little” houses in a state of total neglect.



Young Portuguese activists are scheduled to join on 13 March another global student climate strike. (Photo: Lusa)

IS THIS YOUR IDEA OF SHORTS IN THE MARKET?

Perhaps you should visit us at BinckBank.

Open an investing or trading account with us online and enjoy continuous support from a team of experts.

www.BinckBank.com/shorts

The value of investments can rise or fall and you could get back less than you invested.

Portugal: (+351) 282 380 335 | UK: (+44) 203 901 2756
 Email: info@binckbank.com
www.binckbank.com

BINCK **BANK**
 PART OF SAXO BANK

ONE

SELECT PROPERTIES[®]
THE ESTATE AGENCY OF CHOICE



Portugal in court over vehicle import tax



According to the Commission, "the Portuguese legislation in question does not fully take into account the depreciation of vehicles imported from other Member States".

The European Commission has brought action against Portugal before the EU Court of Justice in relation to the rate of import taxes of vehicles imported from other member states being higher than taxes applied to "used" cars bought within the country.

The Community executive stated that, "under EU rules, no Member State can impose, directly or indirectly, on the products of the other Member States internal taxes, whatever their nature, which are higher than those which apply, directly or indirectly, on similar national products," but Portugal continues to apply a higher tax burden to 'second-hand' cars imported from other Union countries. According to the Commission, "the Portuguese legislation in question does not fully take into account the depreciation of vehicles imported from other Member States" and is therefore incompatible with the EU Treaty.

Recalling that the Court of Justice of the European Union had already concluded, on 16 June 2016, that an earlier version of this Portuguese tax was contrary to EU law, Brussels explains that the decision to refer this issue to the Court "stems from the fact Portugal has not changed its legislation to bring it into line with EU law, following the Commission's reasoned opinion". Brussels recalls that it sent Portugal, on 24 January, 2019, a "letter of formal notice", followed, on 27 November, by a "reasoned opinion", the second and last step before filing an action with the Court of Justice, which the Commission has now accomplished "since Portugal has not yet fulfilled its obligations".

PS criticised for vote against end of tolls

The Via do Infante Users Commission (CUVI) has accused the PS party of having failed for the "fifth time" the electoral promises made to the Algarve, by voting against proposals that aimed to eliminate tolls on the Via do Infante (A22).

CUVI regretted that the vote against the socialists and the CDS-PP, together with the PSD's abstention, allowed to reject in the Assembly of the Republic the proposal that the Bloco de Esquerda (Left

Block) presented to eliminate the tolls on Via do Infante, as well as another one of the PCP to eliminate them in all the old Motorways Without Costs for the User (SCUT). "That is, for the fifth time,

consecutively, in State Budgets, the PS again failed to eliminate the tolls in the Algarve, being accompanied by the CDS. The PSD limited itself to opting for abstention, because it knew that the PS', when voting against it, would be enough to disapprove the proposals presented by the Bloco de Esquerda and the PCP", lamented CUVI in a statement.

The Commission that represents the users of the former SCUT of the Algarve, now A22, accused the PS of returning "to show its arrogance and contempt for the Algarve and its populations, along

the lines of Prime Minister António Costa and his government", which has already "completely forgotten the promises it made to the Algarve in 2015".

The same source recalled that António Costa promised the Commission of Users, in a joint meeting in Quarteira, Loulé municipality, in 2015, that he would "study the Public Private Partnership contract and eliminate tolls in the Algarve" if he was elected prime minister, because the National Road 125 (EN125), the only alternative to the A22, was "transformed into a

'cemetery' due to the high number of road accidents and victims" that were registered on that road.

"As is well known, in addition to the high losses they have caused at economic, financial and mobility levels, tolls have triggered road accidents in the region, with many victims, particularly on the EN125, which is not yet fully upgraded between Olhão and Vila Real de Santo António, being considered one of the most dangerous and deadly roads in the country", underlined CUVI.

The accident data, which points to "10,612 accidents" in the Algarve

in 2019, with "36 fatalities and 220 seriously injured", represents a new "tragedy" for the region, which should make the government and other officials "blush with shame" that persist in maintaining wrong, unfair and criminal tolls", argued the Users Commission.

CUVI also considered that the PS and Government led by António Costa are "behaving exactly like the government of Passos Coelho and PSD / CDS", which was responsible for introducing payment on the A22 on 11 December, 2011.

ENGLISH DENTAL SURGEON

Dr. Francis Haley

B.D.S.

(Guy's Hospital, University of London)

Av. 25 Abril, 184 - 1°C 2750 - 511 Cascais

Tel: 21 486 3012

<http://clinic.cdhalley.pt>

SIMPLETASTE.PT



EXPERIENCE
20
Years

Casa Verde
RENEWABLE
ENERGY COMPANY



OUR PREMIUM PRODUCTS

- **proPERLA® INSULATING FAÇADE COVERING**
- **SOLAR PANELS & SOLAR BATTERY STORAGE**
- **AIR CONDITIONING**
- **HOT WATER SYSTEMS**
- **SOLAR POOL PUMP & HEATING**
- **SOLAR CAR CHARGING PORTS**



VISIT US ON FACEBOOK



/casaverdelda

WWW.CASAVERDE-INT.COM

enquiries@casaverde-int.com Mob: +351 967 946 216 // Phone: +351 289 012 373

Welcome home



68 percent of people who now intend to return, left Portugal between 2011 and 2015. (Photo: TPN)

A programme to encourage Portuguese emigrants to return to the country has seen 1,705 people receiving support in their move home from the government.

The “Programma Regressar” saw until July 2019, some 1,705 people apply for support in returning to Portugal with almost 70 percent of these people being those who had emigrated between 2011 and 2015, the years in which the global economic crisis had its strongest effects on the population in Portugal. “Within the scope of the programme, the Institute of Employment and Professional Training [IEFP] received, until 9 February, a total of 806 applications for the measure to support the return of emigrants, covering a total of 1,705 people”, reads a note released by the Government in the presentation of the programme’s balance sheet and prospects. In the note, the executive says

that 68 percent of people who now intend to return, left Portugal between 2011 and 2015, with 47 percent of candidates having higher education and 80 percent being up to 44 years old. The statement added that, “about 3,500 people have applied for job search on the IEFP platform with the motive of ‘returning home’, fuelling speculation that many more Portuguese emigrants have intentions of returning in the near future. Changes have been recently made to the programme, published in Diário da República on 3 February, with the Government highlighting the expansion of the universe of applications for people with fixed-term contracts with an initial duration of at least six months and the

increase in financial support available. “Thus, the maximum amounts of support, which were previously set at €6,582 is now set at €7,201, and a 25 percent increase has also been created for applicants who settle in the interior of the country, so the maximum amount of support is, in these cases is €7679”. According to the Government, “in just one week after the entry into force of these amendments, 12 applications from emigrants were approved, who will now be living in countryside areas of Portugal and benefit from this increase”. The programme, which saw applications opening in July 2019, aims to promote and support the return to Portugal of emigrants, as well as their descendants and other family members.

Cycling stars return to the Algarve

The Volta ao Algarve bike race returns to the Algarve roads between 19 and 23 February.

Now in its 46th edition, the Algarve Tourism Region (RTA) and the Associação Turismo do Algarve (ATA) are once again working to boost the event with their assistance.

The support provided by both entities aims to strengthen the television coverage of the event

through the Eurosport channel network and the national channel TVI24.

“This event is an excellent asset for promoting the image of the Algarve, its diversity and its beautiful landscapes, given that through the strong media coverage, it takes the region to more

than 100 countries and 150 million homes throughout the world” said João Fernandes, president of RTA and ATA.

The event helped to provide the Algarve with 25 hours of visibility last year and also earned the region some €9 million.

The Volta ao Algarve is

an important sporting event for the region with more than 1,000 participants including 25 cyclists from the top 100 in the world ranking and twelve teams from WorldTour.

For further information about all of the stages and routes, visit www.voltaaoalgarve.com



For further information about all of the stages and routes, visit: www.voltaaoalgarve.com

ALGARVE REMOVALS

REMOVALS

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

ONLINE SHOPPING

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

STORAGE

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

Call us now for a FREE quote

Local Depots at:

Alcantarilha - Almancil - Tavira - Lagos

www.algarveremovals.com

sales@algarveremovals.com

UK Tel: 0044 (0) 1621 850070

Mob: 0044 (0) 7711 179842

Algarve Tel: 00351 289513851

Mob: 00351 968019226



“Relax, your move is in safe hands.”



See the difference
seatoskyhomes.pt

SILVES • LAGOA • ALVOR • LAGOS & WEST

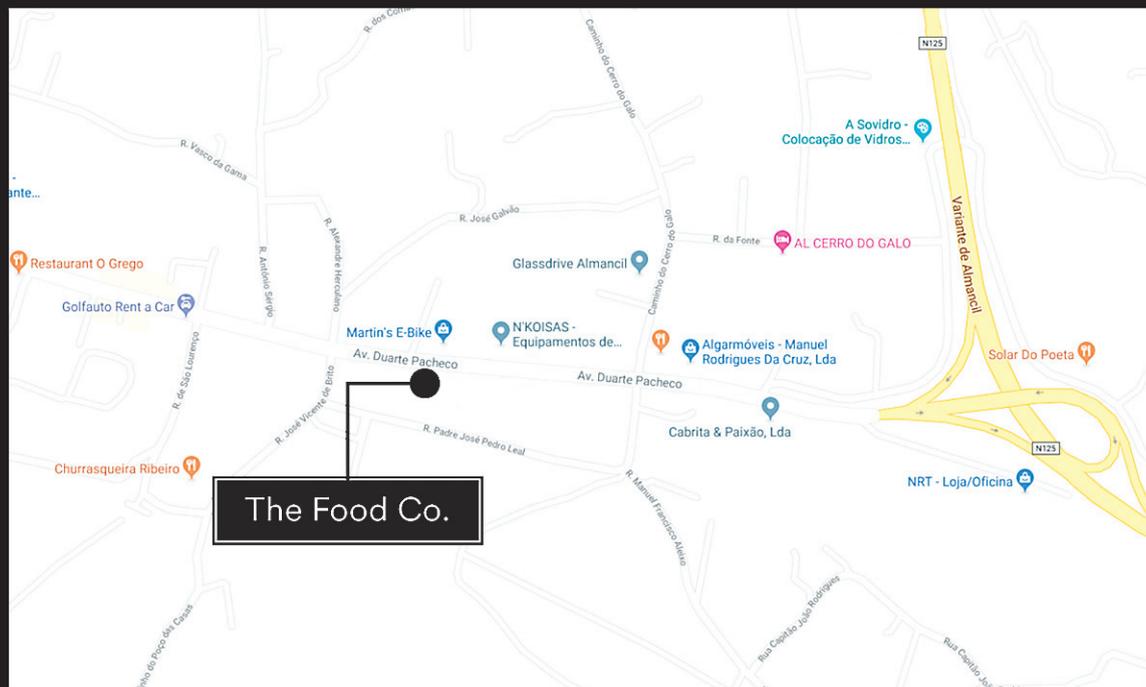
Introducing a new British supermarket

The Food Co.

Exclusive Stockists of



7,500 British and Tesco branded products



48 Avenida Duarte Pacheco Almancil - 8135-104

OPENING Tuesday 25th February at 11:00

Like us on facebook @TheFoodCo.Portugal

Workers falling into further debt

N DAISY
SAMPSON

More than 29,000 people dealing with debt problems turned to Deco, Portugal's leading consumer association, for help in 2019 with the main cause of indebtedness being attributed to deteriorating working conditions rather than unemployment.



Reasons for this over-indebtedness include the deterioration of working conditions, such as late payment of wages, loss of income (namely due to sick leave) and reduction of overtime or commissions. (Photo: Lusa)

According to Natália Nunes, coordinator of Deco's Financial Protection Office, the balance of the year is not positive: "The number of requests for help [to the

Deco consumer protection association] did not decrease in 2019, remaining the same since 2017," and totalling 29,154 last year, when in 2018 it was 29,350 and in 2017 it had been 29,000.

What changed, analysing data from that office from 2019 to 2018, were the reasons for this over-indebtedness, with unemployment no longer being the main cause of families' financial

difficulties, but being replaced by the deterioration of working conditions, such as late payment of wages, loss of income (namely due to sick leave) and reduction of overtime or commissions. Deco recalled that the unemployed who returned to the labour market last year have been confronted with temporary and/or partial contracts and that, from a financial point of view, this situation leads to insecurity and instability and is associated with low wages.

"Regarding credits, we see that families still have five credits (one for housing, two personal and two credit cards), as in 2018, but we see an increase in the amounts of personal credit and credit cards," said Natália Nunes.

The average amount of credit, which in 2018 was €16.111 for personal credit and €7.580 for credit cards, rose last year to €22,000 and €8.300 respectively. In percentage terms,

housing loans had a 73 percent weight in total credit, personal credit 20 percent and credit cards 7 percent.

The data revealed another major cause for concern for the consumer protection association, the effort rate borne by over-indebted consumers, or the percentage of total household income earmarked for the payment of credit instalments, which last year was 76 percent. Natália Nunes pointed out that the effort rate should not exceed 35 percent of income, which means that monthly credit spending should absorb no more than 35 percent of the family's monthly income. On 1 July 2018, new rules of the Banco de Portugal (BdP) came into force restricting the granting of new loans for housing and consumption, establishing three types of limits, recommending the entity to grant new loans only to customers who spend a maximum of half (50

percent) of their net income on the monthly instalments of all loans held (housing and consumption), although there are exceptions. "These measures had some effect on the granting of credit for housing, with the banks acting according to the recommendations of the BdP. But there is a lot to do," she said, adding that among the requests for help that come to Deco there is a lot of credit recently contracted by families whose rate of effort no longer allowed them to have more credit. Deco advocated creating very strict rules for the granting of credit cards and applying the recommendations to the granting of consumer credit.

The association's data showed that the majority (44 percent) of consumers asking Deco for help were workers in the private sector (against 14 percent in the public sector), 19 percent were unemployed and another 19 percent retired.



ibex
INSURANCE

We cover
UK plates!

We can provide cover for UK and Portuguese registered cars

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

800 860 708

almancil@ibexinsure.com

Avenida Duarte Pacheco 32
8135-104 Almancil, Loulé

tavira@ibexinsure.com

Rua 1 de Maio 26B r/c
8800-360 Tavira

www.ibexinsure.com/almancil

www.ibexinsure.com/tavira

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

Have a balanced diet
at the best price.

SAVE 35% OR MORE

IN ALL SPECIAL K CEREALS FROM KELLOGG'S

3,19 /Unit ~~4,89€~~

CEREALS SPECIAL K Kellogg's Classic 750 g - 4,25€/Kg

MAXI FORMATO 750g

special HEALTHY LIFE

CLIENTS WITH CARD SAVE

+35%

ON CARD¹

IN ALL BREAKFAST CEREALS IN THE BROCHURE

FROM 17 TO 19/02/2020

SAVE 50%

IN ALL LIQUID YOGHURT ACTIVIA 4 X 115G FROM DANONE (EXCEPT LACTOSE FREE)

1,59 /Unit ~~3,18€~~

LIQUID YOGHURT ACTIVIA Danone Strawberry 4 x 115 g - 2,56€/Kg

Real PRICE always low

**RECOMMENDED PRICE.

~~1,09€~~ /Kg

SAVE 45%

1,09 /Kg

CLEMENTINE Class. II

FOLLOW US www.intermarche.pt /intermarchept /intermarcheportugal

Intermarché

from 13 (thursday) to 19 (wednesday) february 2020

SAVE 10% ON CARD³

4,99 /Kg ~~5,49€~~

ACCUMULATE **0,50€/Kg**

TURKEY Steak

Real PRICE always low

SAVE 10% ON CARD³

5,39 /Kg ~~5,93€~~

ACCUMULATE **0,54€/Kg**

FRESH SEA BREAM from 200 to 600 g Farmed

Real PRICE always low

COME AND VISIT US IN:

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

House prices in Portugal up 15.8%



House prices in Portugal showed a 15.8 percent year on year increase at the end of 2019.



Lisbon, which was previously the driving force for national appreciation, saw increases in 2019 of around 9 percent

Such increase consolidates the cycle of strong appreciation that the residential market has experienced over the last two years, registering during the same period price variations predominantly above 15 percent. The results are calculated by Confidencial Imobiliário within the scope of the Residential Price Index (IPR), which has been following the dynamics of housing transaction prices in Portugal since 2007. For Ricardo Guimarães, director of Confidencial Imobiliário, “This year will see a very significant increase in housing prices again, although with a different structure, that is, with the results reflecting the dynamics of the second cities. “Lisbon, which was previously the driving

force for national appreciation, saw increases in 2019 of around 9 percent, showing robust growth. It is expected that in 2020 the national market will begin to reflect the trend already felt in Lisbon, and that prices will eventually stabilise to more normalised rates”. In quarterly terms, the price increase at a national level stood at 4.2 percent in the last quarter of 2019. The latest IPR results also show that house prices at the end of 2019 were 46 percent above the levels recorded at the start of the decade, in 2010. Such accumulated appreciation already absorbs the 14 percent losses that were observed between 2010 and 2013, the latter the year when house prices in the country would reached their lowest point.

Airbnb bolstering city tourism taxes

Airbnb’s online accommodation platform delivered around €10 million of tourist tax to the Lisbon Chamber and €4.3 million to the Porto Chamber last year.

“In Portugal, Airbnb hosts have already contributed more than €14 million through the tourist tax in 2019, and almost 27 million since 2016”, said the company in a statement.

Airbnb points out that the total from the collection of the tourist tax in Lisbon, in 2019, reached more than double the amount of the previous year (€4.5 million).

In relation to the city of Porto,

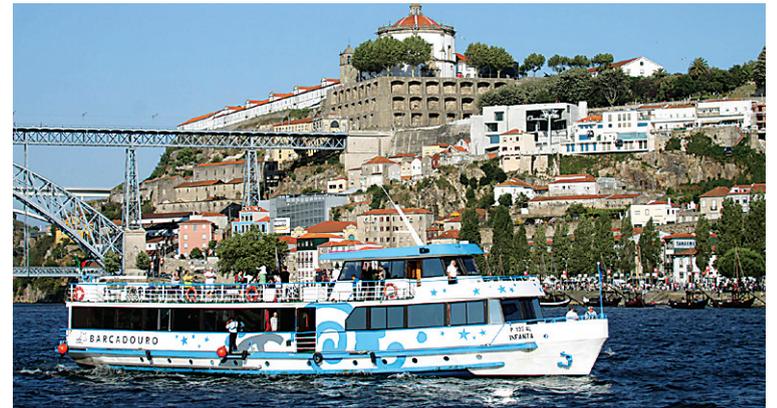
there was also an increase, having increased by €1.8 million.

According to the online accommodation platform, the collection and delivery of the tourist tax takes place through agreements signed with the municipalities of Lisbon (2016) and Porto (2018).

Approved in 2014, the tourist tax started to be applied in Lisbon in January 2016 on overnight stays

from national (including Lisboners) and foreign tourists in the hotel and local accommodation units of the city, being charged €1 per night up to a maximum of 7 nights.

On 1 March, 2018, the Porto tourist tax (€2 per night) began to be applied to guests over 13 years old, for a maximum of seven nights in a row, to “mitigate the impact of the tourist footprint” in the city.



