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Let the harvest begin



The harvest begins in the Algarve at a time when the effects of Covid-19 on the industry have led to challenges for producers. (EPA / Caroline Blumberg) **Full story P4.**



The Portugal News launches in new languages. **P2**



Calls for physical castration of paedophiles. **P3**



Portugal firms up key post-Covid recovery plan. **P6**



9% of Portuguese properties sold to non-residents. **P16**

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The Portugal News launches in new languages

Readers are now able to access all of the news from Portugal not only in English but also in German, French, Spanish and Dutch.



The Portugal News is now available online in Dutch, German, French, Spanish at www.theportugalnews.com

The Portugal News has launched new languages on the new look website, allowing readers to now access news from across Portugal in a variety of languages. Visitors to www.theportugalnews.com can simply select the language of their choice and read news now written by our foreign correspondents for each of the countries, with new articles being published every day.

This new feature is leading edge, with **The Portugal News** being the only printed newspaper, as far as we are aware offering such a broad range of languages. There are also plans to increase this in the near future and to also offer exclusive content in the different languages. We have launched this new service to meet the needs of the diverse foreign community and holidaymakers in Portugal. This service

will keep them informed of all the latest going on in Portugal in the language of their choice. Currently the new languages on the site are being beta tested so please bear with us and feedback is greatly appreciated. Initial limited feedback has so far been very positive. Look out for more new features, sections and exclusive content coming soon on www.theportugalnews.com.

WEATHER

Mainly dry and warm

It will be a dry and warm weekend across Portugal with a chance of rain only in the north.

Lisbon: The rain clouds are set to clear this weekend however this will result in temperatures falling to average highs of 22 degrees and lows of 15 degrees. From Monday the temperature is to increase again up to highs of 27 degrees by Tuesday although northerly winds will make it feel cooler.

The north: There will be a slight chance of rain over the weekend however temperatures will remain steady with highs of 21 degrees and nightly lows of 14 degrees. From Monday cloud cover is to clear and temperatures are to rise to highs of 23 degrees. Rain is set to return in the north from Thursday.

The centre: It is set to be a dry weekend in the central regions of Portugal with temperatures averaging highs of 21 degrees and lows of 10 degrees. From Monday the temperatures are on the rise up to highs of 24 degrees and lows of 13 degrees and there is no chance of rain.

The south: It will be a dry and warm weekend in the south with temperatures reaching highs of 28 degrees and lows of 16 degrees. The clear skies and high temperatures are set to continue for the remainder of the week, with no chance of rain and north westerly winds.

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N News in Brief

German prosecutor in McCann case starts new investigation

A German prosecutor trying to build a case against a suspect in the 2007 disappearance of three-year-old Madeleine McCann in Portugal says he had opened an investigation into a reported rape of a young woman in the same area in 2004. The investigation into the girl's disappearance 13 years ago is now focused on a 43-year-old German identified as Christian B. who is currently in a prison in Germany serving a sentence for drug dealing but has been seeking parole.

Portuguese Grand Prix tickets sales going strong

Tickets for the Portuguese Grand Prix, to be held in the Algarve for the first time, have been selling fast, with 45,000 fans expected each day. Portugal returns to the Formula 1 calendar for the first time since 1996 when Portimão hosts a race on 25 October at the Algarve International Circuit. The Algarve circuit has capacity for 90,000 grandstand seats, but following agreement with the government only half of these will be occupied. All spectators will be temperature-tested on their way into the circuit, will have to wear masks and must stick to their designated seat.

DGS to recommend using a mask outdoors in busy places

Portugal's Directorate General for Health is to recommend that masks should be worn outdoors in busy places whenever it is not possible to guarantee the necessary social distancing. The Director-General of Health, Graça Freitas, said that a recommendation will be issued by the Directorate-General for Health to this end.

Cafés and cake shops can stay open until 1am

The government has confirmed that cafés and cake shops can stay open until 1am after the new rules in the context of the contingency situation raised doubts among entrepreneurs. In a note the government clarified cafés, cake shops and other similar establishments may close at 1am, but they cannot accept new customers after midnight. Portugal went into a state of contingency on 15 September; most establishments were originally to close between 8pm and 11pm, but the government gave local councils the autonomy to define closing times within that frame.

Right wing party calls for physical castration of paedophiles

Right wing party Chega, has submitted a constitutional review to the Portuguese parliament which includes calls for the physical castration of paedophiles.

According to the documentation submitted by Chega, a reviewed Constitution of the Portuguese Republic (CRP) would allow the "coercive penalty of chemical or physical castration to individuals convicted by Portuguese courts for crimes of rape or sexual abuse of minors, sexual abuse of dependent minors and sexual acts with teenagers", as well as "life imprisonment for particularly serious crimes, to be defined in special legislation".

A party source told Lusa news agency that the removal of the genitals for those convicted of sexual crimes would only be applied when chemical methods proved to be ineffective and "always with the consent of the accused and full disclosure of the procedures". "If accepted by the court, surgical castration will have a beneficial effect on the sentence", leading to reduced time in prison for the convicted criminal. The same source from Chega highlighted that "physical castration exists in some North American states, such as Texas, for example". In December 2019, the president and sole deputy of the Chega party



Chega party leader, André Ventura, advocates the physical castration of paedophiles. (Photo: Lusa/António Cotrim)

presented a bill on the chemical castration of paedophiles which the Speaker of the Republic, Ferro Rodrigues, considered to be unconstitutional. At the end of February Ferro Rodrigues, decided that the Chega proposal should be removed from the agenda of the plenary session of the Assembly of the Republic based on the understanding of the Committee on Constitutional Affairs, Rights, Freedoms and Guarantees, which concluded that the bill, "from a constitutional point of view,

did not meet the requirements". The Superior Council of the Judiciary also considered that the Chega initiative violated articles of the CRP and also of the Universal Declaration of Human Rights, such as the right to human dignity. The constitutional review of the Chega party, led by André Ventura, also includes the call for "jus sanguinis" (blood right) in the functions of prime minister and ministers, positions that would only be "exercised by individuals with original

Portuguese nationality", or that is, individuals whose parents are Portuguese nationals born in Portugal. Forced labour for prisoners is another idea advocated by Chega's sole deputy and pre-presidential candidate. "Those sentenced to whom a penalty or deprivation of liberty may be imposed may, as a result, and if so imposed by the competent administrative authority, perform mandatory work for the benefit of society, as a way of offsetting the costs inherent of their stay in the prison system", reads the text.



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Let the harvest begin

N PAULA MARTINS

With fewer visitors and a reduction in sales of bottles, but with a greater quality of wine, the Algarve's wine specialists expect a raise in quality, but a drop in sales this year.



The Algarve is the region that has the most wines with praise in a blind tasting competition, compared to the volume of production.

The Algarve has a legacy as a wine producing region. For many years, the wine trade in the Algarve was very important. However, in the middle of the 20th century, wine production declined as the benefits of wine could not compete with the profits that tourism brought to the region. At the beginning of the 21st century, the wine production tradition experienced a revival in the Algarve and new wineries appeared, producing exceptional wines. The soils where the grapes are grown are rich in clay, limestone, stoneware and even areas with shale. It is in the Algarve, between Silves and Monchique that you can find the Quinta do Francês, a family property, with 8 hectares of vineyards, located on

the Odelouca stream. Quinta do Francês is a young vine started in 2002, which produces red wines of two different types: Gama Odelouca and Gama Quinta do Francês.

Wine production effected by Covid- 19
At the Quinta, we can find Tânia Matos, who works for the company. She is usually in the wine's store, but when needed, she also helps with the harvest. This year, her main concern is related to the drop in visitors, which have fallen "by 70 percent compared to last year", she said. "Most groups book one year in advance and this year they have cancelled", she added. Before the pandemic, Tânia Matos told **The Portugal News**, that they had groups of 50 to 60 people, and now adding to the issue of cancellations, the Quinta is also unable

to receive large groups at one time. The recent law regarding the state of contingency restricts the number of people per group, to a maximum of 10. "Usually September and October are a good months, but this year is going badly due to Covid-19", she said. In addition to the reduction in visits, which also influences the purchase of bottles of wine, the Covid-19 pandemic changed the general operations of the vineyard. In order to guarantee the health of the team, essentially made up of family members, neighbours and friends, "during the harvest we use masks and try to use disinfectant whenever possible", Tânia Matos said. Harvest 2020: Less quantity, more quality. Experts highly praise the quality of the wines of the

Algarve. Anibal Neto, an agronomist in the Algarve, told **The Portugal News** "we are the region that has the most wines with praise in a blind tasting competition, compared to the volume of production". "This year the production has dropped 20 percent compared to 2019, but the quality of the vine is very interesting", he said. "Our wine has a lot of quality, there is a choice of grapes both in the field and in the cellar". Anibal Neves also reinforced the level of excellence of Algarve wines, "the fact that we are small, makes us pay attention to the details", he said.

When asked about the workers in the harvest in the Algarve, Anibal Neto explained that there simply aren't enough, "most of the harvest jobs, around 90 percent, are undertaken by people from Asia with no qualifications". In addition, "we also have some Portuguese teams that come from schools outside the Algarve to do their internships. However, these people have goals, aspire to other positions and don't want to spend a long time in the harvest", said the agronomist. To end the interview, Anibal Neto made an appeal: "People should support local producers and buy Algarve wines". In his opinion, restaurants do not always make the right choices, as they buy wines from other regions of the country, basing their buying primarily on price, thus failing to contribute to this award winning local economy.

N

News in Brief

Portugal ranks mid-way on table of EU minimum wages

Portugal has ranked mid-way on a table of 21 EU countries that pay a minimum wage. The minimum wage is imposed in 21 of the 27 countries of the European Union. But the figures vary significantly between the different Member States, ranging from almost €2,142 in Luxembourg to around €312 in Bulgaria. In Portugal the minimum wage - currently €635 - is paid 14 times a year; dividing the annual amount by 12, to allow comparison, Portugal has a minimum wage of €740.83, ranking in the middle of the table in European terms.

Portugal brings flu vaccinations forward

The annual flu vaccination drive has been brought forward and started on 21 September. At risk groups will be given priority to receive vaccinations, along with health professionals and other occupations considered essential. Concerns have however been raised over stocks, with the national pharmacy association saying demand for the flu vaccine is already five times higher than last year.

Ryanair reduces capacity by a further 20%

Ryanair has announced an additional 20 percent reduction in capacity for October on top of the 20 percent reduction already announced in August, due to the impact of "continuous changes in travel policies and restrictions" in the European Union. The Irish airline said in a statement that the "additional 20 percent reduction in October capacity" was made necessary by changes to travel restrictions in the face of the Covid-19 pandemic.

Portugal rises to 5th on FIFA ranking

Portugal's national football team has climbed two places in the FIFA ranking, now occupying the fifth place, after the victories over Croatia (4-1) and Sweden (2-0) in the opening of the League of Nations. This was the most relevant move among the top 10, with Portugal now placed ahead of Uruguay and Croatia. The top four remain unchanged, with Belgium leading the way, followed by France, Brazil and England.

Portugal's nursing homes 'struggled to recruit staff during pandemic'

Portuguese officials say nursing and care homes have had difficulty in recruiting staff during the coronavirus pandemic. Health Minister Marta Temido told a parliamentary committee that "the stigma attached to this illness is still very great." Specialist teams have visited about half of the country's 2,628 licensed homes for the elderly to check whether proper procedures are in place. In the past three years, authorities have shut down 407 illegal homes.

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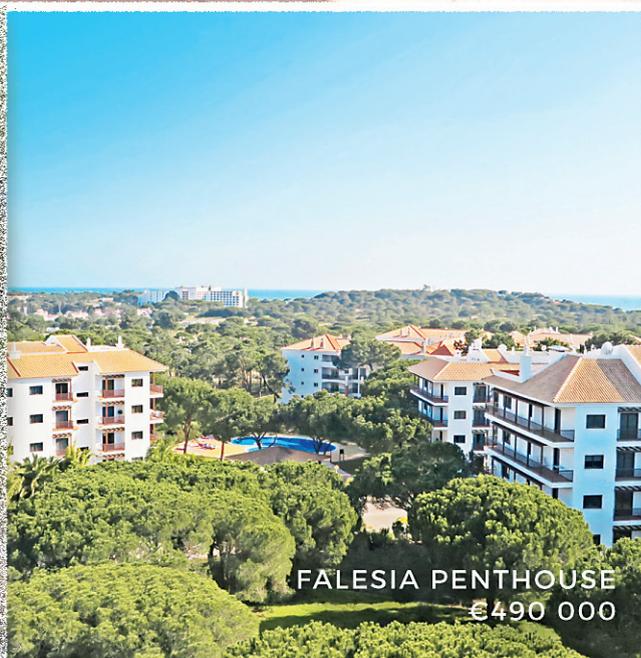
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Portugal firms up key post-Covid recovery plan

Portugal's government has this week held a series of meetings to outline a ten-year Recovery and Resilience Programme to aid a series of reforms and investments from early next year.



Prime Minister António Costa has described the EU funding as a "unique opportunity". (Photo: Lusa/Tiago Petinga)

The week kicked off with the Prime Minister hearing the various parties represented in parliament at his São Bento residence, with a view to firming up the first proposal for the country's Recovery and Resilience Programme, to be

applied from early 2021 through to 2030. Prime Minister António Costa has described the EU funding as a "unique opportunity" but which will require "a clear strategy set in ample political and social consensus" to be successful. He further argued that the

execution of the plan should unfurl in a decentralised fashion, "involving the full scope of economic, social, academic, cultural and public administration actors: the state, autonomous regions and authorities". The outline of the draft unveiled

on 21 September reportedly drew criticism from left to right, but the political forces that he did show availability to make contributions. While some parties argued that the focus of the plan should be on companies, others pointed out that hiring health professionals is a priority. As well as hearing the parties with parliamentary representation, António Costa this week also met with the Economic and Social Council and the Territorial Consultation Council on 22 September, for their views on the matter. This was followed by a themed debate on the Recovery and Resilience Plan in Parliament on 23 September, which started at 3pm and lasted for approximately two hours, being opened by the Prime Minister. Three key priorities have been set out in the draft as fundamental for overcoming the crippling effects caused by the coronavirus pandemic, these being categorised as 'Resilience', 'Climate Transition' and 'Digital Transition'. This comes after Brussels last week slashed the amount

allocated in its post-Covid recovery plan to Portugal by 2 billion, down from 15 billion to 13 billion. According to the preliminary draft, Eco Online reports, the fattest wedge of the subsidies would be ploughed into the 'Resilience' block, which covers Social Vulnerabilities, Productive Potential, and Competitiveness and Territorial Cohesion. The Recovery and Resilience Programme is based on a 142-page document titled 'Strategic Vision for Portugal 2020-2030 economic and social recovery plan', penned by government consultant António Costa Silva. Portugal has been ambitious with its Recovery plan and aims to be the first country to submit it, to ensure funds are released as early as possible. Prime Minister António Costa said this week it is essential that the European Union approves the plan and regulations, but the country must put it to work quickly. The European Commission expects Member States to submit a draft recovery plan by 15 October, with final versions being sent by 30 April of next year.



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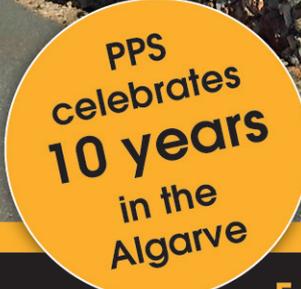
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“Unique” Iberian subtropical storm recorded

The first ever subtropical storm has been recorded in an occurrence described by meteorologists as a “historic fact”.



High winds and heavy rain led to incidents across Portugal and stopped play during the second round of the Open de Portugal at Royal Óbidos on 18 September.

According to weather experts, subtropical storm Alpha, which barrelled along the Portuguese coast and through some parts of Spain last weekend, was the first event of its kind to be registered since weather records began.

This was first put forward by Spanish meteorologists and later confirmed by the Portuguese Met Office (IPMA).

In some cases along the Portuguese coast, particularly the stretches along the Algarve and up to Lisbon, entire beaches were consumed by rapid rises in sea levels, while winds of up to 100km/h were registered in some inland locations.

On 18 September, 522 occurrences were registered by civil protection authorities due to strong rain and wind which wreaked havoc in various parts of the country.

The early hours of 19 September were calmer, but the Civil Protection service still registered 33 occurrences, mostly associated to falling trees, flooding, toppling structures and tidal surges in coastal areas.

Newspaper Observador reported two tornados in Beja and Palmela, which occurred due to supercells.

The districts of Leiria, Lisbon and Faro

were the most affected by the unseasonably bad weather. According to Visão magazine, Juan Jesús González Alemán, a researcher in atmospheric dynamics, quoted by Spanish daily newspaper El País, has no doubts: “it is a historical fact.”

Rubén Del Campo, spokesman for the Spanish meteorological agency, added: “It was a very profound storm and, above all, rare for the time of year and for the latitudes where it passed.”

Weather experts appear to be in agreement, Visão reports, that there seems to be a growing movement of weather phenomena more typical of the American coastline on Europe’s doorstep. Last year, three other tropical phenomena landed in Portugal and Spain, whereas the norm would be the odd occurrence over extended periods.

