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Solutions in nursing homes



Video calling relatives is being used in nursing homes to help keep residents connected with family and friends during Covid-19 restrictions. (Georg Arthur Pfluger) **Full story P4.**



The Portugal News now online in Italian. **P2**



Discounts for tourism experiences. **P6**



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Following the successful launch of The Portugal News online in Spanish, Dutch, German and French, readers can now access all the news from Portugal in Italian.



The Portugal News online is now available for readers in Italian

With Italian visitors and residents making up a growing number of our readers, the new foreign translator will work to provide all of the content you can read in English and the other languages now in Italian. Plans are also well underway to include Swedish to the website next week to meet with the increasing demand from our Swedish readers. The new languages on The Portugal News website are still in the beta testing stage of development, so we ask our readers to please bear with us as we iron out any possible problems. We would also greatly appreciate your feedback on the languages and would be happy to hear your comments sent to our translators and foreign journalists. Look out for new features, sections and exclusive content coming soon in all the various languages at www.theportugalnews.com

Hearing on migration policy

The Portuguese Parliament will hear the Minister of the Interior and the Minister of State and Presidency for clarification on the country's migration policy and reception conditions.



The PSD wants Eduardo Cabrita to clarify what measures the government is taking to prevent further landings of migrants on the Algarve coast. (Photo: EPA/JJ Massey)

The requests for a hearing in the Committee on Constitutional Affairs, Rights, Freedoms and Guarantees, two from the Left Block and one from the PSD party, were unanimously approved.

On the 29 of September, the BE announced that it wanted to hear, "as a matter of urgency", Ministers Eduardo Cabrita and Mariana Vieira da Silva on the situation of refugees arriving in Portugal.

In their request for a hearing with the minister of the interior, the politicians expressed concern about the lack of vacancies in the Temporary Installation Centres (CIT), which oblige the holding of refugees arriving in the country in prison and military establishments.

In the request for the presence in parliament of the Minister of State and Presidency, Mariana Vieira da Silva, the BE said that Portugal had committed itself to "receive 1,100 refugees from Turkey and Egypt," but only "186 people arrived from Turkey and 220 people from Egypt," adding that of the 1,000 people from Greece that the country had offered to receive, "no one has arrived yet."

In its application, the PSD party wants Eduardo Cabrita to clarify what measures the government is

taking to prevent further landings of migrants on the Algarve coast and what kind of re-housing is planned for those already on national territory in order to avoid "sporadic escapes such as those that have occurred".

On 15 February, Portuguese Foreign Minister Augusto Santos Silva confirmed that Portugal had expressed its willingness to receive up to 100 migrants from the Moria camp on the Greek island of Lesbos after the fire that destroyed the camp's infrastructure.

On 11 September, the Secretary of State for Integration and Migration said that Portugal was prepared to receive 28 minors from the island of Lesbos and other Greek localities later this month, which would be divided across different cities.

In parallel, under a bilateral agreement between Portugal and Greece, the Portuguese authorities undertook to speed up the already planned transfer of the first 100 people.

In total, the agreement provides for the reception of up to 1 000 people in refugee camps in Greece and has been given the "green light" by the European Commission, with the situation being monitored by the International Organisation for Migration.

Police shut down illegal Algarve party

An illegal party being held in Silves and attended by around 80 people was shut down by police on 3 October due to breach of Covid-19 related rules.

The party was taking place near the Funcho dam, in the locality of São Bartolomeu de Messines, when the GNR received a "complaint to report noise from an isolated area in the vicinity", the Faro Territorial Command of the security force said.

"The GNR came to locate the source of the noise and soon realised that they were being faced with an illegal party with about 80 people, who were approached, inspected and given the indication to leave the site for failure to comply with the measures associated with the Covid-19 pandemic," said the same source.

GNR also announced that they detained two men and one woman, between 21 and 32 years old, for drug trafficking, and raised six administrative offenses for the consumption of narcotics.

Also seized at the site were "a total of 179 doses of hashish, 13 doses of cocaine and 7 doses of cannabis", while the party organisers "were identified and the facts forwarded to the Silves Judicial Court".

The contingency situation, which has been in force in mainland Portugal since the 15 of September and will remain at least until the 14 of October, prevents gatherings of more than 10 people.

WEATHER

A warm and mild weekend

Lisbon: It is to continue to feel warm in the capital with temperatures peaking at 27 degrees over the weekend and only dropping to lows of 16 degrees. Blue skies are expected for the remainder of the week although it will be feeling cooler with average highs of 24 degrees and lows of 12 degrees.

The north: Some hazy high clouds are expected on Sunday in the north although temperatures will remain warm with average highs of 22 degrees and lows of 12 degrees. From Tuesday the cloud cover is to increase and temperatures are to fall slightly to highs of 19 degrees and lows of 9 degrees.

Warm weather will continue in Portugal with no chance of rain and predominantly clear skies across the country.

The centre: Saturday will see temperatures peaking at 26 degrees in the centre before falling to highs of 21 degrees on Sunday and for the rest of the week. Clear skies are expected all week and there will be no chance of rain. Northerly winds will make it feel cooler each day.

The south: It is set to be a warm weekend in the south with temperatures peaking at 27 degrees and dropping to nightly lows of 19 degrees. There is a chance of some cloud cover on Monday but this is to clear as the week progresses and temperatures are to remain steady with highs of 25 degrees.

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Portugal's National Newspaper in English

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Government “searching” for unregistered Portuguese in UK

The Portuguese Government has admitted to “searching” for Portuguese residents in the United Kingdom who have not yet registered as residents, since they only have until 31 June to do so.