In relation to the city of Porto, there was also an increase of €1.8 million in tourist taxes collected through Airbnb.

Looking
for a new
Challenge?

We're hiring!

Come and join us for a recruitment evening for our Sales and Venue teams and find out more about joining the fastest-growing funeral plan provider in Europe.

Why choose Avalon?

- ✓ We're officially the Best Funeral Plan Provider as voted for by thousands of consumers at the Personal Finance Awards
- ✓ We are the UK's most trusted funeral plan provider*
- ✓ We offer contract, basic wage, plus bonuses
- ✓ We're looking for friendly, highly motivated individuals

When? February 24th 2020 at 6pm

Where? Holiday Inn Algarve, Armacao de Pera

To RSVP call 00 351 919224788

or email Sharon.Wilson@avalonfuneralplans.pt



*Based on over 2000 reviews on Trustpilot

Recruitment drive at Nau Hotels & Resorts

The NAU Hotels & Resorts group have launched a recruitment campaign that aims to fill more than 300 positions at its units in the Algarve, Alentejo and Lisbon.



Until 16 February, the group is receiving applications for 306 functional positions, in the areas of kitchen, housekeeping, maintenance, reception, catering and SPA.

The open vacancies are mainly intended to meet the recruitment needs of the units located in Herdade dos Salgados and São Rafael, but also in the tourist development

located at Salema Beach Village, on Salema beach, Lago Montargil & Villas, in the village of Montargil, and at Palácio do Governador in Lisbon.

NAU Hotels & Resorts group intends to reinforce the levels of quality and customer service satisfaction with the new recruits who are able to apply online on the companies website.

Pete's pergolas comes to Portugal

The well established company has opened head quarters in Aljezur and is now able to service the entire Portuguese market with their products.

Owner Peter Hollingsworth started this family run company over 30 years ago after being taught the skills as a young man first-hand, by a 60-year-old man who had been making blinds and other such items since being an apprentice. Pete then opened his own company more than 30 years ago and has been making blinds and pergolas for many years covering mostly the UK, where he and his team of 12 staff supplied to personal and trade clients including 90 percent of the static caravan manufacturing industry. Pete's Pergolas has both ISO 9001 and trusted trader accreditations and is respected in standards, sales, installation and after sales service, with all products having at least a 5-year guarantee. Peter Hollingsworth said:



Pete's Pergolas is now a fully registered company in Portugal with the head quarters in Aljezur

"Pete's Pergolas is now a fully registered company in Portugal with the head quarters in Aljezur, so we are ready to service the market in Portugal and neighbouring countries.

"Our goal is to help each and every customer to thrive off the extra living space and both enhance the aesthetics and add value to your property, whatever the weather". The range from Pete's

pergolas includes attached and free standing pergolas and those with retractable roofs and awnings. For further information, visit www.petesperolasystems.co.uk

IRS 2018 - Procedures 1-7 Nº3: Non-Habitual Residents



DENNIS
SWING-GREENE

Regime for Non-Habitual Residents

The tax regime for non-habitual residents is intended to attract to Portugal certain qualified individuals and investments which may give rise to tax saving opportunities for expatriates. The Non-Habitual Residence special tax regime has the following exemptions and benefits:

A) Professional Income from Portugal

Income generated in Portugal classified under the IRS code as derived from categories A (employment) and B (self-employment, royalties), linked with "high value-added activities" of a scientific, artistic or technical nature, as defined by the Portaria no. 12/2010 of 7 January will be taxed at a special flat rate of 20%.

B) Salary from Abroad

Income generated outside Portugal from category A (employment) will be exempt in Portugal if such income is taxed in the source jurisdiction and it is possible to establish a tax credit under an existing tax treaty for the elimination of double taxation or in the absence of such treaty, if taxed in the source jurisdiction and such income cannot be considered as taxable in Portugal under the IRS Code's rules.

C) Other Income

Income generated outside Portugal from category B (within high value added activities, as mentioned above) or categories E (capital income), F (letting income) or G (capital gains) will be exempt in Portugal if this income may be taxed in the source jurisdiction and it is possible to establish a tax credit under an existing Tax Treaty for the elimination of double taxation or equivalent provided that such source jurisdiction is not included on the tax havens' black-list (Ministerial Decree no. "Portaria n.º 150/2004 of 13 February).

D) Pensions

Income generated outside Portugal, classified under the IRS code as derived from category H (pensions),

will be exempt in Portugal if this income is, Alternatively:

- Taxable in the source jurisdiction whereby a tax treaty for the elimination of double taxation is in vigour and allows for such tax credit;
- Under the criteria of article 18 of the IRS Code, this income cannot be considered as arising in Portugal.

Dual Residency

Because residency is broadly defined, most double taxation agreements recognise that a person could meet the definition of residency in more than one jurisdiction – *dual residency* – and provide a "tie breaker" clause. Such clauses typically have a hierarchy of three to five tests for resolving multiple residency, typically including permanent abode as the major factor. Tax residency rarely impacts citizenship, although a given country's immigration laws may influence the definition of tax residency. Nearly all tax treaties provide some mechanism under which taxpayers and the jurisdictions can resolve disputes. Generally speaking, the government agency responsible for conducting dispute resolution procedures under the treaty is referred to as the *competent authority* who generally have the power to bind their governments in specific cases.

Individuals who could be caught in the trap of dual residency and double taxation are retirees with a second home in another state; taxpayers who live in one state but have business activities or interests in another; individuals who have relocated to another state but return after a number of years; individuals who temporarily relocate overseas for a job assignment, and individuals who have severed all ties with a state but fail to establish residency in another.

Next: *Filing your return*

Dennis Swing Greene is Chairman and International Fiscal Consultant for **euroFINESCO s.a.** www.eurofinesco.com



euroFINESCO s.a.

FISCAL & EXPATRIATE SERVICES

IRS Tax Seminars

In conjunction with AFPOP, we will again be presenting, for the 24th consecutive year, a series of IRS Tax Seminars.

Lagos: 03 March, 2020

Olhão: 06 March, 2020

Quinta do Lago: 11 March, 2020

Cascais: 20 March, 2020

For further details please contact the **AFPOP** offices by phone: 282 458 509, fax: 282 458 277 or e-mail: info@eurofinesco.com

euroFINESCO s.a.

www.eurofinesco.com

CHARITIES

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

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

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

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

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

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

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

THE DONKEY SANCTUARY needs all your unwanted items for our shops in Ferragudo, Carvoeiro and Lagoa. Larger items i.e. furniture can be collected. The shop funds allow us to feed our many mouths at the Sanctuary. We always need extra hands at our shops so if you can spare 3-4 hours a week give us a call. Chris 966 033 127.

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

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

MADRUGADA ASSOCIAÇÃO provides home-based, end of life,

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

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

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

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 furnit-ure. 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 30 k Lagos. Tel 912741857

WOOFF Almancil, Rua Cristóvão Pires Norte, open from 10am-3pm on weekdays and 10am-1pm on Saturdays. Tel: 289 356 355, 917558121 or email: info@wooffcharityshop.com

MUSIC

Aljezur International Choir. Thursdays 2pm to 3.30pm. 914285640 or email: wattys100@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

Bella Acapella Ready to sing and make new friends? Bella Acapella is an International choir, singing pop, jazz and more. We are currently welcoming new members. Every Tuesday at 7.30 p.m. in Misericórdia, Rua Gabriel Mendonça 4, Moncarapacho. www.bellaacapella.pt <http://bellaacapella.pt/>

SOCIAL

Royal British Legion Portugal (Algarve) the Central Area. Lunches on the

3rd Wednesday of each month at various venues. Non-members welcome. Tel: 926 908 089 or email: 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.expatsocialclub.com/events

BRIDGE

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

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. 282912280/ 924220173 or wilks89@hotmail.com, .

afpop - Badminton in Silves. Thursdays, 8pm to 10pm. 910108730 or suesharman9@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 - Monday, Wednesday and Friday from 10am, Almancil. Jen 282332628 or 937264287.

Algarve Hash House Harriers meet weekly. 289413854 or 918806044. www.algarvehh.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

Bowls Algarve



On Tuesday, 4 February, halfway way through our Australian Pairs competition, Pedras won six points from Floresta who won four points; Alvor won two points from Valverde who won eight points; whilst Albufeira won six points from Tavira who won four points.

The Table still has Floresta at the top with twenty-two points, with Pedras closing the gap in second place on twenty points, and Albufeira in third place on sixteen points.

On Thursday, 6 February, our Super 10's matches saw Pedras win five points from Alvor who won three points; Tavira won two points from Albufeira who won six points; and Balaia won two points from Valverde who won six points. Floresta were the resting team this week.

Pedras are now at the top of this Table with fifty-five points, chasing closely behind is Floresta on fifty-three points, with Valverde third on forty-four points.

Saturday, 8 February was our Winter League match. In League A, Floresta Foresters took all eight points from Tavira Tigers;

Alvor Amigos won three points from Valverde Vikings who won five points; Pedras Panthers took six points from Balaia Pods who won two points; whilst, Albufeira Cats took all eight points from Alvor Amigos.

These results keep Albufeira Cats at the top of Table A on eighty-four points, with Floresta Foresters chasing closely behind on seventy-six points, and Pedras Panthers in third place on fifty-six points.

In League B, Valverde Vipers won two points from Alvor Scorpions; Valverde Vulcans won all eight points from Alvor Greens; Balaia Whalers and Floresta Huntsman shared the points with four each. Floresta Rangers were the resting team this week.

Valverde Vulcans remain at the top of League B with sixty-three points, Floresta Huntsman closing the gap in second place with fifty-four points, and Valverde Vipers chasing in third place on fifty-two points.

Only two more weeks to decide who will be in the Semi-Finals. It's going to be a close thing. *Miriam Hare*

Algarve Bike Rides

Here are the details of this week's rides:

Saturday 15 February: Please contact Diana via email: ridewiththepack@pm.me

Sunday 16 February - Bike Ride starting in Paderne: We meet by the car park at the bottom of the hill (https://goo.gl/maps/1vEJ6jbaMKaXQC3n8) 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@algarvebikeholidays.com, Visit: www.algarvebikeholidays.com, or Facebook: AlgarveBikeHolidays.

afpop February events

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: 916913612 or email: slosantaclara@gmail.com.

afpop Loulé Lunch at Restaurant L'Auberge on 27 February at 12.15pm for 1pm. Bert Shubrook. Email: bertshubrook@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

Letters to the Editor

Safety and Security of paramount importance

SIR, I refer to the letter by Albrecht Brugger concerning the above subject. I am sorry to learn that he has been a victim of three burglaries.

The GNR Safe Residence program introduced in 2010, has benefited thousands of householders in the rural areas in the Algarve, through geo-referencing and numbering of properties, allowing a faster response time to crime emergencies.

I can assure your correspondent that suggested improvements he made to us some years ago were referred to the GNR at the time, along with others. The 6 GNR SRP teams in the Algarve are there to liaise with residents and can be approached directly at any time to discuss matters of concern.

When a situation described by your correspondent does arise it is important to find out why the system did not live up to expectations and, where flaws are identified, that these are fixed.

I have therefore spoken to the GNR and referred the letter to them. They have replied asking the correspondent to provide more specific details so they can look into this and the other points made concerning reporting procedures and reply.

Your correspondent makes a good point, which I share, regarding the non-reporting of crime, which is a fact not only in Portugal but in other countries as well. There are several reasons for this, and this is currently being examined by government in a project involving our association. DAVID THOMAS, *President Safe Communities Portugal*

A word of caution

SIR, A word of caution to anyone considering buying a property "off the plan" or being refurbished in Portugal.

In October 2018 my wife and I bought a two bedroom apartment in Porto which was undergoing renovation (called rehabilitation here).

When we viewed the property it was in its final stages and it seemed reasonable to believe the developers and agents hope that it would be ready to occupy in June 2019 so we timed our visa approval and arrival for that month.

Eight months later and we are still not in the apartment and we are now looking at other options. Fortunately we insisted on a contract clause that we could be released from the contract and deposit

refunded (€135,000) in December.

During the entire process the developer was hopeless at updating us and the agent was really only interested in their commission and did little to no due diligence, only providing updates when we chased her.

Starting to get suspicious we had our lawyer visit the municipality only to find out the developer hadn't even asked for approval and did so only after he found out we were investigating the situation.

Apparently municipalities in big cities are notoriously slow in granting approvals but in this case it was the agent and developer who dropped the ball. All the delays have caused a great deal of anxiety not to mention a great deal of additional costs.

Lessons learned? If you go down this route, make sure your contract stipulates key dates for completion and of course an exit clause. Developers are really reluctant to include these clauses but you are mad to go ahead without them.

I get a sense that property development is the new "gold rush" in Portugal and unfortunately this is bringing out a few unscrupulous types (agents and developers). I truly hope no one has to experience what we did but I hope this can serve both as a warning and guidance.

DAVID AARON, *By email*

Motorway madness

SIR, This is actually not to the editor, but whoever it was driving past the Estoi junction at 11pm on Tuesday, 4 February.

Just to let you know I'm all right, just out a couple of hundred euros for my new door mirror which replaces the one left on the road.

My only problem is that unless you are British (used to driving on the left), I cannot understand just how you ended up coming down my side of the motorway and why you were going so quickly? I take it that the car I was overtaking had gained the safety of the Estoi slip road when you went between us.

Anyway I hope you are okay and possibly learned something from this. I have certainly changed my attitude to life, as if you had been just 6 ins to the right I don't think I would be writing this, I was travelling at 120 kph and I think with the speed you approached the closing speed must have been pushing 300 kph.

Anyway thanks for missing me and please in future stick to your side even if you cannot slow down to the speed limit, you never know you may just live long enough to enjoy it.

DAVID WICKHAM, *by email*

New equipment donated to Algarve Fire Services

A generous donation of 160 sets of Breathing Apparatus was given to the Algarve Fire Services by Devon and Somerset Fire and Rescue Services, which were delivered free of charge by Algarve Removals last week.

Donated equipment can be a great help for the Algarve Fire Service, the only issue is the potential cost of collecting and moving the donation, in this case, from Essex in the UK to the Algarve.

The 160 sets of Breathing Apparatus, divided onto nine pallets, required a truck to transport and deliver them to the south of Portugal, for which the Algarve Fire Service contacted Algarve Removals, who offered their services at no charge.

The equipment was delivered "speedily and undamaged" and was met by the chiefs of both Silves and Albufeira fire stations, as well as available staff.

The 160 sets are now being divided equally between the stations and will then be distributed.



Algarve Walking Meetup

Wednesday, 19 February 2020 at 10.30am
Easy 2.5 hours from Meia Praia rail station, Lagos. Plenty of parking. You need to be reasonably fit and have walking footwear. You walk at your own risk.
Residents and visitors, members and guests welcome.
Full details go to: [meetup.com/Algarve-walking](https://www.meetup.com/Algarve-walking)

Portugal Walks

Tuesday, 18 February - Let's Walk from the Palace at Estoi: Following old stony tracks and paths, this walk of about 2.5 hours will take you up the Cerro do Bemposta where you will be rewarded with stunning views over the countryside and down to the coast. 10.30am start. Meet in the tree-lined parking area below the Pousada Palácio de Estoi. It is best to drive into Estoi and then follow the signs for the 'Palácio Pousada'.
Chris 913 011 537

Tuesday, 23 February - Let's walk from Vale Fuzzeiros: A fascinating moderate walk of 2.5 hours in this little known area where you can pass menhirs dating from 3,000BC and ancient tombs from the Visigoth era. There are some short steep climbs - well worth the effort. 10.30am start. Meet at

the café/restaurant Casa da Vinha in Vale Fuzzeiros. From Silves take the road towards Messines and after 9km turn left to Amorosa. Drive through Amorosa on the main road and you will then see a left turn to Vale Fuzzeiros. When you come into the village Casa da Vinha is at the far end (about 1km) on the left side. Julie 965 753 033
NB: Dogs can walk as long as they are kept on a lead at ALL times - they are the owner's responsibility!

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

Comedy - it's a serious business

The Algarveans' production of *A Bunch Of Amateurs* for Lagoa's HUMORFEST opens in just a couple of weeks. Director, Paul Kloegman, reveals why he chose this comedy and his approach to directing.

"I particularly like *A Bunch Of Amateurs* as it is a wonderful commentary on the phrase "art imitating life imitating art," says Paul. Action hero, Jefferson Steel, arrives in Britain to revitalize his flagging career by playing King Lear in Stratford only to find that instead of Shakespeare's birthplace he is stuck in a sleepy Suffolk village with a bunch of amateur actors. As the play unfolds, Jefferson discovers he has much in common with King Lear and this provides excellent fodder for comedy, especially when his American vanity is pricked



Director, Paul Kloegman

by the British amateurs. *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 7.45pm. 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.

N The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address and should preferably be under 300 words, to: The Portugal News, Apartado 13, 8401-901 Lagoa. Email: letters@theportugalnews.com

LOVE IS IN THE AIR
Kiss FM Live broadcast
14th of February
08am — 08pm

KISS MAR SHOPPING

PENGUIN
penguinalgarve.com

Air conditioning
Solar systems
Central & underfloor heating
Pool heating

Energy-smart heating & cooling!
+351 289 092 595 info@penguinalgarve.com
www.penguinalgarve.com
www.facebook.com/penguinalgarve

Caring for a blind pet

A lot of pet owners worry about how their pet will cope with blindness but luckily, most pets adapt really well and continue to live happy lives.



Harnesses are much kinder to your pet's neck and eyes, and also allow better control if you're helping to steer them away from hazards.

If you've been told your pet is losing their sight, or if you're thinking about adopting a blind pet, according to the PDSA there are some simple things you can do to help them adjust.

Keep their home the same
Don't make any sudden changes to the layout of your home. Your pet will gradually learn to find their way around furniture and through doorways, so

try to keep things the same so you don't throw them off. They often do this so well it's as if they have their sight back! If you do need to make a change in your home, guide them around the new layout several times to help them learn new routes through the room. You can also leave a radio playing softly near where they sleep. The sound coming from the same place will help them to orientate themselves and 'map' the house.

Pet-proof your home.
Take another look at your home and work out if there are any hazards for a blind pet. Think about removing any furniture with sharp edges and make sure electrical wires are tucked out of the way of your pet's path. Make sure your pet can't accidentally bump into anything hot or dangerous, like a wood burning stove or fireplace. You can also add padding to the corners of sharp objects such as tables.

Keep their food and water bowls in the same place
Moving their food and water bowls somewhere new could throw your pet off. The same goes for litter trays. Help your pet avoid any accidents and stop them going hungry by keeping things consistent. If you need to move their things, then guide them to their new location a few times to help them adjust.

Be their lookout on walks and in the garden
Outside of the house, keep a lookout for anything that might be a danger for your pet like low hanging branches, thorns or uneven surfaces. Keep your garden clear of any dangers too if your pet spends time out there. If your pet likes to explore outside, you can try putting up a wind chime near the door which will help to guide them back to where they need to be when they want to come in. It also helps them to 'map' out the area.

Ring a bell
When you take your dog for a walk, try wearing a small bell or a rattle. This 'jingle' will help your dog to know where you are at all times. You could try this around your home, too, if your pet likes to know where you are.