Tropical storms are a type of cyclone that carry sustained winds - that is, the average wind speed in one minute - of between 60 and 120 kilometres per hour. The next step up, hurricane category, exceeds 120km/h. Subtropical storms are hybrids that have the characteristics of the occurrences of the tropical system, but which occur at mid-latitudes.

Share of renewable energy in Madeira to reach 50%

The share of renewable energy resources in Madeira’s electricity production will reach 50 percent by the end of the year, thus reducing its dependence on fossil fuels, the regional secretary of economy announced.

Rui Barreto made this revelation in the Legislative Assembly, in Funchal, in the discussion of the decree that adapts to Madeira the legal regime applicable to self-consumption of energy and defines the legal regime for the installation of production units for self-consumption in the region.

“It is possible to reach 50 percent by the end of the year,” he said, adding that the Regional Government is making “a true democratisation in energy production,” making it possible for people to produce and sell surplus energy to the grid.

“We hope to achieve a reduction of 92,000 tonnes of fuel oil next year,” he said.

Rui Barreto also noted that the Regional Government

was also preparing the Basic Law for the Organisation and Operation of the Region’s Electricity System.

The target of 50 percent renewable energy by the end of the year was, however, contested by PS deputy Silvia Silva and JPP deputy Rafael Nunes, who noted that in 2019, according to data from Empresa de Electricidade da Madeira, only 24.2 percent of the energy obtained was generated by renewable sources, the rest coming from fossil fuels.

The parliamentary leader of the socialists, Miguel Iglesias, criticised the “late” presentation of the regional legislative decree.

The Legislative Assembly also debated an initiative by the Socialist Party (PS), which



The Regional Government is making “a true democratisation in energy production,” making it possible for people to produce and sell surplus energy to the grid.

establishes the legal framework for beekeeping and health standards for the

defence of bees, adapting national legislation to the region.

Students organise new climate protest

Students will be taking to the streets on Friday, 25 September to demand solutions to the climatic crisis.

Initially, the protests were created by the young Swedish activist Greta Thunberg, who started to protest on Fridays alone demanding measures to combat climate change. Now, student climate strikes are taking place all over the world and in Portugal the Friday initiative is already the sixth of its kind, this for the first time is not being called a strike, but instead “climate mobilisation”.

In Lisbon, a concentration is scheduled for Friday afternoon, which ends with music, theatre and political messages. Similar initiatives are planned for Aveiro, Coimbra, Évora and Porto, among many others.

The date of the next manifestation is already being debated by the “Friday’s for Future” movement.



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Illegal asbestos dumping concerns

Environmental association warns asbestos is being dumped in 'bins, scrubland and quarries'



A large number of buildings and structures in Portugal incorporate the dangerous material, as its use was widespread, including in schools. (Photo: Lusa/Tiago Petinga)

Portuguese environmental organisation Quercus has warned that asbestos is being improperly dumped in normal rubbish bins, scrubland and disused quarries, and has reiterated the dangers of the hazardous

material on health. Two weeks ago the association SOS Amianto, which is supported by Quercus, warned that a ban on non-hazardous waste landfills receiving fibre cement residues, issued by the Portuguese Environment Agency (APA), could lead to an increase

in illegal dumping. The technical rule issued in April determined a ban on the deposit of asbestos-containing fibre cement in eight national landfills, which left the use of such facilities reduced to existing options in Chamusca, Santarém district.

Quercus says it has received several complaints about the dumping of asbestos waste, adding it is worried about the current situation, since asbestos is a carcinogenic and toxic substance and poses serious risks to public health. Speaking to TV broadcaster SIC, spokesperson Carmen Lima affirmed the organisation has no doubt that this situation is due to the APA's procedures for disposing of asbestos, and that waste not being sent to Chamusca is, allegedly, being deposited "in undifferentiated waste bins, in scrubland or in abandoned sand and stone quarries".

This, the association fears, will have an impact "not only on the health of the people who are handling it, who are often unaware of the risks of exposure to asbestos and do not protect themselves adequately, but also, if it is placed in an undifferentiated waste bin, it will have an impact on the health of urban hygiene workers, and if it is left in scrubland or quarries it will have an impact on the health of those who take walks there". Quercus believes the proper solution would be to compel landfills to adapt to the

requirements of directives and international good practices. If the situation is not controlled, it warned, Portugal may have to invest in cleaning up the waste. A lack of inspections and training of workers who are in contact with asbestos are other problems that could have serious consequences. According to SIC's report, last year, only four out of 11 landfills were inspected by authorities. The use and commercialisation of asbestos has been banned in Portugal since 2005. A large number of buildings and structures in Portugal incorporate the dangerous material, as its use was widespread, including in schools. To this end, the government has launched an initiative to start removing it. In July it announced a national programme that will see asbestos gradually removed from more than 250 schools in Lisbon, the Alentejo and the Algarve, for a total investment of €60 million. The Education Ministry signed an agreement with 58 municipalities for the removal of asbestos in 255 schools in Lisbon and Vale do Tejo, the Alentejo and the Algarve.



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From the entrance hall the house flows from the living room with woodburning fireplace through the large and fully equipped kitchen next door and out to the terraces overlooking the pool and garden. From the entrance hall there is also direct access to the garage and a guest bathroom.

On the first floor all 3 bedrooms have wooden flooring and 2 of the bedrooms share a large balcony terrace with sea views.

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Backlash brews over supermarket alcohol curfew

An 8pm curfew on the sale of alcoholic beverages in supermarkets and hypermarkets has been met with growing incredulity among the general public and slammed by distributors as a “fallacy”.

N CARRIE-MARIE BRATLEY



The Situation of Contingency, brought in on 15 September, saw measures implemented that restrict gatherings and establishment opening times, in a bid to slow the spread of Covid-19.

The Situation of Contingency, brought in on 15 September, saw measures implemented

that restrict gatherings and establishment opening times, in a bid to slow the spread of Covid-19. Among those measures was

a ban on supermarkets and hypermarkets from selling alcohol after 8pm. But this measure has garnered

criticism among shoppers, with consumers describing the measure as “beyond ridiculous” and treating shoppers “like kids”. Long term Algarve resident and self-employed expat Alison Ireland told **The Portugal News** “it’s just absurd; occasionally I like a glass of wine with dinner and I don’t always have a bottle in the fridge, but I work long days and sometimes can’t get to the supermarket before 8pm”. It has also been panned by the Portuguese Association of Distribution Companies (APED), which agglomerates a group of companies in the retail, wholesale and e-commerce sector, representing over 11 percent of Portugal’s Gross Domestic Product. The APED described the restriction on the sale of alcoholic beverages from 8pm onwards as “a fallacy” and a “purely populist measure”. “It only contributes to an increased flow in stores between 7pm and 8pm and is not effective in preventive terms”, considered Gonçalo Lobo Xavier, APED

Director-General, who, in comments to **The Portugal News**, said: “This measure was based on the holidays and the gathering of young people, especially in the Greater Lisbon region. Now, classes have started, summer has passed and the rest of the country does not adopt the same behaviour as the Lisbon region. “[This measure] only came to cause unnecessary disturbances in the rest of the country and does not contribute to public health”. Mr. Lobo Xavier argues the health specialists are clear in saying that “the second wave of contagion can be mitigated by avoiding clusters”. He believes the prohibition on the sale of alcohol extended to the whole country has caused “unnecessary congestion at the end of the day and further disturbance to a sector that has always worked to serve consumers, complying with and anticipating all safety rules, which is essential to maintain the confidence of in-store consumers”.

Britons involved in Algarve-wide drug bust

British, Portuguese, Cape Verdean and Guinean nationals have been arrested in a major bust that dismantled a drug trafficking network involving the owners and employees of bars and clubs in the Algarve.

In total, 19 people aged 22 to 65 were arrested in the operation, which took place last Tuesday and involved over 100 police officers.

The Public Prosecutor’s office revealed on Wednesday that 13 people had initially been arrested, followed by a further six who were caught in the act.

Newspaper Público, citing a GNR police statement, reports the network

involved employees and owners of nightlife establishments who “delivered the drugs to their customers” as well as “to homes, vacation homes or hotels in the region”.

The bust took place last Tuesday following an almost two-year investigation, leading to the arrest of the 19 people - 15 men and four women - for drug trafficking and criminal

association.

The GNR statement further detailed that the trafficking network was allegedly led by two foreign suspects and “operated essentially in the municipality of Albufeira, but also extended its activity to several other municipalities in the district of Faro, namely Portimão, Silves, Lagoa, Loulé, Olhão and Tavira”.

In the scope of the investigation, “69

search warrants” were carried out, “30 of which were home searches, 29 on vehicles and ten on night entertainment establishments”.

A large haul of drugs - 19,471 doses of cocaine, 2,511 doses of hashish, 2,760 doses of heroin and 76 cannabis plants - firearms, vehicles and over €39,000 in cash and some foreign currency were seized in the vast crackdown.

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Sewage water could be solution for Algarve drought

During these times of water shortages, with Algarve dams registering storage levels between 18.3 percent and 55.3 percent, the government has presented a plan to combat drought in the region which includes the reuse of sewage water.



The regional plan of hydro efficiency (PREH) in the Algarve expects an investment of €228 million

According to the Correio da Manhã, the regional plan of hydro efficiency (PREH) in the Algarve expects an investment of €228 million in regard

to the application of 57 measures in agriculture, urbanism and tourism areas. In the plan presentation, that took place in Faro, the Environment and

Climatic Action Minister, João Matos Fernandes, said that “there is no sense in multiplying dams when there is no water”. In his opinion, reusing the residual water is the solution to guarantee a better water availability in the south of Portugal. The projects range from improvement in public water supply to awareness campaigns. ‘Safe water a short and medium term’ is the main tasks of the PREH authors, whose preparation was coordinated by the Environment Portuguese Agency and the Directorate-General for Agriculture and Regional Development. Simultaneously, other projects on the Guadiana dam are being studied, including the desalination or water transfer from the Pomarão, in Mértola, to the Odeleite Dam, in Castro Marim and the possibility of building one or more dams (Foupana and Ribeira de Alportel) is also included.

Algarve unemployment rises 178%

The Algarve region recorded in August the highest increase in the number of unemployed compared to the last year.

According to data from the IEFP, the unemployment rate rose 177.8 percent to 20,425.

Data from the Employment and Vocational Training Institute (IEFP) shows that, since March, the month of the beginning of the state of emergency due to the Covid-19 pandemic, the Algarve is the region with the most marked increases in unemployment.

Before the pandemic situation, in January and February, the Algarve was the only region of the country to register an increase in the number of recorded unemployed, but

with slight growth, of 0.3 percent and 0.9 percent, respectively, compared to the same period in 2019.

In March, the increase in the number of unemployed in the Algarve rose steeply to 41.4 percent, growing to 123.9 percent in April, 202.4 percent in May, 231.8 percent in June and 216.1 percent in July, having then an increase of 177.8 percent in August (13,072 more people than a year ago).

However, compared to the previous month, the number of unemployed in the Algarve region decreased by 10.2 percent in August, showing that there were 2,425 fewer unemployed

registered in July.

The job offers in the Algarve region also fell 24.7 percent in August compared to the same

month of 2019 but increased by 4.6 percent compared to the previous month.



The job offers in the Algarve region also fell 24.7 percent in August compared to the same month of 2019

Electric Daisy Carnival festival coming to Praia da Rocha

Praia da Rocha, in Portimão, will receive in 2021, the Electric Daisy Carnival festival, between 18 and 20 June.



The organisers expect “an unforgettable weekend in Praia da Rocha” between 18 and 20 June

The event which happens every year in the United States, more specifically in Las Vegas, will take place again in Europe to celebrate its 25 year anniversary.

The organisers expect “an unforgettable weekend in Praia da Rocha” between 18 and 20 June, dates when “EDC returns to Europe to celebrate its 25th anniversary”, extending its

Presence in Portugal.

Insomniac, the company that promotes the festival in Las Vegas, considered that “Portugal is the ideal destination for the production of summer festivals, and, Portimão, due to its natural conditions and the support of its municipality and all other authorities, making it the best choice to hold the festival”.

Migrants to be deported

The 28 undocumented migrants who landed on Isla Deserta in Faro on 15 September will remain in the custody of the Foreigners and Borders Service (SEF) until they are deported from the country

According to Faro Tribunal, the migrants “will remain in the custody of the SEF, while awaiting deportation procedures to be initiated”.

The hearing took place by videoconference, after two of the migrants tested positive during Covid-19 screening tests.

The national director of SEF, Cristina Gatões, said that the migrants who tested positive are separated from the rest of the group, “complying with the determinations of the health authority”.

The migrants have been staying at the Logistics Support Base (BAL) in Quarteira, in the municipality of Loulé, since they arrived

SEF also said that the 28 migrants - 24 male adults, three female, one of them pregnant, and a minor - have been guaranteed all their basic needs for food and medical assistance.

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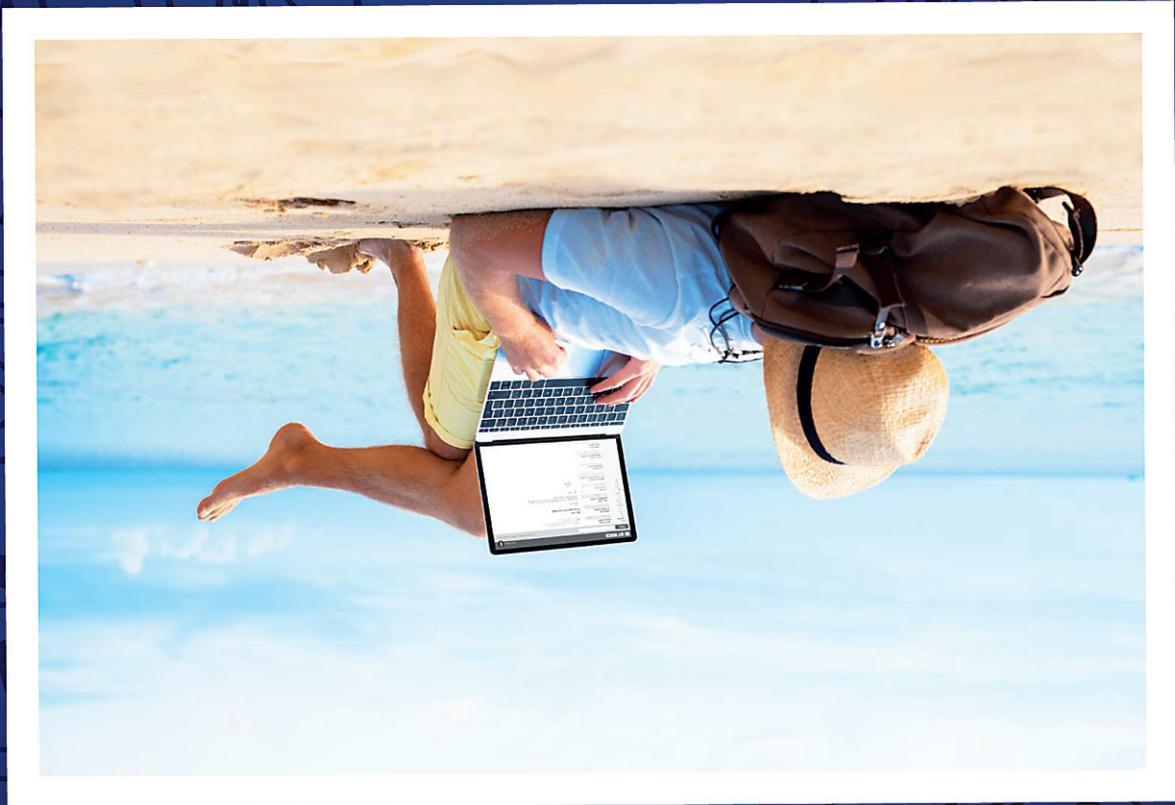
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A long road to recovery for TAP

TAP's new CEO, Ramiro Sequeira, has said that it is vital to have "common sense and to remain calm" when making any decisions in the context of a "very slow" recovery of the aviation sector in the coming years.



Demand forecasts for 2021, made by IATA and Eurocontrol, are at between 55 and 60 percent of the demand for 2019, in the best-case scenario.

“It is vital to have common sense and to remain calm when decisions have to be taken, together with all workers, unions and all ‘stakeholders’. More than drawing up a good plan and showing it to Brussels, which is very important, is to be able to implement it and to respond, to ensure the recovery over the next three to four years that we want,” Ramiro Sequeira said to Lusa. Sequeira said that the demand forecasts for 2021, made by IATA and Eurocontrol, are at between 55 and 60 percent of the demand for 2019, in the best-case scenario, demonstrating “a very slow recovery curve for the next few years”. Ramiro Sequeira said that TAP’s main priorities for the coming months were to resume operations in a safe and sustainable manner and to finalise a restructuring plan that would facilitate a real recovery plan for TAP at the same time. For Ramiro Sequeira, it is essential to resume operations in a “totally safe” way, but also in a sustainable way.

