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Just the “beginning” for Portugal



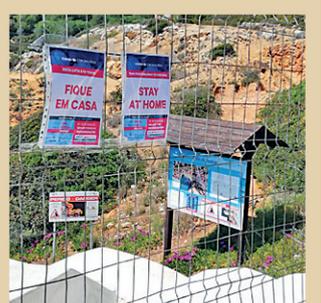
According to the director-general of Health, it is necessary to "acknowledge that this is not a matter of a fortnight, two or three months, until there is a vaccine then this situation will last for months". (Photo: EPA/Andre Koster) **Full story P2.**



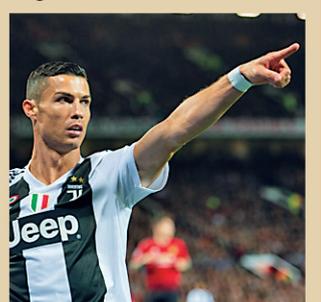
Portuguese population falling. **P4**



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Just the “beginning” for Portugal

The Director-General of Health has said that the outbreak of Covid-19 will not last a fortnight or two or three months, but the time that it takes until there is a vaccine available.

“The Portuguese have to understand that we are not finishing anything, we are just beginning a journey, it is up to us to counteract the activity of a virus that is extremely intelligent, extremely aggressive, both in the way it is transmitted and in the way it can lead to serious disease. We cannot demobilise, said Graça Freitas, at a press conference that followed the release of the figures on the covid-19 disease in Portugal.

According to the Director-General of Health, it is necessary to “acknowledge that this is not a matter of a fortnight, two or three months, until there is a vaccine then this situation will last for months”.

The Minister of Health, Marta Temido, added that to face this phenomenon it will be necessary “for great discipline and capacity of resistance”, and that citizens must continue to maintain social distance to try to minimise the consequences of the disease.

“We cannot rely on luck. We need everyone’s actions to help to reduce the number of infected with the virus and the number of victims,” she said.

The official recalled the cases of miners confined to a mine in Chile (in 2010) or the children who were trapped in a cave in Thailand (2018) to state that what is being done “is difficult, puts everyone to the test, but it is necessary”.

“We must keep working activities as far as possible, because we need to keep society functioning for everyone, but we must avoid gestures, superfluous acts, even with people who know us well.

“In order to be able to embrace again, we need to first move ourselves far from each other”, she said.

Meanwhile, people infected with the new coronavirus, can take up to almost a month

to fully recover, said Deputy Director-General for Health, Diogo Cruz.

Asked by Lusa about the evolution of the number of patients recovered in Portugal (43), Diogo Cruz explained that the virus can persist in the oropharynx of infected people beyond the average period of 14 days, and can be detectable for up to 21 or 28 days, even if patients no longer show symptoms. According to the Deputy Director-General for Health, the evolution of recovered cases is expected to be slower, because the period during which the virus remains positive is variable and, in some cases, prolonged, even if the symptomatic recovery is rapid. Diogo Cruz added that the number presented in the DGS epidemiological bulletins does not reflect the number of asymptomatic patients, and only those who have two negative tests within an interval of at least 24 hours are considered to have recovered.

“We are experiencing an exceptional situation in relation to what is usual. A patient with pneumonia who is discharged from the clinical point of view is considered treated, which is not what we are experiencing today, because we know that this virus remains in the oropharynx of patients for a long time, even after they are completely asymptomatic,” he explained.

Diogo Cruz also said that inpatients who are discharged from hospital continue to be followed at home, using the Trace COVID-19 platform, and are also tested in order to assess their recovery.

When asked about irregularities regarding the reporting of official cases, Diogo Cruz admitted that the epidemiological bulletin released on 30 March over Covid-19 included incorrect data, due to double counting of confirmed cases of the new coronavirus.

“There was a confluence between the data



The Director-General of Health, Graça Freitas, has said that the outbreak of Covid-19 will not last a fortnight or two or three months, but the time that it takes until there is a vaccine available.

reported in the region and the data reported via Sinave (National Epidemiological Surveillance System) and there was a doubling of numbers,” said Diogo Cruz at the daily press conference.

The epidemiological bulletin since released by the Directorate-General for Health has already corrected the numbers and, according to the Deputy Director-General, includes only the data reported through Sinave, and the cases reported by the municipalities will no longer be accounted for, to eliminate the possibility of new duplication situations.

However, this option may mean that only about 70% of infected patients in Portugal are reported, warns Diogo Cruz.



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ated that it is necessary to "acknowledge that this is not a matter of a fortnight, two or three months, until there
Photo: Lusa/António Cotrim)

WEATHER

A wet weekend in Portugal

Rain is expected across the country this weekend with sunshine only set to return next week.

Lisbon: It will be a wet weekend in the capital with rain predicted all weekend and well into the next week. Temperatures over the weekend are to average highs of 19 degrees and lows of 11 degrees. As the week progresses it is to feel slightly warmer and the rain is due to stop by Thursday.

The south: Rain is expected all weekend in the south with the heaviest downpours due on Sunday. Weekend temperatures are to average highs of 20 degrees and lows of 13 degrees. The rain expected to clear by Tuesday and temperatures are then on the rise to highs of 23 degrees and lows of 13 degrees.

The north: A mainly dry day is expected on Saturday in the north before the rain sets in on Sunday and continues for the remainder of the week. Cloud cover in the north will keep it feeling mild throughout the week with average highs of 18 degrees predicted and lows of 12 degrees.

N News in Brief

Algarve tourism officials ask people to stay home over Easter

Algarve tourism officials have appealed to people to stay home over the Easter holidays after the region noted a rise in demand for and the occupation of holiday homes despite the country being in a state of emergency. Local Algarve councils have called for the Portuguese to remain at home and in their working regions in view of this growth. João Fernandes, the head of the Algarve Tourism Board, said "for now [staying at home] is the most responsible choice".

Madeira caps airport arrivals at 100 per week

Passengers disembarking at Cristiano Ronaldo Airport, on the island of Madeira, are to be capped at one hundred people per week. This was one of the measures announced by Miguel Albuquerque in a videoconference aimed at setting more restrictive actions to contain the increase in cases of people infected with covid-19 in the region.

GNR officer assaulted after trying to break up Carvoeiro BBQ

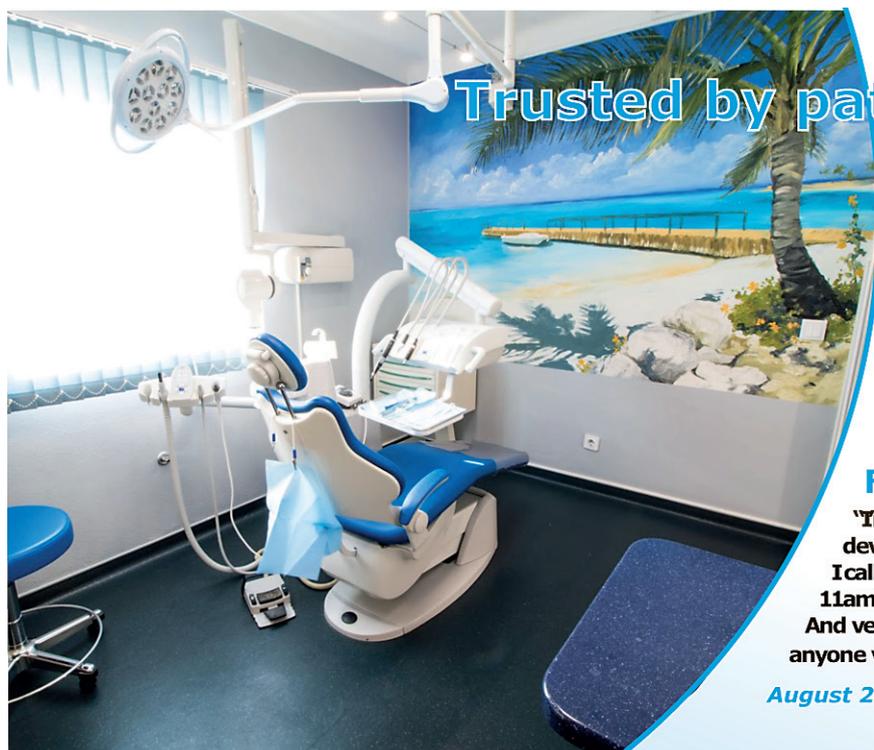
A GNR officer has been assaulted after trying to break up a gathering in Carvoeiro. It is reportedly the second assault against GNR officers in the municipality of Lagoa, within a week. This latest incident took place on 29 March after the GNR were called out to break up a gathering for a BBQ in Carvoeiro that was reported by neighbours. The officer had to be taken to hospital after being hit over the head with a beer bottle.

Algarve's first crematorium now operating in Albufeira

The Algarve's first crematorium has started operating in Albufeira. Located next to the Vale Pedras cemetery, the building has two cremation ovens with a capacity to carry out 10 to 12 daily cremations. The owners, Cremal, say they expect to conduct over 2,000 services a year. Until now the nearest crematorium was located in Ferreira do Alentejo, some 150 kilometres from the Algarve.

Portugal government sees 2020 recession due to coronavirus outbreak

Portugal's Finance Minister has said that all scenarios pointed to an economic recession due to the impact of the coronavirus and restrictive measures implemented to stem the pandemic. Helped by solid economic growth of 2.2% last year, Portugal earlier reported a budget surplus in 2019 - its first in 45 years of the country's democratic history.



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Pollution in Lisbon down 60%

The pollution levels of Avenida da Liberdade, in Lisbon, had a 60 percent reduction in the last week compared to the same period last year, registering the lowest concentrations of the last seven years, according to one study by the New University.



Empty streets and drastically reduced traffic in Lisbon during the state of emergency have helped to reduce pollution levels. (Photo: Lusa/ António Cotrim)

The conclusions of the study, which the Lusa agency had access to, shows a decrease in traffic in Lisbon due to the effects of the measures associated with Covid-19 and were developed by CENSE - Centre for Research in Environment and Sustainability of the Faculty of Science and Technology (FCT) at Universidade Nova de Lisboa. Researchers from CENSE / FCT Universidade Nova would assess the concentrations of nitrogen dioxide measured at five air quality monitoring stations in Lisbon managed by the Lisbon and Vale do Tejo Regional Coordination

and Development Commission in order to assess the impact that isolation measures associated with Covid-19 are having in reducing air pollution, especially road traffic. The analysis focused on the "history of five monitoring stations in Lisbon, three traffic stations (Avenida da Liberdade, Entrecampos and Santa Cruz de Benfica) and two in the background, the latter with lower concentrations, but representative of a greater area of influence". "Based on the analysis of ten working days, between 16 and 27 March inclusive, it is possible to conclude that with regard to the comparison of the working days of the last

fortnight with the total of working days in the year 2019, the reduction of pollution varies between 21 percent in Restelo, an area usually with better air quality, 56 percent in the case of Avenida da Liberdade and 58 percent in Entrecampos", according to the study.

In the analysis carried out, the researchers also concluded that in the last week, on working days, on Avenida da Liberdade, nitrogen dioxide levels were 60 percent below the annual average of 2019 working days and was the week with the lowest concentrations of the last seven years. The average concentration of 23 mg / m³ (micrograms per cubic metre) is close to half the limit value for the annual concentration, which is 40 mg / m³. It was also possible to conclude that between the first and the second week with restrictions in force, there was a reduction of concentrations of 15 percent in Avenida da Liberdade and of 25 percent in Entrecampos and Olivais. "Despite the variability that meteorological conditions always introduce in the analysis of the data, as time progresses it is possible to confirm with greater robustness one of the few positive aspects that the current pandemic is having", is highlighted. According to the researchers, the measured nitrogen dioxide is mainly a direct consequence of the combustion processes of vehicles, especially those using diesel fuel, which have higher

emissions than gasoline vehicles. Speaking to Lusa, Francisco Ferreira, professor in the area of air quality at FCT at Universidade Nova and president of the environmental association Zero, explained that the pollutants that reach higher concentrations in cities, particularly in Lisbon, are nitrogen dioxide and inhalable particles. "It is known that there is a direct relationship between the susceptibility of the population exposed to the new coronavirus and high levels of pollution, since nitrogen dioxide reduces the body's immunity and the particles are responsible for different respiratory and cardiovascular problems that also make our organism more susceptible to diseases like Covid-19", he said. Francisco Ferreira also stressed that, in addition to the reduction in road traffic, there is a decrease in other sources such as aeroplanes and cruise ships, which also contribute to an improvement in air quality. "We have to learn from these difficult times in order to understand in a specific case the relationship between traffic levels and air quality so that, in the future, we will implement measures that ensure that we meet the limit values for pollutants such as nitrogen dioxide, which does not happen today", he said. With regard to aviation, Francisco Ferreira said that, although there are no measurements, "it is very likely that there has been a significant decrease".