“We must now be more objective and go in search of more of those citizens who are outside the normal system”, said Ana Paula Zacarias, the Secretary of State for European Affairs. (Photo: Tiago Petingal/ LUSA)

The proximity of the end of the transition period to ‘Brexit’ and the lack of progress in the negotiation between London and Brussels constitutes “an alert for the Government” namely for a renewed “attention to citizens”, said Ana Paula Zacarias, the Secretary of State for European Affairs. “We can see how many citizens have not signed up yet, how many should have done it and haven’t done it, why didn’t they do it? We must now be more objective and go in search of more of those citizens who are outside the normal system”, she added. Ana Paula Zacarias replied to Deputy Carlos Gonçalves (PSD), who expressed concern about “a fringe of Portuguese”, corresponding to “almost 100,000”, who have not yet registered and the lack of response from the Portuguese consulate regarding the need for Portuguese documents to

be “up to date”. Both Carlos Gonçalves and Isabel Oneto (PS) questioned the Secretary of State about the revision of the contingency plan for the United Kingdom’s departure from the European Union, which Ana Paula Zacarias announced on 16 September. The official replied that this is an “update of the plan”, “now revised in view of the current situation”, and highlighted the need in particular for companies to prepare, with or without agreement, in the area of customs rights. “Companies that export fresh products to the UK need to prepare, because it is plausible that there could be disruptions here or there in the market and in transportation”, she warned, stressing that, with or without an agreement, “there must always be an adaptation [...] from Portuguese exporting companies to the United Kingdom”.

N News in Brief

Portugal with 11 of the most sustainable destinations in the world

Portugal has 11 of the world’s top 100 sustainable destinations. Organised for the past six years by Green Destinations and partners, with the aim to showcase sustainability, good practices of emerging and established destinations, Portugal has been awarded with the highest number of destinations alongside the Netherlands. Destinations across Portugal were singled out for their good practices, with Lagos being chosen as the Algarve’s most sustainable destination.

Ronaldo could face US judge

A federal judge in Nevada has ruled that she will hear legal arguments to determine if Kathryn Mayorga, the American woman who in 2018 accused international soccer star Cristiano Ronaldo of raping her in a Las Vegas hotel suite in 2009, was mentally fit to enter into nondisclosure agreement with Ronaldo’s lawyers in 2010 that paid her \$375,000 in exchange for her silence. While a court date has not yet been set, it is possible Ronaldo would have to appear in person to the proceedings.

Teachers union calls for full disclosure on Covid cases

The national teachers union has called on the government to fully disclose the number of positive Covid-19 cases recorded at schools across the country. Fenprof has accused the government of acting outside the law in not revealing a map of infections at schools. It added that schools were being treated differently and that positive cases are not leading to the same precautionary measures being taken as they have been in other situations.

Port wine sales drop 40% due to lack of tourists

A lack of tourists to Portugal saw port wine sales drop by over 40 percent. The national market has been the most affected in terms of sales of Port wine, having fallen 40.26% between January and August. The data are from the Douro and Porto Wine Institute (IVDP) and reveal the effects of the lack of tourists in the country. Since 2017, with the boom in the tourism sector, Portugal had become the main market for Port wine, in terms of value, but this year, France once again took top spot on the podium.



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Nursing homes: an unsolved problem

N PAULA MARTINS

Even with a negative test, residents in nursing homes have to stay 14 days in quarantine when they return. It is one of the measures from the DGS to guarantee that the spread of the virus is contained. However, it can be harmful to physical and psychological well-being and maybe unnecessary before negative test.



Measures to prevent the contagion of Covid-19 have limited activities that require social interaction, especially with people from outside the nursing home, and have restricted visits from families.

The elderly population was one of the most affected groups with the Covid-19 situation, not only because they are at risk group but also because they are becoming more and more isolated.

The Portugal News investigated the reality of nursing home residents and the impact of the General Health Direction (DGS) guidelines in three different institutions in the Algarve.

Maria de São José Louro, technical director of the Casa de Repouso e Saúde of São Brás de Alportel, guarantees that they are trying to minimise all risks; however, she is the first to admit the psychological problems that this causes.

One of the DGS's regulations is prophylactic isolation - common to all the nursing homes - when residents move to outside the nursing home to, for example, visit a doctor or go to a hospital, they have to stay and isolate for 14 days upon return.

"If they stay at the hospital for less than 24 hours, they are required, according to DGS guidelines, to complete 14 days of prophylactic isolation. If they are hospitalised for more than 24 hours, they must be subjected to a Covid-19 test, but even with a negative result they must be quarantined for 14 days. 14 days in a room can have a severe effect on the physical and psychological situation", she said. The same process happens when they are admitted.

This nursing home is specialised in receiving patients with Alzheimer's disease. "We have 59 residents, of which 21 have Alzheimer", said the director.

She explains that people with Alzheimer are always moving, "imagine someone moving towards the door for many hours, the cognitive part is

compromised and is alarmed". With the isolation, "they change sleep schedules, they sleep in the afternoon", and she adds that it is "very difficult to give them an active routine, so for many reasons the impact that these 14 days have on people in isolation is a huge loss of capacity".

Measures to prevent the contagion of Covid-19 have limited activities that require social interaction, especially with people from outside the nursing home, and have restricted visits from families. "Visits are made abroad using an acrylic barrier", explained the director.