“We are only operating at 30 percent of what we were supposed to and this is a conscious measure, because we cannot operate flights that are not profitable or that have little occupation, which would put TAP in an even more difficult position,” he said, pointing out that the main markets, Brazil and the United States, are still under severe restrictions, thus reducing demand, which is also aggravated by the low demand on medium-course routes, where TAP is exposed to greater competition from ‘low-cost’ airlines. TAP’s new CEO replaced Antonoaldo Neves who had held the position since 2018. Antonoaldo Neves left TAP following the agreement between the Government and private shareholders to reorganise TAP’s corporate structure - with the departure of David Neeleman - and will be temporarily replaced by Ramiro Sequeira. The Portuguese state now holds 72.5 percent of TAP’s capital, businessman Humberto Pedrosa 22.5 percent and workers the remaining 5 percent of the group.

9% of Portuguese properties sold to non-residents

Nearly nine percent of the properties traded in Portugal were sold to non-residents last year with French and UK buyers topping the table of foreign buyers.

According to the National Statistics Institute (INE), after the “significant” increases both in number and value in previous years (14.5 percent and 19.2 percent in number and 22.2 percent and 22.6 percent in value, respectively in 2018 and 2017), in 2019 the number of properties acquired by non-residents decreased by 2 percent, having increased by 1 percent in value.

The average value of properties sold to non-residents was €176,429 (up by 3.1 percent on 2018).

“This figure is 57 percent higher than the average value of total transactions, a difference similar to that in 2018”, said the INE.

As in the previous year, it was French residents who acquired the most properties in Portugal (18.1 percent of the total value of the properties acquired by non-residents), followed by UK residents (17.3 percent).

Among the main countries of residence of non-resident buyers, INE highlights China, whose average value of real estate acquired by residents of this country (€373,071) was more than double the total average value of real estate sold to residents abroad.

The Algarve overtook the Lisbon Metropolitan Area, accounting for 37.7 percent of the value of acquisitions by non-residents (35.8 percent in the Lisbon Metropolitan Area).

The information disclosed by INE on property acquisitions by non-resident buyers in Portugal

is based exclusively on administrative sources, namely from registries and notaries, and collected by the Directorate-General for Justice Policy of the Ministry of Justice.

According to INE data, in 2019, the number of properties traded in Portugal decreased by 4.7 percent, while the average value of properties traded in 2019 increased by 4.1 percent.



- As in the previous year, it was French residents who acquired the most properties in Portugal, followed by UK residents.

Best foot forward for Portugal

Portugal has been ranked in the top 20 of the world’s largest footwear producers in a sector that is dominated by Asia.

Production of footwear continues to be concentrated mainly in Asia, where nine out of 10 pairs of shoes in the world are produced



According to the latest edition of the World Footwear Yearbook, prepared by the Portuguese Association of Footwear, Components and Leather Goods (APICCAPS), Portugal regained a place and assumed in 2019 the 20th position in the ‘top’ 20 of the largest world producers in the sector, a group which only includes two other countries in Europe with Italy in 10th position and Spain in 17th.

“Production continues to be concentrated mainly in Asia, where nine out of 10 pairs of shoes are produced. Over the last 10 years, Asia has slightly strengthened its dominance on the international scene, increasing its world production by two percentage points”, says APICCAPS.

The association also noted Portugal’s “leading position” in terms of average sales price, with the second highest figure (US\$26.26 per pair exported), amongst the main world footwear producers, is still far

from Italy (US\$57.11 per pair), but already “clearly” above Spain (US\$19.11 per pair).

In contrast, the average price of footwear exported by China in 2019 was \$4.72.

Overall, the latest figures from the World Footwear Yearbook show that world footwear production has increased by 21.2 percent in the last decade, growing at an average annual rate of 2.2 percent, while global exports increased by 10.6 percent in volume and 59 percent in value.

In 2019, the world industry slowed down (it grew by only 0.6 percent, but still hit a new absolute record of 24.3 billion pairs produced at the end of last year), and the value of exports rose by 2 percent, also to a record \$146 billion.

“This growth was mainly driven by Asian countries, which increased their exports by 2.8 percent,” APICCAPS noted, adding that, “in Europe, the growth rate was 1.2 percent”.

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Henderson Park acquires Lagoas Park in Lisbon

Henderson Park, the pan-European private equity real estate firm, has announced that it has completed the acquisition of the 1.5 million sq ft Lagoas Park in Lisbon for €421 million.

The prime and well-let portfolio boasts a high quality and diversified tenant base including a

number of globally recognised healthcare and technology companies. Lagoas Park is centrally located

in the heart of Portugal's technology corridor Oeiras, and has over 5,000 on-site, underground parking spaces.

The park is situated just off the A5 highway, the country's busiest commuter route linking the high-end residential area of Cascais and the city centre, and is 20 minutes' drive from Lisbon's international airport. Lagoas Park is firmly established as the destination of choice for the regional headquarters of leading international businesses, with 17 Global Fortune 500 companies operating at the asset, a number of which have expanded their presence since first arriving. Occupiers include Google, along with Samsung, BMW, SAP, Johnson&Johnson, Sanofi, Oracle, Cisco, Volvo, Nike and BP. Nick Weber, Founding Partner of Henderson Park, said: "Lagoas Park is undoubtedly one of the leading business parks in

Portugal, standing out because of its incredible scale, quality and impressive tenant roster of high-profile companies. Lisbon has a growing position as a European business centre, attracting marquee international companies, across growth industries like technology and healthcare, and offering a high quality of life for employees. Lagoas Park's performance through the recent crisis is a testament to the fundamental appeal of both the location and the high-specification of the asset itself. We have a strong conviction that the right assets will continue to outperform and are confident in the future prospects of Lagoas Park and its ability to deliver attractive income growth and total return for our investors."



The innovation and technology hub offers 1.5 million sq ft of predominantly office space

PortugalConfidential.com celebrates 10 Years

PortugalConfidential.com, the travel resources website in English, commemorates 10 years of promoting contemporary Portugal.

To celebrate the milestone, the site has relaunched with a fresh identity. Launched a decade ago, PortugalConfidential.com was intended to explore Portugal through a contemporary cosmopolitan perspective. "I had just relocated to Portugal from Los Angeles," explains American expat and Portugal Confidential founder Greg Boegner, "I was interested in learning more about new boutique hotels, chic restaurants and popular bars

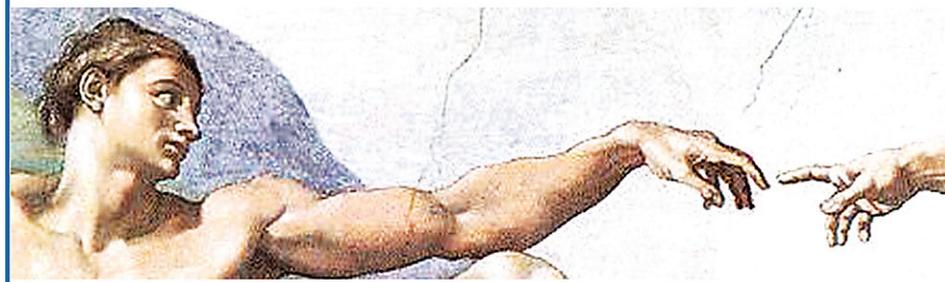
and lounges. In the process, I discovered that no one was promoting Portugal in this way." "With Portugal's recent economic growth, 'Everything cool in Portugal' became a little too broad," says Boegner, "we were trying to cover too much ground. Our new strategy streamlines the subject matter to appeal to the high-end consumer and traveller, a market that we see expanding in Portugal (before and after COVID restrictions are lifted, of course)."

Besides a cleaner design, Portugal Confidential has implemented a number of new features. Users can now browse the site by key cities and regions, and search subcategories such as hotels, dining, shopping and nightlife. "We are very proud to reach this 10-year point," declares Greg Boegner. "We greatly appreciate all of the support we have received over the years from our partners, sponsors, contributors and readers. We look forward to 10 more exciting years."



To celebrate the 10 year anniversary, the site has relaunched with a fresh identity.

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The Bungalow opens in Carvoeiro

The Bungalow, located at the Carvoeiro Clube de Ténis, officially opened on 19 September.

The Bungalow offers a selection of wellness services and treatments with four different specialities in one location.

Sarah Goodchild is a certified PhiBrows microblading artist and offers semi-permanent eyebrow make-up at Brows

with Sarah. Lydia Coles provides acupuncture sessions based on traditional and five element acupuncture to maintain the body's equilibrium. Kylie runs The Beautician where clients can come to be pampered with a revitalising deluxe spa manicure or pedicure and the Original Thai House offers exclusive Thai massage and therapy.

All of the individual businesses have come together in the bright and welcoming venue to offer complete wellness and treatments. For further information, contact Carvoeiro Clube de Ténis.



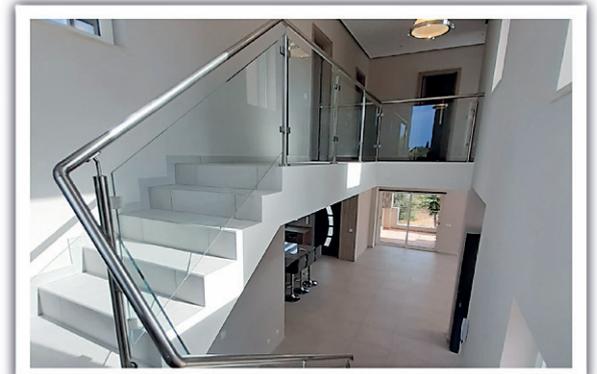
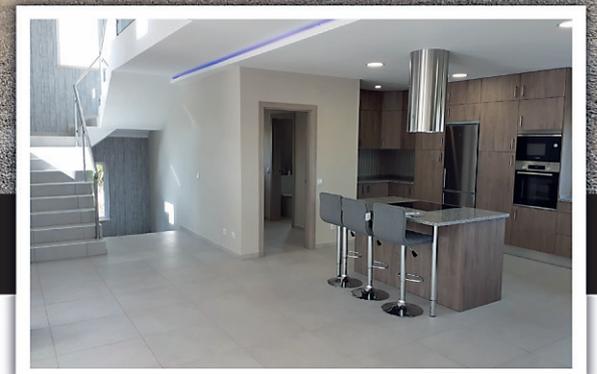
Celebrating the opening of The Bungalow at Carvoeiro Clube de Ténis



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pool with barbeque area, nestled in a 930 sqm plot with breath-taking views over the hills and Monchique. Euros **890,000.00** negotiable.

There will be an open house on **Tuesday** the 29th **September** from **12h00 to 16h00**. Face mask is mandatory.

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Why do I freeze up when trying to speak Portuguese?



MOLLY SMITH

Even after learning Portuguese for a long time, many still struggle with “freezing up” in real conversations.



The vulnerability and ambiguity involved in practising a language can feel overwhelming.

Why does this happen? They know the grammar rules and verb

conjugations, they have a decent vocabulary, and they may even understand most of what they hear. When it comes to

speaking, however, they're blocked by uncertainty and perfectionism. The vulnerability and ambiguity involved in

practising a language can feel overwhelming. Sometimes this is related to generalised anxiety, but it can also be situational anxiety, specific to speaking Portuguese (or any language). It's often due to fear: of not being understood, offending someone, sounding stupid, or making a bad impression. Part of the reason that language is so poignant is that it's deeply tied to who we are as individuals. The way you communicate with others is how you represent yourself to the world. You are not just learning Portuguese; you are trying to incorporate Portuguese into your life and persona. The words you choose, the tone of voice, the level of formality: these components of language

can be studied and understood, but applying them in the real world is more complicated. As a beginner, you don't yet have the subtleties that help you to be tactful, polite, or show concern. In your native language, you know how to be firm without being aggressive, friendly but not flirty, serious but not boring, funny but not offensive, and so on. Thus, communicating in a second language begins more like an act, rather than self-expression. Anxiety surrounding this disconnect causes a shift in brain activity, which in turn affects the ability to communicate effectively. Anxiety increases activity in areas involved in responding to danger and suppresses the parts of the brain needed for

processing language. So instead of clearly formulating a response, your brain is busy trying to avoid an imaginary threat. Consequently, you run into problems with attention, short-term memory, word-finding, and even coordinating the mouth muscles to produce speech. Luckily, there are many ways to approach this problem, ranging from stress reduction techniques, to building specific skills, to using the right communication strategies. Which fears cause you to freeze up? To find out more about learning Portuguese and to see a list of compiled strategies for beginning to overcome freezing up, please visit practiceportugese.com/freeze.

Apolónia launches more Beyond Meat™ products in Portugal

Following the previous success of the Beyond Burger and Beyond Sausage launches, the 100 percent vegetable minced meat alternative is now available at Apolónia in Portugal.

According to the brand, Beyond Mince looks, cooks and satisfies as minced meat, but is 100 percent of vegetable origin, without using soy, gluten or artificially produced ingredients. It has the versatility, texture and juiciness of minced meat. “From tacos to meatballs, Bolognese to Mini-hamburgers,

Beyond Mince is an alternative to any classic minced meat recipe. The protein comes from peas and rice, while coconut oil and potato starch ensure the juiciness and texture and beetroot gives the reddish tone to the meat,” said a spokesman from Apolónia. “The appearance of brands

such as Beyond Meat™ at Apolónia, are the result of the increase in the number of customers who are concerned about environmental sustainability issues and also due to an increase in those who seek to find alternatives for animal proteins as part of their diet,” concluded the spokesman.



The protein in Beyond Mince comes from peas and rice, while coconut oil and potato starch ensure the juiciness and texture and beetroot gives the reddish tone

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GWYNNE DYER

Boris Johnson's cunning plan

"I've got a plan so cunning you could put a tail on it and call it a weasel," said Blackadder's sidekick Baldrick in the BBC's brilliant historical comedy series 'Blackadder'.

In fact, he said "I have a cunning plan" in almost every episode, but the plans hardly ever worked, and it became a popular catchphrase.

So the question in the United Kingdom today is this: if Prime Minister Boris Johnson is Blackadder, who is his Baldrick? Who actually put Johnson up to passing a new law that says Britain can unilaterally change the Brexit Withdrawal Agreement he signed with the European Union less than eight months ago?

Did he not understand what the treaty said? Unlikely. He negotiated it with the EU himself. Does he realise that a treaty is a legally enforceable international agreement? Presumably, because even his own cabinet minister for Northern Ireland, Brandon Lewis, admits that plan "does break international law in a specific and limited way."

Did he plan from the start to break the treaty? Probably not. This is Boris Johnson - well, Al Johnson, really; 'Boris' is just his stage name - and he regards worrying about next week as long-term planning.

Johnson was well aware that the problem that brought down Theresa May's government last year and made him prime minister was the Irish border. Peace in Northern Ireland depends on there being an open border with the Irish Republic. EU trade with the United Kingdom, post-Brexit, depends on controlling that border so that there is not a massive smuggling problem. Square that circle, if you can.

May tried to square it by agreeing that the customs border would effectively run down the middle of the Irish Sea, between Northern Ireland and the rest of the UK. That way, no customs controls would be needed on the border between the two parts of Ireland.

She never got that through parliament, because so many MPs from her own Conservative Party saw it as an unacceptable breach of British sovereignty. Eventually her government fell, and Johnson won the Conservative leadership and a large majority in an election last December by promising to fix that problem and 'get Brexit done'.

But he couldn't fix it, of



Johnson's senior political adviser is Dominic Cummings, whose passionate and scarcely concealed desire is to crash the United Kingdom out of the European Union with no deal at all. (Photo: EPA/Will Oliver)

course. Instead, he just accepted the same withdrawal terms as May had when the negotiating time ran out, with a few extra concessions to the EU and the border still firmly in the middle of the Irish Sea. But he went around telling everyone in the UK who hadn't read the text that it wasn't true.

On the strength of that 'victory' he won a big majority in last December's election. How could he imagine that this would not come back to bite him? By following standard Boris operating procedure: bluster and lie to win time,

and hope something magical turns up in the end to save the day. If that doesn't happen, then stage a disguised last-minute surrender, because without a trade deal with the EU, its biggest trading partner, the UK is heading for a massive economic crash.

Johnson has been on course for that surrender for some time now, but a new trade deal doesn't cancel the existing Withdrawal Agreement, so the border controls will still appear in the Irish Sea next January. His instinct would be to blame it all on Johnny

Foreigner and his tricky ways, and maybe he could ride out the storm.

Instead, he has announced that he is going to tear up an international treaty with the EU. This is most un-Boris-like behaviour. We are asked to believe that Boris Johnson - BORIS JOHNSON - has belatedly realised there will be a crisis in the Irish Sea next January, and decided to push through a highly controversial law right now to give himself cover for an illegal act next year. It's so out of character that it begs the question: who put him up to it?

Not exactly Baldrick, but Johnson's senior political adviser is Dominic Cummings, whose passionate and scarcely concealed desire is to crash the United Kingdom out of the European Union with no deal at all.

The other man who truly wants that outcome is Michael Gove, the most powerful person in Johnson's cabinet, who used to be Cummings's

main patron in government. Together, they have somehow talked Johnson into doing something so stupid that it may make a trade deal impossible and end his prime ministership. They probably just told him that such a grave threat would bring the spineless foreigners to heel. The EU would let Johnson have his way, forget about putting an Irish-UK border anywhere (even though the Irish Republic is an EU member), and all would be well. And the poor mug believed them.