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Portuguese population falling

The population residing in Portugal may fall from the current 10.3 million inhabitants to 8.2 million in 2080, according to projections released by the National Statistics Institute (INE).



INE notes that these projections have not yet taken into account the impact of the current Covid-19 pandemic.

The same data indicates, however, that the population may increase in the Metropolitan Area of Lisbon and in the Algarve. It is estimated that the number of young people will decrease from 1.4 million to one million between 2018 and 2080, which will have an impact on birth rates. “Even admitting increases in the synthetic fertility index, it still results in a decrease in births, motivated by the reduction of women of childbearing age, reflecting the low levels of fertility recorded in previous years”, explains INE in one of the Highlights. The number of elderly people (over 65 years old) will increase, from 2.2 million to three million, according to the indicators evaluated by INE. “The aging rate in Portugal will almost double, going from 159 to 300 elderly people for every 100 young people in 2080”, predicts the Institute.

The Autonomous Region of Madeira will be the most aged on that date, with this index reaching 429 elderly people for every 100 young people. The least aged will be the Algarve (204).

The working-age population (14 to 64 years old) will decrease from 6.6 million inhabitants to 4.2 million in the period under analysis.

INE notes that these projections have not yet taken into account the impact of the current Covid-19 pandemic.

They were determined based on the available data to analyze hypotheses of evolution of the demographic, fertility, mortality and migration components. “These assumptions did not underlie the impact that the current situation determined by the Covid-19 pandemic may have on future demographic trends”, warns INE.

In any case, the information available today is considered “useful to establish a reference” to assess future developments.

Road accidents cause fewer deaths in February

Road accidents caused 55 fatalities in the first two months of the year, a 36 percent reduction compared to the same period in 2019, but serious injuries increased by 6.3 percent, totalling 340.

The National Road Safety Authority (ANSR), which published the February report and which also includes data on accidents in the autonomous regions of Madeira and the Azores, advances that, in January and February, 5,256 accidents were recorded, which left 55 dead, 240 seriously injured and 6,308 slightly injured.

In relation to the same period last year, there was a reduction of 163 accidents with victims (-3 percent), 31 fatalities (-36 percent) and 143 slightly injured (-2.2 percent), while the number serious injuries suffered an aggravation of 20 victims (+6.3 percent).

In the Autonomous Region of Madeira there is a decrease in all indicators, with the exception of serious injuries, but in the Azores there was an increase of nine accidents, one fatal victim, eight serious injuries and 22 minor injuries (+25 percent), indicates the ANSR.

On the continent, 5,023 accidents were recorded, resulting in 53 fatalities occurring at the accident site or during transport to the hospital, 301 seriously injured and 6,041 minor injuries.

These data on the continent mean, according to ANSR, that in January and February there were 167 fewer accidents (-3.2 percent), 30 less fatalities (-36.1 percent), 161 less serious injuries (-2.6 percent) and an increase of six minor injuries (+2 percent) over the same period last year.

The data released are prior to the restrictions placed on the Portuguese due to the Covid-19 pandemic, with the agency Lusa asking ANSR for the most recent data, but this was not provided.

The February report also indicates that the collision was the most frequent type of accident, despite the fact that the highest number of fatalities was due to accidents.

According to the ANSR, in January and February there was an increase in one fatal victim and a decrease in 27 seriously injured by being run over and, in the case of collisions and crashes, a reduction in the number of deaths by 51.5 percent and 4 percent, but an increase in serious injuries (20.0 percent and 8.6 percent, respectively).

Most accidents, as well as victims, occurred in streets and 49.1 percent of the deaths were registered among drivers, followed by pedestrians (32.5 percent) and backseat passengers (18.9 percent).

Within the scope of inspection, ANSR indicates that, in the first two months of the year, around 23 million vehicles were inspected, an increase of 60.4 percent over the period from January to February 2019, which resulted in more than 262 thousand vehicles infractions, with speeding being the most frequent.

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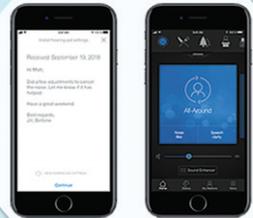
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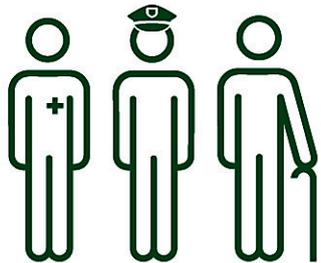
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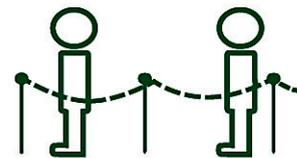


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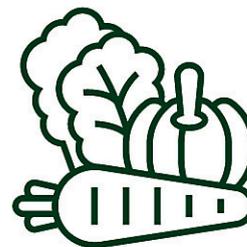
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ANA continues to ensure air connections

Changes are being made at ANA airports across the country while still maintaining essential routes in and out of the country.



Operation of Terminal 2 at Humberto Delgado Airport will be suspended, concentrating all shipments at Terminal 1. T2 will be used only for special flights support to SNS and humanitarian flights.

In the face of a health crisis and the restrictive measures applied to the displacement of people, airlines have been forced to reduce their operations. At the same time, airports around the world have taken drastic measures to reorganise their activities to accompany the reduction - sometimes almost total - of air traffic. In view of this situation, the priority of ANA Aeroportos de Portugal is to protect the health of passengers and workers in the airport community through the implementation of measures (DGS), namely, dissemination and compliance with prevention, hygiene and social distance recommendations, reinforcement cleaning of the facilities and disinfecting, limiting access to airports and acquiring and implementing a system of temperature measuring chambers. Immediately following is the continuity of the public service. A statement from ANA said: "ANA is

committed to the State to ensure that the main air access to the country always remain open, allowing Portuguese abroad and foreigners in Portugal to return to their families, and essential logistics chains to continue to function. "However, Portuguese airports are not immune to the economic impacts of this pandemic, and in order to protect jobs in this phase of great uncertainty, ANA is obliged to reorganise its operation. As of Monday, 30 March, at 12pm, the operation of Terminal 2 at Humberto Delgado Airport will be suspended, concentrating all shipments at Terminal 1. T2 will be used only for special flight support to SNS and humanitarian flights. ANA continues to monitor the evolution of the situation on a permanent basis, in close liaison with the Health Authorities and the National Civil Aviation Authority and is fully committed to contributing to the national risk mitigation effort to better combat this pandemic.

Continente extends network of national producers

Helping Portuguese producers to distribute essential products, in this phase of national emergency, is the objective of Continente supermarkets with the company announcing its intention to expand its network through the integration of new members in the Clube de Produtores Continente (CPC).

Mainland sales of domestic products have been increasing steadily, with more than 92,000 tonnes acquired in the last year, corresponding to fruits and vegetables, of which the following stand out: 16,000 tonnes of citrus fruit from the Algarve, 9,000 tonnes of Alcobaca and Beira Alta apples, 5,000 tonnes of Rocha do Oeste pear, 13,000 tonnes of vegetables for soup and 10,000 tonnes of potatoes,

garlic and onions. More than 15,000 tonnes of cheese produced in Portugal, corresponding to around 150 million litres of milk collected throughout the country and 4,000 tonnes of wheat from Alentejo, whose flour is used daily to produce fresh bread in Continente stores. "In this period of emergency, we intend to promote the integration of new members, guaranteeing all the strict

safety and quality procedures of our products", says Ondina Afonso, president of Clube de Produtores Continente. The objective of the CPC is to make national products of excellence

available to customers, resulting from a partnership with producers, supported by technical and scientific knowledge and which allows the retailer to align with consumption trends. The Club is also

committed to supporting local production, to small scale producers, managing to supply some stores in the Continente retail chain, resulting in an offer of "Products from the Region". Food Distribution was

identified as a critical service by the Government and Sonae MC is aware of its responsibility to the country, thus following the guidelines of the General Health Directorate and the Ministry of Economy.

Online Shopping Service

Just because you are stuck at home doesn't mean that you can't still complete your shopping orders online. Online shopping is the ideal way to get everything that you need without needing to leave your house and Algarve Removals offers a unique Online Shopping Service where you can now shop online, assign your name to the ordered goods, address to their UK depot in Essex, and they will ship it over to the Algarve depot for you to collect.

The company offers a weekly service with many customers frequently ordering from famous brands including Tesco, ASDA (including food), John Lewis, IKEA, Amazon, Currys, DFS and many more. Algarve removals offers a choice of three available services: Door to door, depot to door and, depot to depot and have a choice of locations to collect your goods including from their main depot in Alcantarilha and also from Almancil,



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Beaches close across the Algarve

Beaches across the Algarve have been closed in a bid to dissuade people from leaving their homes during the state of emergency brought on by the Coronavirus pandemic. Albufeira Town Council has joined other municipalities in the Algarve and banned access to the county's beaches.



Beaches across the Algarve have closed in a bid to prevent the spread of Coronavirus across the region

The Algarve municipality said that “car parks” along the beaches “are monitored by security officers” and called on the population to “respect the recommendations of the DGS [Directorate-General for Health]” to maintain social isolation and thus contain the expansion of the pandemic.

“As of 29 March, the parks that give access to the Galé Oeste, Galé (beach access road), Evaristo, Castelo, S. Rafael, Arrifes, Santa Eulália, Maria Luísa, Olhos de Água and Barranco beaches are prohibited”, the municipality announced in a statement. The same source guaranteed these new measures to “protect

the population” will be “monitored by security forces”, who will be in charge of “avoiding any risky situation”, when Portugal entered the “mitigation phase of Covid-19, within the scope of the National Emergency Plan”. Albufeira council thus follows another four municipalities in the district of Faro that since last

week have forbidden access to the beaches of the respective municipalities. Lagoa and Lagos closed their beaches last Friday and were followed last Saturday by Loulé and Portimão, who adopted similar measures, after an increase in the number of people who were found going for walks in that area, creating clusters that compromised the social isolation measures determined by the health authorities. The municipality of Lagoa closed beach areas with the “objective of dissuading the population from taking trips in groups or in areas where people gather together” and recalled that “the municipality of Lagoa decreed the extension of the state of alert until the end of the month of April” adding that there have already been two deaths in the municipality due to coronavirus. In Lagos, the decision was made for an “indefinite period” and in areas that were identified as “pleasant places” and “more conducive to the concentration of people”, being “susceptible to generating behaviour contrary to the objectives that led to the

imposition of the state of National Emergency.” Meanwhile, “It was decided to condition access to the beaches of Trafal, Loulé Velho and Almargem, as well as to close the car parks in the coastal areas, in Almancil: in Garrão Nascente, Vale do Lobo, Quinta do Lago, Dunas Douradas and Ancão, and, in Quarteira, at Passeio das Dunas”, announced Loulé council in a statement. The Municipality of Portimão has closed off eight kilometres of beaches and coastal areas in the municipality, to avoid crowds and to stop the expansion of the Covid-19 pandemic, after verifying that “there were people wandering on the jetty [in the city], in Praia da Rocha and other beaches in the municipality”. The measure also applies in Alvor and added to a “reinforcement of the inspection of vehicles at the entrances of the city” to avoid travel by people outside the municipality and who are disrespecting the determination of permanence in the area of residence to ensure isolation imposed by health authorities.

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Investment in the Urban Rehabilitation Area of Lisbon decreased 12%

Real estate investment in the Urban Rehabilitation Area of Lisbon (ARU) decreased by 12 percent in 2019, a year in which the number of transactions carried out also decreased by 18 percent.



The main investment destinations were the parishes of Santo António (€595 million), Santa Maria Maior (€553 million), Avenidas Novas (€551 million) and Misericórdia (€532 million), all raising more than €500 million

According to Confidencial Imobiliário, a consultant, specialising in market analysis indicators, last year, real estate investment in ARU Lisbon reached a total of €5,200 million, corresponding to about 10,720 transactions, representing “a 12 percent decrease in volume invested and 18 percent in the number of transactions”.

In 2019, the average amount per operation was around €478,400, €32,000 (+ 7 percent) more than the €455,600 invested in 2008 per transaction, added the consultant.

ARU de Lisboa excludes areas such as Parque das Nações, Laranjeiras or Alta de Lisboa, so, in this analysis, the consultant warned that it considered the transaction of all types of properties (from buildings to fractions), including the various segments (from residential to

commercial, services or land), from all parishes in the city, excluding those in Parque das Nações, Lumiar and Santa Clara. The report revealed that there is a group of six parishes that concentrate, among themselves, 60 percent of all real estate investment made in ARU in 2019.

The main investment destinations were the parishes of Santo António (€595 million), Santa Maria Maior (€553 million), Avenidas Novas (€551 million) and Misericórdia (€532 million), all raising more than €500 million.