Keep the lead on
It's best to keep your dog on a lead during walks. Only let them off the lead if you're in a secure, enclosed space. You might want to give the area a quick check over for potential dangers beforehand to make sure your dog will be safe. If they are out socialising, let other people know that your dog can't see so they don't reach out and make them jump unexpectedly. Harnesses are much kinder to your pet's neck and eyes, and also allow better control if you're helping to steer them away from hazards.

Try new toys
If your pet has lost interest in their old toys or is struggling to play the games they used to, make the most of their keen sense of hearing and smell. There are lots of scent based games you can play with dogs, although these might take a bit of training and practise. You can buy toys for cats and dogs which you can stuff with tasty treats that your blind pet can sniff out. Rubber balls with a bell inside are great for ball-orientated dogs, and the sound helps them to track their plaything.



Hospital Veterinário de Portimão
Portimão Veterinary Hospital

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



EMERGENCY SERVICE 24/7

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

PETS FOR ADOPTION



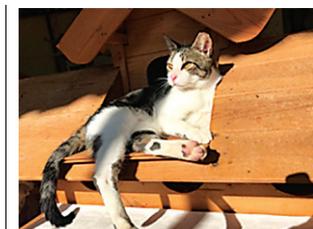
REGGIE is a 9-months-old large male. Came back to us because of ill health of new owner. Playful and energetic. Friendly and good with other dogs. Email: cadelacarlota.comp@gmail.com if you would like to meet him.



HILDA is 4-months-old. She has a beautiful, calm and gentle personality. Very loving. Will be sterilised by us when old enough. Please email: cadelacarlota.comp@gmail.com if you would like to meet her.



ORLANDO is a 9-week-old male. One of 6 siblings, very sociable and sweet. Will be large. Please email: cadelacarlota.comp@gmail.com if you would like to meet him.



PITLOCK is a young neutered male of about 4-years-old. Very adventurous, playful, boss-like but also very loving. Looking for a forever home. Please call Corinna: 918 552 788 or email: ccc.carvoeirocatcharity@gmail.com



ORFO is 9-weeks-old. The clown of the litter. Sweet boy. Will be large. Please email: cadelacarlota.comp@gmail.com if you would like to meet him.



is a 9-weeks-old male. One of 6 siblings, very sociable and sweet. Will be large. Email: cadelacarlota.comp@gmail.com if you would like to meet him.



OLLIE is a 9-week-old male. One of 6 siblings, very sociable and sweet. Will be large. Please email: cadelacarlota.comp@gmail.com if you would like to meet him..

Safe and comfortable pet transport covering Western Europe and the UK

EURO PET TRANSPORT

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

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

Please send your Animals for Adoption by Monday morning latest for inclusion in the next edition

Shady characters

Unsure your home can give plants enough direct sunlight? Experts offer their advice for their top shade-loving suggestions.

Houseplants are still gaining popularity - but what if your home has lots of shady corners away from windows, where your greenery simply won't get the light it needs? Here, Emma Allen, garden manager at RHS Garden Wisley, recommends five plants which will withstand shady spots in your home...

Platycerium bifurcatum (common staghorn fern)
Platycerium are evergreen, epiphytic ferns, growing on trees and not in soil. P. bifurcatum has a combination of shield-like sterile fronds and grey-green fertile fronds to 90cm in length, forked into strap-shaped segments, which resemble a stag's antlers, hence the common name. They originate from Asia, Polynesia and Australia and due to growing on trees prefer partial shade, making them a good houseplant. They like a moist environment, their natural habitat is rainforest, so a humid bathroom is a great spot for them. The best way to display them is to mount on a piece of wood with sphagnum moss, nails and fishing line, then hang on the wall. A misting of water every day will keep them happy, she advises.

Monstera deliciosa 'Variegata' (variegated Swiss cheese plant)
If you've got some space, this monster will explore

it, growing to 3m or more. A variegated form of this classic evergreen climbing shrub is harder to find than the block coloured varieties, with aerial roots and large perforated green leaves marbled and splashed with creamy-white. The arum-like flowerheads have white spathes (bracts which enclose the flower cluster). Due to its natural habitat being warm tropical rainforests in central America, it prefers to be out of direct sunlight, although too dark a room will stop the leaf perforations forming. Mist the leaves, particularly if the room is warm and dry, and give them a wash sometimes to keep them clean and dust-free. Grow over a bookcase or some shelving.

Clivia miniata (forest lily)
Clivia make striking houseplants, with their bold strap-shaped, dark-green leaves and trumpet-shaped red, yellow, orange or cream flowers, borne in groups on stout stems from spring to summer. Clivia are evergreen perennials growing to 45cm with swollen bulb-like bases and originate from low-altitude woodlands in South Africa. Being woodland plants, they prefer indirect light to prevent leaf damage from sun scorch. They are ideal for a cooler

area of the house away from radiators, as they need a cool period from Nov-Feb to form flowers.

Howea forsteriana (sentry palm, Kentia palm)
An elegant, easy to care for evergreen palm, which grows to 2m in height as a houseplant but up to 12m in its natural habitat. The dark green fronds can be up to 1.5m in length and are pinnately divided into several narrow segments. Originally from Lord Howe Island (hence the name), they tolerate low light levels, likely due to the high rainfall here. Although flowers are rarely produced when grown inside, the palms will add an air of the exotic into any room.

Tradescantia zebrina (silver inch plant)
This versatile trailing evergreen perennial can quickly reach up to 50cm, and will gracefully adorn the side of a mantelpiece, bookcase or bathroom cabinet. The lance-shaped, deep bronze-green leaves have two silvery bands on the upper side and a purple underneath. Rosy-purple flowers appear sporadically throughout the year. Although from Mexico and able to grow in full sun, this versatile plant will tolerate a shady spot as well. It is easily propagated from stem cuttings to refresh when the plant becomes too big or tired. PA



Clivia miniata (forest lily) are woodland plants, they prefer indirect light to prevent leaf damage from sun scorch. (Photo: iStock/PA)

No 1 on the Algarve for Synthetic Grass Solutions.

GRASSHOPPER GREENS

Since 2005 over 1000 projects completed in the Algarve

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

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

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

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

ALGARVE TREE SERVICES

917 479 921

www.algarvetreeservices.com

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

**QUALITY TREE CARE
ACROSS THE ALGARVE**

Arquiscap

EST. 1994

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

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

A Landscaper for All Your Gardening Needs...

Artificial Grass Suppliers

Best Quality From Belgium

Before

After

From

€10.5/m²

+ VAT

Dow DU PONT

ECOGROUND™

All Languages

MãosVerdes +351 934 816 122

English Only

Ray: 938 659 443 | Keith: 920 567 070

info@maosverdes.pt | www.maosverdes.pt

Enjoy Life with artificial grass

enjoy perfection

Since 2003

ROYAL GRASS®

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

The answer to less food waste?

Want to shop less and save money? Lauren Taylor chats to food writer Lola Milne about the joys of food from a can.



Vietnamese crab cakes. (Photo: Lizzie Mayson/PA)

It's pretty much a given that at the back of most people's kitchen cupboards, are several cans we've had for years and totally forgotten about. Perhaps a tin of tuna or

some kidney beans you once had such good intentions for (sitting next to all those spices you moved from your last house). However, as we all seek to be a little more sustainable

and less wasteful, canned food may be about to have its moment in the kitchen spotlight once more. "I feel like tinned food sits in people's minds in a time gone by when you were struggling, or rationing, when people turned to tins when you don't have anything else," says Lola Milne, author of new cookbook, *Take One Tin*. Milne thinks we'd waste less if we incorporated more tinned food in our diets. "I throw away very little food. I always have beans and fish already [in cans] and loads of different oils and spices, so I buy a few fresh things every week, but not that much on a regular basis. The 27-year-old's debut cookbook is a collection of everyday and more inventive recipes - all using at least one key tinned ingredient.

Ragu

(serves six)
6tbsp olive oil
2 onions, finely chopped
2 aubergines, cut into 2.5cm cubes
2 garlic cloves, finely chopped
1/2tsp fennel seeds
2 bay leaves
A pinch of chilli flakes
200ml red wine
2 x 400g tins beluga lentils, drained and rinsed
2 x 400g tins chopped tomatoes
Salt and freshly ground black pepper

Method

1. In a large frying pan, heat two tablespoons of the oil, add the onions and soften over a low heat for about 10-15 minutes.
2. Meanwhile, in another frying pan, heat the remaining oil, add the aubergines and a pinch of salt, then fry on high for five to 10 minutes, stirring often until the aubergine cubes are golden. Set aside.
3. By this point, the onions should be soft and tinged golden. Add the garlic, fennel seeds, bay leaves and chilli flakes. Fry for a further two to three minutes, then tip in the wine. Bring to the boil and boil until it has reduced by two-thirds in volume (this shouldn't take more than five minutes).
4. Last but not least, add the lentils, tomatoes and the browned aubergine cubes. Season and reduce the heat, then simmer for 15-20 minutes until the sauce has thickened a little and the aubergine is buttery soft.
5. Just before serving, fish out the bay leaves. This ragu is great with soft polenta, pasta or served simply with a hunk of bread.

Vietnamese crab cakes

(Serves two)
For the crab cakes:
2 x 170g tins lump crab meat, drained
2.5cm piece of fresh ginger, peeled and grated



Tomato, lentil and aubergine Ragu (Photo: Lizzie Mayson/PA)

(about 1 and 1/2 tablespoons when grated)
1 red chilli, deseeded and finely chopped
1 garlic clove, finely chopped
15g dill, finely chopped
1tsp ground turmeric
2 shallots, finely chopped
10tbsp dried breadcrumbs
2 eggs, beaten
1tbsp flavourless oil (such as sunflower)
For the dressing:
4tsp fish sauce
Juice of 1 lime
4tsp soft brown sugar
1 red chilli, deseeded and finely chopped
1 garlic clove, finely chopped

Method
1. To make the crab cakes, mix the crab, ginger, chilli, garlic, dill, turmeric, shallots, four tablespoons of the breadcrumbs and half the beaten eggs in a bowl. Shape into eight patties and stick in the fridge to firm up for at least 20 minutes.
2. To make the dressing, mix all the ingredients with two tablespoons of water, check the balance of sour, sweet and salty and adjust

accordingly.
3. Just before frying, dip each cake in the remaining beaten egg and then into the remaining breadcrumbs to coat. Heat the oil in a large frying pan over a medium heat and fry the cakes for four minutes per side until golden.
4. Serve alongside the dressing, for drizzling or dunking.
Top tip: Try nestling a crab cake in a lettuce leaf with some finely sliced cucumber, then drizzle with the dressing.

CHEF'S KITCHEN
food made with love.

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

Open All Year

Gurkha Kitchen

Nepalese & Indian Cuisine
RESTAURANT & TAKEAWAY

Rua das Amoreiras, n°14 · 8400-503, carvoeiro
+351 282 185 776 · +351 920 169 02

TAKE ONE TIN

80 DELICIOUS MEALS FROM THE STORECUPBOARD

Lola Milne

Take One Tin by Lola Milne is published by Kyle Books. Available now.

BBQ'S SALES & SERVICE
LUXURY OUTDOOR KITCHENS
AWNINGS
SHADE SAILS
PATIO HEATING

BBQ's ALGARVE

+351 289 356 233
+351 917 866 779
lee@bbqs-algarve.com
www.bbqs-algarve.com

Broil King
Great Barbecues Every Time

Visit us at
Rua do Comércio, 272A, 8135 Almancil

A happy, healthy home

In the great pantheon of wellness trends, the home is strangely neglected.

There are diet crazes and fitness hacks aplenty - but outside the occasional tidying fad, the home is merely a vessel, a framework in which other lifestyle regimes take centre stage. Given that we often spend more time at home than anywhere else, this might be a little unfair. Wellness, like most things, begins at home, after all. Here's how to make sure that's a good thing...

House plants

You don't need actual woodland for forest bathing, not when there are snake plants, peace lilies and aloe veras to turn your home into a mini-greenhouse. Study after study has shown that exposure to greenery reduces stress, helps lower blood pressure and stimulates the senses. So shrub up to calm down - from a simple cactus on the window sill, to a miniature jungle of domestic palms and pines.

Maximise natural light

Like plants, natural light is inherently invigorating and reinforces the circadian rhythms that impact our mood and sleep cycles. Just think of the hefty price hike tagged to south-facing homes, the all-glass exteriors of modern office blocks - or the sinister, claustrophobic feel of a dimly-lit basement. Aside from the obvious (open your curtains), make sure there's no furniture blocking your windows'

line of sight, using off-white or cream colour schemes to cultivate a lighter feel, and putting up strategically placed mirrors to send light bouncing round the room.

Declutter

They say cleanliness is next to godliness, and, though we're not suggesting a full-scale Kondo-esque purge, a clear environment can be an aid to a clear mind. Your home is supposed to be where you recharge, and if you're never able to find things, pressured by a pile of unopened mail, or in fear of accidentally standing on your laptop, it may be a source of stress in itself. Time to put your 'floor-drobe' back into the wardrobe, and we don't mean by just shoving it all under the bed.

Address your sleep

Poor sleep has been linked with everything from low mood and fatigue, to shortened life expectancy in the longer term, so creating a conducive sleep environment is an essential step for a healthy home.

Make sure summer nights aren't cut short by leaky curtains (invest in blackout linings if required), use ear plugs to cut out street noise, and dust the area around your bed. If you always sleep better in hotels, there may be a problem with your bedding, and low-quality mattresses can cause stiffness and back pain as well as disturbed sleep. It's easy to undervalue sleep but the

more priority you give to time spent in slumber, the more productive and energised you'll be during the day.

Invest in an air purifier

Once derided as noisy and unsightly, thanks mostly to a particularly pointed episode of Friends, demand for purifiers is now rising steadily year on year and modern models are sleek, stylish and near-silent. Exhaust fumes, chimney smoke and particulate emissions are just another part of urban life, and purifiers are here to help.

Create a designated work space

Millions of people now work from home in their primary occupation (millions more do so intermittently), and it's wise to resist the temptation to work at the kitchen table in your pyjamas.

It's hard to maintain a work-life balance when they operate in the same space, so dedicate a work area that allows you to 'go to work' in the morning and leave at the end of the day. Posture is paramount, so invest in an ergonomic chair as a minimum. You might even consider the benefits of a standing desk.

Get a pet

You don't need an 'emotional support animal' to get emotional support from an animal, and this is another lifestyle choice with the weight of science behind it. Among a whole raft of benefits, pets have been shown to increase life



Creating a conducive sleep environment is an essential step for a healthy home. (Photo: iStock/PA)

expectancy, substantially slash stress, and even decrease physical pain. We hope it goes without saying that you should only opt for an animal if you're fully willing and able to shoulder the responsibility and costs of care.

Don't worry, be happy

It's easy to obsess over the 'shoulds' and 'shouldn'ts' of your home, and end up neglecting what you actually want. Adding value to your home, tapping into fashionable aesthetics - it's all well and good if it aligns with your tastes, but most homes must be residences first and investments second. Home is where the heart is, and there's no point crafting a masterpiece of modern minimalism if what you'd really like is a large, squashy sofa. PA

AGA **AGABRÁS, Lda** **Falcon**

NEXUS Steam

A RANGE COOKER for every style



Looking for Distributors
Precisamos de Distribuidores

Importers for Portugal
info@agabras.com
Tlm: 917812155



Paula & Renata CURTAINS

Hand made, curtains, blinds, covers, alterations & anything made from fabrics

Make your home cosy with us



Estrada da Barragem, N°13 R/C Esq
8600-250, Odiáxere

Email: renyreny93@yahoo.com | Tel: 910 681 242

www.instagram.com/renatacristinasuldac/
www.facebook.com/Paula-and-Renata-Curtains/



PVC Directo

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

Mosquito Nets

FlyScreens

Shutters

PVC & Aluminium

Doors & Windows



Merry Christmas and Happy New Year to our clients
We are closed from 20th Dec and re-open 6th Jan

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

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



Algarve Leather Restoration.com

Looking Great & Lasting Longer



CLEANING RE-COLOURING REPAIRS

CARS FURNITURE BOATS - WE COME TO YOU

915 432 027

English speaking Whole Algarve covered

pgorton@me.com
www.algarveleatherrestoration.com

Beat the crowds in Amsterdam



Amsterdam's Red Light District. (Photo: PA Photo/iStock)

They say the more the merrier, but that might not strictly be the case in Amsterdam. With more than 19 million people visiting last year alone, over tourism is a hot topic for many of the 850,000 residents of Europe's most liberal and tolerant capital. Local politicians are calling for a reversal of the 'Disneyfication' of the city, which begs the question:

Should we all stay away? "Absolutely not," says Nick Boulos, travel writer and founder of city adventure website MakeMyDay. "We all have a duty to travel more responsibly and that means thinking more creatively and engaging with a destination in a more original way." With that in mind, here's Boulos' pick of the most original experiences that will ensure you escape the

crowds and discover a secret side to Amsterdam...

Escape to the country

Famously as flat as a pancake, the Dutch countryside is not only a complete joy to cycle but also a revelation in its beauty and charm. The Cycle The Country (€34) bike tour reveals some of the best and most picturesque countryside that awaits just beyond the city limits. The route is leisurely, covering 30km through quiet villages, fields filled with cows and windmills, and glorious coastal pathways with sea breezes that will put a real spring in your step.

Around the world

Decades of immigration, from places as far flung as Indonesia and secretive Suriname in South America, has changed the

Despite grumblings of over tourism, there are still ways to find hidden corners of this popular city break destination.

very fabric of Amsterdam and the Multicultural Marvel tour (€68) celebrates its multicultural present through its cuisine. Not only will you discover emerging neighbourhoods, including Indische Buurt, but you'll also hear stories and sample delicious delicacies from individuals and communities that have settled here hoping for a new life, including a sit down with an Iraqi greengrocer and a portion of mango hummus that will change your life.

Northern Light

While the vast majority of visitors can be found blushing in the Red Light District and queuing outside Anne Frank's house, very few have heard of the NDSM Wharf district. Even fewer visit. This former shipyard, located a 20-minute ferry ride away from the city centre, closed in 1984 and remained empty until squatters moved in during the 1990s. It's since become a thriving cultural centre, with warehouses converted into studios covered with bold murals, trendy waterside cafes and fine examples of early 20th century Amsterdam architecture. See it on the Hidden Gems walk (€62.33).

Seeing Red

No visit to Amsterdam would be complete without

at least a short stroll through the Red Light District. Formerly known as The Wallen, the historical area has a racy past and one that evokes a lot of questions and curiosity. It's also a corner of the city heavily under threat with tour groups being banned from next year, but it's still possible to discover the truth of Amsterdam's most infamous enclave and the women who work there. The intimate Hidden Gems walk (€60.83), led by a city local, is a rare opportunity to gain an in-depth understanding of this polarising industry in a way that's both revealing and, more importantly, respectful.

Paddle Power

The canals of Amsterdam played a crucial role in the city becoming the wealthiest in the world during the fabled Golden Age. This is your chance to explore them like never before - on a stand-up paddleboard (Paddle Power tour from €50). Perfect for all levels, including wobbly complete beginners, this guided tour covers around 5km of quiet waterways while taking in sights such as the only surviving windmill in the city centre, old spice warehouses, an 18th century cargo ship and even some elephants (you'll paddle past the zoo, so keep your eyes peeled).