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

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Back To School Programme – We need your help



The Salvation Army helps children in need with the necessary school supplies to start the year. While nobody knows right now what the school year will look like, we do know many kids will need school supplies and that many parents will not be able to

afford those supplies. Therefore, The Salvation Army is asking for your support to acquire backpacks, coloured pencils, erasers, folders, glue sticks, pencils, pencil sharpeners, pens, rulers, spiral notebooks, scissors, white A4 printing paper, etc.

How we do it? Over the month of September and upcoming October, working alongside parents, social workers, social educators and many teachers, we are able to deliver these materials, providing a good start to many children and youngsters.

You can support us by buying the materials and arrange for us to pick them up, by contacting us by email, or you can send them in with delivery services. There is also an option to donate directly towards the project.

Investing in one child's education is the start of a tremendous impact in the future of our communities and our world. The goal is to encourage as many families as possible to not give up when facing tremendous difficulties and their kids to

not drop out of school.

We have been able to see some youngsters moving up to university degrees and continuing to study in the areas of social education and human resources, which has given us the motivation and understanding that after a good start it's important to do the follow up.

To all the sponsors and donors that enabled us to continue with the back-to-school project over the past years, we thank you. With your support we made a difference!

Providing the school materials is part of the process to encourage these children to look beyond their current situation and allow them to dream and achieve a better future. That's why we count on your help.

Contact details on page 23.

(RCEPI) 2020 Virtual Cat Show



Rotary Club Estoi Palace International (RCEPI) launched its first annual Virtual Cat Show on 15 September.

Do you have the purrfect pussy cat, the cutest kitten, the cat with the loveliest eyes, most magnificent whiskers, then enter your feline friend into this fun virtual show.

In these challenging times, charities are more and more stretched as they are called on to fill gaps in Government funding. The current Covid restrictions make traditional forms of fund raising very difficult and new ways have to be found to help those who need us. Rotary International is

one of the largest humanitarian charities in the world with over 1.2 million members all committed to Service above Self. Funds raised by RCEPI from the Virtual Cat Show will go to help the impoverished in the local community. Please help us to help them. RCEPI regularly helps the Faro Food Bank including purchasing a refrigerated truck for them. The Club also helped to provide a mobile breast screening unit and a mobile lung screening van for the Algarve Oncology Association, plus many other projects to help the disadvantaged in the community.

For further information on how to enter please visit our website <https://rotaryestoiapalace.org/cat-show> or visit our Facebook page RCEPI Rotary Estoi Palace International or email catshow@rotaryestoiapalace.org. Entries close on 31 October.

Portugal Walks

Tuesday, 29 September - Let's Walk along the Ribeira Algibre:

A reasonably easy 2.5-hour walk along both sides of the river Algibre which we cross during the walk (let's hope it is dry!). On our way, we pass through vineyards, olive groves and beautiful countryside. 9.30am start. Meet at the Café Reguengos at Ribeira Algibre. From the A22 take the Boliqueime/Loulé exit and follow the signs for Loulé. After passing the quarry take the first road left and at the T-junction turn left and follow the road through the village of Parragil and then downhill for about 2km when you come to R. Algibre. Drive over the bridge and 200m further along the café is on the left (hidden)

almost opposite the turning for Tor. Chris 913 011 537

Tuesday, 6 October - Let's Walk in the Foothills:

A moderate walk of about 2.5 hours in the hidden foothills of Monchique - magical. There are some gentle climbs and amazing views to enjoy! 10am start - meet at the Café do Manel. Exit the A22 for the Autódromo / Mx Grande or turn right at the roundabout on the EN125 after Mx Grande and follow signs for the Autódromo, at the roundabout by the entrance take first exit right (Alcalar). After about 2km take the road to the left for Casais and Monchique. Drive for about 3km when you come to a T-junction, to the left just around the bend the cafe on the right. Julie 965 753 033.

All are welcome, there is no need to book but please wear suitable shoes for country walking (you walk at your own risk). There is a charge of 5 euro p.p. this includes a donation to charity (full details www.portugalwalks.com). To conform with the emergency rules we will walk in groups of 10 at a social distance.

Alvor Bowls Club Past Members Day



On Wednesday, 16 September, Alvor Bowls Club members met for a moment of quiet reflection for those members no longer with us. There then followed an enjoyable game of bowls in their memory.

The day went well and was attended by nearly all the members currently living in the Algarve.

Adhering to the current

Covid-19 regulations, six rinks of triples were played with the winners, Martin Price, Ali Roberts and Stuart Buckley taking the Mike Browning trophy by one point from Anne Marie Kett, Sheila Buckley and Maggie Dance.

Members then gathered for refreshments and raised a glass to the memory of old friends.

Mark Johnson

Letters to the editor

Email issues

SIR, Many email providers, particularly those owned by Microsoft (Hotmail, outlook, live.com and me.com) have started to send messages into junk/trash. This happens so many times when the message is from someone who has not previously sent any e-mails to the recipient or when there is an attachment, even if it is from someone in your e-mail address book.

Unfortunately, few people actually check their junk so messages go unseen and unread messages are deleted from junk after 10 days, and I know from speaking to several people that many companies regularly receive complaints that e-mails have not been sent as promised or worse.

This is just a note to advise everyone to check their junk at least once a week as whilst most messages will be junk, there will almost inevitably be times when an important message or document is sent to junk and never seen.

DAVID FRASER, By email

School Timetables

SIR, it makes me wonder who writes these timetables out! The students in Lagos are finishing their lessons at 18.20, the bus leaves the station at 18.30, if lucky enough to arrive by 18.30 the bus is full, as there are covid restrictions in place, so most students miss it. They then have to wait until 19.15 for the next one.

It's not rocket science for the government surely to alter the timetable and to lay on more school buses whilst covid restrictions are in place.

Kids and students have had a hard enough time of it when under lockdown, missing six months of their education, and not socializing with their friends, it's outrageous that they have to wait for buses. Which are full anyway.

And just to mention the first day back, the social distancing in the school's outside grounds, well, that would be a joke if it wasn't serious, the security wouldn't let the students in, it was hacking with rain, so there they all are huddled under the shelter, and masks? Pffftt.

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Celebrating our volunteers

Over the month of September, The Salvation Army celebrates its volunteers.

People of all ages volunteer their time, talents, and resources to assist The Salvation Army's work. They are the strength, the muscles moving the body, and therefore, an essential part of our ministry of reaching out to those in need. During the past months of hardship and difficulties these are the people that never show their faces, but who work extremely hard behind the scenes, to make sure no family, children or person is left behind. Therefore, it is time to say thank you to all our volunteers, even though in most cases, they don't want public recognition for

their precious service. These volunteers go the extra mile every day, don't get payed, work after hours and are committed and altruistic. I could write of many cases and situations where our volunteers have made the difference in so many people's lives. Under the pandemic situation in which we are living, I have seen the best and worst in people; I have witnessed people being discriminated, bullied and forgotten, from senior homes, to hospitals to the different communities we serve. I have seen people being judged on their appearance or treated with little or no respect under the first sign of a sneeze.



The Salvation Army *celebrates* volunteers.

The expected fear of the unknown is not a justification to abandon those sick, young or old, that are going through difficulties. Here is where I must acknowledge my brave volunteers, that still

went out, time and time again, putting themselves at risk. I remember the time where getting a mask reached the price of five Euros, and how exceedingly difficult it was to find any masks. As a

response, our volunteers did the research, gathered the materials and got a few sewing machines and started producing masks, to be given away for free, to those that couldn't buy them.

Your names are too many to be written in this article, so to all of you, in name of The Salvation Army and in the name of so many families and people in need - THANK YOU.
Captain Luis

John Hammond today

Next year John Hammond celebrates 50 years of presence in the Algarve.

During this time he has become one of the longest established real estate agents in the region, worked with touristic resorts in Vilamoura and also in farming.

Each of his activities has its own value and contributes with up to date real values when advising investors. The activities are managed by John Hammond himself and supported and operated by long standing talented personnel advisors.

Real Estate

Real estate activities from John Hammond have been largely due to recommendation. "The agency is famous for reliable values and a complete knowledge of the industry however the importance now is the future" said John. "I can say without hesitation the Coronavirus situation did not have a negative effect on property values and even banks are adjusting their tables upwards. One must remember that the property market took time to recover from the 2008 crash and only recent years was the old inventory taken up."

"In 2019 agents spent considerable time contacting each other for inventory. We are lucky to operate in an area of top end properties which are setting new trends and values. Also new infrastructure, roads,



Mar Shopping, improved security and numerous restaurants have created interest in non resort property. Without doubt there is a growing demand in this sector and once again property is the safest and most rewarding investment."

Tourism

"Tourism is an industry that we have many years of hands on experience in", explains John. "It has certainly had its highs and lows and for years was badly regulated. However, today investment in tourism is welcomed by the Portuguese Government and I have witnessed the years of promotion encouraging different nationalities and of course the UK as always."

"We now enjoy the flow of

tourists from countries such as Germany, Ireland, Scandinavia, France, Spain, Holland and others not forgetting Portugal's tremendous history which is a large contributing factor."

Farming

"Some years ago it became obvious that agricultural and energy projects would be important for the future," said John. "We invested in an Algarve farm then intended to become a vineyard supplying the famous Cliff Richard super product, Nova Vida. Today it produces honey and timber. We are being asked to consider mass planting of a plant which will be exported for Cancer research and it is a joy to be associated with such a facility."

The Salvation Army's mission and vision

Out of the necessity to help and give a voice to those in need, we commit ourselves to fight on many fronts; we are fighting poverty, illiteracy, discrimination, we are fighting against human trafficking, addiction, racism; our ongoing fight is for human and social justice. How we do it? These are some of the important projects carried out all year around.

Food Services

We are currently expanding our capacity to distribute food parcels, through new storage in order to increase our capability to respond. If you would like to get involved, please get in contact with us, as we are always looking for donations of non-perishables.

Legal, Psychological and educational guidance

With a psychologist, a solicitor, a lawyer and a social educator in our ranks of volunteers, people are donating their time to help using their skills. We are aiming at assisting families, in our community, and providing advice and help.

Christmas Projects - Angel Tree

Our Christmas projects are under way, we are at 90 days to deliver to 5,000 children a present and a piece of clothing, most likely the only gifts they will get this Christmas. From wrapping, to transport and delivery we are in need of volunteers; If you would like to know more, please follow us on our website or Facebook, and contact us for more news about our work and ongoing projects.

Thank you

Times ahead appear to be difficult for everyone and that is why organisations like The Salvation Army depend on people's donations to continue to support those in need. Over the past four weeks we have shared a little of the unending work of The Salvation Army in the south of Portugal and our resilience to continue in difficult times.

Behind our capacity to help others and the many projects we are currently running, are the sponsors and enablers, whom I would like to thank. In the name of The Salvation Army, particularly for the work in the south of Portugal, I take this opportunity to thank our sponsors **John Hammond** for the opportunity to share in the People Pages in **The Portugal News**, thank you **John and Julie Hammond**, you are wonderful people who, over the years, have been supporting the work of The Salvation Army, through fundraising events, music projects and food drops during the pandemic. You have gone the extra mile, and have helped us in very difficult moments, allowing many to receive essential help to continue.

Thanks to CEO Richard Clingen of **The Portugal News**, to Brenda, and the fantastic team for the opportunity to share our work, ministries and make our current projects known.

Thank you
Luis Viriato (Captain)

Volunteers



If you would like to become a volunteer in The Salvation Army, and give some hours of your week to help those in need, or if you would like to know more about The Salvation Army work, please send us an email to: saobras@exercitodesalvacao.pt

Donations

Donations can also be made via the Salvation Army Bank Account details below.
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The Peoples Page is a sponsored page where 100% (value w/o IVA) of proceeds paid by the sponsor for the page to The Portugal News go to the featured charity of their choice. If you have a charity you would like to sponsor and would like to give some information about your business then please contact: brenda@theportugalnews.com

Going Green

It's now week three of the Portugal News' revamped layout. We hope you like the new look and content...



... As a responsible thriving renewables Company, we are increasing efforts in awareness. Not just for our solutions, but our local and regional environment. We're focussing on coastal waters in the Algarve...

... best known is the Ria Formosa, designated a National Park in 1987, covering around 18,000 hectares which is protected by the sea, five islands and two peninsulas. It is a unique coastal lagoon which is constantly changing due to currents, tides and wind.

There are many different habitats - marshes, tidal flats, islets, dunes, saltpans,

freshwater lagoons, including agricultural zones and woodlands. All are home to an impressive diversity of flora and fauna. Known also for being a birders paradise, and a winter stop-over point between Africa and Europe, it provides cover for the Balearic sparrow and rare Purple Swamphen (the symbol for the national park).

Ria Formosa is also home to the endangered chameleon, and hosts what was, (in 2018), the largest population of seahorses in the world, and its fabulous shellfish.

But there are challenges in maintaining this fragile ecosystem... the old problem of

plastic consumption from tourists. Also illegal housing, dumping of debris on the salt-flats, untreated sewage, dredging, sand-mining. And unlawful fishing and seahorse capture. Plus the disturbing of habitat, wading and snorkelling into zones that are prohibited, and tramping seagrass meadows.

Help Algarve tourism and the Ria Formosa by taking licensed excursions, ensuring you get to see the best of the national park, protecting the fragile habitat in the process.

Check in again next week for the fourth article in the "Going Green" series...

Green Realities

1. Eliminate disposables – that means no plastic or paper cups. Use a glass, bottle, mug or re-usable cup
2. Install and encourage use of a recycling bin – which keeps real rubbish to a minimum
3. Only boil as much hot water as you need – do the morning coffees and afternoon teas in one go
4. Turn off the lights – don't leave the kitchen, bathroom or store room lights on if no-one is in there
5. Reduce use of the printer – print only what's necessary and, when possible, use front and back of a sheet
6. Don't keep equipment in standby mode – turn off computers and monitors when away for a long period
7. Compost it – so food waste, tea bags, coffee grinds, peelings can go home for the garden compost
8. Turn it down – reduce thermostat in cooler months, no need for 16 degrees, room temperature = 21
9. Maximise natural light – which saves energy and improves human production rates by 15%

News renewable world



Portugal's cheapest solar plant will be in the Alentejo.

A 350 hectare site built by Akuo Renováveis Portugal will be known for the lowest selling price of energy. The investment value will be a whopping €100 million which connects it to a very high voltage grid.

**Next Week:
Waters**



For more information
WWW.CASAVERDE-INT.COM

BayView Village – a lifestyle choice

With leisure time being one of the most coveted entities these days, the senior management of the Emerson Group (Jones Homes Portugal) and Boavista Golf & Spa set out to create an environment conducive to maximising this precious commodity.

Located in a prominent position and with each property having far-reaching views over the golf course, the bay of Lagos or the Monchique hills, BayView village has been created to maximise the essential elements of luxury living. Under the umbrella of Boavista Golf & Spa, the village not only enjoys its own unique facilities but has access, with preferential rates to play the 18-hole golf course and to benefit from discounts in the clubhouse and Essential Spa.

Far from ordinary, yet close to everything ... Boavista Golf & Spa is ideally placed between the historic town of Lagos with its cosmopolitan marina, and the popular

village of Praia da Luz. A five-minute drive to either finds a choice of restaurants, supermarkets, local attractions, sporting activities and kilometres of coastline renowned for beaches with soft golden sand. Whether Bayview Village is chosen as a permanent or seasonal home, having made the decision to live or spend time in the western Algarve, because of its natural beauty and bounty, time management becomes all important. Why waste hours on administration, when buying on Bayview Village will deliver an almost hassle-free life? With the payment of an equitable annual condominium fee, enjoy the use of Bay Fitness leisure centre which is for

the use of the owners and guests of Bayview Village. Within this fee each property also benefits from high speed internet, telephone/telephone calls, cable television, security, gardening, insurance, building maintenance and repainting, leaving maximum leisure time for enjoyment and relaxation.

Opulent living under azure skies ... Currently available for occupation are elegant two-bedroom apartments with garage parking and private storage. These apartments are located on the fairway and enjoy wonderful views over the golf course with the bay of Lagos in the background. The terraces are spacious and give the option of comfortable outside



4 Bedroom Townhouses.

dining. The modern kitchens and living rooms are light and airy and have been designed to make the most of the sunny south-east orientation. Two well-proportioned bedrooms with fitted wardrobes lead off a central hallway. A large en-suite bathroom comprises of a bathtub, a vanity unit with basin, a toilet and bidet while the other has a large walk-in shower. Just three linked villas currently remain in the first phase of construction. These popular villas with three bedrooms, all with en-suite bath/shower, have open views over the 4th hole and surrounding countryside. An integral garage of generous

proportions leads off the entry hallway which, in turn, reveals a spacious living room with a well-equipped modern open-plan kitchen. The space lends itself to conducive living as double sliding glass doors open onto a patio and private lawned area. Under construction but available for purchase are six townhouses built over three levels. These attractive properties offer rooms of generous proportion having four bedrooms and 4 bath/

shower rooms. The basement has a large garage with additional space for a games area and a separate room that would work well as a cinema room. Bayview Village must be visited to be appreciated. For those seeking an opulent lifestyle under azure skies, it is the only option in the western Algarve. Book a viewing with a member of the sales team or just call in or email for further information. Prices start from €365,000.



3-Bedroom Link-Villas.