The consultant includes in the group the parishes of Arroios (€453 million) and Estrela (€447 million), both with shares of 9 percent.

The remaining parishes reached invested volumes between €210 million and €24 million.

According to Ricardo Guimaraes, director of Confidencial Imobiliário, “this

slowdown was foreseeable, taking into account the historic peak reached in 2018, of around €6,000 million, and the fact that this volume consolidates two years of annual growth above 30 percent”.

However, he stresses that, prior to Covid-19, “some loss of market strength was beginning to be evident”, which he attributes to the “uncertainty that has been installed among investors following announced legal and fiscal changes”.

“In the current scenario of an abrupt and unexpected drop in demand, it may be a good opportunity to re-evaluate such measures”, which could “restore confidence to investors” and be “beneficial to mitigate this impact”, he considered, stressing that, “with this pandemic situation, transactions have stopped”, being “inevitable that annual activity will be affected compared to 2019”.

The “Green House” tale

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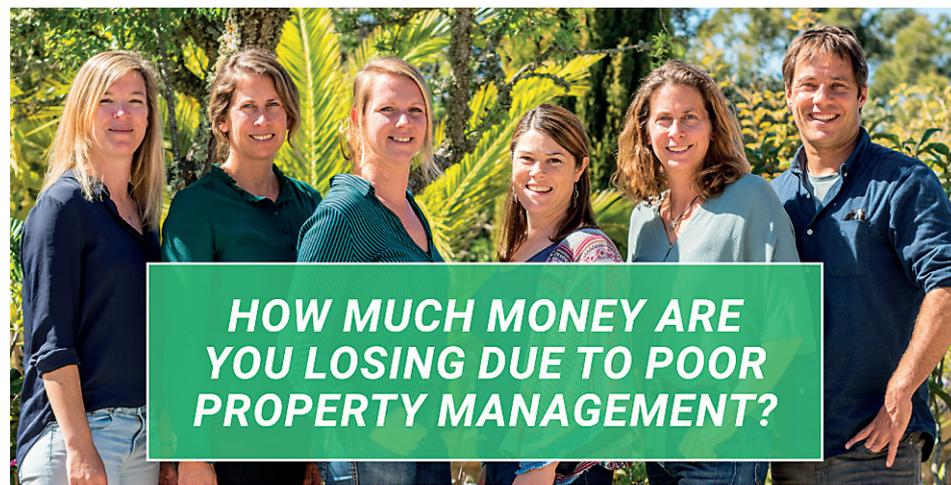
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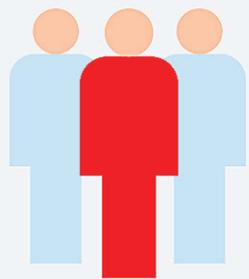
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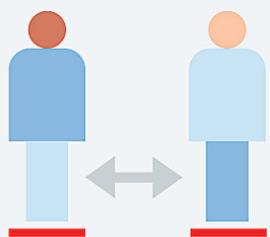
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SUPPORT FOR FAMILIES in the Algarve receives items for families in need, Guia and surrounding areas. To donate or discuss concerns about a needy family contact Su Davis: 932 307 548, su.davis@sapo.pt
Facebook:support for families in the Algarve.

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, AHTA 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 918552788 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, N° 53. Portimão (Behind Bombeiros).

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

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

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

WORN AGAIN charity shop (formerly Tavira Treasure) Rua Almirante Cândido dos Reis, 134 Tavira 8800-357. Open every Monday and Saturday, 10am - 1pm. We also receive donations of clothing, books, household goods, small furniture. Contact Sara 967159010

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 30k Lagos. Tel 912741857

WOOFF Almancil, Rua Cristóvão Pires Norte, open from 10am - 3pm on weekdays and 10am - 1pm on Saturdays, Tel 289356355, 917558121 or email: info@wooffcharityshop.com

Message from "SCooP" to all dogs in Portugal



Cancellation of AAA Lecture

The AAA lecture which was due to be held on Tuesday, 7 April has been cancelled due to the coronavirus pandemic and the closure of our venues at the Museu do Traje, São Brás and the Convento de São José, Lagoa. We aim to resume our monthly lectures when the situation allows.

Safe Communities Portugal, has come up with a novel way of communicating certain official government information.

On Monday it published on its Facebook page the following message with this picture (left).

"TO ALL DOGS IN PORTUGAL - PROTECTING OUR OWNERS FROM COVID-19

In order to protect our owners and help the security services please follow this advice

Under the State of Emergency all our owners are required to stay at home except for essential reasons such as essential work, groceries, visits to the pharmacy or for medical reasons etc.

They are all granted limited ability to get fresh air and must observe social distancing and avoid any group activities.

So this means as a dog we are also affected

IF WE DO NOT LOOK AFTER OUR OWNERS NOW, THERE MAYBE NO WALKS FOR US IN THE FUTURE"

David Thomas President of Safe Communities Portugal said: As Portugal's only official Civil Protection Volunteer Organisation serving the foreign community, and at a time when the spirits of many are low, we have to look at ways to convey and reinforce often important and serious messages. We need to do this in a way which are appealing and eye catching, none less so than the "stay at home unless essential message".

In this case within the first few hours of posting it reached was viewed by over 10,000 people

We will be using SCooP to deliver more of these where relevant. When you see these on Facebook make sure it has originated from us by checking he is wearing the Safe Communities dog collar.

New school in Almancil on schedule for September opening

Nobel Algarve welcomed around 100 people, including parents and pupils, to the school group's latest addition to the education offering in the Algarve. The school hosted its first open day to give prospective parents their first peek of the work in progress of a new purpose-built school in Almancil.

The event took place just before the local school closures and enquiries have not waned, despite the situation with current health concerns. There appears to be significant interest in the new school, which is being built on an extensive plot of land opposite the Go-Karting track in Almancil, near Vale de Lobo and Quinta do Lago. The site offers a significant amount of green space which will be put to good use by the Forest School leader, Matt Harris, a fully qualified and accredited practitioner. Mindfulness will also be an integral part of the curriculum at the school, and the architects worked closely with the school leadership to incorporate a green quad in the centre of the school and other quiet corners such as a Pause Pod and sensory gardens.

Speaking to the crowd over drinks and

canapés, Nobel Algarve Head of School Mike Farrer revealed that construction is moving along nicely and that the private school group has already hired the future school's staff, and should any delays occur as a result of Covid-19, the school has already ordered some classrooms similar to ones used at the Lagoa campus as a temporary measure. The message is clear, the doors will open and learning will commence in September. Should government-ordered school closures continue into the new academic year, which is not expected, Nobel Algarve already has a successful virtual classroom programme in place, which is currently being delivered to students at the Lagoa and Lagos campuses.

Other speakers at the Open Day event included Nobel Algarve's Head Boy, Head Girl and Deputy Head Boy who spoke of their positive journeys as Nobel students, as well as the school's Eco-Warriors who informed the crowd about the Eco-Schools project and associated activities.

There were also speeches by Nobel Head of Primary School Claire Jones who explained the goals that the Almancil

Campus hopes to achieve, as well as Miriam Naidu and Sarah, the current Chairperson of the Parents Teachers Association (PTA).

The Almancil school is open for children aged three to 11. It will follow the Cambridge Assessment International Curriculum, which will be taught by highly qualified primary school teachers from the UK or other English-speaking countries such as Canada and South Africa.

It will boast a wide range of facilities, including "a Pause Pod, sensory gardens, astroturf, multi-media centre, multi-purpose hall, library, preschool dedicated outdoor play space, dining room and ample parking". There will also be several after-school activities available for all children.

There are plans for the long-term, for this new Almancil Campus to have the potential to also welcome older students - Mike Farrer added, "the school has an extensive plot on which to expand in Phases 2 and 3 in the future, according to demand."

You can obtain more information about the new school by contacting Nobel Algarve directly at almancil@nobelalgarve.com

Algarve Bike Rides

Due to the ongoing CoronaVirus threat and the recommended measures in place, I don't plan to organise any bike rides for the time being. At the moment the most sensible plan is to stay home and stay healthy. When the situation improves I will aim to start the rides again. Stay healthy Paul

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



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Why you need to protect your skin while inside

Some skincare rules are non-negotiable, like applying SPF before you leave the house and drinking plenty of water.

No matter how dedicated you are to these dictums, a change in routine can really trip you up. If you're currently spending a lot more time inside - like so many people around the world - do the same golden skincare rules apply? Of course, spending a bit more time indoors shouldn't affect how much water you drink. However, it's easy to forget to track your daily intake - maybe you're used to drinking a lot when you go to the gym, or you always have a bottle at your desk at work. As your routine changes, are you still drinking as much water as you should? Try to have at least two litres every day, which will have so many wider benefits than just helping your skin.

Other factors might also be wreaking havoc on your skin: maybe it's the heating in your house, or stress from the current state of the world. "Stress can show in our skin condition, when hormones become imbalanced," says Abi Cleeve, founder of skinSense. This is why she recommends giving your skin a bit of TLC, as well as drinking enough water: "Try hydrating serums and

masks, where the skin's moisture levels are replenished and the ritual of pampering helps you feel calmer."

"Unscheduled time indoors is also a good opportunity to introduce a potent night treatment, like retinol, to your routine. Retinols are excellent for improving skin texture." Retinols are a beauty holy grail as they can help smooth out your skin and reduce pigmentation. They essentially peel off the top layer of your skin leaving you with a baby soft complexion, but this means you need to be careful using them - making sure you find one which works for your skin, and being careful of direct sunlight after application.

This brings us neatly onto the issue of SPF. "UV rays are the single biggest contributor to skin damage," says Cleeve, as they can cause wrinkles, hyperpigmentation and cancer. Even if you're diligent with applying SPF every day when you're out and about, what if you have no plans to leave the house - is sunscreen still necessary? In a word: yes. "UVA rays penetrate unhindered through glass, so it's still important to ensure that your daily skincare

UVA rays penetrate unhindered through glass, so it's still important to ensure that your daily skincare routine includes a broad spectrum protection product. (Photo: iStock/PA)

routine includes a broad spectrum protection product," says Cleeve. Look for sunscreens which form a barrier against both UVA and UVB rays - just getting protection from the latter won't help against the rays coming through the window. When you're inside, chances are you're spending most of your time hunched over a computer screen or scrolling through your phone. Technology emits blue

light, which is visible light with a short wavelength. We often hear about how blue light can impact your sleep, but what about the effect it could potentially have on your skin?

Dr Preema Vig, medical director of Dr Preema London Clinic, suggests blue light could give off infrared radiation. This, in turn, "could have harmful effects on the skin, including premature ageing, by releasing cell-

damaging free radicals", she explains.

"Therefore, it is important to protect the skin by ensuring your daily regime includes a good topical antioxidant, such as a vitamin C serum, and sunscreen or make-up, to create a barrier between our skin and the blue light/infrared emitted by devices that form a significant part of our daily life: phones, tablets, laptops and screens." PA

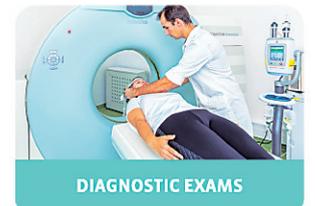


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PE with Joe Wicks

The fitness guru speaks to Liz Connor about the viral success of his online P.E lessons and his ambition to get kids moving through uncertain times.



Fitness guru Joe Wicks. (Photo: PA Photo/Conor McDonnell)

“You know you’ve made it when Louis Theroux does your workout,” laughs Joe Wicks, the curly-haired personal trainer who recently volunteered to be the saviour of parents everywhere and step up to the role of the nation’s

P.E teacher. He is currently hosting live fitness sessions aimed at kids on his YouTube channel every weekday at 9am, to help little one’s stay active while many countries go into lockdown and schools are closed. “I had the idea for ‘PE with

Joe’ while I was lying in bed at night. I wanted to create a new workout for kids every Monday to Friday, as a way to replace their missed P.E lessons.

“I announced it last week and the response has been completely overwhelming,” says Wicks. “Parents are sharing it, schools are putting me in their newsletters and people from all over the world are getting involved.”

The first class, had over 800,000 live streams, while the next days workout saw 954,000 households tune in. So far, over 5 million people have watched Wicks’ P.E sessions, on his YouTube channel The Body Coach TV, over the course of the past two days.

“It’s about giving people that 30 minutes in the morning to get up off the sofa, move your body and get your heart pumping,” enthuses Wicks.

“This isn’t about getting people lean, it’s about saying, ‘Do this today to feel good’. Then, when your kids sit down to do some academic work, they’re energised and mentally prepared for a lesson at home.”

Aside from being the most

likeable person on YouTube, the celebrity fitness coach is also genuinely well qualified for the role. He trained to be a P.E teacher at St Mary’s University and planned to move into the profession before he found fame on YouTube.