A canal in Amsterdam. (Photo: PA Photo/iStock)

Long Weekend in Monte Gordo



Casablanca Inn
HOTEL

€56 PER PERSON
(min 2 pax)

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

Friday after 15:00 hr + Dinner, **Saturday**, Breakfast + Dinner
Sunday, Breakfast and Check-Out at 12:00 hrs
(Extra night €27 per night per person, half board)

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

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

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



DESCUBRA +/FIND OUT +
AEROPORTOFARO.PT/MAISAEROPORTO

ZNVZ
FARO
AEROPORTO

Powered by 

Renovated Quinta with large gardens in countryside close to São Brás

This week's Property of the Week features a recently renovated (2016) Portuguese Quinta enjoying beautiful gardens of over half an hectare and enjoying picturesque countryside, located very close to São Brás de Alportel and at no more than a thirty minute drive from the coastal town of Tavira in the Eastern Algarve.

The South side of this one storey Quinta impresses with extensive cobble stone terraces overlooking uninterrupted views of the landscaped mature gardens towards the gentle rolling green hills surrounding the property.

The authentic Portuguese farmhouse features a unique blend of good quality materials such as natural stone door sills (preserved from the old Quinta), wooden ceilings, log burning fire place in the living room and original Santa Catarina tiles throughout.

The main house is composed of a living room with a wood burner stove and access to the South facing terrace, a fully fitted and equipped kitchen, two en-suite bedrooms and a study. The annex of

this property has its own access consisting of a self-catering one bedroom apartment for family or friends. There is a possibility to renovate yet another part of this Quinta and add another two rooms to this well thought out property.

The Quinta benefits from excellent renovation including roof and floor insulation, quality double glazing, underfloor heating (parts of the property), air-conditioning in the main house, partly fenced plot and last but not the least, the peace and tranquility it has to offer.

Mains electricity (separate fuse box in the annex), mains water and septic tank. Furniture in the annex is included in the asking price. EC class: F.



For more information about this beautiful property (Ref: LHV- 1464) priced at €475,000, please contact Land and Houses Algarve - Yellow Homes (AMI 6232) on Tel : (+351) 281 320 280, email: info@landandhousesalgarve.com or visit: www.landandhousesalgarve.com



MODERNBUILD

Renovating, extending or building a home in the Algarve?

We offer expertise & experience in -

- General building & renovation work
- Fast-build steel frame construction
- Bespoke quality timber buildings
- Thermal & acoustic insulation

Tel: (+351) 289 149 476 info@modernbuild.eu

www.modernbuild.eu

Alvará Nº 91519

Constructive Solutions....



Modernbuild offers experience and expertise across a range of construction services. We undertake all manner of general building and renovation works, reconfigurations and extensions, as well as home insulation upgrades. Indoors and outdoors, our work also embraces kitchens & bathrooms, pools & terraces. The Modernbuild team includes specialist divisions in light steel frame (LSF) and timber houses, with over 15 years' experience in building numerous homes across the Algarve. And our quality carpentry wing, Decking Dave, is a leading builder of decks, pergolas and car ports. We also project-manage all associated works, via tried-and-trusted suppliers, to offer a complete turnkey package, including all fixtures & finishings, plumbing & electrical, as well as the latest energy-efficient heating & cooling systems.

So for any constructive solution – call Modernbuild!

AMI 10429



669.000€

Ref: AA-703SN - LAGOS

Luxury 2 bedroom apartment located by the gorgeous Porto de Mós beach with lovely sea, pool and garden views from its large terrace. Built to a high standard and is being sold furnished and decorated!



245.000€

Ref: AA-702SJ - LAGOS

Excellent top floor 1+1 bedroom apartment with a communal pool and gardens perfect for a permanent living, holidays and/or a good rental investment. Within walking distance to all amenities and including a garage.



320.000€

Ref: AA-689SJ - LAGOS

Lovely and spacious south facing 2 bedroom apartment with partial sea views and just on a few minutes walk to all amenities. Beaches, golf courses and the Marina are a just a short drive.

Office
Marina de Lagos
Núcleo Gil Eanes, Loja 18/19
8600-780 Lagos, Portugal
Email: info@abacoZ-properties.com
Tel: +351 282 044 886
Web: www.abacoZ-properties.com

Whatever your budget, and whatever your requirements, our multilingual team is devoted to find the best properties for you!
Our mission is to help you, to make sure everything goes as planned and to avoid nasty surprises! In addition we are always there for you, even after 5 O'clock!

LAND & HOUSES ALGARVE
Yellow Homes

Soc. de Med. Imobiliária LDA
AMI 6232

Tavira Office
+351 281 320 281

Vilamoura Office
+351 289 301 294

For more information visit
www.landandhousesalgarve.com
www.landandhousesalgarve.com

EC: C

NEAR VALE DO LOBO EXCLUSIVE 3 + 1 bed villa, brand new total renovation, underfloor heating and a/c, guest annex, walk to beach, restaurants, etc.

Ref: BHM €1.650.000

EC: A

NEAR PORTIMÃO 3 bed villa, top quality with high wooden ceilings, beautiful views, impeccable manicured garden with large pool.

Ref: SEP €775.000

EC: B

VILAMOURA EXCLUSIVE 3 bed corner townhouse, frontline golf, large roof terrace with golf and sea views, private access to garage, communal pool.

Ref: SSB-TH €560.000

EC: B-

MARINA VILAMOURA EXCLUSIVE 2 bed apartment, Aqua Mar Complex, top spec finishes, pool, garage, walk to marina + beach.

Ref: ABT €535.000

EC: C

S.ª BÁRBARA DE NEXE Renovated 2 + 1 bed villa, private villa with country and sea views, pool and garden, cosy and low maintenance.

Ref: P-SVN €410.000

Old Village – 3 bedroom apartment with 2 terraces

A delightful apartment with 3 bedrooms, open lounge and kitchen, side terrace facing the main swimming pool and a south facing roof terrace in the Old Village. Must see to appreciate.

Ref:FS208 Price:€380,000 ono

Vilamoura - 3 bedroom Detached Villa (Old Village)

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

Ref:FS131 Price:€545,000

AMI 10185

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

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

Old Village – 3 bedroom apartment with communal swimming pool

A good value 3 bedroom apartment in the Old Village. The apartment is modern and has been upgraded. It is close to all amenities and within walking distance to cafes, restaurants and the fabulous Vilamoura Marina.

Ref:FS108 Price:€365,000

Santa Bárbara de Nexe – Luxury Villa with a view

A luxury 5 bedroom detached villa all with en-suite, south facing heated infinity pool, full size tennis court. Large plot, mature garden. Good as a home or an investment.

Ref:FS121 Price:€1,400,000

AMI 7557

Tel: 00351 289 314 312
Fax: 00351 289 314 260

info@silverholidays.com
www.silverholidays.com

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

Villa Zeus

Vilamoura

6 bedroom golf front property
€1.975.000

Villa Atlantico

Vilamoura

4 bedroom golf front property
€1.000.000

Villa Gardenia

Vila Sol

4 bedroom golf front property
€1.295.000

Villa Isabel

Vilamoura

5 bedroom golf front property
€1.400.000

Villa Corvo

Vilamoura

Spacious 3 bedroom golf front property
€1.150.000

AMI 956

Imobiliária • Real Estate • Immobilien
Established in the Algarve since the 90s

Address
Rua Povo do Burro, Nº1
8400-502 Carvoeiro LGA
Algarve - Portugal

Telephone(s)
+351 282 357 109
+351 912 511 631 / 632

Email
info@vernonalgarve.com

Website
www.vernonalgarve.com

CARVOEIRO

Ref.VC593 • € 1.400.000

Impressive character villa of 333.40m2 on 2.790m2 plot, with 3+1 bed, 4 bath, heated pool, Garage, several extras, short walk (15min) to Carvoeiro centre, beach & amenities.

MEXILHOEIRA DA CARREGAÇÃO

Ref.VC580 • € 475.000

Exclusive complex new townhouses w/ 2,3 & 4 beds (113m3 to 234m2), panoramic river & city views, parking spaces, several extras, short walk to amenities & 10min drive to beach.

VALE DE PINTA GOLF RESORT

Ref.AC291 • € 285.000

Ground floor 2 bed, 2 bath apartment of 131m2, golf views, furnished, w/ several extras, communal facilities (pool, parking, garden & 24h security) jut 10 min drive to beach & amenities.

VALE DE LAPA - CARVOEIRO

Ref.VC592 • €1.600.000

Spacious traditional 5 bed villa of 357m2, w/ large plot 5.757m2, amazing sea views, pool, garage. In the outskirts of Carvoeiro, only 5 min drive to beach & amenities.

CARVOEIRO

Ref.VC432 • € 600.000

Ideal project. Well located plot of 2.504m2 w/existing building of 160m2 (viability to extend up to 375m2, w/pool & garage), garden & sea views, 10min walk to beach & amenities.

DIVINE HOME

IMOBILIÁRIA • REAL ESTATE



3 Bed Linked Villa near Albufeira Centre €290,000

FOR SALE!



Property Ref: SVP917
3 Bed linked villa in closed condominium, pool, equipped kitchen, garden, fireplace, garage, just 15 mins from beach... Call us **NOW** to arrange a viewing!

f t i y ALBUFEIRA • MONCARAPACHO • SÃO BRÁS

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

AMI 10429

Abacoz

algarve

SALEMA
Ref: AV-698SJ

This unique property with 3 apartments with their own private entrances is located within walking distance of the gorgeous beach and the picturesque centre. The ideal property for an owner-occupied rental investment. Priced to sell!

Asking price 475.000€



Office
Marina de Lagos, Núcleo Gil Eanes, Loja 18/19
8600-780 Lagos, Portugal
Email: info@abacoz-properties.com
Tel: +351 282 044 886

Contact our multi-lingual specialists at Abacoz Algarve to sell your property!



BATISTA property



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

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

MARCELA propriedades

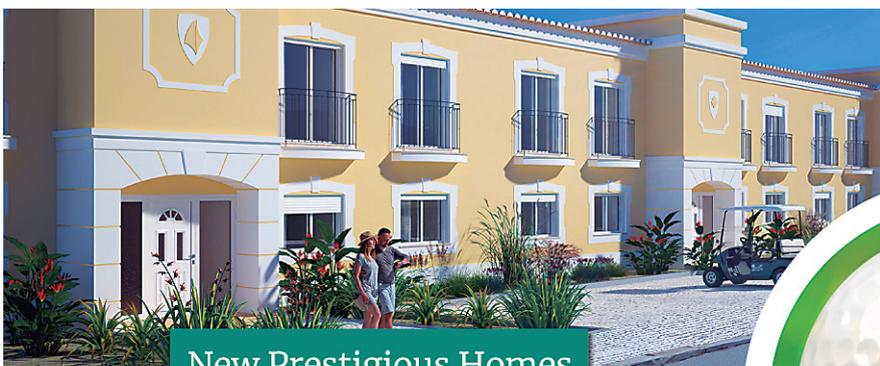
Sociedade de Mediação Imobiliária
Estate Agent | Immobilien
AMI 1538



5 BEDROOM HOUSE WITH POOL IN PRAIA DA LUZ | REF.:C3514

SPEAK TO US FOR PROFESSIONAL ADVICE

info@marcelaproperties.com 00351 282 788 977



New Prestigious Homes
FAIRWAY & OCEAN VIEWS
NOW AVAILABLE



Boavista
Golf & Spa
Where dreams
are built...

+351 282 000 170
www.propertyportugal-bayview.com
www.algarvepropertygolf.com
www.boavistasort.pt



150.000 €
REF: SPA72



T1 APARTMENT IN CARVOEIRO

2nd floor, 1 bedroom apartment of 54m² for sale only 80m from Carvoeiro beach, in good condition with walk in shower room, lounge and adjoining dining room, fully fitted kitchen and communal roof terrace.



199.000 €
REF: SPA71



T2 APARTMENT IN CARVOEIRO

Fully renovated apartment located in a closed condominium with communal swimming pool terraces and lift. Located in the heart of Carvoeiro, only 500m from the beach and local commerce.

AMI 15430

Office
Rua dos Pescadores, N°131, Loja 1
8400-512, Carvoeiro

Email:
info@sampsonproperty.com

Tel(s):
+351 282 357 133 · +351 927 200 182 / 194



SAMPSON PROPERTY
REAL ESTATE AGENTS

WWW.SAMPSONPROPERTY.COM

AUTUMN DEALS



CONCEIÇÃO DE TAVIRA - REF 2525 €250.000

- THREE BEDROOM HOUSE
- PRIVATE LARGE GARAGE
- AIR CONDITIONING
- SHARED POOL
- VERY CLOSE TO GOLF AND FACILITIES



MANTA ROTA - REF 2579 €262.500

- ON CONDO WITH SHARED POOL
- CORNER HOUSE
- 4 BEDROOMS IN TOTAL
- AIR CONDITIONING
- GREAT RENTAL POTENTIAL



AMI: 7673

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

Kit&Caboodle



**HIGH
QUALITY
PRE-LOVED
FURNITURE**

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

Over 100 beds, Mattresses and Headboards in stock including Ottomans and Zip & Links and a massive selection of Linen, Towels, Curtains and Soft furnishings.



**"Bigger stores,
Better quality,
choice and value"**



E-mail: hometextiles@sapo.pt
www.hometextilesalgarve.com

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



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

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

How to control and prevent halitosis

Halitosis, meaning bad breath is derived from the Latin “halitus” (exhaled air) and “òsis” (change), is an embarrassing problem in which an unpleasant odour exudes from the oral cavity.



DR. CRIS PIESSENS
CLINIC DENTAL
HYGIENIST
SOFIA MARTINS

Halitosis may be the cause of social isolation and exclusion. It

is estimated that 1 in 4 people (thus 25% of the world's population) have bad breath regularly,

creating problems in interpersonal relationships and may have detrimental

consequences for one's self-esteem. There are several oral conditions such as gingivitis and periodontitis that cause halitosis and must be treated/controlled just as dental cavities. Some cases of halitosis may be as simple as inadequate oral hygiene, tarter build-up, plaque and food particles between the teeth and on the tongue. A situation such as increased tartar build-up on the teeth and accompanied with periodontal disease (gingivitis or periodontitis), can provoke a foul odor . The use of tobacco and low water intake throughout the day, also contribute to the onset of halitosis. It is important that you also observe your tongue for the presence of plaque build-up, a condition known as tongue coating (white plaque on the back of the tongue). This is due to the accumulation of bacteria, food particles, lack of saliva and scaling

of the oral mucosa cells. Stress and anxiety can also contribute to white tongue formation. Schedule an appointment with a dentist so an individual assessment can be performed to identify possible causes of bad breath. If your problem is mainly plaque and tartar build-up, you will be referred to see a hygienists . They will remove all hard and soft deposits causing bad breath by scaling, root planing, use of bicarbonate jet and polishing the dental surfaces. Oral hygiene techniques are tailored to each patient's individual needs and taught so that they may effectively eliminate all food residues that accumulate near the teeth and gums. Keep in mind that there are several ways to help reduce bad breath:

one of them must be before bedtime;

- Use of dental floss and interdental brushes reduce the accumulation of food particles and plaque in spaces between the teeth;
- The tongue accumulates bacteria, food particles and dead cells especially in smokers or those who suffer with dry mouth. You can use a tooth brush to “sweep” the tongue or a tongue cleaner;
- Drink a lot of water! Avoid alcoholic drinks and tobacco since they provoke dry mouth;
- Avoid foods like onion, garlic and spicy sauces.
- Reduce the consumption of coffee and alcohol.

Instead of disguising bad breath, let's find the best way to solve it together!

For further information about treating bad breath, contact Dr Cris Piessens' Clinic by calling: 289 589 080 or email: info@crispiessensclinic.com



Dr Cris Piessens

Placing dental implans since 1987

It is estimated that 1 in 4 people (thus 25% of the world's population) have bad breath regularly, (Photo: Supplied)

WE WERE ASKED TO IMPROVE

- + SPACE
- + COMFORT
- + QUALITY

HOSPITAL PARTICULAR DO ALGARVE
GAMBELAS



☎ 282 420 400

📌 www.grupohpa.com

Reg. ERS nº 16231 // Lic. ERS nº 14338/2017 // Cruz da Bota, Nº 27, Estrada de Alvor, 8500-322 Alvor, Portimão



EYE CENTRE

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

EXCELLENCE IN MEDICAL EYE CARE

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

CLÍNICA PACÍFICO

BRITISH & PORTUGUESE DENTAL PRACTITIONER

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

SPECIALISING IN THE CARE OF NERVOUS AND FRIGHTENED PATIENTS

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

PAIN FREE DENTISTRY IS A REALITY!

Rua Alexandre Herculano, Conjunto Ria Formosa, nº Q, R/C
8200-271 ALBUFEIRA
(Behind the yellow shop VESPARENT)

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

Healthy children this winter

A pharmacist explains how to keep children's immune systems in peak condition to help protect them against winter bugs and maintain their health.



Photo: iStock/PA

What's the best way to boost my child's immune system over the winter?

Pharmacist Anshu Kaura, from Lloyds Pharmacy, says: "There are a few ways in which you can try to prevent your child from getting poorly. The first of these is to get them vaccinated.

"You should also teach your child how to wash their hands correctly, as this will help prevent germs from spreading.

"Making sure your child has a balanced diet may help with boosting their immune system, as this will ensure they're getting the right vitamins and nutrients as well as helping to ensure their bones develop correctly and strongly.

"Eating a balanced diet should ensure your child is getting all the vitamins they need, but if you're

concerned they aren't getting enough, you can give them a daily multivitamin. Vitamin A and vitamin C are both great for boosting children's immune systems, with vitamin C also helping their vision in dim light, along with keeping the skin healthy. In addition, vitamin C helps the body absorb iron, which is important for creating red blood cells.

"Vitamin D is also important for children, as it's needed to keep bones, teeth and muscles healthy, by regulating the amount of calcium and phosphate in the body. The body needs calcium and phosphorus to help build and repair bones and teeth, help nerves function and make muscles contract.

"Vitamin E may also be helpful, as it protects cells from oxidative stress, which is an imbalance of free radicals and antioxidants in the body which can lead to cell and tissue damage." PA

Hacks to h

Children sleeping well is one of the holy grails of parenting, and many mums and dads swear by the bedtime routine of bath, book, bed, to help little ones have a good night's sleep.

But it's not just immediately before bed that steps can be taken to encourage an unbroken night for both children and parents - there are plenty of things that can be done during the day too.

"A positive bedtime structure is about ensuring daytime and night-time routines are a continual process, and not seen as two separate things," explains psychologist and sleep expert Chireal Shallow, who runs the Baby Sleep Clinic.

"It's really important that children are stimulated. This can take the form of education at school, or post-school activities such as games, hobbies, reading or seeing friends. School is one of the better opportunities for children to develop good sleep hygiene, due to the rigid structure of the day - they know when to expect break times for example, and the routine is structured and secure. "Their home life routine needs to match up in the same way, so it's more of a fluid process."

Here Shallow, in partnership with natural family skincare experts Bloom and Blossom, shares her tips on what parents can do during the day to help children settle well at night.

Hide and seek in the bedroom
Playing hide and seek helps to create a familiarity with the bedroom, allowing children to take ownership of the space, and create a feeling of purpose and love. The more time spent in their bedroom during the day, the better association they have with it at night time.