3-Bedroom Villa - Open plan living.



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Boavista Golf & Spa are offering a 3-night stay for 2 at **Bela Colina 5-Star Holiday Village** Boavista Golf & Spa with a meal at La Bistro (drinks excluded)

Please cut out this coupon and bring it to the Sales Office to enter the prize draw and book your tour of the new resort properties.

Name

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(The draw will take place on 30/09/20 and the winner will be contacted by email. The offer must be used by 31/03/21 and excludes the Xmas /New Year period.) By the submitting this coupon, you agree to contact from the sales department of Boavista Golf & Spa.

The hidden gems of Lagos

Lagos is known for its beaches and rich historical past which has been strongly influenced by the Age of Discoveries however, there are many hidden gems within the municipality for visitors and residents to explore.



Begin your journey through the undiscovered areas of Lagos in Odiáxere, at the Igreja Matriz, Moinho and Largo da Alegria, the perfect place to immerse yourself into the Lagos

culture, before moving on to Bensafrim, where the traditions of the region are evident with every turn along the streets and with the people that you meet. It is easy to see with a visit

to Luz, why this location has become a firm favourite with tourists and foreign residents, thanks to the beautiful beach and dramatic coastline. Wandering along Avenida

dos Pescadores and passing by the Nossa Senhora da Luz Fortress along the pavement which runs parallel to the sea, is a relaxing and unforgettable experience and for those

looking for a piece of history, there is nothing like visiting the Roman Ruins or even the Church of Nossa Senhora da Luz de Lagos. To enjoy a unique view of Luz, venture along the footpath between Porto de Mós and Talefo da Atalaia, a geodesic landmark built in 1926. A little further off the beaten track you can find the picturesque village of Barão de São João with various historical and cultural influences. This village has become a meeting point for artists who present their works all over the area. The village lies right next to the Mata Nacional de Barão de São João, and is an essential stop for nature lovers thanks to the several trails for running, walking or mountain biking. These routes take you through the Via Algarviana that crosses the forest, the Pedra do Galo footpath, the Passeio das Figuras with its original works of art and the

Passeio dos Poetas with its poetry stones. The outdoor activities do not stop here, and the municipality of Lagos offers several other sporting options including tree climbing, ballooning, paintball, golf and many others. Meanwhile, the entire family can enjoy all that Lagos Zoo offers with its 140 species of animals and dozens of activities to enjoy. Finally, why not take a moment to breathe in the fresh air and enjoy the wild environment and biodiversity of the Barragem da Bravura in the interior of the municipality. Through its Biodiversity Station you can follow several signposted routes and read information panels where you can observe several species of plants, trees and animals, with visitors able to view the famous Monarch Butterfly along the route between May and October.



📍 LAGOS, ALGARVE, PORTUGAL

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HANDSHAKES...
YET WITH
NEARBY NATURE.**



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Study in style

If they're flying the nest for college or uni, or just starting a course from home, new students need the right kit for their study zone.

Revamping their bedroom will help mark the new era if they're still living at home. But if they're moving into student accommodation, turn the space into a little 'home from home' to help them settle more quickly and ensure they're well set up. Don't despair if you arrive to find they've not been allocated that airy, modern room advertised in the college brochure after all - but instead have something resembling a hamster cage. If you're well prepared beforehand, you'll have plenty of practical essentials - from bedding to towels, colourful accessories and personal touches - that will soon transform it into a happy haven. So start shopping now and be sure to include a supermarket sweep - their impressive ranges at budget prices are ideal for fast makeovers.

Take a degree in student style with our top picks for an A-grade room...

Get the basics right

"University rooms are notoriously small, so it's about making the most of the space you have, with shelving, storage units and your desk area," says Wil Law, home design stylist, John Lewis. "Once you've got the basic kit, you can make it look good quite cheaply, with colourful

accessories and displays of art and photos, which don't even need to be framed. They can be pegged up on wire or string across a window or door."

No desk - no problem

If you're studying from home, upgrading the desk you've had since secondary school needn't break the bank - or a slim ladder desk could be a great addition to any space. One word of caution: do make sure you have a proper adjustable desk chair, so those long hours bent over a laptop or keyboard don't cause aches and pains.

Banish clutter - rock colour

In reality, desks soon get piled high with books and papers - but at least they can start off organised and orderly, if you supply some nifty files and storage boxes.

Picture this

You're unlikely to be allowed to hang pictures on walls if you're in halls (or a rented room), but propping up prints on a shelf, or on the floor, is a great way to show off your personality and inject colour.

Zoom in

Make sure you have a great backdrop for Zoom lectures. Some greenery with faux or real plants

University rooms are notoriously small, so it's about making the most of the space you have, with shelving, storage units and your desk area.

(Photo: Matalan/PA)



is a must, and feature some of your interests, with a selection of photos or music, or colour-code your books.

Memories of home

Even a drab room can be brightened up with a notice board full of photos and cards that remind them of home, and some fun accessories.

Bright ideas

Multi-functional kit is great in a small space - like this charger lamp. And if there's more room, or it's a first house-share, invest in a chair that doubles as a spare single bed.

Hang out

Start them off with a tidy room, with clothes storage solutions. (You never know

- they may give up using the floor as a wardrobe, if you're not around to clear up!)

Punchy style

Laundry will be way down the list of priorities for freshers. A laundry bag or basket, so all their washing can be bundled out of sight and tackled when they finally run out of clothes, is essential. It'll also make it easier for them to bring it home to you at the end of term!

Grub 'n stuff

When they've discovered they can't live on takeaways forever, the cooking will start! Having all the essentials will help make it simple. Washing up afterwards is a harder skill to acquire!

By all means, buy them a kettle and toaster, but spend the minimum as items left in communal kitchens can tend to go walkabout.

Bonding and chilling

Beds double as seating in student rooms, and will be the focal point in a compact space, so they need to look the business. Gift them a generous supply of duvet sets - raid the supermarkets for brilliantly budget buys in bedding and towels. Opt for dark colours, which are less likely to show marks or spilt drink stains.

Stack 'n Store

It's impossible to provide too much storage, and win-win if it looks good as well as being practical. Don't

overlook other solutions too though, like under-bed boxes.

Room treats

It's the little details which make a room a 'home'. Doting grandparents could indulge their favourite student with a couple of eye-catching buys that shriek style.

Banish the blues

Feeling homesick in the first few days is normal, but you could help speed up the recovery process if you leave them a 'cheer up' kit: a fun mug for their favourite drink, a cosy throw and a cheerful poster. (Maybe parcel it all up and label 'for emergencies' then hide it away in a cupboard, so they can find it when you've gone). **PA/TPN**



Even a drab room can be brightened up with a notice board full of photos and cards. (Photo: John Lewis/PA)

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Alfarrobas - a breath of fresh air

N JAKE CLEAVER



The trees were hoping some other mammal, like a wild boar, would come along and eat the sweet pods on the ground,

In the Algarve, from August until late September, cold hard cash is literally falling on the floor when the wind blows, in the form of the

humble 'Alfarroba' or carob from the 'Alfarrobeiras', or carob trees. Now, I'm not saying it's 24 carat gold, however, interestingly, if it wasn't for

the carob there would be no such thing as carats. That's where the name came from. You see, carob seeds were all thought to weigh exactly

Whoever said money doesn't grow on trees? It sure does. What they almost certainly never said though, was that it would be easy to pick.

the same, so they were thought to be the perfect thing to put on the other side of the scale used to measure the weight of gold. In fact, a Roman coin called the "Solidus" weighed exactly the same as 24 carob seeds, and as a result it soon became the measurement of the purity of the gold as well. Now, it was only our imaginations that determined what side of the scales were the most valuable. I mean who says 24 carob seeds are less valuable than 24 carats of gold? But I suppose we like shiny stuff, and what the hell else were we going to do with gold but hoard it? Carobs on the other hand are quite useful. That's why everybody is out there picking them. And they are. There's a whole lot of trees and a whole lot of work. First they have to get to them.

And that's not always easy to do, neither is the getaway for that matter. Some wild rides through the fields on tractors, and I'm sure you've seen someone riding, rather precariously, down the street balancing a large bag of alfarrobas on their bicycle as they try to make their way to the nearest vendor. When they get to the tree they cover the ground around it with a blanket, and then somebody shakes the trees, usually using a specialised long pole (also known as a stick of bamboo), and somebody else picks up the fallen carobs. It sounds quite idyllic, doesn't it? However, my source who was working as an alfarroba picker this summer told me (when I was looking for an inside scoop on what it's like to be a professional picker) that: "Nobody ever tells you about the prickles". So, I'm telling you now. There are lots of prickles. But what are they useful for? I did wonder myself as they say rather vaguely that they are used to make chocolate. But they pick a LOT! And I don't see that much alfarroba chocolate around, do you? The main answer is animal feed. Which is actually what the tree is hoping for. Before we came along with our

wild new fangled ideas, like making alfarroba flavoured ice cream (more on that later), the trees were hoping some other mammal, like a wild boar, will come along and eat the sweet pods on the ground, and then shall we say 'plant' the hard inner seeds, now wrapped in their natural fertilizer, somewhere else. Preferably somewhere with some sunshine, rain, and a good view. But back to our own ideas. The other main use of alfarrobas is flour which is made by toasting and then grinding the seed pods. It can then be used as a healthy alternative to cocoa powder. A popular choice as it's lower in fat and higher in natural sugars, as well as being an excellent source of iron, calcium, protein, magnesium, phosphorus, vitamins A and B, and not to mention being naturally high in fibre. It really gives chocolate a run for its money. The Portuguese use it to make all manner of delicious cakes, like the classic 'Bolo de Alfarroba' (alfarroba cake), but also the 'Torta de Alfarroba' (a tart or cake roll) and many kinds of biscuits. But of course they don't stop there. They mix up these creations by adding to them the other delicious things growing on the

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Somebody shakes the trees, usually using a specialised long pole (also known as a stick of bamboo), and somebody else picks up the fallen carobs.

trees nearby (which are clearly born to be together) like figs, almonds and oranges. They also make a traditional liquor, and, as I alluded to earlier, I even tried a quite delicious scoop of alfarroba flavoured ice cream recently. What will they think of next? Another interesting little quirk about alfarrobas is that when you come to sell them you don't sell them, like everything else, by the kilo. You sell alfarrobas by the 'Arroba'. An arroba is equal to 15 kilos. Prices fluctuate every year and it's not unknown for people to try to sneak a rock or two into their bags. It's a cat and mouse game against the equally shrewd buyers who normally insist that you subtract for the weight of the bag. Subtract and add a rock or two and it should work out fair enough. They take at least 7 years to start to produce the alfarroba beans (that look a lot like peas in a pod) but once they start they can go on for a few centuries. Apparently there's even one in Tavira that is an impressive 600 years old. Imagine picking the alfarrobas from the same tree as your ancestors. Talk about your great great great (and however many other greats) grandmother's exact recipe for carob cake being passed down perfectly through the generations.

The pods themselves take a whole year to ripen (grow and then turn from green to black), and it's quite interesting to see that even now, when people have only just finished picking this year's batch, you can already hear the bees buzzing around fertilizing the tiny new flowers that will begin the process all over again. Now, I don't want to make anybody nervous, but as they get older they have become nicknamed 'Viuveiras' or 'Widow Makers', as their older branches have a tendency to fall down without notice. Not sure how true this is, they seem pretty sturdy to me. But rumour has it. So maybe keep an eye out on your next picnic! Not many people know the alfarroba tree when they first arrive here but they are widespread and a true symbol of the Algarve. My alfarroba picking source even told me that they are "oxygen bombs", and provide an abundance of air for us to breathe. I'm not sure how she knows this, yet I'm inclined to believe her. So there you go. These marvellous mascots of life here in the Algarve not only give us money, but also provide us with a far more precious commodity - the air we breathe. No wonder people describe coming to the Algarve as being like "a breath of fresh air". It is.

Carob Recipes

Rita Serano's sunflower butter fudge

After something to satisfy that sweet tooth? This recipe couldn't be easier and uses carob powder to add an extra dimension.

"This fudge is full of flavour and one of the most indulgent and easy to make sweet treats," says plant-based food writer Rita Serano. "Make it in advance and keep it in the freezer, so you can have this treat on the table within minutes."

(Makes 24 squares)
200ml sunflower seed butter
80ml maple syrup
4tbsp carob powder
1tsp vanilla extract
Salt

1. If your seed butter is very stiff, remove it from the jar and gently warm it in a pan on a low heat. Transfer to a food-processor, add the remaining ingredients and a pinch of salt and blitz until the mixture forms a ball.
2. Line a square baking dish with cling film. Press the fudge into the dish, distributing it evenly, then chill in the refrigerator for at least an hour.
3. Sprinkle a thin layer of cacao or carob powder on top using a fine mesh sieve.

4. Carefully remove the fudge from the dish and transfer it to a plate. Remove the cling film before cutting the fudge into 3cm squares.

Vegan In 7 by Rita Serano, photography by Laura Edwards, is published in paperback by Kyle Books. Available now.



Carob cake

A delicious cake which uses carob powder for a unique flavour and which the entire family will enjoy!

220g honey
110g butter
125g plain flour
175ml water
2 bananas
5 tablespoons carob powder
1 teaspoon bicarbonate of soda
Pinch of salt

For the icing

120g dried milk powder
50g butter
4 tablespoons honey
4 tablespoons carob powder
4 tablespoons water

1. Preheat oven to 180 C / Gas 4 and grease and flour a 20cm square cake tin.
2. Sift together the flour, carob



3. In a large bowl, cream together the butter and honey until the mixture becomes light and fluffy. Beat in the powder, bicarbonate of soda and salt and set to one side.

5. To make the icing: In a large bowl, cream the butter and honey until smooth. Blend in the milk powder, carob powder and water. Beat until smooth and spread on cooled cake.

eggs one at a time and then stir in the mashed banana. Beat in the flour mixture alternately with the 175ml water. Pour the cake mixture into prepared tin. 4. Bake the cake in the preheated oven for 35 to 40 minutes, or until a skewer inserted into the centre of the cake comes out clean then set aside to cool.



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Give your pet a home health check



Some pets are very good at hiding problems, but luckily there are some easy at-home checks you can do to make sure your pet is in tip-top shape.

We know how important it is to keep our pets healthy and happy, but how do you know if something is wrong? Some pets are very good at hiding problems, but luckily there are some easy at-home checks you can do to make sure your pet is in tip-top shape. The PDSA has come up with a list of checks pet owners can do themselves from the comfort of their own home.

How to give your pet an MOT
The PDSA recommend giving your pet a nose-to-tail check to make sure you've got everything covered! If you're noticing anything on the list of what you shouldn't see, it's best

to go to the vet for a check-up.

Nose

Your pet's nose should be:

- Moist and soft;
- Free from any snot or discharge;
- Clear and your pet should be able to breathe freely.

Go to the vet if it:

- Is dry;
- Is cracked;
- Has any snot or discharge;
- Sounds congested.

Eyes

Your pet's eyes should be:

- Bright, clear and comfortable open;
- Free from any tears or discharge and there shouldn't be a lot of tear staining;

The fleshy area around the eyeball (conjunctiva)

should be salmon pink. Go to the vet if they are:

- Red;
- Sore;
- Weepy;
- Holding them closed/squinting.

Ears

Your pet's ears should be:

- A fleshy pink colour inside;
- Free of any nasty smells;
- Have no build-up of wax or excessive hair;
- The ear flap should be flat.

Go to the vet if they are:

- Smelly;
- Uncomfortable;
- Waxy or have any discharge;
- Swollen;
- Holding their ear down or tilting their head to one side;
- Scratching or shaking

their head a lot.

Teeth

Your pet's teeth should be:

- Clean and white;
- Free of cracks or breaks;
- Free of staining;
- Remember to check for any missing teeth.

Go to the vet if they are:

- Broken;
- Missing teeth;
- Stained (a plaque or tartar build-up will look like dark staining around their teeth).

Gums

Only check your pet's mouth if they are comfortable for you to do so. Visit your vet if they're not used to having their teeth checked.

Your pet's gums should be:

- A fleshy pink colour (although some pets will have darker pigments in their mouths, making their gums look darker. It's best to check what's normal for them);
- Moist;
- Free of any lumps and bumps around their teeth.

Go to the vet if they are:

- Swollen around the teeth;
- Pale or dry (this could indicate an urgent problem so call the vet straight away).

Coat

Your pet's coat should be:

- Free of knots;
- Free of any ticks, fleas, flea dirt or other parasites;
- Free of dandruff.

Go to the vet if their coat has any parasites or if you are concerned.

Skin

Your pet's skin should be:

- Free of any rashes;
- Free of lumps and bumps;
- Free of bald patches;
- Have no bad smells;
- Have no wounds, discharge or infections.

Visit your vet if their skin is:

- Sore;
 - Itchy;
 - Dry;
 - Moist/wet in areas.
- If you do notice any lumps and bumps, take your pet to the vet straight away so they can make sure they aren't harmful tumours.

Legs

Your pet's legs should be:

- Free from wounds;
- Able to comfortably support your pet getting up and sitting down;
- Free of lumps and bumps;
- Their nails should be strong, not too long and at

no risk of growing into their pads.