Since then, he’s visited thousands of schools around the UK, putting children in playgrounds and sports halls through their paces with his bounding enthusiasm for physical education.

So why stream the workouts at 9am? Isn’t that a bit cruel for kids? “It’s a good time to start the day with exercise,” says Joe. “It gives you routine, raises your attention span and gets you focused.”

“The consistency for me is important. I feel better for exercising in the morning and I think kids do too. Once you’ve done a workout and you’ve physically pushed your body, I think you can take things in your stride a little bit more.”

Wicks continues: “I’ve always exercised from a very young age and now during this time, whether you live in a big or a small house, we all share that feeling of wanting to get out. It’s a very confusing time for little people.

“[Exercise] a great way of forgetting about it for half an hour and getting them fit and moving. It’s also about lifting people’s mental health too - raising their energy levels, clearing their minds and letting them have a more optimistic and positive approach to the day.

Whether you’re five years old or 55 years old, you’re still going to get the same benefits from exercise.”

Wicks, who originally found fame with his Lean in 15 recipes, says that while his current focus is on exercise, he believes that parents shouldn’t overlook the importance of nutrition.

“It’s going to be hard for parents that rely on school dinners during the daytime, but my advice would be to keep it really simple,” he says.

“I’m a big fan of making things like chilli, bolognese, risotto and stir-fry that you can batch cook and leave leftovers in the fridge for the next day.

“Chopped tomatoes and coconut creams are good bases for a curry with some spices. We’re going to be burning less energy and consuming more if we’re grazing throughout the day,

so try to focus on three meals a day.

“Use this time to put healthy food on the table, exercise more and let’s see this as a positive. Flip it on it’s head and think, ‘OK, this isn’t ideal, but I can make the best of this and I can get myself feeling good again’.” Wicks, a father of two himself, says that while the series has become an overnight success, the motivation behind the project remains a genuine drive to help children find some normality during the uncertainty of the coronavirus pandemic. “I’ve committed to doing this in term-time. If kids are supposed to be in school, then I’ll be their P.E teacher. I’m not going to be able to

keep it going through the summer holidays, but I’m still going to dip and out and do my best.

“There are so many negatives that people are focusing on, but there’s also a lot of positives too. I really think this is going to bring families together. If I could have a long-lasting effect on the culture of fitness within the household, that would be my greatest achievement,” he says. “When this is all said and done, I really believe that people are going to miss the routine of getting up and bouncing around the living room with their kids. I’d like to ingrain something in parents’ mindset that says, ‘This is fun, let’s keep doing this together’.” PA



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How to prevent dementia

Leading neurosurgeon Dr Rahul Jandial explains about the simple lifestyle measures that can help keep your brain healthy.

There's nothing we can do about the biggest risk factor for developing dementia - getting older. But there's lots of evidence that lifestyle factors can potentially make a big difference. Around 50 million people worldwide have dementia, according to the World Health Organisation (WHO), with around one in 14 over-65s affected, as well as a significant number of younger people. But the disease doesn't have to be an inevitable part of ageing. Brain surgeon and neuroscientist Dr Rahul Jandial, who works at City of Hope Hospital in Los Angeles, has seen for himself in thousands of operations the difference between a young brain and an ageing one, and how the way a person lives their life can affect their grey matter - which he explores in his new bestselling book, *Life Lessons From A Brain Surgeon*. "I've operated on over 5,000 skulls, and they're all different ages so you see the developing brain to the ageing brain, and everything in between," says Jandial, who also spent years trawling through scientific research in order to come up with what he believes are the best ways to help boost memory, manage stress and reduce Alzheimer's risk. "There are habits some people have, that tend to link with them having resilience of thought and emotion as they get older. Since we don't have a medicine for dementia, it's really about lifestyle modification. And doing it early - early being your 40s, 50s, even 60s. There's always a window to make a difference," he adds. "Fortunately, our brains ask so little of us that very manageable changes, like replacing your steak for salmon a few times a week, eating more plants, less fried food, a bit of brisk walking - all these changes add up. It would be great to have this be a new focus because there's no treatment if you get dementia," he says. "Let's see if we can make a difference with small changes, rather than waiting for a silver bullet or a single pill or food that fixes everything." Remember, whatever health advice you follow, right now, staying sensible

and following the guidelines on minimising the spread of coronavirus is everyone's top priority. So don't adopt any lifestyle changes without considering whether it's sensible to do so at this current time. Here are five changes Jandial recommends...

Eat a Mediterranean 'mind diet'

"The brain's 90 billion neurons share the garden inside the skull with supporting cells called glia. They're sort of the shrubs around the roses that protect the brain environment. Those glia create fatty insulation for the neurons, so the electricity can bounce around inside our heads faster and more organised. "That fatty sheath at the microscopic level is the good fat that comes from fatty fish - and there are some good choices for vegans as well. That's an essential part of the Mediterranean diet, and huge studies over decades show eating mostly plants, fatty fish, nuts, and drinking occasional red wine, really makes a dent in the chances of getting dementia. "It's not about how much you eat, it's about what you eat," he adds. "These are the nutrients that are helpful and not difficult to adhere to, to help reduce our dementia risk. So the first and most fundamental thing is the mind diet - essentially the Mediterranean diet." Jandial warns people should be wary about other so-called 'brain foods' however, as nutrients have to get past the gut wall, into the blood, and are then filtered by the liver before passing through the blood-brain barrier. "Getting to the brain requires passing three barriers and the Mediterranean diet and its nutrients, whether it's flavonoids, antioxidants or all of them, really is an effective strategy," he says. "So the first thing to do is to switch to more components of the mind diet. Occasional cheesecake or burger or chips isn't an issue - it's not the indulgences, it's the regular things we put inside us [that matter]."

Standing and walking Right now, with coronavirus on everybody's minds, getting out and about for exercise may not

be as straightforward as usual. Generally speaking though, when it's safe to do so, being active is among the brain surgeon's top tips for brain health. Until the coronavirus situation settles, could you stretch your legs with a stroll in the garden, or do some exercise in the living room? "The second most important thing is exercise - and I don't mean becoming super-athletic, I mean simply standing and walking. The neurons and their supporting cells are floating in liquid - our brain is like densely-packed tissue in an aquarium. The tissue doesn't physically touch, it gets very close to each other and sprays chemicals at each other called neurotransmitters. "But there's also something called brain-derived neurotrophic factor (BDNF), which the brain showers on itself, and the trigger for that is being vertical and moving. It doesn't have to be a marathon; a 30-minute brisk walk gets you to a sweet spot where your brain is showering itself with BDNF - it's a growth factor, like Miracle-Gro for the flesh of the brain. It's something anybody can do, it's free and can be just a micro-change in your week."

Learn something new "The brain is thinking flesh. Life is brain training - you don't need to buy an app or pay money - but you do need to learn. Engaging the brain,



Huge studies over decades show eating mostly plants, fatty fish, nuts, and drinking occasional red wine, really makes a dent in the chances of getting dementia. (Photo: iStock/PA)

learning, reading, trying to learn a new instrument or language, even if you fail miserably, just the effort of trying to learn anything will engage wider swathes of your brain, and that serves as the engagement of those brain cells," he says. Even thinking about planning something for the future, like how you would run a company or keep up with friends, could count, he says: "Anytime you're thinking. "But it has to challenge you just a bit. If it's too easy, your brain doesn't need to think and you'll rely on habits. If it's too hard, your brain won't engage and you'll say it's impossible. So the trick is to find just that one level past your comfort zone. That's the trigger for the brain to say it's got to dial it up."

Socialise

Again, socialising isn't as easy right now, as the government advises everybody, particularly older age groups, to make avoiding non-essential contact and minimising the risk of coronavirus their top priority. Now is the time to make use of our phones and laptops to keep in touch with friends we can't see in person. And when the pandemic settles, we can embrace our social lives again. "Socialising is also considered an advantage because it's forcing you to think - about others, what you're going to wear, where you're going to go, etc. For people who are lonely, part of the risk is that they're thinking less and they're thinking negative thoughts."

Try to maintain a healthy heart

"If the arteries in your brain aren't open, just like those in the heart, you can have small swathes of brain tissue wither, much like a garden that doesn't get irrigated goes dry. Exercise helps with that, and good heart health with control of blood pressure, diabetes and cholesterol is fundamental to keeping the plumbing of the brain open, so it's getting the blood flow it wants. It's an amazing amount of blood it demands - 20% of our blood flow goes to our 3lb brain." *Life Lessons From A Brain Surgeon: The New Science And Stories Of The Brain* by Dr Rahul Jandial is published by Penguin Life.

PA





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Celebrating fruits, flowers and seeds

Many of us probably eat 'botanical' ingredients all the time - in curries, stir-fries and takeouts from our local Thai - but how much attention do we really pay to them?



Baked Brie recipe with blackcurrants, pecans, honey and herbs. (Photo; Polly Webster/PA)

We're talking flowers, seeds, leaves and fruit - and food writer Elly McCausland is on a mission to bring these small underrated ingredients to the forefront

and celebrate the big role they can play. Her first cookbook, *The Botanical Kitchen*, is packed with recipes celebrating fruits (like orchard fruit or berries), leaves (banana leaves, kaffir lime leaves and

herbs), flowers (lavender, saffron and elderflower) and seeds (cardamom or poppy). And it's all about letting these little powerhouses shine by doing as little as possible to them: "A lot of the recipes are quite natural and simple."

Try some of her latest recipes championing fruits, flowers and seeds.

Baked Brie recipe with blackcurrants, pecans, honey and herbs

Serves 4-6

45g pecan nuts
250g wedge of brie
70g fresh or frozen blackcurrants
2tsp thyme leaves or finely chopped rosemary needles
3tsp blackcurrant vinegar or balsamic vinegar
3-4tsp runny honey

1. Pre-heat the oven to 190°C/170°C fan/gas mark 5.
2. Put the pecans in a small oven dish and place in the oven for eight minutes, until toasted. Remove (leave the oven on), set aside to cool,

then roughly chop.

3. Take a small baking dish, the right size to fit the piece of brie snugly. Slice the brie horizontally in half (so you have two flat triangles). Put one half in the dish, cut side up. Take half the toasted pecans and press them gently into the cheese. Do the same with the blackcurrants (some will fall off the sides into the dish - that's fine, but try to get as many as possible on the cheese). Sprinkle over half the thyme or rosemary, then drizzle over half the vinegar and half the honey.

4. Put the other piece of brie on top, rind side upwards (so you have essentially sandwiched the cheese back together as the wedge it was). Press the remaining pecans and blackcurrants onto the top of the cheese (again, some will fall off). Drizzle over the remaining vinegar and honey and sprinkle with the remaining thyme or rosemary.

5. Bake for 10-15 minutes, or until the cheese has melted and spread out a little in the dish. Remove from the oven, leave for five minutes, then dive in with crackers or good crusty bread.

Roast duck Thai red curry recipe with lychees

(Serves 4)

4 duck legs
2tbsp sea salt flakes
2tbsp coconut oil
6 banana shallots, thinly sliced
4 garlic cloves, thinly sliced
1 lemongrass stalk, tough outer layers removed, very finely sliced
4 kaffir lime leaves (fresh, or frozen and thawed; avoid dried), finely shredded (tough centre stems discarded)
400ml full-fat coconut milk
2tbsp Thai red curry paste
4tsp light muscovado, palm or coconut sugar, plus extra to taste if necessary
1tsp ground turmeric
200ml hot chicken or vegetable stock
200g cherry tomatoes
A couple of large handfuls of spinach leaves
Juice of 1/2 a lime, plus extra to taste if necessary, and wedges to serve
Fish sauce or dark soy sauce, to taste
400g can of lychees, drained
A small bunch of Thai basil,



Roast duck Thai red curry recipe with lychees. (Photo: Polly Webster/PA)

leaves picked, or 30g roughly chopped coriander leaves, for sprinkling

1. Rub the duck legs well with the salt and place them in a single layer in a shallow dish. If you have time, chill them in the fridge overnight, or for a few hours, uncovered. This will help you to get really crispy skin. If you don't have time to refrigerate the duck legs, simply rub the salt into the duck legs when you are ready to cook.

2. Pre-heat the oven to 210°C/190°C fan/gas mark 6-7.

3. Place the duck legs on a wire rack above an oven tray lined with foil, then place them in the oven and roast for 10 minutes to crisp the skin. Lower the oven temperature to 190°C/170°C fan/gas mark 5, add a cupful of water or stock to the oven tray, then roast for 90 minutes, until the duck is tender and cooked through.

4. Meanwhile, make the curry. Heat the coconut oil over a medium-high heat in a large frying pan or wok, then add the shallots and saute them for five to 10 minutes, until golden and starting to soften. Add the garlic, lemongrass and lime leaves and cook for another couple of minutes until softened and aromatic.