Eating cottage cheese with raspberries
Feeding children snacks such as

Health & Beauty at the Fair

15th successful YEAR

Thousands of visitors to the International Algarve Fair are ready to sample your products!
Book your stand today

Contact: 282 380 317
sales@algarvefair.com
www.algarvefair.com

INTERNATIONAL ALGARVE FAIR
10am - 6pm
23 & 24 May
Fatacil Lagoa

Organised by **News** Supported by **Lagoa** **KISS**

Pain-FREE Shoulder Clinic

da Vinci knew
(now you can too!)

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

93% of Patients recover in 1-5 Treatments
Call today for your FREE Consultation & Examination

282 352 202

Help your child sleep

A child sleep expert outlines simple things to do during the day to help children settle better at night.

cottage cheese before bed may sound absurd, but it's full of the amino acid tryptophan, which can increase serotonin levels. Top the cheese with raspberries to appeal to a child's sweet tooth, as these are rich sources of melatonin, the sleep hormone.

A foot massage an hour before bed

A foot massage every night an hour before bedtime can help anxious children feel calm and settled.

Fresh air and stimulation

It's important to make sure children are getting enough fresh air and stimulation during the day. For older children, the main barrier to sleep is anxiety and feeling overtired or hyperactive. Fresh air during the day can do them a world of good as being outdoors and surrounded by nature helps with sleep and relaxation. There's a stark contrast to how we feel indoors in comparison to outdoors, and it's about ensuring the balance is right and encouraging children to come out of their internal world.

Choose activity time wisely

Where possible, it's better to get

most of your weekend activity done first thing on a Saturday or Sunday. This doesn't have to be set in stone hour-by-hour, but it could work to cut your day into segments. This will help you to settle children later on, as otherwise you may struggle to remove them from their friends and the fun.

Boisterous activity and active games are best done in the morning or early afternoon. Activities which relate to quiet time and winding down, such as chatting with family, reading books and doing puzzles require mental engagement rather than physical and are better placed towards the end of the day. These are more conducive for sleep, and are preparing the body for winding down and rest.

Cater to your child's needs

Cater to your child's individual needs and make sure what you do during the day suits them and their unique personalities. If they're afraid of scary films, ensure they spend plenty of time outdoors and not in front of the TV or iPad. If your child is highly stimulated, then it's a good idea to give them more sedentary activities, and if you have a calmer

child give them more stimulation, so they gradually become worn out in the morning and tired in the afternoon/early or evening.

Communicate with their teachers

Children spend a lot of time at school, and this is the best place for structure and routine. Make sure you're constantly in contact with their teachers and know what's going on day to day. Find out what's happening towards the latter end of the day where possible, so you can then build this into your home life routine. Planning and preparation is key - if a birthday is being celebrated at school, and there are lots of sweets, it's advisable that you know about this, as ultimately, this could impact how your child sleeps that night.

Lie down with children on their bedroom floor

Getting a feel for what a child experiences in their room can be vital to understanding their experiences. Ask yourself if it feels like a calm space, or if there are any objects which may look different at night. For example, your child may have a backpack



A positive bedtime structure is about ensuring daytime and nighttime routines are a continual process. (Photo: iStock/PA)

hung up, which may look scary in the dark - invest in a personalised one, which they can take pride in and helps them to feel unafraid.

Create a bedtime box

Put inside the things that children need to feel safe and help them sleep at night. For example,

books, favourite toys and pictures of family.

Hang up family photos

Place family photos around your child's bedroom, so if they wake during the night, they're immediately comforted.

PA/TPN

Martin's
e-BIKE

Dutch Quality
★★★★★

The E-Bike specialist

E-Bike RENTAL & SALES
www.martins-e-bike.com

info@martins-e-bike.com

Avenida Duarte Pacheco 48
8135-104 Almancil

+351 289 098 603

SHIMANO BOSCH

Visão Plus

VISAOPUS.PT

Optometry
Contact Lenses
Repairs
Low Vision
Advanced Optometry Clinic
Varifocus Expert

(+351) 289 301 786

visaoplus@mail.telepac.pt

f/visao.plus @/visao.plus

Av. Francisco Sá Carneiro,
Ed. Panorama, Lt 4, Lj A-C
8125-119 Quarteira

EYE CARE FOR YOUR ENTIRE FAMILY

HOME CARE • TAILORED SERVICES

A helping hand to make life so much easier.

282 411 723
geral@wecare.pt

www.wecare.pt

Fully licensed company.

FREE
ASSESSMENT
VISIT

PRIVÉ
estética avançada

www.clinicaprive.com



Preventive and Cosmetic Dentistry
Non-invasive Facial Rejuvenation
Non-invasive Body Contouring
Laser Therapies

Call our PORTIMÃO office at:
282 457 018

This Week's profiles:



BBQ Algarve

For further information
Tel: (+351) 289 356 233 /
(+351) 917866779 email:
lee@bbqs-algarve.com or
visit: www.bbqs-algarve.com



Wellness Dreams

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



Golf Integrated Academy

For further information Tel:
(+351) 912263555 or email:
info@golfintegrated.com



Berkshire Hathaway HomeServices Portugal Property

For more information Tel:
(+351) 308 800 878 (free
from the UK) or email:
info@PortugalProperty.com

DISCLAIMER:

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

BBQ's Algarve for your Broil King BBQ



Broil King has been producing quality gas barbecues for over 30 years in North America and Canada. Backed by an outstanding warranty and built to last. They are a barbecuing family who have been in the business of building high quality gas grills for over two decades and take great pride in building performance and durability into the heart of each and every grill made.

All their gas grills are manufactured in North American plants located in Huntington Indiana, Dickson Tennessee and Waterloo Ontario.

Our barbecues are enjoyed in more Canadian and North American homes than any other brand and have become extremely popular in backyards, terraces and gardens across Europe. When you take home a **Broil King** you'll realise it's more than just a barbecue...it's a great

barbecue, every time.

Broil King Spain and Portugal are committed to providing gas, charcoal and pellet grills that you can count on for the utmost in performance and built with quality materials for years of durability and are the perfect for people who want to enjoy a casual, family orientated, relaxed style of every day outdoor living.

Here in the beautiful region of the Algarve, we recommend the highest quality store, BBQ S Algarve. With over 20 Broil King models, a wide range of accessories, a wonderful showroom and helpful attentive staff, this makes for the best stop to buy your dream outdoor grilling area!

All bbqs are delivered assembled free of charge in the Algarve.

You can find them at their showroom at: Rua Manuel Viegas Guerreiro, 8135-127 Almancil, Portugal

Kick start your short game!



There are three types of golfers in the world regarding practice; those who practice well and diligently, those who practice poorly and those who practice not at all. I only have one set which are going to improve! It's not hard to figure out which category sees their game develop. The most important question is, which category do you fit into?

Well if you want to give your golf game a shot of adrenaline a Short Game Bootcamp might be exactly what you need. We hold these Bootcamps once a month (usually on a Thursday) and they last for four hours. During the course, we will cover in detail every area of the short game, including putting, chipping and bunkers.

This is the area where I see the most improvement from my players. We aim to have a maximum of five players for the coaching so that there is a significant level

of one on one coaching, while allowing me to cover all of the fundamentals along with all the drills you need to take away with you to work on and improve your game.

After four hours with us, you will have a clear understanding of what you need to do, what you were doing in the first instance and what you have to do to correct the problem. Every player will leave with an individualised video which will be emailed to you after the session for you to refer to every time you go to practice.

All of this for €75. Get in touch for more information.

GI
GOLF INTEGRATED
ACADEMY

Hot tubs offer relaxation and much more!

Star gazing, is not just the preserve of astronomers but also one of the benefits of hot tub use!

Submerged up to your neck in warm bubbling water, without the encumbrance of artificial lighting and looking at the inky black sky with its millions of stars and planets is a very relaxing way to help you prepare for sleep or just an enjoyable and

therapeutic way to bring down your stress levels, overcome anxiety and relax after a busy or stressful day!

Washington State University's researchers at the National Aquatic & Sports Medicine Institute, are pursuing the theory that this comes about because hot water immersion, helps balance and improve the operation of subsystems of the autonomic nervous system, the bodies control system that acts largely autonomously to regulate the functioning of cardiac, respiratory, muscle, bone, kidney and neurologic operation!

For those who suffer joint pain, including lower back pain and arthritis, the heat of the water in a hot tub can help minimise inflammation and swelling while boosting blood circulation and the buoyancy of the water helps reduce the pressure on limbs and joints as identified by the Arthritis Foundation, it can also help with some circulatory problems, however you should consult your doctor to ensure that it is ok to use the hot tub and likewise anyone suffering from heart problems or high blood pressure should also take medical advice.



If you're recovering from a sports-related injury soaking in hot water, starting three or four days after the initial injury, can improve healing, the heat will dilate the blood vessels, promote blood flow, and help sore and tight muscles relax and improved circulation will help eliminate the build up of lactic acid waste, that occurs after some types of exercise, heat is also psychologically reassuring which can enhance its analgesic properties.

Taking quality family time in the hot tub with children, grandchildren or both is a great opportunity for talking whilst relaxing, as smart phones and tablets are thankfully not yet designed for use in water temperatures in the high thirties, so you enjoy the chance to mingle with your relations, your favourite choice of non alcoholic drink at hand, in plastic glass of course!

It should be noted however that infants and toddlers should not use a hot tub at all due to the risk of overheating or dehydration, so the usage should be planned whilst they are sleeping to give the parents some relaxing together time!

Berkshire Hathaway HomeServices Portugal Property



If you are thinking of buying or selling a property in Portugal, then Berkshire Hathaway HomeServices Portugal Property - Portugal's leading real estate agent - is the only company you need!

You may remember us as PortugalProperty.com. In October last year we partnered with Warren Buffett's global real estate brand - Berkshire Hathaway HomeServices - to become Berkshire Hathaway HomeServices Portugal Property.

The company remains entirely independently owned and operated, however, becoming part of the Berkshire Hathaway HomeServices network means that if you are selling your property and you list it with us, it will be shared with our network of 50,000+ agents worldwide and their clients.

If you are buying for the first time here, or moving up/downsizing, then speak with us. We are the multi-award-winning experts at helping our clients find their perfect home - with seven offices and more than 40 knowledgeable team members, we deliver exceptional service. Our business model is built upon our values of honesty and integrity, working hard to ensure that everything is

done with total transparency.

We believe we are different in that we adapt to our clients' needs and genuinely provide unbiased, honest and trustworthy advice.

We endeavour to make the whole process of buying and selling property in Portugal as efficient as possible. We are with our clients every step of the way, from the initial enquiry dealt with by our multi-lingual property advisors based here in the Algarve, to meeting with our property consultants and accompanying our clients to viewings, liaising with lawyers and right the way through to completion and beyond.

Whether you are looking to buy a beautiful holiday home in the sun, a permanent residence, a Portugal property investment or a buy-to-let, you are in safe hands. We are members of the key regulatory bodies who govern real estate agency in Portugal, abiding by the strictest codes of practice. Berkshire Hathaway HomeServices Portugal Property is real estate's forever brand - with over 1,500 properties for sale throughout Portugal, we look forward helping you buy or sell.

SATURDAY 15

BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 Lose Weight and Get Fit with Tom Kerridge.
12.00 Football Focus.
12.30 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Athletics: Glasgow Indoor Grand Prix.
16.30 Final Score.
17.10 BBC News; Weather.
17.30 Celebrity Mastermind.
18.00 Pointless Celebrities.
18.45 The Greatest Dancer.
20.25 First & Last.
21.10 Casually.
22.00 BBC News; Weather.
22.15 National Lottery Update.
22.20 Match of the Day.
23.05 **FILM:** Eagle Eye (2008).
00.55 **Weather for the Week Ahead.**
01.00 BBC News.

BBC Two

06.45 Wild & Weird.
07.00 The Dog Ate My Homework.
07.30 The Dengineers.
08.00 Blue Peter: Steve Backshall Deadly Takeover & New Hope Club.
08.30 Deadly 60.
09.00 Tomorrow's Food.
10.00 Mountain Lions - Big Cats in High Places: Natural World.
11.00 Our Coast.
12.00 Best Home Cook.
13.00 The World's Most Extraordinary Homes.
14.00 Flatpack Empire.
15.00 **FILM:** Move Over, Darling (1963).
16.40 Rom Coms: Talking Pictures.
17.30 10 Puppies and Us.
18.30 Cities: Nature's New Wild.
19.30 Dad's Army.
20.00 Great American Railroad Journeys.
21.00 QI XL.
21.45 Live at the Apollo.
22.30 Snowfall.
00.00 **FILM:** Captain Fantastic (2016).
01.50 **FILM:** First Snow (2006).
03.25 This Is BBC Two.

ITV London

06.00 CITV.
07.30 Scrambled!: Scrambled!
07.35 Scrambled!: Mighty Mike.
07.50 Scrambled!: Mr Bean: The Animated Series.
08.10 Scrambled!: Ben 10.
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 Gary Rhodes: The First Rock Star Chef.
12.40 Save Money: Lose Weight.
13.15 ITV News and Weather.
13.30 ITV Racing: Live from Ascot.
16.00 Tipping Point: Best Ever Finals.
16.30 ITV News and Weather.
17.00 **FILM:** Sing (2016).
19.00 The Masked Singer.
20.30 The Voice UK.
22.00 ITV News and Weather.
22.20 **FILM:** Rocky Balboa (2006).
00.15 Shopping with Keith Lemon.
00.45 Ideal World.
03.00 Rebound.

Channel 4

06.05 Mike & Molly.
06.50 Cheers.
07.40 Frasier.
08.35 The Big Bang Theory.
09.30 The Simpsons.
12.55 The Dog House.
14.00 Four in a Bed.
16.35 A Place in the Sun.
17.35 Location, Location, Location.
18.30 Channel 4 News.
19.00 The Windsors: Secrets of the Royal Tours.
20.00 The Queen's Lost Family.
21.00 **FILM:** Jason Bourne (2016).
23.35 **FILM:** Warcraft (2016).
01.40 The Last Leg.
02.35 The Big Narstie Show.
03.30 Hollyoaks.
05.35 Cooking Up a Fortune.

BBC Four

19.00 Rick Stein's Long Weekends.
20.00 South Pacific.
21.00 Hidden.
22.00 Clive James: Postcard from Paris.
22.45 **FILM:** The Salesman (2016).
00.45 Top of the Pops: 1989.
01.45 A Very British History.
02.45 Rick Stein's Long Weekends.
03.45 Close.

SUNDAY 16

BBC One

06.00 Breakfast.
08.15 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.
13.50 Escape to the Country.
14.35 Garden Rescue.
15.05 Shrek: The Ghost of Lord Farquaad.
15.20 **FILM:** Shrek the Third (2007).
16.40 Spy in the Wild.
17.40 BBC News; Weather.
18.10 Countryfile.
19.10 Doctor Who.
20.00 Call the Midwife.
21.00 The Pale Horse.
22.00 BBC News; Weather.
22.30 Match of the Day 2.
23.15 Can You Beat the Bookies?
00.15 A Question of Sport.

BBC Two

06.45 The Instant Gardener.
07.30 Celebrity Antiques Road Trip.
08.30 Countryfile.
09.30 Beechgrove Repotted.
10.30 Saturday Kitchen Best Bites.
11.00 Rick Stein: From Venice to Istanbul.
12.30 Trust Me, I'm a Doctor.
13.00 Snow Monkeys: Natural World.
13.50 Painting the Holy Land.
14.50 Holiday of My Lifetime with Len Goodman.
15.35 **FILM:** I Was Monty's Double (1958).
17.15 Flog It!
18.00 Undiscovered Worlds with Steve Backshall.
19.00 Ski Sunday.
20.00 Top Gear.
21.00 Win the Wilderness: Alaska.
22.00 The Ranganation.
22.45 Frankie Boyle's Tour of Scotland.
23.15 Murder Trial: The Disappearance of Margaret Fleming.

ITV London

06.00 CITV.
07.30 Scrambled!: Scrambled!
07.35 Scrambled!: Mighty Mike.
07.50 Scrambled!: Mr Bean: The Animated Series.
08.10 Scrambled!: Ben 10.
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 The Metro: A Rail Life Story.
12.30 ITV News and 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: I'm a Celebrity Special.
18.00 Dancing on Ice.
20.00 Endeavour.
22.00 ITV News and Weather.
22.15 Bradley Walsh & Son: Breaking Dad.
22.40 Piers Morgan's Life Stories.
23.35 Heathrow: Inside Britain's Busiest Airport.
00.00 Ideal World.

Channel 4

06.00 The King of Queens.
06.50 Everybody Loves Raymond.
07.40 The Big Bang Theory.
08.25 Beat the Chef.
09.30 Sunday Brunch.
12.30 The Simpsons.
14.50 **FILM:** Ice Age: The Meltdown (2006).
16.30 **FILM:** Night at the Museum (2006).
18.35 Channel 4 News.
19.00 The Great Pottery Throw Down.
20.00 My Family and the Galapagos.
21.00 Homeland.
22.15 The Battle for Hong Kong.
23.15 **FILM:** Men in Black 3 (2012).
01.05 **FILM:** Love Is Strange (2014).

BBC Four

19.00 Avalanche: Dangerous Earth.
19.30 Iolo's Snowdonia.
20.00 Attenborough: 60 Years in the Wild.
21.00 Art on the BBC: Michelangelo: The Good, The Bad, and The Ugly.
22.00 Britain's Lost Masterpieces.
23.00 Armando's Tale of Charles Dickens.

MONDAY 17

BBC One

06.00 Breakfast.
09.15 Animal Park.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under Revisited.
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 Amazon: What They Know About Us.
21.30 Mrs Brown's Boys.
22.00 BBC News at Ten; Weather.
22.35 This Country.
23.05 Don't Scream.
23.50 The Graham Norton Show.
00.40 Weather for the Week Ahead.
00.45 BBC News.

BBC Two

06.00 Wanted Down Under Revisited.
06.45 Flog It!
07.30 Sign Zone: Best Home Cook.
08.30 The Week in Parliament.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
13.00 Walks of Life.
14.00 Super Cute Animals.
15.00 Red Rock.
15.45 Full Steam Ahead.
16.45 Blue Planet UK.
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 Archiveologists.
22.30 Newsnight.
23.10 Weather.
23.15 Confronting Holocaust Denial with David Baddiel.

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 The BRITs at 40.
00.30 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 Find It, Fix It, Flog It.
13.05 Posh Pawn.
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 Live: The Labour Leadership Debate.
21.00 Prison.
22.00 Baghdad Central.
23.00 Emergency Helicopter Medics.
00.00 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 Francesco's Mediterranean Voyage.
20.00 New Zealand: Earth's Mythical Islands.
21.00 The 80s with Dominic Sandbrook.
22.00 Fishing for Love: How to Catch a Thai Bride - Storyville.
23.30 Art of Germany.

TUESDAY 18

BBC One

06.00 Breakfast.
09.15 Animal Park Summer Special.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under Revisited.
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 The Split.
22.00 BBC News at Ten; Weather.
22.30 National Lottery Update.
22.35 Plastic Surgery Undressed.
23.30 Easy Ways to Live Well.
00.25 Weather for the Week Ahead.
00.30 BBC News.