Visit your vet if they are:

- Struggling to get up and down;
- Can't support their own weight;
- Limping;
- If they seem stiff;
- If any claws are broken or too long.

Tail

Your pet's tail should be:

- In a normal position for your pet;
- Able to move freely;
- Clean and free of any poop underneath;
- Have no sores on or around it.

Visit your vet if it is:

- Hanging limp and not moving as it normally does;
- If there's a build-up of poop underneath;
- If your pet is scooting their bottom;
- If your pet is chewing at their back or tail.

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SUZIE (8) is a beautiful mid-sized female with spectacular green eyes. She loves attention and walks, but also enjoys calm moments for herself. Email cadelacarlota.comp@gmail.com to meet Suzie (Lagos).

SMOKY is a neutered male of about 3-years-old. He has been living in the shelter for one year. He is now looking for his forever home. Call Corinna on 918 552 788 or send an email to: ccc.carvoeirocatcharity@gmail.com



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Expert tips for keeping feet healthy and pain-free

Our feet can take us through thousands of steps per day, yet all too often, we can neglect their health in a way we wouldn't with other parts of our body.



The feet are highly complex structures and work in many ways to do even the simplest of things, like taking you to your first cup of coffee in the morning. (Photo: iStock/PA)

Whether it's cramming them into uncomfortable shoes, putting them through gruelling workouts or simply forgetting to give them the TLC they need, our toes, heels and arches can become cracked, sore and painful. "Your feet regularly take the weight of your entire body and undergo enormous stress as you go about your daily life - all without complaint and requiring very little

attention," says Mr Kaser Nazir, consultant podiatric surgeon. "Yet the foot is in many ways a fragile part of the body, and without healthy feet, many of our day-to-day activities can become difficult and sometimes unbearable," Nazir adds.

Why is it important to look after your feet?

"Your feet are your body's foundation.

When they are strong, in good health and happy, you can get on with your day-to-day activities with ease and comfort," says DG Podiatrist's Dina Gohil.

Each of our feet contains 26 bones, 33 joints, thousands of nerve endings and more than 100 muscles, ligaments and tendons - all working together so we can stand, balance, walk and move.

"The feet are highly complex structures and work in many ways to do even the simplest of things, like taking you to your first cup of coffee in the morning," says Gohil. "Which is why it's important to not think of your feet as separate identities, but more as an extension of your body."

Gohil explains that our feet movements impact the ankles, knees, hips, back and spinal cord and neck. "When your feet are in good health, we often forget about them, but when they're in pain it can become a real problem for your day-to-day mobility," she adds.

Dr Ravi Tomar, GP at Portland Medical says foot problems can lead to us getting a lack of physical exercise too, which can increase your risk of bigger health issues, such as type 2 diabetes and heart disease, reduced conditioning and loss of muscle mass.

6 key tips for looking after your feet

1. Regularly wash your feet: "When showering or bathing, be sure to use warm water and dry them thoroughly afterwards. Keeping your feet

clean will help prevent infections like athlete's foot, or fungal growth around the toenails."

2. Carefully cut your toenails: "Keeping your toenails trimmed will help reduce the chance of an ingrown toenail or nail impingement in shoes. Be sure to cut across the nail, and not around or down the edges."

3. Wear sensible shoes: "Poorly fitted shoes can create painful issues, like heel pain, or aggravate deformities like hammertoes, claw toes or bunions. It's a good idea to make sure there's plenty of room in the toe boxes of your shoes, as high-pressure shoes, such as high heels, can be particularly aggravating for painful symptoms."

4. Moisturise and file: "Using skin lotion and filing corns and calluses will help keep the skin smooth and pain-free."

5. Change your socks daily: "If you're not already in the basic habit, this can reduce the chance of infection and will improve foot odour."

6. Check your feet: "It's worth regularly looking over your feet, especially if you are diabetic or ageing, to look for signs of injury or changes to their appearance." Finally, if you are ever unsure of how to look after your feet - or need assistance on how to solve a foot problem - Nazir says it's advisable to see your doctor or arrange an appointment with a podiatrist, who can advise on the best course of treatment for you. **PA/TPN**

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How to make weaning easier

Just like all the other stages of child-rearing, weaning can be full of conflicting messages and confusion for new, wanna-be-perfect parents.



You'll have tougher days when most of your baby's food ends up on the floor and you'll have days when you're in fits of laughter seeing food end up all over their face. (Photo: iStock/PA)

Research has found that despite official guidance stating babies shouldn't be introduced to solid foods until around six months of age, more than a third of mums (34%) feel pressure to wean their baby before six months. Yet the Start4Life study found nearly two-thirds (63%) of mums have received conflicting weaning advice, which can be especially frustrating when so many of them (83%) feel they have to get parenting right all of the time. "Introducing solid foods is an exciting time, but while everyone wants the best for

their baby's health, it can feel daunting for many parents - particularly when they feel under pressure to get things right," says Start4Life nutritionist Orla Hugueniot. "Our weaning hub supports parents by putting the best advice in one place, helping them to cut through the confusion and boost their confidence to enjoy this big milestone in their child's life." And the Irish Health Board Bord Bia, which provides healthy eating advice for every life stage, points out: "Boys may differ from girls, and breastfed infants tend to start spoon-feeding later than those who aren't

breastfed. Spoon-feeding practices vary from one family to another." Here, Start4Life and Bord Bia give their tips for happy and successful weaning...

Wait for six months Solid foods should be introduced at around six months, stresses Start4Life. By this point, babies can cope better with solid foods and are more able to feed themselves. They are also better at moving food around their mouth, chewing and swallowing. However, the Start4Life research found three-quarters of parents had already introduced

solid foods by the time their baby was five-months-old.

Watch for the signs

There are three clear signs, says Start4Life, which when they appear together, show a baby is ready for its first solid foods, alongside breast milk or infant formula. The signs are being able to sit up and hold their head steady, coordinating their eyes, hands and mouth so they can look at their food, pick it up and put it in their mouth, and being able to swallow food, rather than spitting it out.

Don't start when baby's hungry

It's best not to offer the first spoon-feed when your baby's very hungry, says Bord Bia, as the small amount taken won't be enough to satisfy their hunger and they may get upset. Breast feed or give some formula first, and then offer food when baby's more relaxed.

Take your time

Remember, it doesn't matter how quickly your baby gets the hang of this - the important thing is getting them used to new tastes and textures. "Take your time and let your baby guide you," advises Hugueniot.

Don't worry about the amount eaten at first

Start by giving a spoon feed

just once a day, when you're relaxed and can enjoy the potentially messy experience, Bord Bia suggests. Although your baby will only eat a small amount of food at first - probably just two or three teaspoonfuls - that's fine. The important thing is that he/she is learning to take food from a spoon. Eating enough to fill that little tummy will come after your baby gets the hang of this strange new eating thing.

Mix it up

To get your baby used to eating different textures and tastes quickly, try moving from purees to mashed or finger foods as soon as they're ready, advises Start4Life. "This helps them learn how to chew and swallow solid foods," explains Hugueniot.

Don't give up

If your baby doesn't seem to like a certain food and refuses it, wait a few days and try again, says Bord Bia. If you think a particular food has unsettled or upset him/her, it's best to avoid it for a while, but don't write it off completely - give it to your baby again at a later date. However, if he/she reacts again, get advice from your doctor or health visitor about it.

Make sure you feed all the food groups

Gradually increase the amount and variety of foods you give your baby, include foods from the different food groups (vegetables, fruit, starchy foods, protein foods and dairy), and vegetables that aren't so sweet, such as broccoli and cauliflower. "This will help your baby get used to a range of flavours and can help prevent them being fussy eaters as they grow up," explains Hugueniot. Initially, stew small

portions of fruit or steam or boil vegetables and puree or mash them to a soft, runny consistency.

Spoon-fed or baby-led?

Some parents prefer baby-led weaning - where a baby feeds themselves finger foods, rather than starting off with spoon feeding - while others combine both. Hugueniot says: "There's no right or wrong way - the most important thing is that your baby eats a wide variety of food and gets all the nutrients they need."

What about milk?

Breast milk or infant formula is still an important source of energy and nutrients during a baby's first year, and should be their main drink until 12 months of age. Cows milk doesn't provide the nutrients a baby needs, and Bord Bia stresses that it shouldn't be used as the main milk drink until baby is one-year-old. Then, whole milk can be given to them - low-fat milk and its products aren't suitable for babies and young children.

Eat together

Babies learn from watching you eat, so give them food when you and the rest of the family are eating, advises Start4Life. Your baby doesn't need salt or sugar added to their food - salt isn't good for their kidneys.

Have fun!

"You'll have tougher days when most of your baby's food ends up on the floor and you'll have days when you're in fits of laughter seeing food end up all over their face," says Hugueniot. "It's a great bonding time for you and your baby, so have fun experimenting and figuring this out together." PA/TPN



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The villa has its own swimming pool and well maintained garden. There is a sun soaked terrace outside the lounge and kitchen. Big enough for a BBQ and table with chairs for 8 people.

The property is on two floors with a terrace with shade and covered sitting area at the bottom of the garden. It has a large dining room through lounge. There is a fireplace and the villa has a well equipped kitchen. Master bedroom with ensuite shower room. The other two bedrooms, one with double bed and the other with twin beds.

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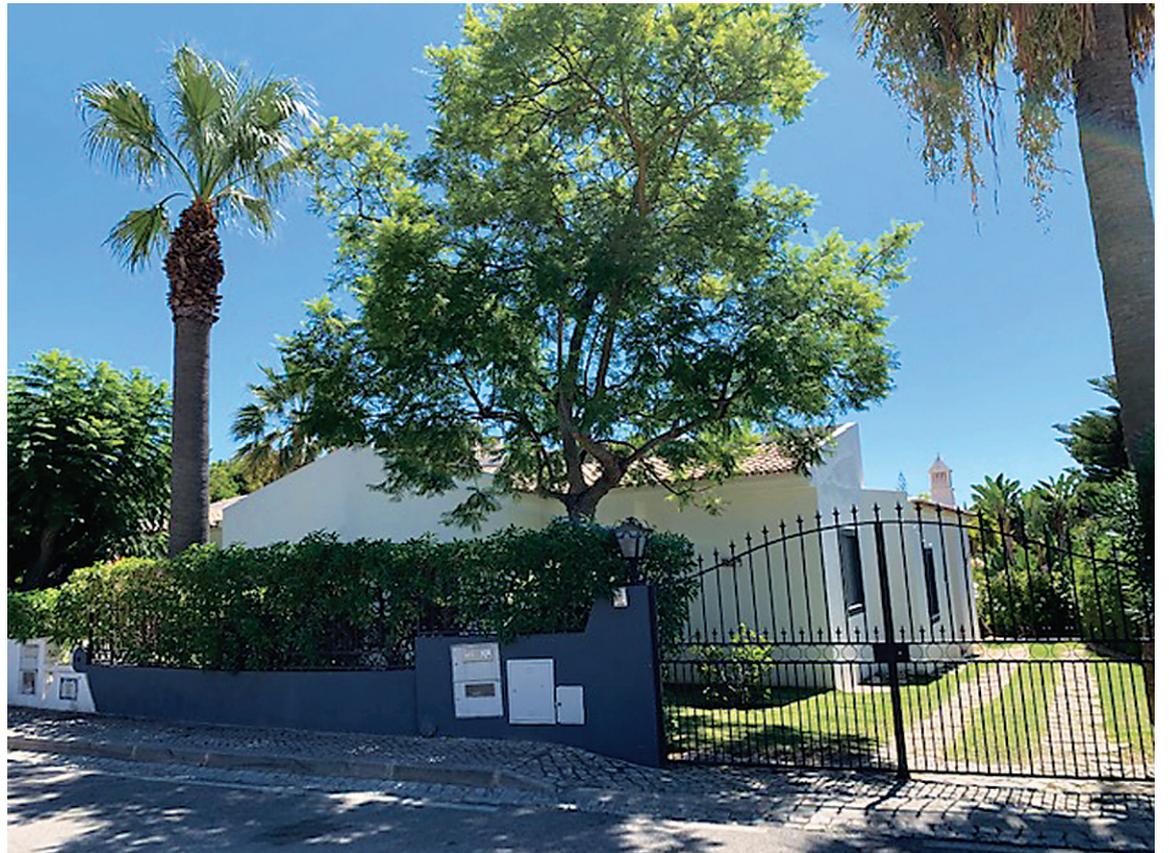
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tourism resort in Europe and is one of the most prestigious in Portugal.

Vilamoura has something for everyone to enjoy. Vilamoura Marina is the main centre of activity with a huge range of restaurants, bars and shops (including many designer shops). It gets more lively at night, with everyone coming to eat and try out some of the bars, but is still a very relaxed resort.

Golfing in Vilamoura is world famous, and if you like golf, you will be pleased to know that there are several championship golf courses. Vilamoura has two beautiful beaches, Praia da Marina and Praia da Falésia. Floor area 554m². Good opportunity as a holiday home or investment.

For more information about this beautiful property (Ref: FS560), reduced from €597,000 to €577,000, please contact Fivestar Vilamoura on Tel: 289302762, Mob. 969190361 / 965392755, email: info@fivestar-vilamoura.com or visit: www.fivestar-vilamoura.com.



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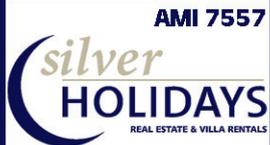
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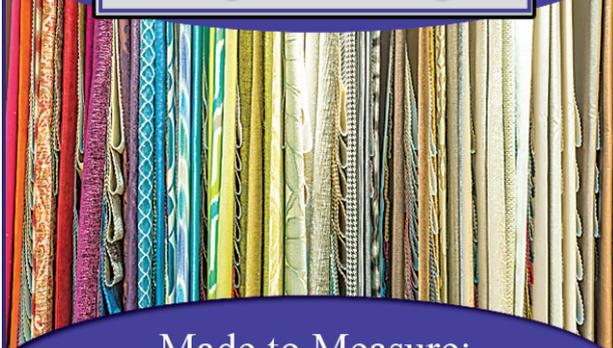
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SATURDAY 26/09/20

BBC One

- 06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 Nadiya Bakes.
12.00 Football Focus.
13.00 BBC News; Weather.
13.15 Bargain Hunt.
14.00 Escape to the Country.
15.00 Garden Rescue.
15.45 Money for Nothing.
16.30 Final Score.
17.10 BBC News; Weather.
17.30 Pointless Celebrities.
18.15 The Hit List.
19.00 Little Mix The Search.
20.15 Strictly: The Best of Blackpool.
21.20 Casualty - The Lost Episode.
22.10 BBC News; Weather.
22.30 Match of the Day.
23.30 The NFL Show.
00.20 **FILM:** Man Up.

BBC Two England

- 06.45 Wild & Weird.
07.00 The Dengineers.
07.30 All Over the Place: UK.
08.00 Blue Peter.
08.30 Deadly Dinosaurs with Steve Backshall.
09.00 Wonders of the Universe.
10.00 This Farming Life.
11.00 Ghost Bear Family: Natural World.
12.00 Best Bakes Ever.
12.45 Live Women's Cricket: England v West Indies.
17.00 Football: Women's FA Cup 2020.
19.30 Bernard Haitink, the Enigmatic Maestro.
21.00 QI XL.
21.45 **FILM:** McQueen.
23.30 **FILM:** The Boy in the Striped Pyjamas.

ITV London

- 06.00 CITV.
07.30 Scrambled!: Scrambled!
07.35 Scrambled!: The Tom and Jerry Show.
07.55 Scrambled!: Hotel Transylvania.
08.10 Scrambled!: Craig of the Creek.
08.30 Scrambled!: Scooby-Doo and Guess Who?
09.05 Scrambled!: Teen Titans Go!
09.25 ITV News.
09.30 James Martin's Saturday Morning.
11.40 Ainsley's Food We Love.
12.40 James Martin's Great British Adventure.
13.35 ITV News and Weather.
13.45 Midsomer Murders.
15.40 Tipping Point.
16.40 Family Fortunes.
17.40 ITV News and Weather; Weather.
18.00 Celebrity Catchphrase.
19.00 The Chase Celebrity Special.
20.00 Britain's Got Talent.
22.00 Jonathan Ross' Comedy Club.
22.30 ITV News and Weather; Weather.
22.45 **FILM:** Bad Neighbours.

Channel 4

- 06.00 Everybody Loves Raymond.
06.55 Heineken Champions Cup Rugby: The Big Tackle.
07.50 The Big Bang Theory.
09.00 The Simpsons.
12.00 Animal Airport.
12.30 Live Heineken Champions Cup Rugby Union.
15.15 The Supervet.
16.15 A Place in the Sun.
17.00 Kirstie and Phil's Love It or List It.
18.00 Channel 4 News.
18.30 Formula 1 Russian Grand Prix Qualifying Highlights.
20.00 Bone Detectives: Britain's Buried Secrets.
21.00 **FILM:** Deadpool.
23.00 **FILM:** Deepwater Horizon.

BBC Four

- 19.00 This Farming Life.
20.00 Pole to Pole.
21.00 Mystery Road.
22.50 The Beach: Isolation in Paradise.
23.40 Clive James: Postcard from Paris.
00.30 Top of the Pops: 1981 Big Hits.
01.30 Pole to Pole.
02.20 This Farming Life.
03.20 Close.