Video calls aren't always a good solution. "Video calling for these people has a negative result; they have a very high level of dissatisfaction, especially for the family", she said, and justifies that people with Alzheimer cannot pay attention and interact with the conversation on the screen.

At the Monte Da Palhagueira - Country House Nursing & Retirement Homes in the Algarve, 100% of the residents are foreign and a lot of them are used to communicating with their families by video calls because of the distance.

Residents who have family living in Portugal and who are used to family contact were more surprised. "The human touch is essential", explained Alexandre Neves, the General Manager of Monte da Pagalheira.

Monte da Pagalheira is a village with an associated nursing home, in order to create a family atmosphere, in both. "In the village people have almost total independence, we help as much as necessary, but with independence. We have nurses 24 hours a day, 7 days a week", he said. This concept allows, for example, couples to live close to each other, one can be in the

village and another in the nursing home "if one needs more support and the other is still in a very independent state", he explains.

In his opinion, the pandemic situation highlighted Portugal even more as a safe destination to enjoy retirement age and confesses that the waiting list for Monte da Pagalheira keeps growing as demand increases. Also, village residents, because they have their own house's, still make their living independent and keep in touch with the outside, they only saw the number of social activities decrease, in order to comply with the DGS guidelines.

In Lagoa, João Carlos Pereira, the president of Centro Popular de Lagoa, also has other concerns. Due to the alarmism of the media "those who are autonomous and were on the waiting list, end up giving up because they don't want to feel like they are in prison", he said. However, he ensured that nursing homes "are not a dark place, as it seems now in the media". The space is open, users can move around as much as possible and the nursing home always tries to promote some activities, always according to the safety measures. But, of course, "we have to comply with the rules in order to guarantee safety", he said.

To finish, Maria de São José Louro made an appeal: "Social security and DGS should talk to those on the ground: visits through the window without social contact are nothing, and the elderly were used to a lot of affection, this is all very cold" she said while adding that "another six months like this and i don't know how the residents will be able to cope".

All the three nursing homes confirmed that they don't have any registered positive cases of coronavirus.


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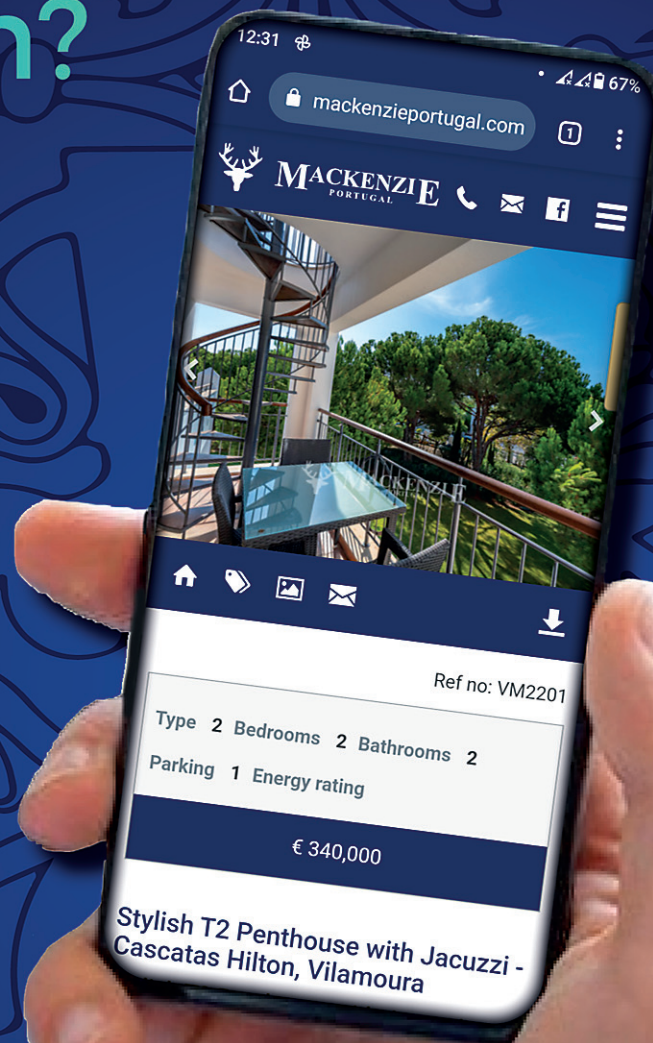
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Portugal tourism campaign with discounts up to 50% on hundreds of experiences

Gastronomy, accommodation, museums, travel and tours throughout the country are being discounted in Portugal to encourage domestic tourism while inviting the Portuguese to “visit a lot for a little”.



“#TuPodes – Visit a lot for a little” is the new internal campaign of Portugal Tourism Board

“#TuPodes - Visit a lot for a little” is the new internal campaign of Portugal tourism board and it follows the motto of the promotion launched at the beginning of the Summer, which invited national tourists to rediscover “the best destination in the world”. But now there are

“hundreds of experiences” that “can include discounts of up to 50%” in the Government initiative included in the package of measures to support recovery in the sector, which is being strongly affected by the pandemic. Tourism of Portugal has a budget of €50 million to support

these measures with the main goal being to incentivise the internal demand for these services.

“At visitaportugal.pt hundreds of tourist and gastronomic experiences, accommodation,

visits to museums and train trips will be available at affordable prices, which may include discounts of up to 50%”.

“We want discounts always over 30%. Therefore, it is one of the conditions for the consumer to

have the perception that it is a privilege granted through this programme, and Tourism of Portugal will reimburse 50% of the price”, said Rita Marques, the Secretary of State for Tourism to Lusa News Agency.