5. Lower the heat to medium. Add a couple of tablespoons of the coconut milk and the curry paste,

sugar and turmeric, and saute for a couple of minutes until fragrant - add a little more coconut milk if it starts to stick. This will help to release the aromatics in the paste and prevent the paste from burning.

6. Add the stock and remaining coconut milk, then simmer for 15 minutes, until the sauce is thick, creamy and aromatic. Stir in the cherry tomatoes and spinach and cook for another 10-15 minutes, until the tomatoes start to break down. Lower the heat, then add the lime juice. Taste and check the seasoning - you may want to add some fish or soy sauce to make it more salty, depending on the brands of curry paste and stock you use, and you may want to adjust the lime juice and sugar.

7. Stir in the lychees to briefly heat through. Keep the sauce warm until the duck is ready.

8. When the duck legs are ready, place one leg on each of four plates. Divide the sauce equally between the four plates, pouring it over the duck legs. Sprinkle with the Thai basil or coriander leaves. Serve with steamed jasmine rice and lime wedges. PA

The Botanical Kitchen by Elly McCausland, photography by Polly Webster, is published by Bloomsbury Absolute.



GOLDEN MILK MIXTURE

INGREDIENTS

4 tbsp ground turmeric
2 tsp ground ginger
2 tsp ground cinnamon
1 tsp ground black pepper

METHOD

Add all spices to a small jar and shake or stir thoroughly to combine. Store it at room temperature for up to 3 months. To make some golden milk, dilute 1 heaped teaspoon of the mixture in a little hot water in a mug to form a paste. Then add 1 cup of milk or plant milk (hot or cold), and sweetener (to taste).

TIP

The mixture can also be used as a condiment in a range of dishes.



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Minimise allergens in your home

Dust, pollen and mould can all trigger allergy symptoms indoors, learn how you can reduce the risk.

While we may not be getting outside into nature and up close with all that spring blossom - and with it, airborne pollen - right now, we're still susceptible to seasonal allergies. Even if we're self-isolating, working from home or keeping a safe distance and only venturing into the garden, pollen can still find its way indoors. And that's not the only allergen to think about. "Inhaled allergens in the home include dust mites, mould, allergenic tree pollen that gets indoors, especially silver birch in April, grass pollen between May and July, and cat and dog dander. All these inhaled allergens contribute to poor indoor air quality and can cause health problems," explains Catherine Sutton from Airborne Allergy Action. While some people may require treatments to help manage allergy symptoms, preventive methods - such as minimising allergens in your home - can be very effective and are certainly a good idea for anyone prone to seasonal sneezing and itchy, sore eyes. The team at Just Shutters share these eight steps for minimising allergens in your home...

Humidify your home
Investing in a humidifier could be one of the best decisions you make if you're an allergy sufferer. Keeping the home at a happy medium is key to reducing allergens, as dust and pollen are provoked by dry air, while mould thrives in a moist air. Setting the humidifier to 50% will help you avoid the worst of the allergens from both environments.

Take up the carpets
With more time on our hands for DIY and odd jobs around the home, getting down on your knees and taking up the carpets could be your next best move. Carpets can be a magnet for allergens, which can be kicked into the air each time the carpet's walked over. A helpful step for severe allergy sufferers is to replace carpet with hardwood or linoleum flooring. If you miss the soft, cosy feel of carpet, invest in a rug which can be washed regularly. If removing the carpet isn't an option, ensure they are vacuumed weekly and regularly shampooed (with a non-toxic shampoo). If you're in the process of choosing a carpet and want to keep allergens at bay, opt for low-pile instead of high-pile.

Use non-toxic products
Harsh chemicals found in common household cleaners can aggravate or trigger symptoms for allergy sufferers, especially those with asthma. Most cleaning products contain a toxic mix of chemicals which can cause irritations, especially carpet cleaners and air-fresheners which settle and mix with dust particles. Switching to green, environmentally-friendly cleaning products with plant-based ingredients can significantly reduce the allergen count in your home. "Ensure surfaces that are touched regularly in your home or workspace are sanitised accordingly. These include doorknobs, handrails or bannisters, tables, chairs, light switches, remote controls and bins," says Mark

Quinn CEO of eco-friendly cleaning brand OzKleen.

Wash it away
Porous materials such as bedding, pillows, throws and rugs can be a haven for dust mites. Be sure to wash all these items regularly and on a high temperature, preferably 60 degrees. Drying them in a hot dryer can also help prevent dust mites. Similarly, children's stuffed toys can attract dust mites and should be washed at least once a month. If washing is a no-go area, then a quick spin in the dryer will help zap away pesky mites.

Double up on doormats
Each time you walk inside the house, you carry pollen, dust and debris on your shoes, which can increase contaminants inside the home considerably. To eliminate this risk as much as possible, get a doormat for outside and inside your front door to make sure shoes are clean before they're removed. Getting into the habit of leaving shoes wiped clean and by the door is an effective way of stopping allergens from spreading through the house.

Get rid of mould
Mould spores can float in the air like pollen and trigger allergy symptoms. Mould develops in wet, dirty places, such as the back of the sink, cracked tiles and the shower curtain. Take time to inspect the bathroom and kitchen, scrubbing away dirt and sealing any cracks to prevent build up. Installing a ventilation fan in the bathroom can also help reduce moisture which contributes to mould growth.



While some people may require treatments to help manage allergy symptoms, preventive methods - such as minimising allergens in your home - can be very effective. (Photo: iStock/PA)

Swap curtains for shutters
Heavy dry-clean-only curtains and small-slatted blinds can be amongst the worst culprits for increasing allergies, as they're hard to clean and release allergens into the air each time they're opened and closed. Instead, opt for easy-to-clean shutters with large slats, which can be wiped down and cleaned quickly. An additional benefit of shutters is they allow you to air your home without compromise. Chris Rocker, founder of Just Shutters, says: "We've worked with numerous clients both in private homes and hotels, who've come to us to help reduce allergens in their rooms, particularly in bedrooms. Time and time again we have been successful in creating a stylish and allergy-free space for those clients."

Upgrade your duster
One of the biggest causes of allergies are dust mites, which are tiny bugs found in household dust.

Many dusters, whether synthetic or feather, disturb the dust and move it around. However, an ostrich feather duster promises to attract and hold the dust particles, due to an innate static

charge. They're also perfect for dusting shutters, TV screens and any delicate or hard-to-reach areas. You can buy them from Amazon, John Lewis and Just Shutters. PA

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Make your garden dog friendly

RHS Chelsea Flower Show designer and dog-lover Sam Ovens offers tips on ensuring your garden is a dog-friendly space.



(Photo: iStock/PA)

So often, pets are considered a bit of a nuisance among gardeners, who don't really appreciate their lawn being dug up by pooches burying their bones, or bounding through their flowerbeds.

But award-winning Chelsea designer Sam Ovens, a dog owner himself, is adamant gardeners and their pets can share outdoor space in harmony. He's teamed up with the Animal Health Trust to share top tips on how you too can create a dog-friendly garden for your pooch...

What plants may be beneficial to dogs and stimulate interest on all sides?

Ovens suggests: "For me, a dog-friendly garden can be beautiful - dogs love to explore and I think actually a plant-filled garden is

great place to investigate and play. "Care just needs to be taken to ensure the plant selection is robust and will bounce back when our doggy friends decide to take short cuts across the borders!"

"Choose robust plants, as well as ornamental grasses like miscanthus and pennisetum, but in any case, beware of spikes and thorns, particularly at eye level," he adds. "For something both dog and owner can enjoy, plant herbs like oregano, fennel and nepeta, all good, safe choices."

Which design ideas could be incorporated into a dog-friendly space?

"Dogs will enjoy a shady spot for those hot summer days, and different textures, from paving and grass to cobbles and mulch. Also, a clear path around or through the garden space for the dog to run around, fresh water to

keep dogs hydrated and cool, but with shallow sloping edges so they can easily get in and out, and herbs and other scented plants that smell great," says Ovens.

Anything to avoid that's likely to be trashed by a boisterous dog?

"Boisterous dogs can damage young and delicate plants, either by digging them up or running through them. It's best to avoid small and delicate plants that are slow growing, as these will struggle to recover from the rough and tumble of dog play," says Ovens. "Planting larger and more established plants than normal is also wise, as established plants are more resilient."

Any features both dog and human can enjoy in unison?
"I think sensory elements are

great, as they are stimulating for both man and dog," he suggests. "A simple water feature set among planting can provide a natural sound that's as calming for dogs as it is for us. It's also a source of water for thirsty dogs, as well as an attractive thing to sit and watch."

Other elements enjoyable to human and dog include scented plants, as well as natural sounds from ornamental grasses and bamboo, which create a calming environment.

What else should you avoid in a dog-friendly garden?

Heather Covey, head of internal medicine at the AHT small animal clinic, advises: "When planning a garden, remember that our dogs are great scavengers and can find a number of things to eat, many potentially dangerous to your dog."

"Certain plants, such as foxgloves and delphiniums, are toxic. Be careful with bulbs which

can be dug up and eaten, as these can cause stomach upsets and in some cases severe irritation of the mouth and throat. "Make sure your dog doesn't eat snails and slugs, as these can cause lung worm (a serious condition in your dog) and instead of using slug pellets, use the old remedies for slug prevention, such as eggshells and copper tape.

Don't forget about your compost heap

"This can contain food scraps, such as avocados, grapes and onions which, although may be tempting to your pet, can be harmful.

"Your compost heap can also contain mould toxins, which if ingested can have worrying neurological or liver side-effects. If you want to compost at home, then a sealed bin is a good idea. Finally, if an owner is concerned about their animal's health, they should always consult their vet."

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Sensory elements are great, as they are stimulating for both man and dog. (Photo: iStock/PA)

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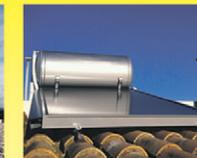
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Charming fully furnished 3 bedroom / 2 bathroom apartment (112 m²) with South facing balcony in the center. A/C & mosquito netting.

Ref. LHA-1495 €239.000



EC: IP

TAVIRA

Exclusive listing: Fully furnished 2 bedroom / 2 bathroom south facing top floor apartment with communal pool. A/C. Underground parking.

Ref. LHA-1494 €195.000

AMI-968



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Ref: V1466



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Charming 3 bedroom villa, inserted in a fenced plot of 680 sqm, located only 10 minutes from the Moorish City of Silves and 10 minutes from the village of Messines. This very well maintained villa consists of 3 bedrooms with wardrobes (1 en-suite), 2 bathrooms, 1 toilet room, living room with wood-burner, dining room, spacious kitchen, pantry/laundry, several terraces with lovely countryside views, a garage, low maintenance garden, double glazing windows, mains water, with parking and

private entrance gate. Located 20 minutes from the Algarvean beaches, 10 minutes from several renowned golf courses, 15 minutes from the International Schools and 45 minutes from Faro International Airport-Algarve. An Opportunity not to be missed! Book your viewing with the Servesul Team!

Area: 148 sqm | 680 sqm
Bedrooms: 3
Price: €320,000



Santa Barbara de Nexe – Luxury Villa with a view

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

Ref : FS119 Price : €1,600,000



Central Vilamoura – 2 bedroom apartment with terrace and balcony

A spacious first floor apartment with lift within walking distance of Millennium Club house. Two good size bedrooms and open plan lounge/dining area. Central Vilamoura. Good value.

Ref : FS300 Price : 289,000€



AMI 10185

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

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Vilamoura 8125-429



Old Village – 3 bedroom apartment with 2 terraces

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

Ref : FS208 Price : 360,000€



Old Village – 3 bedroom apartment with communal swimming pool

A renovated 3 bedroom apartment in the Old Village. It has a lovely south facing roof terrace with sea view. It is close to all amenities and within walking distance to supermarket, cafes, restaurants and the fabulous Vilamoura Marina.

Ref : FS108 Price : €355,000



OLD HOUSE IN A QUIET AREA VERY CLOSE TO LOULÉ

Ref:A14-182

210.000 €

This old house is only 5 minutes from Loulé, integrated in a quiet area on a plot of almost 4,000 square meters where you can listen and see nature in all its beauty. The house is partially ruined and consists of seven rooms and a garage. Access to the property is by road and has a gateway to the land.

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Property Ref: SV1042
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algarve

EXCLUSIVE SALE:
Ref: AV-736SD - LAGOS

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Asking price 560.000€



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625.000 €
REF: SPV44

DETAILS

BEDROOMS 4 Bedrooms	INTERIOR AREA 286m ²
BATHROOMS 3 Bathroom	LAND AREA 7,680m ²
	VIEWS Countryside

4 BEDROOM VILLA FOR SALE IN CARVOEIRO

This villa of 286m² sits on a private, fully fenced plot of 7,680m² in a countryside location on the outskirts of Carvoeiro in Vale d'el Rei. The property is only 2km from the world famous Praia da Marinha and Benagil Cave, it is a 5 minute drive to various restaurants, supermarkets and 10 minutes to Carvoeiro centre.