SUNDAY 27/09/20

BBC One

- 06.00 Breakfast.
08.00 Match of the Day.
09.00 The Andrew Marr Show.
10.00 Politics England.
10.30 Sunday Morning Live.
11.30 Wanted Down Under.
12.15 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Songs of Praise.
13.50 Points of View.
14.05 Lifeline.
14.20 Money for Nothing.
15.20 Escape to the Country.
16.20 Planet Earth II.
17.20 BBC News; Weather.
17.45 Countryfile.
18.45 Little Mix The Search.
20.00 Antiques Roadshow: Best of the Summer.
21.00 Us.
22.00 BBC News; Weather.
22.30 Match of the Day 2.
23.40 Squad Goals.
00.10 **FILM:** The Water Diviner.

BBC Two England

- 06.20 A to Z of TV Gardening.
07.05 Countryfile.
08.00 Gardeners' World.
09.00 Landward.
09.30 Beechgrove.
10.00 Saturday Kitchen Best Bites.
11.30 Mary Berry's Simple Comforts.
12.00 World Road Cycling Championships: Men's Road Race.
16.20 Flog It!
16.50 **FILM:** North By Northwest.
19.00 Britain's Biggest Dig.
20.00 Mortimer & Whitehouse: Gone Fishing.
20.30 Harry Hill's World of TV.
21.00 Louis Theroux: Life on the Edge.
22.00 Better Things.
22.55 Heroes.
00.20 Atlanta.

ITV London

- 06.00 CITV.
07.30 The Chase Celebrity Special.
08.30 Martin & Roman's Sunday Best!
09.25 ITV News.
09.30 Love Your Weekend with Alan Titchmarsh.
11.20 All Around Britain.
12.20 Love Your Exotic Garden.
13.20 ITV News and Weather; Weather.
13.30 Ainsley's Food We Love.
14.30 Britain's Got Talent.
16.30 The Chase.
17.30 Supermarket Sweep.
18.30 ITV News and Weather.
19.00 Tipping Point: Lucky Stars.
20.00 Family Fortunes.
21.00 The Singapore Grip.
22.00 ITV News and Weather; Weather.
22.20 In Cold Blood.
00.00 Heathrow: Britain's Busiest Airport.
00.25 Ideal World.

Channel 4

- 06.05 Everybody Loves Raymond.
06.55 The Big Bang Theory.
08.35 The Simpsons.
09.30 Sunday Brunch.
12.30 The Simpsons.
14.30 The Great British Bake Off.
16.00 Coast vs Country.
17.00 Channel 4 News.
17.30 Formula 1 Russian Grand Prix Highlights.
20.00 Scotland's Scenic Railways.
21.00 George Clarke's National Trust Unlocked.
22.00 Gogglebox.
22.55 **FILM:** The Fault in Our Stars.

BBC Four

- 19.00 Kangaroo Dundee & Other Animals - Part Two: Natural World.
20.00 Woolly Mammoth: Secrets from the Ice.
21.00 Black Classical Music: The Forgotten History.
22.30 Nicky and Wynton: The Making of a Concerto.
23.30 Nana Mouskouri at the BBC.
00.30 Classic EastEnders.
02.30 Amazon: Earth's Great Rivers.
03.30 Close.

MONDAY 28/09/20

BBC One

- 06.00 Breakfast.
09.15 Critical Incident.
10.00 Homes Under the Hammer.
11.00 Ill Gotten Gains.
11.45 Fraud Squad: The Hunt.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 The Indian Doctor.
14.30 Hairy Bikers' Best of British.
15.00 Escape to the Country.
15.45 Garden Rescue.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Test and Trace Exposed - Panorama.
20.05 EastEnders.
20.30 Ghosts.
21.00 Freddie Flintoff: Living with Bulimia.
22.00 BBC News at Ten; Weather.
22.45 Stand Up for Live Comedy.

BBC Two England

- 09.00 BBC News at 9.
12.15 Politics Live.
13.00 Decimate.
13.45 Make Me a Dealer.
14.30 A Place to Call Home.
15.25 The A to Z of TV Cooking.
15.45 The Best Dishes Ever.
16.15 Cities: Nature's New Wild.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 The Farmers' Country Showdown.
19.00 The Yorkshire Dales.
19.30 Tom Kerridge: Lose Weight for Good.
20.00 Only Connect.
20.30 University Challenge.
21.00 The Shipman Files: A Very British Crime Story.
22.00 Mock the Week.
22.30 Amazing Hotels: Life Beyond the Lobby.
22.45 Newsnight.

ITV London

- 09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
14.00 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Inside Animal A&E.
20.30 Coronation Street.
21.00 Honour.
22.00 ITV News at Ten; Weather.
22.45 London Zoo: An Extraordinary Year.

Channel 4

- 09.40 Frasier.
10.35 Undercover Boss USA.
11.30 Channel 4 News Summary.
11.35 Ramsay's Kitchen Nightmares USA.
12.30 Steph's Packed Lunch.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 A Place in the Sun.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Inside the Bomb Squad.
20.30 Jamie: Keep Cooking Family Favourites.
21.00 Brain Surgeons: Between Life and Death.
22.00 Sex on the Beach.
23.00 999: On the Front Line.

BBC Four

- 19.00 Timothy Spall: Back at Sea.
19.30 The Joy of Painting.
20.00 Fake or Fortune?
21.00 The Secret History of Writing.
22.00 Charles I: Killing a King.
23.00 Handmade: By Royal Appointment.
23.30 Sold! Inside the World's Biggest Auction House.
00.30 Fake or Fortune?
01.30 The Joy of Painting.

TUESDAY 29/09/20

BBC One

- 06.00 Breakfast.
09.15 Critical Incident.
10.00 Homes Under the Hammer.
11.00 Ill Gotten Gains.
11.45 Fraud Squad: The Hunt.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.45 The Indian Doctor.
14.30 Hairy Bikers' Best of British.
15.00 Escape to the Country.
15.45 Garden Rescue.
16.30 The Repair Shop.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.35 EastEnders.
20.00 The Sheriffs Are Coming.
21.00 Life.
22.00 BBC News at Ten; Weather.
22.45 Just One Night.
23.30 Michael McIntyre: Happy & Glorious.

BBC Two England

- 09.00 BBC News at 9.
12.15 Politics Live.
13.00 The Super League Show.
13.45 Make Me a Dealer.
14.30 800 Words.
15.15 The Great British Sewing Bee.
16.15 Cities: Nature's New Wild.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 The Farmers' Country Showdown.
19.00 Blitz: The Bombs That Changed Britain.
20.00 Britain's Biggest Dig.
21.00 The Shipman Files: A Very British Crime Story.
22.00 The Ranganation.
22.45 Newsnight.
23.25 Weather.
23.30 The Fixing Challenge.

ITV London

- 09.00 Lorraine.
10.00 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
13.55 ITV News London; Weather.
14.00 Judge Rinder.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Harbour Cops.
20.00 Love Your Wildlife Garden.
21.00 Honour.
22.00 ITV News at Ten; Weather.
22.45 Banaz: An Honour Killing - Exposure.
23.45 Honour.

Channel 4

- 09.40 Frasier.
10.35 Undercover Boss USA.
11.30 Channel 4 News Summary.
11.35 Ramsay's Kitchen Nightmares USA.
12.30 Steph's Packed Lunch.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 A Place in the Sun.
17.00 Couples Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Great British Bake Off.
21.30 The Write Offs.
22.35 Gogglebox.
23.40 24 Hours in A&E.
00.35 Five Guys a Week.

BBC Four

- 19.00 Timothy Spall: Back at Sea.
19.30 The Joy of Painting.
20.00 Nile: Earth's Great Rivers.
21.00 Australia with Simon Reeve.
22.00 Charles I: Killing a King.
23.00 Handmade: By Royal Appointment.
23.30 Mystery Road.
01.20 The Joy of Painting.
01.50 Timothy Spall: Back at Sea.
02.20 Australia with Simon Reeve.
03.20 Close.

WEDNESDAY 30/09/20

BBC One

- 09.15 Critical Incident.
- 10.00 Homes Under the Hammer.
- 11.00 Ill Gotten Gains.
- 11.45 Fraud Squad: The Hunt.
- 12.15 Bargain Hunt.
- 13.00 BBC News at One; Weather.
- 13.45 The Indian Doctor.
- 14.30 Hairy Bikers' Best of British.
- 15.00 Escape to the Country.
- 15.45 Garden Rescue.
- 16.30 The Repair Shop.
- 17.15 Pointless.
- 18.00 BBC News at Six; Weather.
- 18.55 Party Political Broadcast.
- 19.00 The One Show.
- 19.30 Garden Rescue.
- 20.00 The Repair Shop.
- 21.00 Ambulance.
- 22.00 BBC News at Ten; Weather.

BBC Two England

- 09.00 BBC News at 9.
- 11.15 Politics Live.
- 13.00 Decimate.
- 13.45 Make Me a Dealer.
- 14.30 800 Words.
- 15.15 The Great British Sewing Bee.
- 16.15 Cities: Nature's New Wild.
- 17.15 Flog It!
- 18.00 Richard Osman's House of Games.
- 18.30 The Farmers' Country Showdown.
- 19.00 Blitz: The Bombs That Changed Britain.
- 20.00 Mary Berry's Simple Comforts.
- 20.30 Nadiya Bakes.
- 21.00 The Shipman Files: A Very British Crime Story.
- 22.00 Live at the Apollo.

ITV London

- 09.00 Lorraine.
- 10.00 This Morning.
- 12.30 Loose Women.
- 13.30 ITV Lunchtime News; Weather.
- 14.00 Judge Rinder.
- 15.00 Tenable.
- 15.59 ITV London Weather.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 18.25 Party Political Broadcast.
- 18.30 ITV Evening News; Weather.
- 19.00 Emmerdale.
- 19.30 Coronation Street.
- 20.00 Heathrow: Britain's Busiest Airport.
- 20.30 Coronation Street.
- 21.00 The Savoy.
- 22.00 ITV News at Ten; Weather.

Channel 4

- 09.40 Frasier.
- 10.35 Undercover Boss USA.
- 11.30 Channel 4 News Summary.
- 11.35 Ramsay's Kitchen Nightmares USA.
- 12.30 Steph's Packed Lunch.
- 14.10 Countdown.
- 15.00 Find It, Fix It, Flog It.
- 16.00 A Place in the Sun.
- 17.00 Couples Come Dine with Me.
- 18.00 The Simpsons.
- 18.30 Hollyoaks.
- 19.00 Channel 4 News.
- 20.00 Location, Location, Location: 20 Years and Counting.
- 21.00 24 Hours in A&E.
- 22.00 Grayson Perry's Big American Road Trip.

BBC Four

- 19.00 Women's FA Cup Semi-Final.
- 21.30 Dame Kelly: The Power of Parkrun.
- 22.00 Charles I: Killing a King.
- 23.00 Handmade: By Royal Appointment.
- 00.00 The Secret History of Writing.
- 01.00 Black Classical Music: The Forgotten History.

THURSDAY 01/10/20

BBC One

- 09.15 Critical Incident.
- 10.00 Homes Under the Hammer.
- 11.00 Ill Gotten Gains.
- 11.45 Fraud Squad: The Hunt.
- 12.15 Bargain Hunt.
- 13.00 BBC News at One; Weather.
- 13.45 The Indian Doctor.
- 14.30 Hairy Bikers' Best of British.
- 15.00 Escape to the Country.
- 15.45 Garden Rescue.
- 16.30 The Repair Shop.
- 17.15 Pointless.
- 18.00 BBC News at Six; Weather.
- 19.00 The One Show.
- 19.35 EastEnders.
- 20.00 The Grand Party Hotel.
- 21.00 The Apprentice Best Bits.
- 22.00 BBC News at Ten; Weather.
- 22.45 Question Time.

BBC Two England

- 09.00 BBC News at 9.
- 12.15 Politics Live.
- 13.00 Decimate.
- 13.45 Make Me a Dealer.
- 14.30 800 Words.
- 15.15 The Great British Sewing Bee.
- 16.15 Elephant Family & Me.
- 17.15 Flog It!
- 18.00 Richard Osman's House of Games.
- 18.30 The Farmers' Country Showdown.
- 19.00 Women's FA Cup Semi-Final.
- 21.30 Motherland.
- 22.00 Frankie Boyle's New World Order.

ITV London

- 09.00 Lorraine.
- 10.00 This Morning.
- 12.30 Loose Women.
- 13.30 ITV Lunchtime News; Weather.
- 14.00 Judge Rinder.
- 15.00 Tenable.
- 15.59 ITV London Weather.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 19.00 Emmerdale.
- 19.30 Funerals: The True Cost? Tonight.
- 20.00 Emmerdale.
- 20.30 The Martin Lewis Money Show: Live.
- 21.00 London Zoo: An Extraordinary Year.
- 22.00 ITV News at Ten; Weather.

Channel 4

- 09.40 Frasier.
- 10.35 Undercover Boss USA.
- 11.30 Channel 4 News Summary.
- 11.35 Ramsay's Kitchen Nightmares USA.
- 12.30 Steph's Packed Lunch.
- 14.10 Countdown.
- 15.00 Find It, Fix It, Flog It.
- 16.00 A Place in the Sun.
- 17.00 Couples Come Dine with Me.
- 18.00 The Simpsons.
- 18.30 Hollyoaks.
- 19.00 Channel 4 News.
- 20.00 How to Beat - Fat.
- 21.00 Council House Britain.
- 22.00 First Dates.

BBC Four

- 19.00 Timothy Spall: Back at Sea.
- 19.30 The Joy of Painting.
- 20.00 **FILM:** North By Northwest.
- 22.10 Hitchcock's Leading Actors: Talking Pictures.
- 22.45 Churchill and the Movie Mogul.
- 23.45 David Stratton's Stories of Australian Cinema.
- 00.45 Sam Taylor-Johnson: Life Cinematic.
- 01.45 The Joy of Painting.
- 02.15 Timothy Spall: Back at Sea.
- 02.45 Churchill and the Movie Mogul.

FRIDAY 02/10/20

BBC One

- 09.15 Critical Incident.
- 10.00 Homes Under the Hammer.
- 11.00 Ill Gotten Gains.
- 11.45 Fraud Squad: The Hunt.
- 12.15 Bargain Hunt.
- 13.00 BBC News at One; Weather.
- 13.45 The Indian Doctor.
- 14.30 Hairy Bikers' Best of British.
- 15.00 Escape to the Country.
- 15.45 Garden Rescue.
- 16.30 The Repair Shop.
- 17.15 Pointless.
- 18.00 BBC News at Six; Weather.
- 19.00 The One Show.
- 19.30 A Question of Sport.
- 20.00 Would I Lie to You?
- 20.30 EastEnders.
- 21.00 Have I Got News for You.
- 21.30 Mrs Brown's Boys.
- 22.00 BBC News at Ten; Weather.
- 22.45 The Graham Norton Show.

BBC Two England

- 09.00 BBC News at 9.
- 13.00 The Super League Show.
- 13.30 Lifeline.
- 13.45 Make Me a Dealer.
- 14.30 800 Words.
- 15.15 The Great British Sewing Bee.
- 16.15 Elephant Family & Me.
- 17.15 Flog It!
- 18.00 Richard Osman's House of Games.
- 18.30 The Farmers' Country Showdown.
- 19.00 Simply Nigella.
- 19.30 Inside Culture with Mary Beard.
- 20.00 Mountain Vets.
- 21.00 Gardeners' World.
- 22.00 Later - with Jools Holland.
- 22.45 Newsnight.

ITV London

- 09.00 Lorraine.
- 10.00 This Morning.
- 12.30 Loose Women.
- 13.30 ITV Lunchtime News; Weather.
- 14.00 Judge Rinder.
- 15.00 Tenable.
- 15.59 ITV London Weather.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 19.00 Emmerdale.
- 19.30 Coronation Street.
- 20.30 Vera.
- 22.25 ITV News; Weather.

Channel 4

- 09.40 Frasier.
- 10.35 Undercover Boss USA.
- 11.30 Channel 4 News Summary.
- 11.35 Ramsay's Kitchen Nightmares USA.
- 12.30 Steph's Packed Lunch.
- 14.10 Countdown.
- 15.00 Find It, Fix It, Flog It.
- 16.00 A Place in the Sun.
- 17.00 Couples Come Dine with Me.
- 18.00 The Simpsons.
- 19.00 Channel 4 News.
- 20.00 The Great British Bake Off: An Extra Slice.
- 21.00 Gogglebox.
- 22.00 Five Guys a Week.

BBC Four

- 19.00 Timothy Spall: Back at Sea.
- 19.30 Sounds of the Eighties.
- 20.00 Top of the Pops: Big Hits 1990.
- 21.00 Top of the Pops: The Story of 1990.
- 22.00 Geri's 1990s: My Drive to Freedom.
- 23.00 Toots and the Maytals: Reggae Got Soul.
- 00.00 Toots and the Maytals at Glastonbury 2010.
- 01.00 Smashing Hits! The 80s Pop Map of Britain and Ireland.
- 02.00 Top of the Pops: The Story of 1990.