Covid-19 related travel complaints boom

Analysis carried out by Portal da Queixa has confirmed that the constraints resulting from the Covid-19 pandemic were reflected in a rise in consumer complaints addressed to the Tourism sector.

Between June and September - the main reason for complaints was the request for reimbursement (1,167 complaints), an increase of 342% over the same period in 2019, where only 264 complaints were registered for the same reason.

Between 1 June and 28 September, 2020, a total of 2,457 complaints were registered in the Portal of the Complaint in the Hotels, Travel and Tourism category. The analysis carried out on the subcategories revealed that 1,189 complaints are directed to Travel Booking Agencies and Sites, 888 complaints (36%) are related to airlines and 380 complaints are related to stays. Compared to the same period last year, there has been a 64% increase in the number of complaints

With regard to airlines, the main reasons for complaints are requests for reimbursement and delays. Among the three companies with the highest volume of complaints are TAP (318), Ryanair (278) and Easyjet (111).

“When analyzing the Tourism sector, it was clear that there had been an impact of the pandemic on its normal functioning. Most complaints are related to constraints, a consequence of Covid-19. Most complaints refer to requests for reimbursement, either because the consumer requested the cancellation of the flight / reservation, or because the hotel / airline was forced to cancel the service”, explains the analysis team at Portal da Queixa.



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Over 1 million downloads of Covid app

Since the launch of the app one month ago, the 'StayAway Covid' screening application has been installed on 1.26 million smartphones and more than 100 patients have used the tool to alert others to risk of contact.



Since 1 September, SNS 24 has already received 106 calls from people notified by the application. (Photo: Paulo Cunha/LUSA)

The data about the app was released by the president of the Ministry of Health's Shared Services (SPMS), who during the usual press conference on the Covid-19 pandemic in Portugal, took stock of the first month of the application, launched on 1 September. According to Luís Goes Pinheiro, among the more than one million users, 107 codes relating to positive tests have already been inserted in the application. These codes are assigned by the doctor on the 'Trace Covid' platform whenever a user tests positive for the

new coronavirus and can be introduced in the screening application to alert all recent risk contacts that also use the 'StayAway Covid' tool. "We know that this is an application based on the principle of freedom. The freedom to install, the freedom to use it and the freedom to enter the code when the doctor provides it", explained the head of shared services to justify the small number of codes. In this regard, the President of SPMS took the opportunity to call on people to actually use the application and, in particular, users that test

positive, recalling that data protection is not a problem. "If they do, those people who have been high-risk contacts in recent days will not know who the person who entered the code was. Their anonymity will always be guaranteed," he assured. The 'StayAwayCovid' app, which allows Covid-19 contagion networks to be traced, has also been the source of some of the contacts for the National Health line since the first week it was launched. Since 1 September, SNS 24 has already received 106 calls from people notified by the application.

Infections have increased but are less severe

Prime Minister António Costa has said that there had been significant developments in the Covid-19 pandemic since mid-August, but stressed that the infections were now "less serious".

"Since mid-August we have been experiencing a constant rise in infections, in line with most European countries," the Prime Minister said, adding that "these are infections that today, fortunately, are less serious than at the start of the crisis."

António Costa, who spoke in statements to RTP and TVI at the entrance to Pedro Abrunhosa's concert in São Domingos de Benfica, Lisbon, stressed, however, that the minor seriousness of the infections "does not allow

anyone to reduce the level of care provided".

The head of the government also said that, despite the "significant" evolution of the pandemic, the "pressure" on the National Health Service "has remained stable".



Despite the "significant" evolution of the pandemic, the "pressure" on the National Health Service "has remained stable" in Portugal according to the Prime Minister.



New measures are being called for to allow accessibility for everyone to be able to vote in upcoming elections. (Photo: Gregório Cunha/LUSA)

PS party present measures to vote in times of pandemic

The PS party is looking to provide solutions to problems relating to voting during a time of pandemic in the country.

The socialist party (PS) wants to increase the number of early voting places available, from one per district to at least one per council, and to also allow measures to be put in place to allow those confined due to Covid-19 restrictions to have a chance to cast their vote in the presidential elections due to take place in the first month of 2021.

One of the PS initiatives intends to change the rules of early voting in all amendments and referendums.

In another initiative, the PS intends to create an exceptional regime of early voting in the election of the President of the Republic for voters who it has been decreed obligatory to quarantine due to Covid-19 disease.

"In this context of a pandemic, there seems to be a perceived risk relating to voting, which may be characterised by a low participation, especially by citizens included in older age groups or at risk groups", justified the socialists, when presenting the reasons to create the diploma.



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Madeira roads considered “exemplary”

Madeira’s roads are exemplary in terms of planning, financing, construction, modernisation and maintenance, the regional secretary for Infrastructure and Equipment, Pedro Fino, said while stressing that they allow “safe and rational” traffic.



The quality of the roads is seen as an example across Europe. (Photo: Homem De Gouveia/LUSA)

“The rugged terrain of the island of Madeira has always been a major obstacle to population mobility, but over the last two decades there has been an extraordinary effort to build new road infrastructures, which has led to a radical change in terms of accessibility,” Fino said. He spoke at the reception of 30 members of the Slovenian Road Association of North-East Slovenia in Funchal, in which he highlighted the “great challenges” imposed by the “natural

characteristics” of the network of roads, tunnels and bridges. “Madeira is undoubtedly an example of planning, financing, building, modernising and maintaining roads that allow safe and rational traffic,” he said. The Road Association of North-East Slovenia was established in 1985 in the city of Maribor, Slovenia, and brings together elements from various business areas, including construction and transport professionals and amateurs.