BBC Two

06.30 Wanted Down Under Revisited.
07.15 Flog It!
07.15 Sign Zone: Great British Railway Journeys.
08.30 Sign Zone: Yorkshire Walks.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
13.00 The Super League Show.
13.50 Beechgrove Repotted.
14.00 Supercharged Otters: Natural World.
15.00 Red Rock.
15.45 Full Steam Ahead.
16.45 Blue Planet UK.
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 Archiveologists.
22.30 Newsnight.
23.10 Weather.
23.15 Confronting Holocaust Denial with David Baddiel.

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.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 The BRIT Awards 2020.
22.00 ITV News at Ten; Weather.
22.45 Round 12: Tyson Fury's Resurrection.
23.15 White House Farm.
00.10 Ideal World.
03.00 The Home Game.

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 Find It, Fix It, Flog It.
13.05 Posh Pawn.
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 How to Stay Out of Jail.
23.00 Prison.
00.05 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 The Beauty of Anatomy.
20.00 King Alfred and the Anglo-Saxons.
21.00 Royal History's Biggest Fibs with Lucy Worsley.
22.00 The Ruth Ellis Files: A Very British Crime Story.
23.00 Crime & Punishment - The Story of Capital Punishment.
00.00 Inside the Medieval Mind.

WEDNESDAY 19

BBC One

06.00 Breakfast.
09.15 Animal Park Summer Special.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under Revisited.
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.
20.00 DIY SOS: The Big Build.
21.00 Spy in the Wild.
22.00 BBC News at Ten; Weather.
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 Revisited.
07.15 Flog It!
07.15 Sign Zone: Great British Railway Journeys.
08.30 Sign Zone: Yorkshire Walks.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
14.00 Walks of Life.
14.00 World's Sneakiest Animals.
15.00 Red Rock.
15.45 Full Steam Ahead.
16.45 Blue Planet UK.
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 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 Harry Redknapp's Sandbanks Summer.
20.30 Coronation Street.
21.00 Cilla: The Lost Tapes.
22.00 ITV News at Ten; Weather.
22.45 Tyson Fury: The Gypsy King.
23.40 Monster Carp.

Channel 4

06.30 Cheers.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Undercover Boss Canada.
11.05 Ramsay's Kitchen Nightmares USA.
12.00 Channel 4 News Summary.
12.05 Find It, Fix It, Flog It.
13.05 Posh Pawn.
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 Secret Life of the Zoo.
21.00 Hunted.
22.00 First Dates.
23.05 24 Hours in A&E.
00.10 Sex Tape.
01.05 Ramsay's Kitchen Nightmares USA.
Come Dine with Me.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 The Pennine Way.
20.00 Wait Disney.
21.00 Inside Chemobyl's Mega Tomb.
22.00 The Ruth Ellis Files: A Very British Crime Story.
23.00 How We Built Britain.
00.00 Don McCullin: Looking for England.
01.00 The Silk Road.
02.00 Mars Uncovered: Ancient God of War.

THURSDAY 20

BBC One

06.00 Breakfast.
09.15 Animal Park Summer Special.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under Revisited.
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; Weather.
22.35 Question Time.
23.35 A Cut Too Far? Male Circumcision.
00.20 Weather for the Week Ahead.
00.25 BBC News.

BBC Two

06.30 Wanted Down Under Revisited.
07.15 Bargain Hunt.
08.00 Sign Zone: Great British Railway Journeys.
09.00 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.
13.00 Walks of Life.
14.00 World's Sneakiest Animals.
15.00 Red Rock.
15.45 Full Steam Ahead.
16.45 Blue Planet UK.
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 Hospital.
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 Diet: Trust Your Gut? Tonight.
20.00 Emmerdale.
20.30 Save Money: Lose Weight.
21.00 Tyson Fury: The Gypsy King.
22.00 ITV News at Ten; Weather.
22.45 Grantchester.
23.45 Cold Feet.
00.35 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 Canada.
11.05 Ramsay's Kitchen Nightmares USA.
12.00 Channel 4 News Summary.
12.05 Find It, Fix It, Flog It.
13.05 Posh Pawn.
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 Secret Life of the Zoo.
21.00 Hunted.
22.00 First Dates.
23.05 24 Hours in A&E.
00.10 Sex Tape.
01.05 Ramsay's Kitchen Nightmares USA.
Come Dine with Me.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 The Pennine Way.
20.00 Wait Disney.
21.00 Inside Chemobyl's Mega Tomb.
22.00 The Ruth Ellis Files: A Very British Crime Story.
23.00 How We Built Britain.
00.00 Don McCullin: Looking for England.
01.00 The Silk Road.
02.00 Mars Uncovered: Ancient God of War.

FRIDAY 21

BBC One

06.00 Breakfast.
09.15 Animal Park Summer Special.
10.00 Homes Under the Hammer.
11.00 Wanted Down Under Revisited.
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 A Question of Sport.
20.30 EastEnders.
21.00 Would I Lie to You?
21.30 Bumps.
22.00 BBC News at Ten; Weather.
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 Revisited.
07.15 Flog It!
08.00 Sign Zone: Winterwatch.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
13.00 Walks of Life.
14.00 World's Sneakiest Animals.
15.00 Red Rock.
15.45 Full Steam Ahead.
16.45 Blue Planet UK.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Great Asian Railway Journeys.
19.00 Saving Lives at Sea.
19.30 Celebrity Antiques Road Trip.
20.30 Our Coast.
21.30 QI.
22.00 Frankie Boyle's Tour of Scotland.
22.30 Newsnight.
23.00 Weather.
23.05 Front Row Late.
23.45 **FILM:** In the Heat of the Night (1967).

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 Diet: Trust Your Gut? Tonight.
20.00 Emmerdale.
20.30 Save Money: Lose Weight.
21.00 Tyson Fury: The Gypsy King.
22.00 ITV News at Ten; Weather.
22.45 Grantchester.
23.45 Cold Feet.
00.35 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 Canada.
11.05 Ramsay's Kitchen Nightmares USA.
12.00 Channel 4 News Summary.
12.05 Find It, Fix It, Flog It.
13.05 Posh Pawn.
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 Secret Life of the Zoo.
21.00 Hunted.
22.00 First Dates.
23.05 24 Hours in A&E.
00.10 Sex Tape.
01.05 Ramsay's Kitchen Nightmares USA.
Come Dine with Me.

BBC Four

19.00 World News Today; Weather.
19.30 Top of the Pops: 1989.
20.00 Sing's Disney Songs.
21.00 Top of the Pops: 1989.
21.30 Rock Island Line: The Song That Made Britain Rock.
22.30 Chas and Dave: Last Orders.
23.25 What Ever Happened to Rock 'n' Roll?
00.25 Rock 'n' Roll Britannia.
01.25 Arena: Alone with Chrissie Hynde.

Need removals? Direct
★ Removals ★ Freight and logistics ★ Storage ★ UK online shopping ★ Weekly UK-PT service ★
direct
TRANSPORT & REMOVALS
Follow us on Facebook Contact us at: +351 282 313 966
info@directtransport.net www.directtransport.net
22 years!

BOOKS

**ALGARVE
BOOK
CELLAR**



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

282 354 310

Tue - Fri 9.30 - 5.00
Sat: 9.30am - 2.00pm

raymond.compton@gmail.com

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

BUREAUCRATIC SERVICES



**ALGARVE
ASSISTANTS**

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

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

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

CARPENTRY

BENSONS WOODLIVING
INTERIOR & EXTERIOR CARPENTRY



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

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

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

DAMP

Drymat Systems
Portugal



modern
house drain

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



Contact us for a free inspection visit:
Tlm: 962 435 572

e: contact@drymatportugal.com • Web: www.drymatportugal.com

DRAINS

**Blocked Drains?
Call: ANDY**

Tel/Fax 282 471 335
Mobile 918 647 305

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



**DRAIN
KING**



HEATING & COOLING

FIRES OF PORTUGAL

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

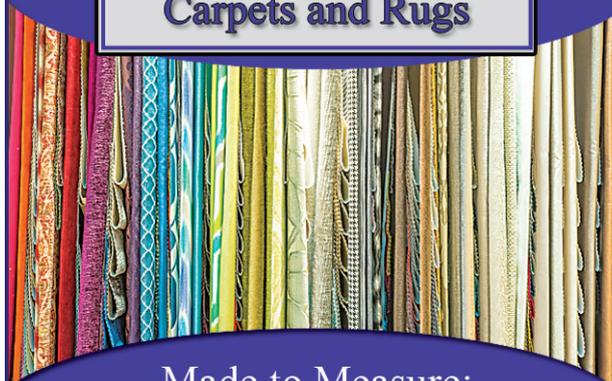


www.firesofportugal.com
sales@firesofportugal.com
TEL: 289 489 958 MOBILE: 966 468 190



INTERIORS & FURNISHINGS

**The Curtain Centre
Carpets and Rugs**



Made to Measure:

- Curtains • Blinds • Carpets • Rugs
- Tracks / Poles • Upholstery - All supplied and fitted



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

www.theportugalnews.com

BEDROOMS EXTRA

LAGOS: Tel: 282 762 383 Fax: 282 792 113

The Biggest British Bed Retailer in the Algarve

**WINTER
SALE**

NEXT DAY DELIVERY ON ALL BEDS

Sleepeeze



RELYON, MLILY,
DURABEDS, JOHN LEWIS

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

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

ALL ENGLISH BED LINEN
EGYPTIAN COTTON – PERCALE 50/50

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

50% DISCOUNT NOW AVAILABLE
ON SOME ITEMS

Large discounts
available on all bed
products. Always in
stock available for
next day delivery
*3ft, 4'6, 5ft, 6ft in stock.

BEST
PRICE
GUARANTEE
we'll match
the lowest
price

Always available for next
day delivery

MON - FRI 9 - 5PM / SAT 9-30 - 1PM
Lagos - Parque Industrial do Infante,
Loja 9/10, Torre 8600-256 Odiaxere
Email: bedrooms@bedroomsextra.com
Website: www.bedroomsextraalgarve.com
Tel. 282762383

We are off the EN125 towards Odiaxere
500m before the A22 R/B

THE BED WAREHOUSE

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



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

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



FURNITURE WORLD

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



Turn your house into a home
www.furnitureworld.pt
 Tel: 282 798 263
 Urb. da Marateca, Lote 5, Chincato, Lagos

LEGAL

DANIELLE SHRIMPTON
 Solicitor • LL.B.

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

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

OPTICIANS

Had your eyes tested this year?
 British qualified optician.

Eye exams ✓ Glasses ✓ Contact lenses ✓ Sunglasses ✓

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

PAINTING & DECORATING

TOFTS
 Paul Tofts
 Decorating & Painting

tofts@hotmail.co.uk After 6pm
 Mob: 918 938 004 Tel: 289 399 370

POOLS & SPAS

ARTESIAN SPAS
 PLATINUM ELITE CLASS

Probably The Best
Hot Tubs
 Saunas & Swim Spas
 in the World

Quality - Design - Reliability - Service

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

No.1 in Hot Tubs in the Algarve

WELLNESS DREAMS
 ALGARVE

HOT TUBS
 SAUNAS
 STEAMROOMS
 SWIM SPA'S

SERVICE MAINTENANCE REPAIRS
 FOR ALL HOT TUBS

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

Pool Cover Specialists

30 YEARS FACTORY DIRECT

AQUA PURA LDA

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

PURE POOLS

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

Covering the Algarve
 Showroom in Lagos
 Est. 1992

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

40 years



NORBERTO POOLS



All you need for your swimming pool

New Construction • Repairs • Remodelling
Maintenance • Heating • Covers

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

PROPERTY SERVICES



SOLARTEC

Renewable energies & all things water

A New Generation of Heating, Hot Water & Water Treatment

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



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

algarve REMOVALS

REMOVALS

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



STORAGE

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

ONLINE SHOPPING

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

Depots: Alcantarilha - Almancil - Tavira - Lagos

Call us now for a FREE quote UK Tel: 0044 (0) 1621 850070 Algarve Tel: 00351 289513851
 Mob: 0044 (0) 7711 179842 Mob: 00351 968019226

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

LEAK DETECTION IS OUR SPECIALITY

SPECIAL OFFER



FREE 7 POINT DIGITAL POOL HEALTH CHECK + PAY FOR 10 MONTHS UPFRONT AND GET 2 MONTHS FOR FREE

Pools4U specialists in LEAK DETECTION, MAINTENANCE & REFURBS

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

CALL NOW FOR A FREE QUOTE OR TO BOOK AN APPOINTMENT

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



REMOVALS & STORAGE

Algarve Express

your next move

TRANSPORT & REMOVALS UK-ALGARVE-UK

LOCAL - NATIONAL - INTERNATIONAL - WORLDWIDE

ALGARVE SECURE STORAGE SERVICE

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

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

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

ONLINE SHOPPING UK TO PORTUGAL FROM JUST €4.99

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

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



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

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

Pool Service
 Pool Covers
 Pool Fencing
Pool Heating



Sociedade de Piscinas Ecologicas

www.salagua.com
 N125, Sítio do Troto, Almancil
 1,5km Direction to Faro

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

U-STORE SELF STORAGE



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

* For Home & Business

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

DLS REMOVALS & STORAGE

OVER 25 YEARS' PROFESSIONAL AND RELIABLE SERVICE

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

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

AIM

Removals & Storage

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

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

accurate, factual and unbiased info



TV & SATELLITE

S.O.S. UK TV
 Immaculate Reception
 If you want British TV, we have the solution.
HAVE IT ALL NIGHT LONG!
BBC, ITV, CH4 + CH5

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

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

Skynet

TELECOMMUNICATIONS & AUDIO

"The Latest Equipment at the Best Prices"

All Satellites TV (English, French, German, Dutch, Spanish, Italian, Russian, Arabic...)
 Digiboxes (SD Sky +, Sky HD, MultiCAM, PCMCIA, Freeview, Freesat HD)
 Multicards

All **BBC** & **ITV** + Ch 4 & 5 + News + Movies + Kids + Music + Sports + Many others + Radio
 Get 350 TV channels & 200 Radio stations **FREE**
Digital Terrestrial (Portuguese channels) **FREE**
Cable TV (Movies + Sports + Knowledge + Kids + News + Series + IPTV + Video on Demand)
Internet (Broadband, WiFi Networks)
Audio (Hi-Fi, Background Sound, Home Cinema)
CCTV, Intercoms, Domotics

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

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



SCOOP

ICE-CREAM BIKE HIRE

- Weddings
- Corporate events
- Private functions

www.scoopalgarve.com
932 442 897

WEDDINGS

AV&B ALGARVE WEDDINGS & BLESSINGS

NATASHA LUCKMAN
 WEDDING PLANNER

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

www.theportugalnews.com
 Updated daily by our team of journalists
 Never be behind with the news about Portugal

PROPERTY INSURANCE

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

GENEROUS DISCOUNTS ON PROPERTY INSURANCE

- Dedicated in-house UK Claims handlers and overseas Loss Adjustors
- Cover whether your property is occupied or not

Specialist providers of holiday home insurance and static caravans in Portugal

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

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

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

For more information call 282 380 304

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

intasure Insurance that speaks your language

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

ASK Kurt All your computer questions answered

What is Apple's HomePod?

Apple's HomePod is a small, Wi-Fi-enabled device that packs a set of powerful speakers and microphones to deliver a top-notch music experience to any room. It's a bit like one of the many wireless Bluetooth speakers available on the market, but built into Apple's ecosystem and given the high-end, high-technology, great-user-experience that Apple likes to deliver.

Apple has engineered the HomePod specifically for music. It's done this both in the hardware used to build the device and in the software that powers it. The HomePod is built around a subwoofer and seven tweeters arrayed in a ring inside the speaker. That lays the foundation for great sound, but what really sets the HomePod apart is its intelligence.

The combination of speakers and six built-in microphones allows the HomePod to detect the shape of your room and the placement of furniture in it. With this information, the HomePod can automatically calibrate itself to deliver optimal music playback for the room it's in. This is like Sonos' Trueplay audio optimisation software, but it's automatic instead of manual.

This room-awareness also allows two HomePods placed in the same room to recognise each other and work together to adjust their output for optimal sound given the shape, size, and contents of the room.

The HomePod is built around the Apple A8 processor, the same chip that powers the iPhone 6 series. With that kind of brain, the HomePod offers Siri as a way to control the music, though Siri does a lot more than that in the HomePod.

You can tell Siri what you want to play and, thanks to the support for Apple Music, Siri can draw from that service's millions of songs.

Email your questions to Kurt: kurt@algarvecomputercentre.com

Microsoft CERTIFIED Systems Engineer
 Certified Support Professional

ALGARVE COMPUTER CENTRE
 CERTIFIED BY MICROSOFT & APPLE

For all your computer needs:

- 2nd Hand Laptops / Desktops
- Computer Diagnostics
- PC Optimisation
- Virus Removal
- Desktop Repairs
- Data Backup / Recovery
- Broadband Services
- Network Installations
- Website Hosting
- Remote Desktop Support
- VPN Services / BBC & ITV

www.algarvecomputercentre.com 934 807 027

Cinema

NEW THIS WEEK

Mon inconnue - Stars: François Civil, Joséphine Japy, Benjamin Lavernhe. **Genre:** Comedy, Drama, Family. **Director:** Hugo Gélin. **Rating:** PG13. **Plot:** A man tries to make his wife fall in love with him again, after waking up in an alternate reality where she never knew him.



Fantasy Island - Stars: Lucy Hale, Maggie Q, Portia Doubleday. **Genre:** Adventure, Comedy, Horror. **Director:** Jeff Wadlow. **Rating:** PG13. **Plot:** The enigmatic Mr Roarke makes the secret dreams of his lucky guests come true at a luxurious but remote tropical resort, but when the fantasies turn into nightmares, the guests have to solve the island's mystery in order to escape with their lives.

Cinema Listings

NOS Forum Algarve - Faro Parasite; Judy; Love at Second Sight; Fantasy Island; Birds of Prey; Snow (PV); A Shaun the Sheep Movie; Little Woman; Frozen II (PV); Bad Boys for Life.

Bad Boys for Life; Spies in Disguise (PV).

Estação Viana Shopping - Viana do Castelo Parasite; Fantasy Island; Joker; Sonic (PV & OV); Birds of Prey; Snow (PV); Bombshell; 1917 ATMOS; Bad Boys for Life.

Cineplace Loures Shopping Parasite; Fantasy Island; Joker; Sonic (PV & OV); Rocketman; Judy; Birds of Prey; Snow (PV); Corpus Christi; Lying and Stealing; Little Woman; Jojo Rabbit; Mosley (PV); Bombshell; Dolittle; Bad Boys for Life; Spies in Disguise (PV); Frozen II (PV).

Cineplace Leiria Shopping Parasite; Fantasy Island; Joker; Sonic (PV & OV); Judy; Once Upon a Time... in Hollywood; Birds of Prey; Snow (PV); Corpus Christi; Lying and Stealing; Little Woman; Jojo Rabbit; Mosley (PV); Bombshell; Dolittle; Bad Boys for Life; Spies in Disguise (PV).

Cineplace Riosul - Seixal Parasite; Fantasy Island; Joker; Sonic (PV & OV); Judy; Once Upon a Time... in Hollywood; Birds of Prey; Snow (PV); Corpus Christi; Lying and Stealing; Little Woman; Jojo Rabbit; Mosley (PV); Bombshell; 1917 ATMOS; Dolittle; Bad Boys for Life; Spies in Disguise (PV).