Pick of the week

SATURDAY 26 SEP

The Hit List (BBC1, 6.15pm-7pm)



For anyone who has recently discovered that Ken Bruce's Popmaster on Radio 2 is a good way to break up

the morning while working from home, the good news is that Marvin and Rochelle Humes are back for a new series of their music-based quiz, which means you can now get a weekend fix of chart trivia too. Mother and daughter Julie and Lauren from Edinburgh, partners Ben and Adam from Staffordshire, and married couple Jess and John from Liverpool take part are the first teams to try to identify hits from across the decades - and unlike on Popmaster, there's a £10,000 jackpot up for grabs.

SUNDAY, 27 SEP

The Singapore Grip (ITV, 9pm)



The series adapting JG Farrell's novel set in 1941 Singapore proved divisive even before the first episode aired,

with some fearing too white a gaze. True the casting, while impressive (David Morrissey, Luke Treadaway, Jane Horrocks...), is markedly caucasian, yet it's hard to see the story as anything but an attack on the corruption inherent in colonial rule. In tonight's third part, the Blacketts step up their efforts to get Matthew inside, while Walter remains steadfast in the face of bombs. Stiff upper lip, and all that...

THURSDAY, 1 OCT

Women's FA Cup Semi-Final (BBC2, 7pm)



After delays due to the coronavirus pandemic, last season's Women's FA Cup is now nearing a conclusion. The

second semi-final tonight will see either Leicester City or Manchester City face Arsenal or Tottenham Hotspur. Gareth Taylor's FA Cup holders Manchester City, who recently signed star players Lucy Bronze and Alex Greenwood, will have hoped to have dispatched Leicester on Sunday, and at this stage last year they squeezed through 1-0 against Chelsea thanks to a stoppage-time own goal by Magdalena Eriksson.

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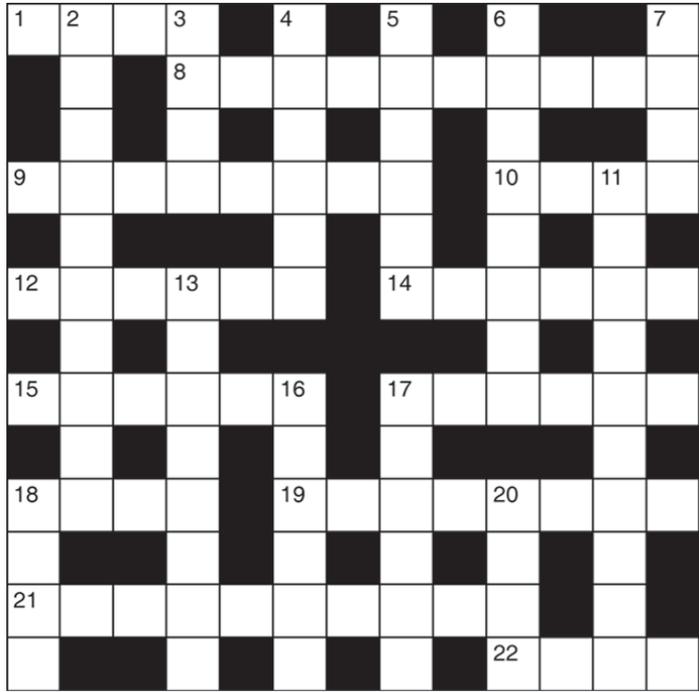
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Last week's cryptic crossword solutions
Across: 1 Look-out post; 9 Ask; 10 Disparate; 11 Eaves; 13 Tuesday; 14 Hurtle; 16 Ashore; 18 Leakage; 19 Banal; 20 Alienated; 21 Oaf; 22 Tender years.
Down: 2 Oak; 3 Kudos; 4 Upsets; 5 Players; 6 Stand down; 7 Take the lead; 8 Very well off; 12 Versatile; 15 Learned; 17 Better; 19 Badge; 21 Oar.

CRYPTIC CROSSWORD

- ACROSS**
- Shortened opening for one who tops the bill (4)
 - This is set to produce a stirring effect at certain times (5,5)
 - Don't panic – take advantage of the air-conditioning (4,4)
 - Stole – smartly chastise, we hear! (4)
 - One direction should be looked for (6)
 - He takes part in Conservative abstract idea (6)
 - Gives a change of face (6)
 - It's not often models get restyled (6)
 - The man gets the editor to pay attention (4)
 - Bridge walls to imitate in sections (8)
 - This will install supports heaped by the watercourse (4-6)
 - What those who pay lip service do? (4)
- DOWN**
- Be observant, but receive warning of dismissal (4,6)
 - It's inclined to be a racket (4)
 - Slept in the open air – ground plan required (6)
 - A beast of burden near the end of the street is a charming thing (6)
 - Could it be an aircraft rotor? (8)
 - Make half the sea captains jump! (4)
 - One who looks after those who take flight (3,7)
 - Sounds like splendid luxury for foreign nobility (8)
 - No longer wine to sell overseas (6)
 - Tried hard to sway the voters (6)
 - Some of the shop employees show optimistic anticipation (4)
 - Here's the recreation ground – leave the car (4)

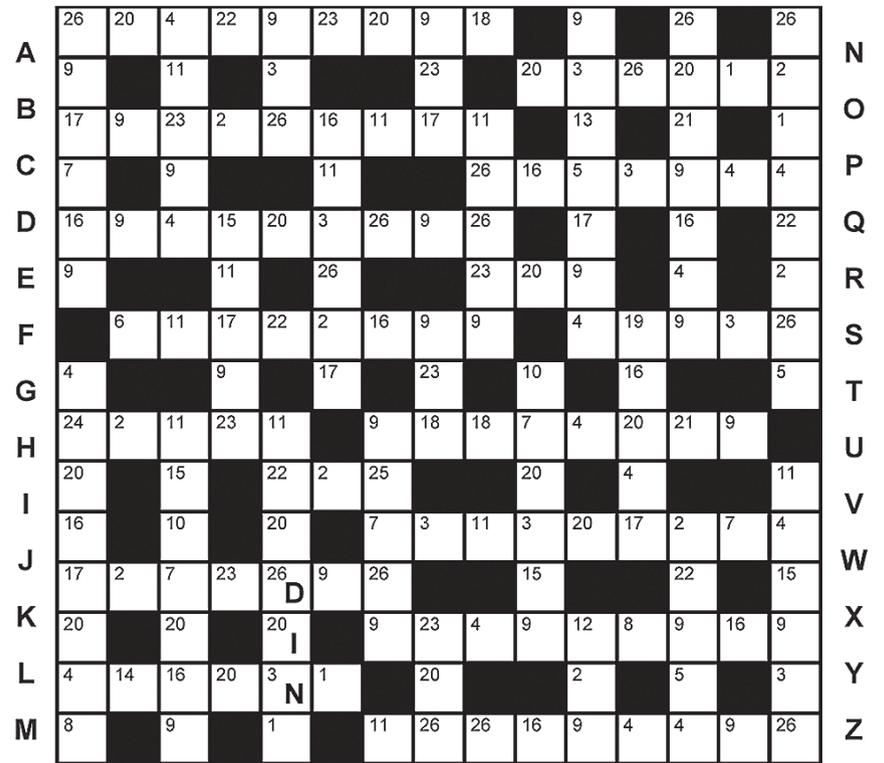
QUICK CROSSWORD

- ACROSS**
- Overlook (4)
 - Intermittently (3,3,4)
 - Whole (8)
 - Mislay (4)
 - Rate (6)
 - Golf club (6)
 - Not present (6)
 - Inborn (6)
 - Side (4)
 - Jesting (8)
 - Not likely (10)
 - Rave (4)
- DOWN**
- Impracticable (10)
 - Break (4)
 - Proprietors (6)
 - Mean (6)
 - Horse (8)
 - At one time (4)
 - Loud voiced (10)
 - Always (8)
 - Pulsates (6)
 - Drink in (6)
 - Stumble (4)
 - Ogle (4)

Last week's quick crossword solution
Across: 1 Opinionated; 9 Um; 10 Spectator; 11 Tarry; 13 Deserve; 14 Empire; 16 Design; 18 Matisse; 19 Hence; 20 Rebellion; 21 Has; 22 Never-ending.
Down: 2 Pun; 3 Nasty; 4 Overdo; 5 Artist; 6 Extortion; 7 Furthermore; 8 Free and easy; 12 Reputable; 15 Resolve; 17 Revise; 19 Honed; 21 Hen.

CODEWORD

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



SUDOKU

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

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

Medium

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

Hard

Last Week's Codeword Solution

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

Last week's solutions

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

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 • 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 381
 ABC is the three digit Vincicode number, in which A, B and C are numbers between 1 and 9, included.
 Find the code ABC where :
 A+B+C = 19
 B > A > C
 ABC ÷ 1

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

Higgo takes the title in Portugal

Garrick Higgo secured his first European Tour victory at the Open de Portugal at Royal Óbidos thanks to a bogey-free seven under par final round of 65.

The left-handed South African, whose final bogey of the week occurred on the tenth hole of his second round, finished on 19 under par, one stroke clear of Spain's Pep Angles who finished second on 18 under par. Higgo's countryman George Coetzee continued his excellent form and followed his Portugal Masters victory with a tied for third place at Royal Óbidos on 15 under par, alongside England's Andrew Wilson, with Sweden's Jens Dantorp and Spain's Carlos Pigem finishing tied fifth on 14 under. The 21-year-old dropped just three shots during the tournament - a double bogey on his sixth hole of the week and that bogey on the tenth during his second round - and had played only a handful of third round holes when Saturday's play was suspended due to darkness. He returned to the course on Sunday morning and carded a six under par round of 66 to end round three just one shot off the lead, which was held by Portugal's Vitor Lopes. Lopes could not continue his low-scoring performance of the first three rounds and dropped off the pace during round four, but Higgo picked up where he left off. Five front nine birdies, including a chip-in on the sixth hole, saw him make the turn in 31 before further gains on the 11th and the 18th saw him finish on 19 under par.

It was a nervous wait for the Stellenbosch native with Angles playing in the group behind, but when the Spaniard was unable to convert the 35-foot eagle putt he needed for a play-off, victory was secured. Higgo, who's victory comes in just his seventh Tour start, admitted that the feeling had not yet sunk in following his win. "It feels awesome," he said. "I thought it was going to be a little bit easier over the last three holes but he [Pep Angles] made it a bit tough. That birdie on the last was really, really nice. "I just really enjoyed it and I just made sure I had fun out there. "It's awesome. It feels pretty surreal to be honest. I'm sure it's going to kick in tonight but my family and everyone is excited, I'm excited, it's an awesome feeling." Higgo now adds a European Tour title to two victories on the Sunshine Tour, and credited a change with his putting as the key to his victory in Portugal. "I could have done even better, golf's always like that. It was nice. I don't think I made a bogey in two days, so I was just really, really sharp. My short game was very good, I chipped in three times so every time I was out of position, I made it a 'double-plus'. "The last couple of weeks, I was struggling with my putting. I think I was over-reading everything and this week, I just went with my first read. I think you can quickly see things that aren't there, so that was kind of



Higgo, who's victory comes in just his seventh Tour start, admitted that the feeling had not yet sunk in following his win.

the key this week." Last year's Sunshine Tour rookie of the year will now receive additional European Tour playing rights after winning in Portugal, an event which was dual-ranked with the European Challenge Tour. "It does give me a lot of confidence. It was a bit of a big hit with Covid, meaning there isn't any promotion from the Challenge Tour this year, so obviously one of the dual-ranked events is ideal to win because you can get straight on to the European Tour. It's an awesome feeling to get it done."

The joint-low round of the day was carded by English duo Matt Ford and Jonathan Thomson who both recorded eight under par totals of 64 to earn shares of 18th position and seventh place, respectively. It is Thomson's highest European Tour finish since his tie for second place at Made in Denmark two years ago and he shares seventh place with Portugal's Lopes. Jordan Wrisdale, from England, and Australia's Maverick Antcliff complete the top ten by sharing ninth place on 12 under par. *European Tour*

U.S Open victory for DeChambeau

Bryson DeChambeau produced a sensational final round display to claim his first Major title at the U.S. Open Championship.

The 27-year-old American was the only player in the field to break par on the Sunday at Winged Foot Golf Club, and did it in style with a three under par 67. That gave DeChambeau a six under total, making him the only player to finish in red numbers for the week, with Matthew Wolff finishing six shots adrift in second. Starting the day two behind Wolff, the 21-year-old seeking to become the

youngest U.S. Open winner for over a century, DeChambeau wasted little time reeling in his playing partner. DeChambeau is just the third player after Jack Nicklaus and Tiger Woods to win an NCAA individual title, the U.S. Amateur title and a U.S. Open. Asked at the trophy presentation what it meant to be in such exalted company, DeChambeau said: "It's just an honour. I don't

know what else to say. "It's been a lot of hard work. Mr Nicklaus has been always awesome to me. He gave me a sponsor's invite. Tiger has always been great to me."



DeChambeau is just the third player after Jack Nicklaus and Tiger Woods to win an NCAA individual title, the U.S. Amateur title and a U.S. Open.

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Practically Portugal...

Premier League team Wolverhampton Wanderers have revealed their new third shirt with many commenting on the clear nod towards the Portugal national team kit.



As well as manager Nuno Espirito Santo, the Premier League side have nine first-team players from Portugal including João Moutinho (pictured).

The shirt was revealed at 9am on 18 September morning, within less than 24 hours, had eclipsed the sales record set by last season's home shirt by six percent. The new-look maroon number also accumulated 117 per cent more sales than the 2019/20 third kit in its first day, which was the previous best non-home kit launch, and 156 per cent more sales on launch day than the 2019/20 away kit, which went on to become the best selling non-home kit that the club have ever produced. Wolves general manager of commercial operations Vinny Clark said: "It is unusual for a

third kit to perform anywhere near the levels of a home kit, so to surpass the launch day set by last season's home shirt has been remarkable, and gone above and beyond the high expectations that we had for this shirt. "Whilst football is clearly a team game, we are proud to celebrate the individuals who make up our squad, which was clear to see with our Mexico-inspired third kit last year and this season's third kit. "The players have really bought into this way of thinking - I know Raul wore his shirt with pride last year and it was clear at our video and photoshoot day that our Portuguese players are excited to don a kit that nods to their national

team colours whilst representing their club. "When putting this kit together with our partners at adidas, we wanted to be brave and do something different and we did so knowing that this kit could divide opinion. Thankfully the response from Wolves fans has been hugely positive and they really seem to have bought into the pride that we have in our squad and their heritage." As well as manager Nuno Espirito Santo, the Premier League side have nine first-team players from Portugal and the maroon-coloured shirt with a green trim, green shorts and socks looks remarkably similar to the Portugal national teams kit.

Vasco Ribeiro and Teresa Bonvalot fifth in 'special' surf championship in France

Portuguese Vasco Ribeiro and Teresa Bonvalot finished in fifth place on 23 September at the French Rendez-Vous, a championship organised by the World Surfing League (WSL).

Vasco Ribeiro was eliminated in the quarter finals by Leonardo Fioravanti, winning 5.94 points (4.47 and 1.67), against 8.7 (4.5 and 4.2) by the Italian, after overtaking the Frenchman Maxime Huscenot in the second round.

Frederico Morais 'fell' at that stage, finishing the race in ninth place, with 6.53 points (5.33 and 1.2), against Brazilian Ítalo Ferreira, who won 13.5 (6.83 and 6.67).

In the women's competition, also at Chambre d'Amour beach, Teresa Bonvalot was defeated by the French surfer Pauline Ado, in the quarter finals, adding an insufficient 5.17 points (2.67 and 2.5) compared to 6.64 (3.17 and 3.47) of her opponent.

The national champion in 2020, 2014 and 2015 reached the 'quarters' after eliminating her compatriot Yolanda Hopkin.

Hopkins had been relegated to the second round by Ado, while Bonvalot was beaten by another Frenchwoman, Vahine Fierro, on her competition debut.

After the French Rendez-Vous, and with the cancellation of the world circuit to 2021, the elite of world surfing will be heading to Portugal, where they will compete in the MEO Portugal Cup, to be held in Ericeira or Peniche.



Teresa Bonvalot was defeated by the French Pauline Ado, in the quarter finals.

Nelson Semedo signs for Wolverhampton

Portuguese footballer Nelson Semedo has signed a three-season contract with Wolverhampton Wanderers, after paying 30 million to FC Barcelona.

The contract with Wolves will be until June 2023, with the option of extending it for another two seasons.

Trained at Sintrense, from where he moved to Benfica in 2012/13, when he was on loan at Fátima, Semedo made his debut in the Eagles main team in 2015/16, transferring to FC Barcelona in 2017 / 18.

Semedo told the Wolves' website: "I chose Wolves because it's a very good team that plays very good football.

"Last year they did a very good season and it's a very

important team in England, in also Europe. I hope this year we can do very good things.

"Coach Nuno is a very good coach. He did very good things here in Wolves, and in other teams too. For sure I'm going to learn a lot from him."

At Wolverhampton, coached by Nuno Espírito Santo, Nelson Semedo will meet fellow countrymen Rui Patrício, Rúben Vinagre, Rúben Neves, João Moutinho, Vítor Ferreira, Pedro Neto, Daniel Podence and Fábio Silva.

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