The purpose of the visit to Madeira is to share knowledge, considering the autonomous region is an “example” of road investment. Pedro Fino stressed that next year the Presidency of the Council of the European Union will be divided between two countries - Portugal in the first semester and Slovenia in the second semester - and that it is therefore important to show this country “the excellent use of structural funds in the region, which have enabled the development and

improvement of the quality of life of the populations”. Since its foundation, the Road Association of North-East Slovenia has organised educational and professional excursions to showcase road transport projects and solutions in various parts of Europe. “The idea behind these initiatives is to establish useful contacts and exchange professional experiences with foreign experts in road construction and transport, thus broadening their professional horizons,” explained Pedro Fino.

Lagos municipal kennel expansion

Lagos Council has announced plans to rehabilitate and expand the Municipal Animal Collection Centre.

Licensed since the 1 February 2012, the so-called “Kennel / Gatil Municipal” currently can accommodate 42 dogs and 7 cats.

The rehabilitation and expansion project, recently awarded and currently under preparation, aims to create 16 more kennels for dogs, allowing the release of some existing kennels for the cattery operation. In practice, the aim is to increase the capacity of the facility for the temporary reception of animals and to improve the general conditions of the space.

Alongside this investment, the municipality remains committed to promoting adoption on a larger scale with an increase in information available and awareness in the population. To this end,

the partnership with local animal protection associations has been decisive, which have led to the development of voluntary work, namely in terms of information and awareness, of campaigns to collect food and hygiene products, health care and promote responsible adoption.

Meanwhile, the municipal contract has recently been completed to provide the Lagos Animal Cemetery with a further 36 burial units. Of these new units, four are for large animals, 25 are for medium-sized animals and 7 are for small animals.

The works, representing an investment of €17,350.00, will almost double the capacity of the facility which was inaugurated in 2017.



The works at the kennels in Lagos will allow more cats and dogs to be housed safely while awaiting adoption. (Photo: Carlos Afonso)

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Algarve hotels register 40% drop

In September, the Algarve registered a hotel occupancy rate of 52.5 percent, 40 percent lower than the same period of 2019, mainly due to the decline in the British market.

According to the Association of Hotels and Tourist Enterprises of the Algarve (AHETA): “The British market was the one that most contributed to the decrease (68.2 percent), followed by the Irish and the German”.

The figures came from the monthly summary of the activity of the sector, one of the most affected by Covid-19 pandemic, according to Lusa News Agency.

The quarantine imposed by the United Kingdom on those who travel to Portugal was restored on 12 September, after a period of opening an air corridor between United Kingdom and Portugal. The need to quarantine for 14 days upon arrival in the UK from Portugal is said to have been a major factor in the decrease in holiday makers from the country.



The British market was the one that most contributed to the decrease in hotel stays in the Algarve.

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House prices in Portugal rise 1 percent

House prices in Portugal rose 1 percent in the third quarter of 2020 compared to the previous quarter, now standing at €2,090 per square metre (m²).



Lisbon remains the city where it is most expensive to buy a house. (Photo: António Cotrim/LUSA)

According to data provided by Idealista, the regions that saw a price increase in quarterly terms were the Centre (4.4 percent), Autonomous Region of Madeira (2.5 percent), Algarve (2.1 percent) and the North (1.3 percent). Conversely prices fell in the Autonomous Region of the Azores (-4.5 percent), in the Metropolitan Area of Lisbon (-1.4 percent) and Alentejo (-0.2 percent). The Metropolitan Area of Lisbon, with €2,954 per m², remains the most expensive region, followed by the Algarve (€2,343 per m²), the North (€1,787 per

m²) and the Autonomous Region of Madeira (€1,595 per m²). At the other end of the scale, there are the Autonomous Region of the Azores (€997 per m²), the Alentejo (€1,029 per m²) and the Centre (€1,083 per m²) as the cheapest regions. The ranking of the most expensive districts continues to be led by Lisbon (€3,268 per m²), followed by Faro (€2,343 per m²) and Porto (€2,087 per m²). The cheapest prices are found in Portalegre (€634 per m²), Guarda (€644 per m²), Castelo Branco (€695 per m²) and Bragança (€775 per m²).

Lisbon remains the city where it is most expensive to buy a house, €4,614 per m². Porto (€2,895 per m²) and Faro (€1,949 per m²) occupy the second and third places, respectively. On the recommendation of the Idealista data statistical team, the formula for finding the average price has been updated: in addition to eliminating atypical ads with prices outside the market, the company now calculates the median value instead of the average value. With this change the study is now closer to the reality of the market. The report continues to be based on the offer prices published by the Idealista's advertisers.

Bounce luggage platform launches in Portugal

Bounce luggage storage marketplace, has announced that they have begun their European expansion with the launch of partner stores across Lisbon and Porto.



Despite the current problems facing the travel industry, Bounce is already seeing people use their platform in Portugal. (Photo: António Cotrim/LUSA)

The expansion is seen as a major milestone in Bounce's mission to "empower people to get the most out of their lives without being held down by their things".

"We're really excited to bring Bounce to Portugal and work with our partner stores," says Cody Candee, CEO and Co-founder of Bounce. "People often have to drag their bags from one place to the next, go out of their way to drop them off at home, or cancel plans completely because they've got too much stuff with them. We've had this problem ourselves. That's

why we launched Bounce."