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4 BEDROOM VILLA WITH POOL, VALE DA TELHA, ALJEZUR | REF:C3350

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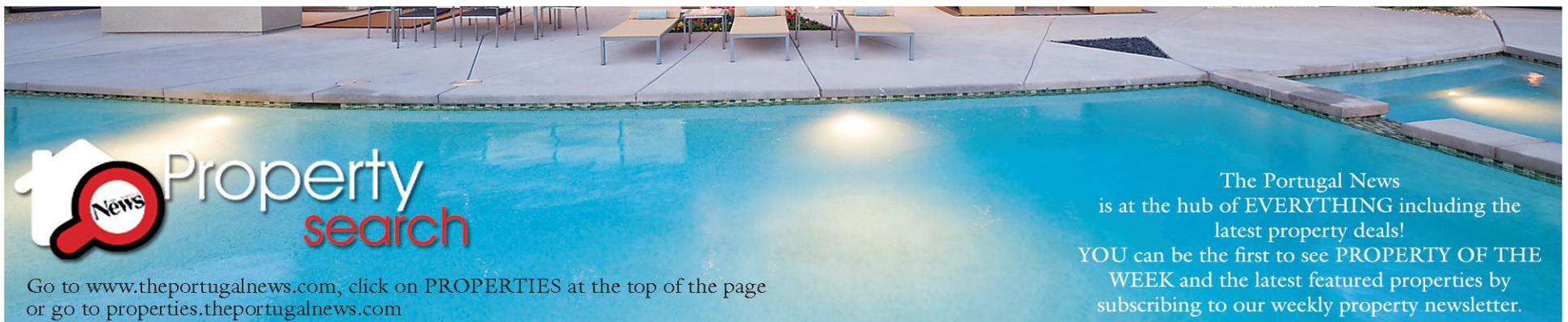
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ASK Kurt

All your computer questions answered



How to choose the right laptop for you – Part 3

Select your specs

Browse through the laptops at your local store, and you'll see a whole host of specifications — but don't get overly worried about the small print. As a useful shortcut, just look at the prices, which will often tell you which computers are more powerful than others. Still, it helps to know a little bit about what you're dealing with.

The central processing unit, also known as the CPU, or simply, the processor, is the brains of the operation, controlling all the calculations that hum through your laptop's circuitry. To find out how capable a computer's CPU is, look for references to a clock speed (in gigahertz), which is how fast it does its thinking. Also keep an eye out for the number of cores, which are basically mini CPU's: More cores means more simultaneous thinking.

These specs are often hidden behind brand terms, like Intel's labels of i3 (low-end), i5 (mid-range), i7 (high-end), and i9 (power users). Watch out for the generation of the chip, too (Intel's 10th-gen CPUs are the top of the line in 2020)—a new generation means better performance with less battery drain. That's why, when a new generation of processors arrives, you'll often see laptop prices updated across the board.

Another important spec is the RAM, which essentially controls how much your laptop can think about at any one time. More RAM means more support for lots of browser tabs, bigger images, more open applications, and so on. Basically, RAM lets you have a lot more going on without forcing your machine to come to a grinding halt. The absolute minimum these days is 4GB, though if your needs are even somewhat demanding, you'll probably want to go above that. To be continued....

Email your questions to Kurt: kurt@algarvecomputercentre.com

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SATURDAY 04/04

BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
12.00 Homes Under the Hammer.
13.00 BBC News; Weather.
13.15 Rugby League: Challenge Cup Classics.
14.30 Bargain Hunt.
15.30 Escape to the Country.
16.30 Money for Nothing.
17.15 BBC News; Weather.
17.35 Pointless Celebrities.
18.25 Celebrity Mastermind.
18.55 Catchpoint.
19.25 Casuality.
20.15 Gavin & Stacey.
20.45 Outnumbered.
21.15 All Round to Mrs Brown's.
22.00 BBC News; Weather.
22.20 Match of the Day Top Ten-Goalkeepers.
23.00 **FILM:** Source Code.
00.25 Weather for the Week Ahead.
00.30 BBC News.

BBC Two

06.35 Wild & Weird.
06.50 The Dengineers.
07.20 All Over the Place: UK.
07.50 Blue Peter: Dynamo.
Dinosaurs and Greg James.
08.20 Deadly 60.
08.50 Astronauts: Do You Have What It Takes?
09.50 **FILM:** Tinker Bell and the Secret of the Wings.
11.00 Birds of Paradise: The Ultimate Quest.
12.00 Great British Menu.
13.00 Great British Menu.
14.00 The #100K House: Tricks of the Trade.
15.00 Hugh's Wild West.
16.00 **FILM:** The Muppets.
17.40 70s Legends: Talking Pictures.
18.30 Dad's Army.
19.00 Australia: Earth's Magical Kingdom.
20.00 Great Asian Railway Journeys.
21.00 Q1XL.
21.45 Titian - Behind Closed Doors.
22.45 **FILM:** Ghost Stories.
00.20 **FILM:** Timbuktu.
01.50 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!: Robozuna.
09.05 Scrambled!: Hotel Transylvania.
09.25 James Martin's Saturday Morning.
11.40 Ainsley's Mediterranean Cookbook.
12.40 ITV News and Weather.
12.55 **FILM:** Casper.
14.55 Tenable.
16.00 The Chase.
17.00 The Virtual Grand National 2020.
17.30 ITV News and Weather.
18.00 The Chase Celebrity Special.
19.00 Ant & Dec's Saturday Night Takeaway.
20.00 In for a Penny.
20.30 The Voice UK: Most Memorable Moments.
21.35 ITV News and Weather.
22.00 **FILM:** Inception.
00.35 Ideal World.

Channel 4

06.00 Mike & Molly.
06.45 The Big Bang Theory.
08.25 The Simpsons.
11.50 Come Dine with Me.
12.50 The Dog House.
13.50 Four in a Bed.
16.25 A Place in the Sun: Home or Away.
17.30 Animal Rescue School.
18.30 My Grandparents' War: Mark Rylance.
19.30 Channel 4 News.
20.00 Great Canal Journeys.
21.00 **FILM:** War for the Planet of the Apes.
23.50 **FILM:** Solace.
01.35 Hollyoaks.
02.55 The Supervet.
19.00 Rick Stein's Long Weekends.
20.00 Coast Great Guides: North Sea Coast.
21.00 Twin.
22.30 Twin Sisters: A World Apart.
23.30 Top of the Pops: 1989.
00.30 Blues & Beyond with Cerys Matthews and Val Wilmer.
01.30 Coast Great Guides: North Sea Coast.
02.30 Rick Stein's Long Weekends.
03.30 Close.

SUNDAY 05/04

BBC One

06.00 Breakfast.
09.00 The Andrew Marr Show.
10.00 Politics England - Live from Salford.
10.30 BBC News.
11.00 Sunday Worship.
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 Money for Nothing.
15.20 Garden Rescue.
16.05 **FILM:** The Croods (2013).
17.35 Blue Planet Revisited.
18.35 BBC News; Weather.
19.00 Countryfile.
20.00 Antiques Roadshow.
21.00 The Nest.
22.00 BBC News; Weather.
22.30 **FILM:** A Monster Calls.

BBC Two

06.35 The Instant Gardener.
07.20 The A to Z of TV Cooking.
08.05 Gardeners' World.
08.35 Countryfile.
09.30 Beechgrove Repotted.
10.00 Saturday Kitchen Best Bites.
11.30 Great British Menu.
12.00 Hairy Bikers: Pies & Pasties.
12.15 Mexico: Earth's Festival of Life.
13.15 Rugby League's Legendary Watersplash Final.
14.00 **FILM:** Topkapi.
16.00 Portillo's State Secrets.
16.30 Great British Railway Journeys.
17.00 Back in Time for the Corner Shop.
18.00 Best of Ski Sunday 2020.
19.00 The Americas with Simon Reeve.
20.00 Race Across the World.
21.00 Dragons' Den.
22.00 Trigonometry.
22.45 The Ranganation.
23.30 **FILM:** Kon-Tiki.

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!: The Epic Tales of Captain Underpants.
09.05 Scrambled!: Hotel Transylvania.
09.25 John and Lisa's Weekend Kitchen.
10.20 Ainsley's Mediterranean Cookbook.
11.20 St Davids - Britain's Smallest City.
11.50 Britain's Best Walks with Julia Bradbury.
12.20 ITV News and Weather.
12.35 The Voice UK: Most Memorable Moments.
13.35 Ant & Dec's Saturday Night Takeaway.
14.35 Midsomer Murders.
16.35 Tenable.
17.35 Tipping Point: Lucky Stars.
18.30 ITV News and Weather.
19.00 The Family Chase.
20.00 The Good Karma Hospital.
21.00 Belgravia.
22.00 ITV News and Weather.
22.15 Olivier Awards: The Greatest Moments.
23.10 Secrets of the Driving Test.
23.40 The Trouble with Maggie Cole.
00.30 Ideal World.

Channel 4

06.00 Everybody Loves Raymond.
07.15 The Big Bang Theory.
08.25 Jamie's Meat-Free Meals.
09.30 Sunday Brunch.
12.30 The Simpsons.
14.25 **FILM:** Eragon.
16.30 Find It, Fix It, Flog It.
17.30 Penelope Keith's Hidden Villages.
18.30 Escapato to the Chateau: DIY.
19.30 Channel 4 News.
20.00 Secrets of Egypt's Valley of the Kings.
21.00 Homeland.
22.00 Gogglebox.
22.55 Ride Upon the Storm.
00.10 **FILM:** Enough Said.
19.00 The Secret Life of Ice.
20.00 Nature's Miniature Miracles: Natural World.
21.00 Operation Gold Rush with Dan Snow.
22.00 Horizon: My Amazing Twin.
23.00 Bee Gees at the BBC and Beyond.
00.00 Handmade.

MONDAY 06/04

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 HealthCheck UK Live.
10.45 Homes Under the Hammer.
11.45 Night Force.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.10 Father Brown.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Countryfile.
20.30 Would I Lie to You?
21.00 MasterChef.
22.00 BBC News at Ten; Weather.
22.45 Man Like Mobeen.
23.10 Have I Got a Bit More News for You.
23.55 A Question of Sport.
00.25 Weather for the Week Ahead.
00.30 BBC News.

BBC Two

06.40 Songs of Praise.
07.15 Bargain Hunt.
08.00 Sign Zone: Best Home Cook.
09.00 The Sweet Makers: A Tudor Treat.
10.00 BBC News.
13.00 Curiosity.
13.45 The Dark: Nature's Nighttime World.
14.45 Jane Fonda: Talking Pictures.
15.15 **FILM:** School for Scoundrels.
16.45 Eggheads.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Animal Park.
19.00 The Hairy Bikers' Mediterranean Adventure.
20.00 Mastermind.
20.30 University Challenge.
21.00 Terror in Paradise.
22.00 Mock the Week.
22.30 Newsnight.
23.10 Weather.
23.15 Cops Like Us.

ITV London

06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 James Martin's Islands to Highlands.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Coronavirus: Q&A.
20.30 St Davids - Britain's Smallest City.
21.00 ITV News at Ten; Weather.
22.00 Keane & Veiira - Best of Enemies.
23.55 All Elite Wrestling: Dynamite.
00.45 Ideal World.

Channel 4

06.30 Cheers.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.00 Come Dine with Me.
12.00 The Steph Show.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Escapato to the Chateau: DIY.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Great Celebrity Bake Off for Stand Up to Cancer.
21.15 Five Guys a Week.
22.15 Gogglebox.
23.15 Wife Swap USA.
00.10 Friday Night Dinner.
00.40 Putin: A Russian Spy Story.

BBC Four

19.00 BBC World News; Weather.
19.30 Francesco's Mediterranean Voyage.
20.00 Dynasties.
21.00 DuFu: China's Greatest Poet.
22.00 Yellow Is Forbidden.
22.50 Horse People with Alexandra Tolstoy.
23.50 Handmade.
00.20 The Secret Life of Books: Confessions of an English Opium Eater.

TUESDAY 07/04

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 HealthCheck UK Live.
10.45 Homes Under the Hammer.
11.45 Night Force.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Father Brown.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 Holly City.
21.00 Our Girl.
22.00 BBC News at Ten; Weather.
22.45 My Left Nut.
23.15 Peter Kay's Comedy Shuffle.
23.45 Catchpoint.
00.15 Weather for the Week Ahead.
00.20 BBC News.