NOS Mar Shopping - Loulé Love at Second Sight; Sonic - The Movie (PV & OV); Lying and Stealing; Frozen II (PV); Birds of Prey; Bad Boys for Life; 1917 ATMOS.

Gran-Plaza NOS - Tavira Love at Second Sight; Sonic - The Movie (PV & OV); Fantasy Island; Birds of Prey; Frozen II (PV); 1917 ATMOS.

Algarcine - Portimão Birds of Prey; 1917 ATMOS; Mosley (PV); Bad Boys for Life; Corpus Christi; Spies in Disguise (PV); Bombshell; Snow (PV); Lying and Stealing; Dolittle; Little Woman.

Algarcine - Lagos 1917 ATMOS; Birds of Prey; Bombshell; Snow (PV).

Algarcine Ria Shopping - Olhão 1917 ATMOS; Dolittle; Birds of Prey; Bombshell; An Officer and a Spy; Mosley (PV); Snow (PV).

Cineplace Algarve Shopping - Guia Snow (PV); Jojo Rabbit (2D); Judy; Sonic (PV & OV); Once Upon a Time... in Hollywood; Parasite; Fantasy Island; Joker; Rocketman; Le Mans '66; Birds of Prey; Corpus Christi; Lying and Stealing; Little Woman; Mosley (PV); Frozen II (PV); 1917 ATMOS; Bombshell; Dolittle; Bad Boys for Life.

Cineplace - Portimão Parasite; Fantasy Island; Joker; Once Upon a Time... in Hollywood; Sonic (PV & OV); Birds of Prey; Snow (PV); Corpus Christi; Lying and Stealing; Little Woman; 1917 ATMOS; Dolittle; Bombshell;

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

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

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

North & Centre

EXHIBITIONS

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

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



ONE, 11 January 2020 - 11 January 2023, Lisboa

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

Blood Red Luxury 21 December 2019 - 1 March 2020, 10am - 5pm, Museu Nacional do Traje, Lisbon, Entry €4, www.visitlisboa.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, Free entry, 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, Free entry, 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, Free entry, www.visitlisboa.com

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

Home Sweet Home 14 December 2019 - 17 May 2020, 12pm - 7pm, Edifício dos Leões, Lisbon, Entry from €4, www.visitlisboa.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, Free entry, 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

Festa do Chocolate 8 February - 25 February, 12pm - 11pm, Rua Alfredo Cunha, Matosinhos, Free entry, www.viralagenda.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, Free entry, 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

MARKETS

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

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

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

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

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

Flea Market. 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

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

Ghostemane 28 February 2020, 8pm, LAV - Lisboa ao Vivo, Lisbon, Tickets from €22, www.everythingisnew.pt

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

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



Monstra - Lisboa Animation Film Festival'20, 18 March 2020 - 29 March 2020, Lisbon

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.

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



Loulé Carnival, 23 – 25 February, Loulé

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

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

Aerosmith 6 July 2020, 8.30pm, Altice Arena, Lisbon, Tickets from €59, www.everythingisnew.pt

THEATRE & DANCE

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

WORKSHOPS & COURSES

Workshop Fluid Body 17 – 22 February 2020, 10am – 5.30pm, Travessa de São Vicente, Lisbon, www.viralagenda.com

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

Basic Patternmaking Skirt 17 February – 30 March, The Loft Atelier, 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.visitlisboa.com

Arrábida Walking Festival 27 – 29 March, Arrábida Nature Park, Setúbal, Tickets from €13, www.visitlisboa.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

Lisboa International Triathlon 23 May, Parque das Nações, Lisbon, www.visitlisboa.com

South

AUCTIONS

Auction House Algarve 7 March 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, Free entry, www.viralagenda.com

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

Nature's Treasures 1 February – 29 February, 9am – 5.30pm, Silves Castle, Entry €2.80, www.visitalgarve.pt

Algarve Terracotta: The Art of Clay 1 February – 30 April,

2pm – 5pm, Alportel Museological Centre, São Brás de Alportel, 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

IV Mostra Silves Capital da Laranja 14 – 16 February, Fair and Exhibition Pavilion, Silves

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

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

MARKETS

Loulé - Every Saturday

Quarteira - Every Wednesday

Lift Market Lagos - Every Saturday

São Brás de Alportel Market - Every Saturday

Sítio do Encalhe - 3rd Monday of the month

Silves Flea Market - 3rd Saturday of the month

Alte - 3rd Thursday of the month

Almancil Flea Market - 2nd and 3rd Sunday of the month

Calções - 1st and 3rd Tuesday of the month

Guia - 3rd Friday of the month

Calções Flea Market - 2nd and 3rd Saturday of the month

Monte Gordo Flea Market - 3rd Sunday of the month

V.N. de Cacela - 3rd Sunday of the month

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

Tavira - 3rd Saturday of the month

São Brás de Alportel Flea Market - 3rd Sunday of the month

Aljezur - 3rd Monday 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. First Sunday of each month, 10am – 1pm, Quinta Shopping. info@quintashopping.com

MUSIC

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

20 Fingers – 4th Algarve International Piano Festival 29 February, 9.30pm, TEMPO – Teatro Municipal, Portimão, Tickets from €20, www.visitalgarve.pt

THEATRE & DANCE

“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

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

Let's Talk Books 23 February, 3pm – 5.30pm, Loulé, Cost €10, www.expatcentreportugal.com/events

Loulé Walking Tour 27 February, 10.30am – 1pm, Loulé www.expatcentreportugal.com/events

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

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

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

Library Nights 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.

SPORTS

Rotax Max Challenge 15 & 16 February, Algarve International Circuit Go-Kart Track, Mexilhoeira Grande, Free entry, www.visitalgarve.pt

St. Valentine's Race Walk 16 February, 10am, Municipal Pool Complex, Silves, www.visitalgarve.pt

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, Free entry, www.visitalgarve.pt

1st Ponta da Piedade Trail 23 February, 9am, Lagos, 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

Carnival

Altura Carnival 22 & 23 February, 3pm, Altura, Castro Marim, www.visitalgarve.pt

2020 Bomboémia Carnival Parades 22 February, 4pm – 4.30pm in Alvor, 5pm – 5.30pm in Praia da Rocha, 6pm – 6.30pm in Portimão Riverfront, Free entry, www.visitalgarve.pt

São Brás Traditional Carnival 23 February, 3pm, Liberdade Avenue, São Brás de Alportel, www.visitalgarve.pt

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

Moncarapacho Carnival 23 – 25 February, 3pm, Moncarapacho, Olhão, www.visitalgarve.pt

Carnaval de São Bartolomeu de Messines 23 – 25 February, 3pm, São Bartolomeu de Messines – Liberdade Street, Entry €2, www.visitalgarve.pt

'Bring Your Costume' Carnival in Ferreiras 23 – 25 February, 2pm – 5pm, 12 de Julho Avenue, Albufeira, www.visitalgarve.pt

Travelling the World – Paderne Carnival 23 – 25 February, 2pm, Community Centre, Paderne, Albufeira, www.visitalgarve.pt

Loulé Carnival 23 – 25 February, 3pm, José da Costa Mealha Avenue, Loulé, www.visitalgarve.pt

Carnival at the Coliseum 24 February, Coliseu Porto Ageas, Porto, 10pm, Tickets from €15

FROM LONDON TO HOLLYWOOD

Congratulations!

Last week's winners of the From London to Hollywood free tickets are:

**Robert Chesters
Margaret Brett**

Terms and conditions apply

THE PORTUGAL News
Portugal's National Newspaper in English

Albufeira
CÂMARA MUNICIPAL

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

Announcements

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

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

Antique Clocks

RESTORE, REPAIR of Antique Clocks. Has your precious clock been standing still for a while? I am Wout, experienced, graduated and registered clock maker. Call me for a quote. Mobile: +31 631 288 411 Email: info@uurwerkplaats112.nl Website: uurwerkplaats112.nl

Auctions



Viewing days:
Saturday, 7 March 2020
Saturday, 4 April 2020

- Antiques and Collectibles
- Furniture and Art
- Jewellery: Antique, Vintage & New
- Sports Equipment

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

Business Opportunities



FOOD TRAILER 4mx 2m functional well equipped solar elec gas. Sale due to bereavement. Offers over 7,000 euros. More info: e.janemary@yahoo.co.uk

Chimney Sweep

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

Education

LEARN PORTUGUESE one-to-one and online. Qualified teacher, native, very experienced (15 years teaching, 7 at UK universities). Students say: "fantastic teacher", "fast progress". Email: learn.portuguese.home@gmail.com

ENJOYABLE PORTUGUESE courses (all levels) with focus on conversation starting regularly. Private lessons: 2 students together pay for 1. Centro de Línguas de Lagos. Call 282761070. Email info@centrodelinguas.com.

For Sale Private



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

EX RENTAL golf clubs Callaway Taylormade 300 euros per set. Call Rod 969180644

Get 10% DISCOUNT when you submit the classified online.

www.theportugalnews.com

Friendship

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

CHRISTIANALGARVE-BASED businessman wishes to meet lady between ages of 20-40. Tel: 934801273

Furniture



Art & Antique Brocante & Vintage Inside & Outside

EN 125, between Almacil-Faro
www.fb.com/louiseleonmoves
www.louise-leon.com
 Mob: 918 831 211 / 914 798 796
 Tel: 289 394 161

Health and Beauty

Hooping does NOT depend upon your **SIZE** Or **FITNESS LEVEL** Just your **DESIRE** to enjoy your **BODY**

HULA HOOP Flirty Functional Fitness! Wednesdays Sundays 12-1. Praia Do Barranco Das Belharacus, Falesia. All welcome. Hoops Provided. 5EURO. Lynne +447908568719

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



ALGARVE FOOTCARE
Peter R. Cumming
 (MCFHP and MAFHP)
Home Visit
 (Praia da Luz to Faro)
 ☎ 912 272 204
 @Algarve Foot Care

CHIROPRACTIC AND SHOCKWAVE THERAPY
ORANGE MEDICAL CENTRE
Albufeira
 Ritha Brask DC
 For appointments call: (+351) 961276465 or email: erik@wolters-chiro.com

Jobs Offered

MAID/HOUSEKEEPER/ Caretaker needed in large villa in Montinhos da Luz, to commence end March. Self contained one bedroom flat available. Hours and duties by arrangement. References required. Apply Bullman, Apt. 132, Correio Praia da Luz, 8601-927, Luz-Lagos, Algarve.

PART TIME worker for a very small garden area with driveway, who knows gardening, water-works etc. Please call after 3pm - Vale Judeu. Tel: 926124123

Vacancy for a long term House Manager & Housekeeper will suit a couple or individuals to assist young retired couple with no children.

House Manager/PA
 To assist in managing a private house in Loulé area. Liaising with Bank, local authorities, supervising staff, clerical administration.
 Must speak English and Portuguese and have own transport. Ability to do basic maintenance work and some gardening would be an advantage.

Housekeeper
 Experienced housekeeper required in Loulé must speak English and Portuguese and have own transport. Ability to work on own initiative to a very high standard with little supervision.
 Additional duties would include shopping and light cooking. Applications are invited in writing for these vacancies individually or for a couple.
 Flexible working, good benefits and generous salary according to experience.

Applications to: cdm59pg@gmail.com

Place your jobs wanted or offered classified for free. Send 20 words to adproduction @theportugalnews



Exclusive Algarve Villas is a successful real estate agency working in the luxury property sales market since 2006. We are looking to expand our team and are looking for experienced staff with own transport. We have Positions available for Sales Team Manager - Vilamoura office, and Listing and sales staff for both our offices located in Vilamoura and Lagoa (Carvoeiro).

Contact us at:
info@eavillas.com
 Tel. 282 353 019

UNIQUE OPPORTUNITY. Sales person wanted - Commission based - Own transport - Fluent in English and Portuguese - Sales experience Please send your CV to sales@theportugalnews.com

Jobs Wanted

ATTENTIVE FEMALE live in carer (47) available from April 2020. Experienced professional with SSCS0208 certificate. Email: mrgz1222@gmail.com

BUSINESS AGENT available for new contracts/projects/start-ups. International experience in sales, marketing, management. Multiple skills. Results-driven. Email: pps.allpointsglobal@gmail.com

Kitchen Renovation

HIGH QUALITY KITCHEN RENOVATIONS

100s of Door Styles & Colours
 Complete Qualified Professional Re-fit Service

Tel: +351 966 521 828
newkitchendoorsalgarve@yahoo.com
www.homestyledoors.co.uk
 Facebook: Replacement Kitchen Doors Algarve

GEORGE & SON

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

Don't buy a new kitchen until you've spoken to us! We can renovate your old kitchen at a very reasonable cost. Free, NO-obligation estimates. Call Jamie on 968 211 631 or 965 137 517 or email jamielkitchen83@gmail.com



Place your free ad under 'Friendship' up to 12 words. Call 282 380 315.

N.B. The Portugal News does not print 'escort' or similar type ads.

Office, Media & Technology



SCOTTDATA. Networks
and PC,S. IT Consulting.
Contact Adrian
920173243

Pets

Pet Park

Friendly, caring,
affordable service.



Spacious kennels. Cattery
Lots of outdoor playtimes.
Short and long stays.

Call Caroline on:
282 011 092 or 92666 0465

Email: petparq@gmail.com
Sítio Varzea Do Farelo,
Mexilhoeira Grande, 8500 160
www.petparkpethotel.com

Property Services & Building

QUALITY PAINTERS, all types of painting work undertaken across the Algarve. Experienced, professional and reliable. Quality paints used on every job. Please contact solqualitypainters@gmail.com tel910523512

BUILDING WORKS

- New Builds
 - Renovation Specialists
 - Extensions
 - Plumbing/Electrics
 - Full Painting Service
- Rigoreclipse Unipessoal LDA
Call Gerry 925374624



proPERLA® INSULATING FAÇADE COVERING
SOLAR PANELS & SOLAR BATTERY STORAGE
AIR CONDITIONING
HOT WATER SYSTEMS
SOLAR POOL PUMP & HEATING
SOLAR CAR CHARGING PORTS

WWW.CASAVERDE-INT.COM
info@casaverde-int.com
+351 967 946 216 // +351 289 012 373

Algarve Roof & Property Renovations

From leaks to roofs and balconies, to complete renewals. Guttering supplied and fitted. Flat roof specialists and complete property renovations inside and out. All maintenance work, painting, jetwash service.

Call Jason
Tel: 960136445, 281324602.
jasonash1970@gmail.com

LEAKING ROOFS & TERRACES.

Problems solved. 30 years experience in Algarve.
Call 913 223 402

BUILDING WORKS

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

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

Property Wanted

DUTCH INTERNATIONAL teacher is looking for more than a year for an unfurnished house, 3 beds, small garden for min. 3 year+. Vilamoura/Quarteira. Please contact Yvonne926655755

T2 WANTED for long term rent for retired couple. Central / West Algarve. Furnished - unfurnished. Tel.913640192

Real Estate



NEDERLANDS. 60Plus leefomgeving. Fit hotel 33 rooms op 50.000 m2 grond 4.100 m2 wellness. Voorinformatie, Dick.Knoth@outlook.com

Removals & Storage

U-STORE Lagos Self-Storage

Individual locked units Fully insulated premises
Daily access, Dry, Clean & Secure For Home & Business
282 798 490 / 917 010 365
www.u-store-portugal.com
info@u-store-portugal.com

TW STORAGE TRANSPORT

-Storage
-Removals & Transport
-Lift & Handyman service
-Packing service & material
-International transport to Belgium & Holland
www.transwilly.net
info@transwilly.net
(+351) 919 753 710
(+351) 282 449 126

Satellite

TV, HI-FI, Satellite repairs, Eastern Algarve. Experienced engineer. Tel:964-721-714.
www.trevortronix.com

Services offered

BRITISH PLUMBER. 40 years experience. No job too small. William
Tel.:937722988
00447900081515

MAN & VAN. Light or heavy removals. Please call Blake for a quotation. Tel.912601192/
+44(0)7789873824.

The ESSENCE Tree Silves

Selling gifts & local artisan products.
Stockist of SBC gels & Forever Aloe Vera Gelly.

Call 964 388 077 (Brenda)

ANYDESIGN! Flyers, posters, new menu, business cards or billboards? Please contact marzena@anons.ie or call 282760139



GERMAN HANDYMAN and electrician. Tobias Weltzien English and German spoken in Central Algarve 962361199
weltzien3@gmail.com

Transport and Removals

TRANSPORT PORTO, Lisbon, Algarve and any where in between, a fortnightly service one box to a full load, commercial goods, removals with packing service if required. Forwarding to England and Europe service from our depot in the Algarve, where storage is also available. Please phone David 919873075 or email david@dlsremovals.com

Vehicles

WE BUY foreign and damaged cars Destruction certificates issued Licensed company. Tel.:927716188

WE BUY cars Algarve all types of vehicles considered. We buy PT GB Dutch German French. We buy damaged and non runners. Call David PT911136377UK +447984932876

SMART PLUS Gasoline engine 84HP, 2008 Automatic + gearshift via steering, wheel rockers, rain & light sensor, distance warning, hands-free device, canopy w/ blackout, mobile phone holder, USB. 4,900 euros Contact: 932275014

Yoga

YOGA-ART-MASSAGES Av. Dr. Eduardo Mansinho 26, Tavira. +351966038379 Facebook : y.a.m shala Instagram : @y.a.m.shala www.yamshala.com

Happy Valentine's Day



I would like to wish a very Happy Valentine's day to my darling wife Anna love you so much Love always Ken

Dear Christine: You are the best thing to happen to me. You make me very happy. Can't wait until we get married. Happy Valentine's day baby!! Love you. John



Happy Valentine to my wonderful wife Stacey Robins – Proud to be your husband ! Luc XX
You're the only person I want to listen to snore as I endure a Star Trek podcast. Happy Valentine's

Dear Paul,
Roses are red, violets are blue. But I wouldn't know, because you never bring me flowers...
To M: A very special valentine's wish, each year makes my love for you grow stronger.

Dill, Happy Anniversary and Valentines day, 18 years and still counting, lots of love always Cherry Bxx and Daisy
I don't know where you are We've been too long apart Please come back tomorrow And fill my empty heart Love AMS



Valentine wishes to the woman who means more to me than life itself. Happy Valentine, sweetheart. John.

For my Mr A
Roses are red Violets are blue
One day soon I will marry you. Bx

Frank we both love you very much Cherry B and Daisy baby

JL: You are the sunshine in my life. You make me happy when sky's are grey. You are my soulmate.

I Love you Mxx
Happy Valentine's Day my Love! You truly are my one and only... Love you forever.



Happy Valentine's Day to the best Wife INDIRA K SHARMALAMICHHANE ever ! Husband : Pratik Lamichhane

Pol: Happy Valentine's Day The most special girl in my life Always & Forever. Mx

Swedish gentleman met a friendly lady called Astrid a few weeks ago over a car battery! Would like to meet for Valentine's!