Founded in 2018, San Francisco-based Bounce is already one of the largest luggage storage networks in the world, with hundreds of store partners in more than 100 cities. Bounce was also featured as the number one product on Product Hunt, as well as in The Boston Globe, TechCrunch and Forbes.

Now Bounce is turning to Europe and has already established partnerships with stores across Lisbon and Porto, with more set to arrive in the

coming months as the company makes Portugal its European base. "We connect local stores and hotel owners who want to make the most of their spare space with people who want to drop off their bags knowing that they're in good hands. Our store partners earn a commission for every booking, and gain extra sales from the increased foot traffic and listing on the Bounce platform," says Candee. Despite the current problems facing the travel industry, Bounce is already seeing people use their platform in Portugal.

"Working with Bounce has been great!" says José Luís Leitão, owner of Biclás & Triclas in Porto, one of Bounce's store partners. "It's simple, has been helpful to our business, and the process was easy to explain to our employees."

The locations can be accessed through the Bounce website (<https://usebounce.com/city/lisbon>) or app. Bounce will send you a receipt to show the store partner when you arrive - simply drop bags with a chosen store partner and enjoy your day without lugging around your things.

Banco de Portugal improves unemployment rate forecast

The Bank of Portugal forecasts an unemployment rate of 7.5 percent in 2020, a downward revision from the 10.1 percent projected in the June Economic Bulletin.

The Economic Bulletin points out that, due to the contraction in activity stemming from the Covid-19 pandemic, there will be an increase in the unemployment rate to 7.5 percent in annual average terms, from 6.5 percent in 2019, a figure that represents a downward revision from that released in June.

"The specificity of the pandemic crisis has led to a fall in the unemployment rate in the first half of 2020, against a background of a significant reduction in the working population. With the gradual normalisation of circumstances associated with the pandemic, an increase in the unemployment rate and the labour force is projected in the second half of the year", reads the central bank document.



There will however be an increase in the unemployment rate to 7.5 percent in annual average terms, from 6.5 percent in 2019. (Photo: Nuno Veiga/LUSA)

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N JAKE CLEAVER

Wouldn't it be great if you could put all the trees in a town into a sort of app where you can see what kind they are, where they are, and if they are in danger you would get a notification to let you know - so you can come to the rescue?



This petition is due to the unpopular decision to remove some trees without warning in Faro town recently.

This is exactly what the national political group PAN (People, Animals, Nature) is attempting to achieve. To

that end, on 30 September, they recommended to the Municipal Assembly of Faro that they join the Earth Protective

Communities (EPC) network, and create a georeferenced register of their trees. This means they would go and identify, one by one, all

the trees or shrubs in the parks, streets and squares around Faro. They would then upload their details onto an electronic database, that's updated regularly by the forest workers in charge of them, and the information would be made available to all citizens.

This petition is due to the unpopular decision to remove some trees without warning in Faro town recently. It's caused quite a stir, and as Paulo Baptista, the municipal deputy of PAN explains: "We must not think it's natural that the removal of trees is carried out without the citizens having a say, since trees are everyone's heritage. Situations such as the removal of the orange trees from Largo da Sé, or the felling of trees in Praceta Dr. Clementino de Brito Pinto, of which only about ten specimens

are left, should not happen again." If this proposal is accepted it will mean that every tree will essentially be given its own Facebook page. The tree will have its own profile and be able to let people know where it is, what it is, who looks after it, how healthy it is, and most importantly, if it gets itself into any trouble - it can send out notifications that will alert the public within 10 days of anything being done to it. PAN hopes this measure will put an end to the radical pruning of trees. But it's not just the trees that get into trouble. Many different creatures live in all kinds of tree houses, and PAN wants to make it so that nobody except professionals are allowed to remove bird nests, or their eggs. Finally, the removal of trees should only be carried out in an

emergency where they represent a risk to people or property. If this proposal is accepted then Faro will become the latest member of the Earth Protective Communities network which describes itself as a "global grassroots movement in which towns/cities, educational institutions, businesses and other organisations work together to protect the land, wildlife, air, soil and water." They plan to make all the towns in their network carbon neutral, to protect and improve their local ecosystems, and reduce their use of single-use plastic. As Paulo Baptista concluded, "These proposals are all just common sense. Their application will transform the municipality and bring it closer to the best environmental practices".

Time for some good news...

Do you ever feel like it's all just bad news? People always tell you when things go wrong, but they seldom tell you when things are going right.

However, despite what newspaper headlines might sometimes lead you to believe, things these days go right far more often than not.

Nobody talks about the sheer feat of engineering that allows hundreds of thousands of planes to take off and land safely every day - you just hear about the one that crashed. It just doesn't make good interesting news when things go to plan. And fair enough, it would soon get boring if you got a notification every time a plane landed, or a bus ran on time. The good normally goes on silently. But that doesn't change the fact that in lots of ways things are far better now than they have ever been.

It's like Hugh Grant said in the opening dialogue at the beginning of 'Love Actually', whenever he gets gloomy at the state of the world he thinks about the arrival gate at Heathrow Airport, (with all the planes that of course arrive without trouble) where people are reunited with the people they love. He said general opinion is starting to make out that we live in a world of hatred and greed, but Hugh doesn't see it that way. It seems to him that love is everywhere. Often, it's not particularly dignified or

(indeed) newsworthy, but it's always there - mothers and daughters, husbands and wives, boyfriends, girlfriends, old friends. If you look for it, he had a sneaky feeling, you'll find, love actually, is all around.