BBC Two

06.45 Night Force.
07.15 Bargain Hunt.
08.00 Sign Zone: The Repair Shop.
09.00 The Sweet Makers: A Georgian Treat.
10.00 BBC News.
13.00 Curiosity.
13.45 The Dark: Nature's Nighttime World.
14.45 Great British Comedies: Talking Pictures.
15.25 **FILM:** The Man in the White Suit.
16.45 Eggheads.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Animal Park.
19.00 Race Across the World.
20.00 Your Home Made Perfect.
21.00 Inside the Factory.
22.00 Alma's Not Normal.
22.30 Newsnight.
23.10 Weather.
23.15 Hospital.

ITV London

06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 James Martin's Islands to Highlands.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 You've Been Framed!
19.30 Britain's Best Walks with Julia Bradbury.
20.00 Tales from the Coast with Robson Green.
21.00 Return to Belsen.
22.00 ITV News at Ten; Weather.
22.45 Gordon, Gino and Fred: American Road Trip.
23.55 Kate & Koji.
00.20 Belgravia.

Channel 4

06.30 Cheers.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.00 Come Dine with Me.
12.00 The Steph Show.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Escapato to the Chateau: DIY.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Great Celebrity Bake Off for Stand Up to Cancer.
21.15 Five Guys a Week.
22.15 Gogglebox.
23.15 Wife Swap USA.
00.10 Friday Night Dinner.
00.40 Putin: A Russian Spy Story.

BBC Four

19.00 BBC World News; Weather.
19.30 Weird Nature.
20.00 Digging for Britain: The Greatest Discoveries.
20.30 The Art Mysteries with Waldemar Januszczak.
21.00 Britain Beneath Your Feet: Secrets of Orkney: Britain's Ancient Capital.
23.00 Horse People with Alexandra Tolstoy.
00.00 Handmade.

WEDNESDAY 08/04

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 HealthCheck UK Live.
10.45 Homes Under the Hammer.
11.45 Night Force.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.10 Father Brown.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Coronavirus: Your Essential Update.
20.00 The Repair Shop.
21.00 MasterChef.
22.00 BBC News at Ten; Weather.
22.45 In My Skin.
23.15 Killing Eve.
00.40 Weather for the Week Ahead.
00.45 BBC News.

BBC Two

06.30 Night Force.
07.00 Homes Under the Hammer.
08.00 Sign Zone: Great British Railway Journeys.
08.30 Sign Zone: Villages by the Sea.
09.00 The Sweet Makers: A Victorian Treat.
10.00 BBC News.
13.00 Curiosity.
13.45 The Dark: Nature's Nighttime World.
14.45 60s Icons: Talking Pictures.
15.25 **FILM:** The Tiffield Thunderbolt.
16.45 Eggheads.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Animal Park.
19.00 The Hairy Bikers' Mediterranean Adventure.
20.00 Great British Menu.
21.00 The Countess and the Russian Billionaire.
22.00 Mister Winner.
22.30 Newsnight.
23.10 Weather.
23.15 Dragons' Den.

ITV London

06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 James Martin's Islands to Highlands.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 You've Been Framed!
19.30 Tonight.
20.00 Griff's Great Australian Adventure.
20.30 Secrets of the Driving Test.
21.00 Gordon, Gino and Fred: American Road Trip.
22.00 ITV News at Ten; Weather.
22.45 Return to Belsen.
23.40 Olivier Awards: The Greatest Moments.

Channel 4

06.30 Cheers.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.00 Come Dine with Me.
12.00 The Steph Show.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun.
16.00 Escapato to the Chateau: DIY.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
19.00 Channel 4 News.
20.00 Location, Location, Location.
21.00 Coronavirus: How Britain is Changing - Dispatches.
22.00 Feel Good.
22.30 The Great Celebrity Bake Off for Stand Up to Cancer.
23.45 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 BBC World News; Weather.
19.30 Handmade in Japan: The Kimono.
20.00 Six Wives with Lucy Worsley.
21.00 Secret Universe: The Hidden Life of the Cell.
22.00 The Horizon Guide to Pandemic.
23.00 Horse People with Alexandra Tolstoy.
00.00 The Banker's Guide to the Art Market.

THURSDAY 09/04

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 HealthCheck UK Live.
10.45 Homes Under the Hammer.
11.45 Night Force.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 Doctors.
14.15 Father Brown.
15.00 Escape to the Country.
15.45 Money for Nothing.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 MasterChef.
20.00 Question Time.
21.00 Noughts + Crosses.
22.00 BBC News at Ten; Weather.
22.45 New Tricks.
23.45 Blue Planet Revisited.
00.45 Weather for the Week Ahead.
00.50 BBC News.

BBC Two

06.45 Night Force.
07.15 The Repair Shop.
08.00 Sign Zone: Antiques Roadshow.
09.00 The Bear Family and Me.
10.00 BBC News.
13.00 Curiosity.
13.45 Nature's Weirdest Events.
14.45 Alec Guinness: Talking Pictures.
15.25 **FILM:** Whisky Galore!.
16.45 Eggheads.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Animal Park.
19.00 Yorkshire Wolds Way with Paul Rose.
19.30 Grand Tours of Scotland's Lochs.
20.00 Great British Menu.
21.00 Coronavirus: A Horizon Special.
22.00 Live at the Apollo.
22.30 Newsnight.
23.10 Weather.
23.15 The Countess and the Russian Billionaire.

ITV London

06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 James Martin's Islands to Highlands.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 You've Been Framed!
19.30 Tonight.
20.00 Griff's Great Australian Adventure.
20.30 Secrets of the Driving Test.
21.00 Gordon, Gino and Fred: American Road Trip.
22.00 ITV News at Ten; Weather.
22.45 Return to Belsen.
23.40 Olivier Awards: The Greatest Moments.

Channel 4

06.30 Cheers.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.00 Come Dine with Me.
12.00 The Steph Show.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun: Home or Away.
16.00 Escapato to the Chateau: DIY.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
19.00 Channel 4 News.
20.00 Coronavirus: How Clean Is Your House?
21.00 The Mum Who Got Tourette's.
22.00 The Undateables.
22.30 First Dates.
23.30 Five Guys a Week.
00.35 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 BBC World News; Weather.
19.30 The Wonder of Animals.
20.00 How to Make: The Toothbrush.
21.00 Mark Kermode's Secrets of Cinema.
22.00 Dawn French Live: 30 Million Minutes.
23.55 Arena: Loretta Lynn - Still a Mountain Girl.

FRIDAY 10/04

BBC One

06.00 Breakfast.
09.00 BBC News.
10.00 HealthCheck UK Live.
10.45 Homes Under the Hammer.
11.45 Night Force.
12.15 Bargain Hunt.
13.00 BBC News; Weather.
13.40 Alexander Armstrong's Heavenly Gardens.
14.40 Father Brown.
15.30 Escape to the Country.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News; Weather.
18.40 **FILM:** Raiders of the Lost Ark.
20.30 Have I Got News for You.
21.00 The Graham Norton Show.
21.30 Peter Kay's Comedy Shuffle.
22.00 BBC News at Ten; Weather.
22.40 **FILM:** Absolutely Fabulous: The Movie.
00.05 Weather for the Week Ahead.
00.10 BBC News.

BBC Two

06.30 Night Force.
07.00 Homes Under the Hammer.
08.00 Sign Zone: Back in Time for the Corner Shop.
09.00 The Bear Family and Me.
10.00 BBC News.
13.00 Curiosity.
13.45 Nature's Weirdest Events.
14.45 The Mating Game - Natural World Special.
15.30 **FILM:** The Lavender Hill Mob.
16.45 Eggheads.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Animal Park.
19.00 Rick Stein's Secret France.
20.00 Great British Menu.
20.30 Gardeners' World.
21.00 Pilgrimage: The Road to Istanbul.
22.00 The Mash Report.
22.35 Q1.
23.05 **FILM:** The Bling Ring.
00.25 Sign Zone: Coronavirus: Your Essential Update.

ITV London

06.00 Good Morning Britain.
09.00 Good Morning Britain with Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.45 ITV Lunchtime News; Weather.
14.00 James Martin's Islands to Highlands.
15.00 Tenable.
16.00 Tipping Point.
17.00 The Chase.
18.00 In for a Penny.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Vera.
22.00 ITV News at Ten; Weather.
22.15 **FILM:** The Theory of Everything.
00.25 Ideal World.

Channel 4

06.30 Cheers.
07.20 The King of Queens.
08.10 Everybody Loves Raymond.
09.10 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.00 Come Dine with Me.
12.00 The Steph Show.
13.05 Posh Pawnbrokers.
14.10 Countdown.
15.00 A Place in the Sun: Home or Away.
16.00 Escapato to the Chateau: DIY.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
19.00 Channel 4 News.
20.00 Joe Lycett's Got Your Back.
21.00 Gogglebox.
22.00 Friday Night Dinner.
22.35 Duncanville.
23.05 8 Out of 10 Cats Does Countdown.
00.05 Ramsay's Kitchen Nightmares USA.
Come Dine with Me.

BBC Four

19.00 BBC World News; Weather.
19.30 Top of the Pops: 1989.
20.30 Sounds of the 70s 2.
21.00 Kenny Rogers: Cards on the Table.
22.00 David Cassidy: The Last Session.
23.25 Sinatra: All or Nothing at All.
00.25 Gregory Porter's Popular Voices.
01.25 Music Moguls: Masters of Pop.
02.25 David Cassidy: The Last Session.

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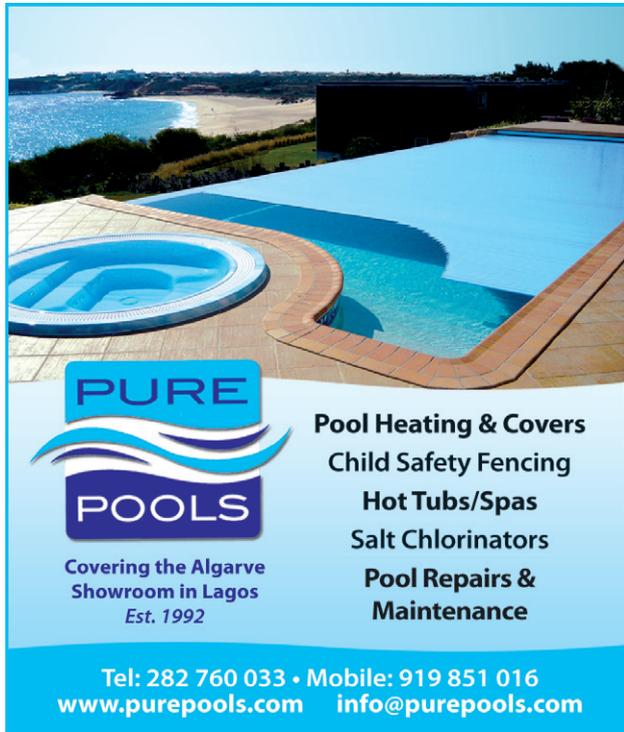
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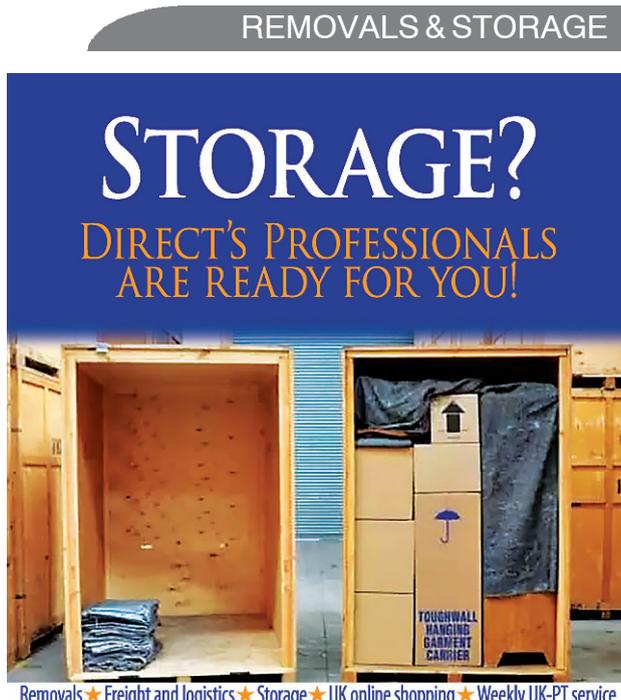
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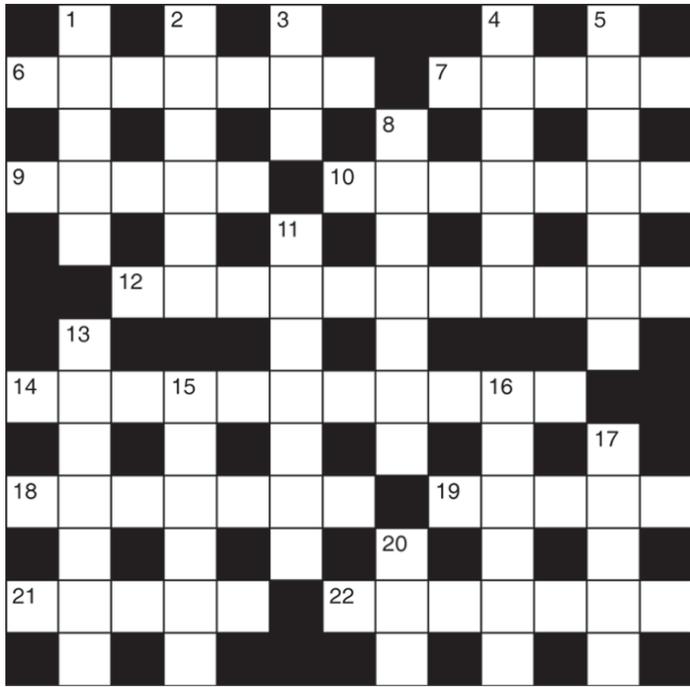
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CRYPTIC CROSSWORD