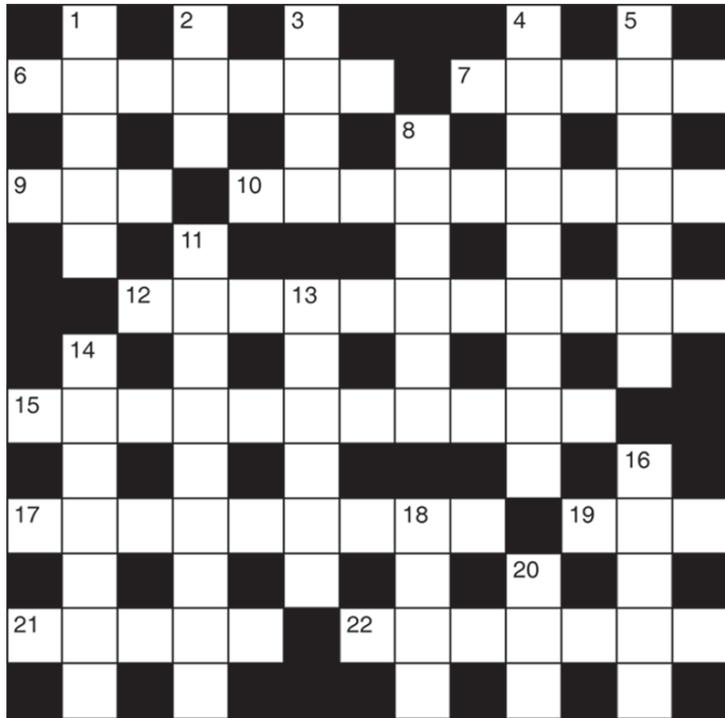
Tel:00467010700396
Happy Valentine's Day. Love Bubbles. Megaoddes



You are the best thing I've ever had in my life. You are reason of my happiness, inspiration & success. I Love You Sabita!



RICHARD CROSSLEY, I love you 'berry' much, from my head 'tomatoes' - words can't 'espresso' how happy I am! Yours, Melon.



CRYPTIC CROSSWORD

- ACROSS**
- 6. New part under construction in Belgium (7)
 - 7. Get on a governing body (5)
 - 9. Boring part (3)
 - 10. Anyway, it's where the customs may look (2,3,4)
 - 12. Legitimate justification for holding entertainment? (11)
 - 15. It has been stirred up by modern paintings or Coventry's rebuilding (11)
 - 17. He goes to court for a simple quarrel (9)
 - 19. Crafty insect? (3)
 - 21. Is in suspense (5)
 - 22. Weapon range? (7)

- DOWN**
- 1. It is struck by forgers (5)
 - 2. A law breaking instrument (3)
 - 3. Might be in or even out (4)
 - 4. A crowd of a hundred heading the right way (9)
 - 5. Act as chairman but show partiality in advance? (7)
 - 8. Falsely disloyal (6)
 - 11. Bird which is not all crest (9)
 - 13. The rest of the layers depend on them (6)
 - 14. He brings you produce of mine (7)
 - 16. It facilitates the movement of arms (5)
 - 18. Odd fuel outlet (4)
 - 20. Has turned into wood (3)

Last week's cryptic crossword solutions

Across: 7 A party; 8 Poplar; 10 Embrace; 11 Dense; 12 Tree; 13 Slack; 17 Train; 18 Rose; 22 Throw; 23 Express; 24 Desert; 25 Divers.
Down: 1 Majesty; 2 Rambler; 3 Steak; 4 Conductor; 5 Plane; 6 Armed; 9 Meal-times; 14 Drawers; 15 Covered; 16 Persist; 19 Study; 20 Cross; 21 Split.

QUICK CROSSWORD

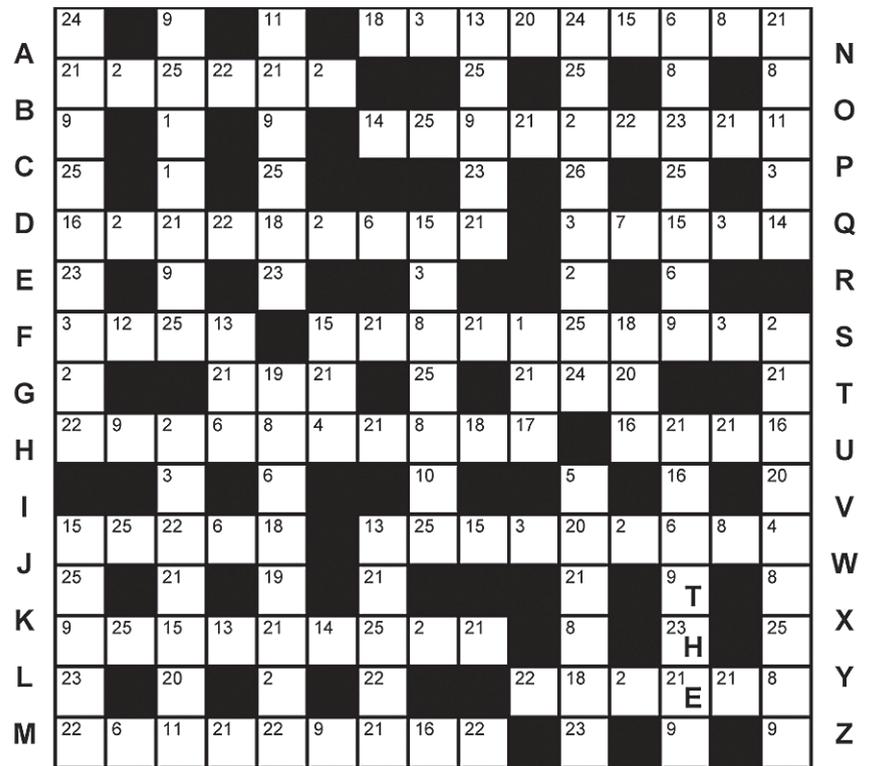
- ACROSS**
- 6. Supply (7)
 - 7. Purvey (5)
 - 9. Fuss (3)
 - 10. Motherhood (9)
 - 12. Curse (11)
 - 15. Alternation (11)
 - 17. Curious (9)
 - 19. Base (3)
 - 21. Country (5)
 - 22. Irreverent (7)
- DOWN**
- 1. Wife (5)
 - 2. Night before (3)
 - 3. Thought (4)
 - 4. Size (9)
 - 5. Part (7)
 - 8. Oppose (6)
 - 11. Accustom (9)
 - 13. Make certain (6)
 - 14. Majesty (7)
 - 16. Scoundrel (5)
 - 18. Appellation (4)
 - 20. Strike (3)

Last week's quick crossword solution

Across: 7 Except; 8 Twelve; 10 Aviator; 11 Novel; 12 Save; 13 Adult; 17 Delay; 18 Thin; 22 Realm; 23 Liberal; 24 Strong; 25 Assent.
Down: 1 Relapse; 2 Achieve; 3 Spite; 4 Swindle; 5 Slave; 6 Dealt; 9 Gradually; 14 Germane; 15 Charter; 16 Inflate; 19 Trust; 20 Carry; 21 Obese.

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



SUDOKU

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

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

Medium

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

Hard

Last Week's Codeword Solution

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

Last week's solutions

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

Can you crack a VINCICODE®

Vincicode is a three digit number(eg.384), presented in alphabetic figures, like ABC, in which 'A' represents the first digit (number 3), 'B' represents the second digit (number 8) and 'C' represents the third digit (number 4).

Cracking the code is not difficult. Just remember: Any even number is divisible by one digit number of 2, or 4, or 6, or 8.

- Any odd number finishes with 1, 3, 5, 7, or 9;
- Any number which is not divisible by any one digit number, 2,3,4,5,6,7,8 or 9 finishes with 1, 3, 7 or 9;

• Any number divisible by 5 finishes with 5.

For example :

Let's crack ABC code when:

- 1) A, B and C are numbers between 1 and 9, included.
- 2) A+B+C=10 (the sum of A plus B plus C is 10).
- 3) C>A>B (Number C is larger than number A which is larger than B).
- 4) ABC ÷ 4 (The three digit code is dividable by 4).

When the code, ABC is dividable by 4, then C, the third digit can be 2, 4, 6 or 8.

Vincicode®, is a registered private intellectual property. Any type of reproduction or use, is subject to written autorisation of the author.

C can't be 2 or 4, because it does not cover the conditions (1) and (2).

If C=6, then A+B= 4, and options are: A=4 and B=0 => **ABC = 406** and A= 3 and B=1 =>**ABC= 316**

code **ABC=406** doesn't cover condition (4) If C=8, then A+B=2 and the only option is A=2 and B=0 which doesn't cover condition (1). then: **Vincicode is 316.**

Now your turn: Puzzle 575

ABC is the three digit Vincicode number, in which A, B and C are numbers between 1and 9, included. Find the code ABC where :

- A+B+C= 12
- A > B > C
- ABC ÷ 3
- AB > 4BC

To confirm your answer to the Vincicode®, or ask for more codes to crack, please send an email to: vincicode104@gmail.com

Distance



The USGA and the R&A, the two governing bodies of the game of golf, have spent many months over the past few years mutually scratching their heads and trying to navigate themselves through the minefield of regulating the distance that clubs allow balls to travel. This is covered in the "Distance Insights Project".

Not the most exciting topic you could cuddle up in front of the fire with, however, it has the world of golf talking about the report. For the golfer who struggles to compress the ball with more than 100mph of speed, it really has no bearing. But for the future of the game - it really does. How many times over the past few years have you heard the commentator say such and such has 245 yards to the hole and has a four iron, or that the player is hitting a seven iron into the green on a par five? You are quite rightly thinking 'did I hear that right?', then see the player dispatch the ball hole side without bursting a blood

vessel. Well, you did hear it right and they are hitting it that far. It's the 'how' which is the problem and the "bodies" are looking closely at the manufacturers who are using all of the resources available to them to get the ball travelling further. Club distance is probably the only area where some regulation is possible, if not perilous, due to the resistance incurred by the top manufacturers protecting their business. If regulated, the manufacturers would not be able to say that their clubs are hitting the ball further - a marketing nightmare which would be akin to the US gun industry saying, 'actually new research shows that our

products may have something to do with increased domestic mortality.' There is a definite conflict here mainly because the distance increase seen over the past twenty years is having an effect on the game, and the manufacturers have helped this happen. Golf courses are having to be made longer, which means that the courses have to take up a larger footprint. This leads to extra costs for the club; more water to irrigate, bigger bills for the greenkeepers and slower rounds for the player. Not a very green approach to get your approaches green you might say. There are three real



Club distance is probably the only area where some regulation is possible, if not perilous, due to the resistance incurred by the top manufacturers protecting their business

contributors to the increase in distance seen over recent times, these are better performance between the ball and the club, more power being generated by the player from his/her body and better technical coaching. Everybody sees on the racetrack that the 100m time is getting lower and that is purely down to the athlete becoming more athletic, faster and stronger, better prepared and mentally more focused, with only their shoes to help propel them. The human physical improvement also has a

part to play in the golf distance conundrum but only a small part. So the golf manufacturers have to take some regulatory steps in the fairness of the game and the spirit of the game. Right? That's why the conundrum is so difficult to navigate because the profit of a company that spends around fifty million a year in research and development does not want to be regulated. You can almost hear the shuffling of legal papers and the phrase, 'I object your honour' being prepared. As I said earlier, this really

has no bearing on the amateur who has been mesmerised by the same manufacturers' marketing departments into believing that there is extra distance at the end of the shaft, year in year out. What would be a shame though would be for the back nine at Augusta (only in a couple of months' time!) to become easier for everybody. There was a time when the thirteenth and fifteenth were only able to be boarded in two by the very longest players. Now it is almost a given, perhaps growing the rough might be an option?

Westwood named golfer of the month

Lee Westwood has been voted the European Tour's Golfer of the Month for January after picking up his second Rolex Series win at the Abu Dhabi HSBC Championship.

Former World Number One Westwood was the unanimous favourite, picking up 76 percent of the public vote. Australian Lucas Herbert came in second with 14 percent after his maiden European Tour victory at the Omega Dubai Desert Classic.

Westwood's victory in Abu Dhabi came somewhat out of the blue after confessing earlier in the week that he had not played

much golf over the festive period. The 46-year-old certainly didn't show it, however, shooting four rounds in the 60s in what was a vintage Westwood tee-to-green display as he went on to win by two shots at Abu Dhabi Golf Club. This win was Westwood's 25th on Tour and his first since the 2018 Nedbank Golf Challenge hosted by Gary Player. *European Tour*

DISCOUNT TEE TIMES

GolfinPortugal.com

BEST GOLF IN THE ALGARVE

O melhor golfe do ALGARVE

MEMBERSHIP
Available w/ Unlimited Golf from **€167,00*** per month

Gramacho
PESTANA GOLF RESORT

Vale da Pinta
PESTANA GOLF RESORT

Silves Golf
PESTANA GOLF RESORT

Alto Golf
PESTANA GOLF RESORT

Vila Sol
PESTANA GOLF RESORT

www.facebook.com/pestanagolfe

BOOK NOW: Tel: +351 282 340 900 | www.pestanagolf.com

* Price mentioned considers an annual subscription.

Win With The Portugal News!

Your chance to win a round of golf for two people at a Pestana Course

Simply answer the following question:
Which Pestana Golf Course has recently opened a new clubhouse?

Send your answer to win@theportugalnews.com
Terms and conditions apply

Real Estate Agent in Western Algarve

With over 20 years of experience

€595,000

€410,000

OFFICE PHONE: +351 282 698 621

EMAIL: info@ppiestateagents.com

ADDRESS: E.N. 125 - Entrada do Parque da Floresta 8650-060 Budens

Open 7 days a week



Porto clip the eagles wings

FC Porto reduced the gap at the top of the Primeira Liga to four points after a 3-2 win over Benfica at the Estádio do Dragão.



Benfica failed to pierce the Porto rearguard again and the Dragons held on for all three points

Sporting came from behind to beat relegation threatened SC Portimonense whilst SC

Braga dropped their first points under new boss Rúben Amorim. Early season pace setters Famalicão, who have

dropped away recently, were thrashed 7-0 at home by V.Guimarães. Benfica travelled to Porto hoping to avenge their only league defeat of the season at the hands of their bitter rivals. In a frenetic first-half the home side took the lead through Sérgio Oliveira after ten minutes only to see Carlos Vinicius level the score eight minutes later. Seven minutes before the break Alex Telles restored Porto's lead from the penalty spot after a controversial VAR handball decision. Matters got worse for the visitors just prior to the interval when Rúben Dias turned the ball into his own net as he desperately endeavoured to deny Soares a simple tap in. Shortly after the break Carlos Vinicius reduced the arrears but Benfica failed to pierce the Porto rearguard again and the Dragons held on for all three points.

The Alvalade Stadium was just over half-full as Sporting entertained relegation candidates SC Portimonense who were searching for victory after eight games without success. The Lions started brightly but it was Portimonense who took the lead on twenty-six minutes through Jackson Martinez. Four minutes later Sporting were level from a well judged Jeremy Mathieu free-kick. Midway through the second-half the Sporting faithful finally had something to cheer when Jovane Cabral's back-post header across goal was turned into his own net by Jadson as he attempted to stop Andraz Šporar getting the final touch. SC Braga had won all their seven games under new coach Rúben Amorim and it looked like it would become eight as they struck twice in the first-half against Gil Vicente through Horta (12') and Esgaio (22'). Gil Vicente bided their time and pulled a goal back through Vitor twenty minutes after interval. The same player made it 2-2 five minutes from time to leave Os Arsenalistas adrift of the top three as Sporting moved into third place. V.Guimarães 7-0 demolition of Famalicão saw them join a select group of eight clubs who have recorded seven goal victories - away from home - in the 86 years of the top flight of Portuguese football. Previously only Benfica, Sporting, FC Porto, Belenenses, Estoril-Praia, SC Braga, SC Olhanense and Lusitano de Évora had achieved this feat.

Louletano lose their cool as Olhanense gain revenge

Back in September Louletano inflicted a 1-0 defeat on SC Olhanense; the only Campeonato Portugal league game they've lost this season.

Last Sunday the reverse fixture took place in Olhão with the visitors from Loulé on a run of five consecutive victories and Olhanense missing their inspirational captain Leleco; absent after picking up five yellow cards.

The home side took the lead after just ninety seconds with stand-in skipper Tiago Jogo scoring his first goal in almost five years!

Olhanense then missed a penalty before Sapara made it 2-0; but minutes later the same player scored a bizarre own goal when a 40m back-pass eluded goalkeeper Rodrigo Moura and sailed into the net.

The 25 year-old Nigerian made amends early in the second-half as he netted his third goal to give the home side a 3-1 lead. Midway through the half Louletano had two players, Vladimir Forbs and Oliveira, sent-off within four minutes and it was game over.

Olhanense retain top spot a point ahead of Real SC (Lisbon) and Louletano remain fourth but five points below their local rivals.

On Sunday Olhanense travel down the coast to play Lagos Esperança at the Lagos Municipal Stadium. Kick off 7pm with the game being shown live on Canal 11 TV. *CW*

SEA VIEW

2 1 Sea View Pool 5 min. walk

São Rafael • €235,000

Ref. CNA6805

cerronovo.com
T. +351 289 510 790
sales@cerronovo.com
Soc. Med. Imobiliária, Lda. AMI 860

CERRO NOVO
PROPERTIES
ESTABLISHED 1981

Ref: A15-078

Build area: 240 m2
Plot size: 288 m2

SPACIOUS RESIDENCE WITH 6 BEDROOMS IN ALMANCIL

The property is situated in a cul-de-sac on the northern outskirts of Al Mancil in walking distance to several restaurants. It takes 15 minutes to Faro airport.

This house can serve as a family residence and / or as a business investment for rental purposes.

- Four bedrooms (two en-suite)
- Separate bathroom, Utility room
- Living and dining room with fireplace
- Open plan kitchen with dining area
- Annex 1: Bedroom, Bathroom
- Living / dining room with kitchenette
- Annex 2:
- Studio with bathroom and kitchenette

- Air conditioning
- Swimming pool, BBQ, Patio
- Car port
- Mains water and sewage

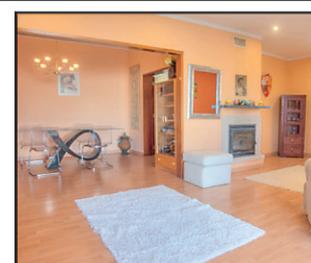


595.000 €



Schedule a tour today!

contact +351 289 462 438



CCHomes
ALGARVE REAL ESTATE

www.cchomes.pt AMI.8999

Sport in Brief

New coach at Portimonense

Former Olhanense player and manager Paulo Sérgio is the new coach of Portimonense, succeeding António Folha, who left the club in January. Paulo Sérgio, 51, returns to Portugal, after spells coaching Al Taawon (United Arab Emirates), Sanaf Naft (Iran) and Dibba Al Fujairah (United Arab Emirates). Sérgio had previously gained experience at Académica, V.Guimarães, Sporting and in 2012 he won the Scottish Cup with Heart of Midlothian. *CW*

Farense falter

Last November SC Farense were the runaway leaders of the Segunda Liga but they have now slipped to second behind Nacional (Madeira) and more importantly are just three points ahead of third place Mafra. Last weekend a 1-1 draw at lowly FC Porto 'B', Ryan Gauld scored Farense's goal, means they have now won just one of their last six games. On Sunday Farense entertain UD Oliveirense at the Estádio de São Luís (behind Faro Hospital) kick-off 5.15pm. *CW*