We at **The Portugal News** have that same sneaking suspicion, and so we are launching a 'Good News' section to see if we can find it - around here.

And for that we are hoping to enlist the help of you, our readers, to write in and let us know your good news!

Have you recently got engaged, or indeed married? Or, have your children? Are you now a grandmother? Have you recently reached some other major milestone in your life? Have you just graduated? Or landed your dream job? Or are you proud of somebody who has? Is it your mother's birthday coming up, and would you like to surprise her when she opens the paper to see your congratulations for her latest trip around the sun?

Write into us and tell us - and you may very well find your story between our pages. **The Portugal News** is working to become an even more inclusive

newspaper, and that means we want to include you!

If you like the idea of when you open up a copy of **The Portugal News** you could hear not only about the good things happening in the country as a whole (that we will also strive to deliver whenever possible), but also about what's happening to your friends, neighbours, and local community in general - then help us make this a reality by writing in when something good happens in your world.

Of course, nobody's saying bad things don't happen in the world, but there's also a lot of good. You see what you aim at. And, as somebody on the internet once said, 'Kinda like how the Youtube algorithm shows you more of what you are interested in, the entire universe also has an algorithm that shows you more of what you are THINKING, feeling and talking about'.

So let's, like Hugh, have a look around and focus on the beauty and the love. Let's talk. Let's start local. As local as your own life! It's time for some good news. What do you say?

Please send your text and images to info@theportugalnews.com



We are hoping to enlist the help of you, our readers, to write in and let us know your good news!

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A Treasure Trove

"Of all the places on earth, why do you wish to settle in Portugal?" This question is frequently asked of new arrivals to the shores of Portugal. It is one we often pose, in general conversation, to clients visiting the sales office at Boavista Golf & Spa. The responses tend not to vary too widely - "it's easy, the smell of clean air, around 300 days of sunshine a year, a safe environment, a laid-back lifestyle, glorious beaches, friendly people who extend a warm welcome and, of course, the financial benefits."

Portugal offers a veritable trove of treasure to the bounty hunters that arrive in search of the good life. In a world scarred by warring nations, strife and civil unrest, the country is a haven, untroubled by the burdens that affect many other lands. Despite a history of battles, it is safe to claim that Portugal's fighting days are long over! This small but proud country has gained world notice for the way in which it is handling the current Covid-19 pandemic. For the most-part, the virus has been controlled due to the nation's compliance in the wearing of masks and social distancing. The Algarve is one of the areas least affected and the citizens and residents of

the region have set a good example to visitors who have subsequently commented upon a welcome feeling of safety.

As far as natural wealth is concerned, the Portuguese and their interlopers are blessed. Here in the western Algarve, we are enveloped by some of the most beautiful scenery, where protected natural parkland, home to myriad flora and fauna, gently undulates to meet the craggy coastline. These dramatic and imposing cliffs provide a splendid backdrop of orange and red sandstone as they descend in majestic splendor to meet sheltered coves, bays and wide stretches of golden sand. One of the most commented upon reasons for a relocation to Portugal is the clean air, unpolluted by traffic fumes and industry. Something that should be taken for granted has become a prized commodity and here in the Algarve, we are pleased to have it in abundance.

Within this natural haven, rests another - Boavista Golf & Spa. Standing eminently on an elevated plain, with panoramic views over the town of Lagos and the Atlantic Ocean, the impressive development accords a richness of lifestyle from which residents and visitors benefit. A gem in

Algarve's treasure trove, it offers a variety of social and recreational facilities sufficient to occupy the interests of most. The 18-hole golf course invites players of all levels to test their ability while Essential Spa entices those to work out in the gym, exercise in the large indoor heated pool or relax with a beauty treatment.

A lifestyle choice

Having spoken, last week, to a British couple who are in the process of purchasing a villa from Boavista's Prestige range, we asked them what initially drove their decision to make a life-changing move to Portugal and, in particular, a home on a resort.

Malcolm responded: "We always had family holidays in Vale do Lobo and I had very good memories and subsequently returned on many occasions as an adult. The dream to make a permanent move was always in the back of my mind, then a couple of years ago, the time seemed right to do that as I had met a new partner and I wanted to share my love of the Algarve, so we spent time hunting for the perfect home. We started our search in the area where I had spent family holidays but soon realised that it did not offer the ingredients we would need to pursue a normal everyday lifestyle. It was a bit 'blingy' and didn't represent

the value for money we were looking for. After a disappointing week, we returned to England with my dream in pieces." Malcolm takes a sip of this coffee before continuing. "We were back in England for a while and I was reading an article in Forbes magazine which extolled the virtues of Portugal for retirement and also mentioned Lagos and the attraction of the western Algarve, so we were straight back on an airplane. On our way to our hotel in Praia da Luz, we passed the entrance to Boavista Golf & Spa and we were immediately impressed by its presentation. We returned the next day and were not disappointed. I knew we had found the location of our new home. We visited the sales office and my dream was rekindled. As we reserved a Prestige villa under the early stages of construction, we were able to model it to meet all our needs. The sales staff and the architect guided us through the process and now we are looking forward to starting our new lives."

Christopher interjects at this point. "That is the story in a nutshell, but it must be said, we have put a lot of work into researching what a move to another country involves. It is not straightforward but there is plenty of information available, however, we found areas of conflict. It is important to get advice from

established sources. The process of property purchase is different to that in England, there are different rules for drawing up a will, importation of a car needs to be considered carefully and then, of course the rules governing the benefits of non-habitual residency must be understood. My advice is that anyone embarking on a similar process needs to take professional advice that is reliable. Boavista were very good in pointing us in the right direction." Christopher pauses and smiles. "We are looking forward to our new adventure but my closing advice to anyone thinking of doing the same would be - live the dream with a good mix of reality and reliable research."