ACROSS

- 6. A poor fiddler outside the door (7)
- 7. Crouch down - it's an illegal occupation (5)
- 9. A number of them give you the time of your life! (5)
- 10. Leaves high and dry on the beaches (7)
- 12. Washing may depend on it (7,4)
- 14. Superintending, but missing something? (11)
- 18. Piece of bread the French break into bits (7)
- 19. Get even? (5)
- 21. It's irritating getting only a little credit in support (5)
- 22. He's not a particular person (7)

DOWN

- 1. Tighten up on one's salary? (5)
- 2. A gunsmith adds it to his stock (6)
- 3. Its line is straightforward (3)
- 4. It will come as a sudden blow (6)
- 5. It ends a flight in two ways (7)
- 8. Bacon's lines (7)
- 11. Makes slow progress by streetcar (7)
- 13. It makes a man keen on money, and a woman on food (7)
- 15. Stay to put mother in control (6)
- 16. It's a necessity to want to exist (4,2)
- 17. A description of one found wanting (5)
- 20. The last thing one aims for (3)

QUICK CROSSWORD

ACROSS

- 6. Resuscitation (7)
- 7. Journal (5)
- 9. Killed (5)
- 10. Relax (7)
- 12. Mediator (11)
- 14. Make (11)
- 18. Lasting (7)
- 19. Shun (5)
- 21. Corner (5)
- 22. Ruffle (7)

DOWN

- 1. Answer (5)
- 2. Sight (6)
- 3. Out-do (3)
- 4. Quoit (6)
- 5. Liberty (7)
- 8. Appease (7)
- 11. Rout (7)
- 13. Slander (7)
- 15. Powerless (6)
- 16. Show (6)
- 17. Pivot (5)
- 20. Marsh (3)

Last week's quick crossword solution
Across: 7 Neighbourhood; 8 Recanted; 9 Name; 10 Lactic; 12 Twenty; 14 Return; 16 Darken; 18 Work; 20 Parasite; 22 Meteorologist.
Down: 1 Delegate; 2 Aghast; 3 Abut; 4 Outdated; 5 Chance; 6 Room; 11 Conspire; 13 Treatise; 15 Upkeep; 17 Resign; 19 Over; 21 Rely.

CODEWORD

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

24	16	1	24	9	4	1	20	9		20	19	16	15	24
A														N
22		24		14		6		15		1		19		21
B														O
25	1	25	19	6		15	8	24	1	17	8	15	25	1
C														P
24		19		2		25		9		14				20
D														Q
22	16	25	20	14	15	12	6		25	19	12	25	19	5
E														R
16			21	22	6		15		15		25	1	25	
F														S
16		1	14	25	6	1	5	19	5		20	1	24	9
G														T
	13		11		1		4		15		22		21	
H														U
5	22	25	22		20	19	15	17	8	15	25	19		26
I														V
	8	1	20		22		10		17	8	14			20
J														W
12	7	6	11	1	16		19	8	12	19	6	11	16	19
K														X
21				11		23		14		20		16		12
L														Y
19	18	24	21	19	2	14	19	20		25	20	22	24	19
M														Z
22		1		12		6		12		15		13		8
10	14	5	17	19		26	20	19	3	22	16	19	8	25

SUDOKU

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

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

Medium

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

Hard

Last Week's Codeword Solution

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

Last week's solutions

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

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 dividable 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 dividable by any one digit number, 2,3,4,5,6,7,8 or 9 finishes with 1, 3, 7 or 9;

• Any number dividable 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.

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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 316

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= 15
- B > A > C
- ABC ÷ 3
- BC - AB < 15

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

A 66 day project

N NEIL CONNOLLY

As a writer or observer of all things golf related, these are challenging times. Not much golf going on to observe or comment on. I have been asked a few times, while I have been writing articles for The Portugal News, how do I find things to write about every week?

Really easy I say because I love golf and there are so many areas to cover; what's on in the news for example Patrick Reed, Tiger et al, slow play, how to improve your game with a tip or a little bit of instruction, an observation about what's happening in my life, all sorts of topics come up and then the words follow. Being faced with the announcement, which is potentially going to be broadcast this afternoon, of the lockdown lasting until the end of May, I really am going to have to give some thought as to how to structure these articles. That's a lot of words with no story. However, I do have a thought about a common thread which could run through the next few weeks. If you have ever been to our Academy at Vila Sol, you may have heard me say that a player's talent normally hits a plateau based on the bad habits which they have in their swing. The talent is there, almost always, it's just that the player hasn't learned how to move correctly due to the bad habits which have been ingrained through

lack of instruction or misinterpreted information. If you Google the question, how long does it take to change a habit the general answer comes back, 'on average 66 days'. Or as the medical profession are saying, 'on average 66 days for a new behaviour to become automatic'. If you do something for just over two months you can have a whole new way of moving, especially your golf swing. So out with the old and in with the new! Beware blunt question coming, "what else are you going to do with your time?" Seriously, what are you going to be doing? Instead of letting the situation you find yourself in get you down, train instead and train regularly and hard. As I said last week, there are three levels of fitness a player has to have achieved; being physically able to carry your bones over the distance of a golf course and walk off the course with the same level of energy as you walked on to the first tee with, secondly you need to be able to swing the club at least sixty times without

any fatigue setting in, and thirdly the one which I can't help with, which is to be mentally match fit. Sorry, but that one is down to actually being 'in play' or in competition mode. The coaching, which is already online, is free. I have constructed a systematic series of coaching specifically around building great habits without hitting a ball. I have done six so far, on my rooftop, just outside of Tavira. My intention is to do one short session, say two minutes long, on Facebook and duplicated on YouTube every day with a day off on Sunday. Once I have finished this, I'm going to expound the virtues and importance of the left hand and its wrist in the golf swing. I know, I know, how has such excitement passed you by? Not a single mention of my activity on the mass or social media! It's scandalous, almost as if the news is being hijacked by another crisis. However, in all seriousness, hopefully there will never be a stretch of time where you will be 'banned' from playing golf or hitting balls. Especially for 66 days.



Instead of letting the situation you find yourself in get you down, train instead and train regularly and hard.

What a chance to take part in a social media experiment, where you have the time and the resources to implement change without any sacrifice at all. I will help guide you through the systematic change. If you are thinking what

experience do I have in this game or even how competent am I in this golf business, have a look at Golf Integrated Academy (Vilamoura) on Trip Advisor and that should go some way to alleviating your concerns. So please, have a look

and if you would like a specific area covered which would be of interest to you please drop a note and I will do my best to accommodate. See you next week in the paper, or online very soon. Stay safe and healthy in the meantime.

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Juventus to sell Ronaldo?

N CHRIS WRIGHT



CR7 joined Juventus from Real Madrid in 2018 for around €110m, but now aged 35 his transfer value will have dropped and his fee would be around €70m

Juventus could sell Cristiano Ronaldo to the English Premier League for just €70m in a desperate bid to cut costs as they face financial crisis due to the coronavirus pandemic.

He earns a staggering €570,000 per week, and over €30m per year which might be too high a cost for Juventus to sustain, according to Italian media. There is huge concern about the long-term economic impact of the pandemic, and Italian newspaper Il Messagero reports that Juventus might not be able to afford to pay Ronaldo's eye-watering contract even when football returns to normality. Ronaldo has agreed to waive four months' wages to help the club's finances, as have his Juventus team-mates, along with manager Maurizio Sarri. They have agreed to a reduction in pay equal to the monthly payments of March, April, May and June, which is set to save the club around €90m.

Football clubs across the globe are being hit by a complete loss of match-day revenue with all fixtures cancelled until further notice, plus the looming threat of huge reductions in TV payments, should those fixtures never be played. Ronaldo's old rival Lionel Messi, along with his Barcelona team-mates, has agreed to a 70 percent reduction on his wages during the coronavirus crisis. CR7 joined Juventus from Real Madrid in 2018 for around €110m, but now aged 35 his transfer value will have dropped and his fee would be around €70m according to the report. A new study by the CIES Football Observatory has suggested that transfer fees will drop by 28 per cent due to the financial impact on clubs of coronavirus, which could see Ronaldo's value hit further.

Benfica and the golden years

Sixty years ago was the start of a decade that will always be known as Benfica's 'Golden Years'. They won eight Primeira Liga titles three Taça de Portugal and two European Cups.

Many of these successes were achieved with Eusébio - the only player to win the Ballon d'Or for a Portuguese club - Coluna, José Águas, José Augusto, Simões, Torres, Domiciano Cavém and others, who formed the 1963-64 team that set a club record of 103 goals in 26 league matches. But it was the European Cup campaign of 1965 that will be remembered for a variety of reasons.

The fifteen preliminary round two-leg ties resulted in a total of 117 goals whilst The Eagles bagged 27 goals in their four ties on the way to the final including a 6-3 aggregate victory over Real Madrid in the quarter-

finals. But it was another quarter-final game that attracted much attention.

It is often said that being beaten on penalties is the cruellest way to lose a football game; but as Cologne found out the hard way when they played Liverpool in March 1965, there are far, far worse ways as they were eliminated from the European Cup on the toss of a coin. Having won the league title the previous season this was Liverpool's first foray into Europe's elite competition with Bill Shankly, the man who had taken the club from second-tier obscurity to top-flight table toppers, at the helm. After two goalless

draws in both legs of the tie a replay was arranged at a neutral venue in Rotterdam on the 24 March 1965.

In the days before penalty shoot-outs, even a third game could not separate the two teams. Liverpool took an early two-goal lead in the third match in Holland and looked to be sailing through to the next round thanks to goals from Ian St John and Roger Hunt but the German side hit back through Karl-Heinz Thielen and Johanns Löhr as the two sides found themselves level once more.

Penalties were still some five years away from being introduced so, after five hours of football, it was left to

Belgian referee Robert Schaut to settle matters by flipping a coin to decide who would progress to the semi-finals to face holders Inter Milan. He took Liverpool captain Ron Yeats and the Cologne skipper Wolfgang Overath to the centre circle followed by a couple of cameramen with the rest of the two sides looking on, but to add to the drama, the heavy playing surface in the Netherlands that day would play havoc even with something as simple as a toss of a coin.

"I got there first and said to the referee 'I'll have tails,'" recalls Ron Yeats. "Lucky for me he said okay." But as the coin came down onto the



Eusébio was the only player to win the Ballon d'Or for a Portuguese club when he played for Benfica

playing surface it landed at an angle which was impossible for anyone to see whether it had landed head or tails side up. "Ref, you're going to have to re-toss the coin," Yeats shouted at Mr Schaut and to his amazement, the Belgian official agreed. "I thought the German captain was going to hit him. He was going berserk because it was falling over on to the heads side," remembers Yeats. "He picked it up, it went up again, and this time came down tails." So it would be Liverpool who advanced to play the holders Inter Milan.

In a thrilling two-legged semi-final Liverpool had their 3-1 advantage from the home leg overturned in spectacular style losing 3-0 in Milan which finally knocked them out of the competition.

So it was that Benfica faced Inter Milan in the final at the San Siro, Milan on 27 May 1965. Eusébio, having scored eight goals on Benfica's way to the final, was unable to inspire his colleagues and it was the Italians who lifted the trophy

thanks to the only goal of the game by Jair just before the interval.

The Benfica team comprised solely of Portuguese players including Algarve born Domiciano Cavém who would be one of the players involved in a fatal accident in the hydro-massage bath at Benfica, some eighteen months later, that resulted in the death of former Olhanense star Luciano. On the 5th December 1966, the new hydro massage bath short-circuited with seven players inside, Luciano being nearest the machine. Eusébio, Jaime Graça and Santana escaped with burns, whilst José Carmo Pais, Domiciano Cavém and Amândio Malta da Silva were knocked unconscious until Graça managed to climb out the pool and cut off the power supply. Luciano died immediately at the age of 26, and the team played the rest of the campaign in black, winning the league. Domiciano Cavém's family hail from VRSA and his niece is currently a dentist in Tavira.

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