Moving home within a familiar country can be a stressful experience but moving your home to another country is something that should be approached with careful judgement and research. It is a journey not only in miles or kilometres but a journey that should involve considerable research and planning to ensure a happy transition. In

the sales office, we tell our clients that their project should be planned with military precision and that reputable professional advice needs to be sought. There has been much publicity about the financial benefits of Non-Habitual Residency (NHR) and Golden Visas, both of which have attracted people from all over the world. Everyone's requirement and financial background is different and, therefore, everyone will require tailored advice. Buying in Portugal involves a process that will probably be unfamiliar to most foreigners, therefore, reliable legal guidance and advice from a respected lawyer is imperative. We are here in the sales office to help and guide. It is our wish that all our clients' dreams have happy endings.

We invite you to share in Algarve and Boavista's trove of treasure - a golden opportunity awaits those who hunt for bounty.

Excellent advice, for British citizens, can be sourced from: www.gov.uk/guidance/living-in-Portugal



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Mercedes-Benz in the Algarve has a long standing reputation for offering exceptional vehicles combined with unrivalled customer service.

Present for over six decades in the Algarve, Mercedes-Benz began by being represented by C. Santos Algarve. Years later, in 1996, C. Santos Algarve was acquired by the Hipogest group and two years later the facilities were remodelled so that the space would become better adapted to meet the demands and changes of the automotive market.

The company's growth continued and in 2006, the Hipogest group acquired a unit in Évora, providing technical assistance and sales of original parts and accessories throughout the Alentejo and the Algarve region. The following

year, the corporate name of the company was changed to StarSul - Automobile Trade S.A, a name which has become synonymous with service.

In 2019, StarSul opened a completely new unit in Beja, to complement the existing facilities already operational in Faro and Portimão.

Meanwhile a totally new Mercedes-Benz MAR2020 concept installation, has just opened this week, making it one of the first of its kind in Portugal. This concept focuses on the link between digital and analog, generating a new form of brand experience for every customer based on their unique needs. The digital transformation demands completely new directions from dealerships.

Tomorrow's buyers are well informed, want the latest mobile networking technology, and demand custom mobility solutions. Customers have long since adjusted to sales and marketing. And Mercedes-Benz Consulting ensures that the forward-looking retail brand presentation arrives worldwide in the here and now – complete and across sectors.

The MAR2020 concept installation has been created to meet the adjusting needs of customers desires. The first operation opened in January 2018 in Flensburg. Meanwhile, more than 90 companies in Germany are implementing MAR2020. The pilots in Europe and overseas are on the home stretch and are partially completed.



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A beacon of innovation



From the music industry to interior design, real estate, consultancy and setting a precedence for quality in the Algarve, Erich Gibson is a true entrepreneur.



A meticulous eye for detail and a true dedication to meeting all deadlines has helped Erich Gibson to build his reputation over the decades.

As the head of the Almancil based Gibson Group, Erich has consistently identified gaps and needs in the market and has used his business acumen to create a company that offers extraordinary dedication for a sublime lifestyle in the Algarve. Originally from Germany, Erich knew from the age of six that he wanted to be involved in music. Coming from a musical family where both his parents were music teachers who successfully ran one of the largest private music schools in Germany at the time, Erich pursued a musical

education, eventually joining a band which then led him deep into the music world. "I was able to meet the biggest names in the industry at the time, from producers, to musicians and agents while playing in the band but while I was studying I was also teaching music and soon I realised that I didn't want to earn my money on a loop of one, two, three, four beats as a music teacher," says Erich. Soon Erich moved into the world of music production, working with names including Matt Bianco, Boney M and No Angels, which earned him the "ECHO" music award. It was his

connection to Udo Jürgens, the Austrian composer and singer whose career spanned over fifty years and included winning the Eurovision Song Contest 1966 for Austria while also composing almost 1,000 songs, and selling over 100 million records, that initially brought him to the Algarve. "Udo had a property in the Algarve and I was interested in finding a place where I could produce music in a Mediterranean climate. At the time all the Germans were heading to Majorca I was looking for something different", said Erich who first moved to the

region in 1996. It was when Erich was looking to furnish his home with contemporary furniture that he first identified the need to be able to source this in the country which led him to opening a furniture store in 1998. "At this time I found that the service level in the Algarve was not compatible with the German expectation of service. Opening the furniture store taught me how to adapt, or rather how to adapt the Portuguese way of working to allow me to reach my goals for clients."

Gibson moved into real estate during 2008/2009 which he changed to his own brand in 2017 under the company name of Algarve Property Agency and during his time in the Algarve he has also branched into construction and remodelling of properties, projects that are undertaken completely in-house to provide clients with a bespoke service that always follows his ethos of never missing a deadline.

"People buy a house and often they want remodelling works, as a group the Gibson Group is able to offer everything, as we have our own professionals dedicated to working exclusively for our projects," explains Erich. "Over the past four years we have completed a total of 32 remodelling projects and every one of them has been completed on time, never once going even a day over the deadline."

A meticulous eye for detail and a true dedication to meeting all deadlines has helped Gibson to build his reputation over the decades however, it is also vitally

important for him to ensure that his company keeps focused on being a "small but very fine" company.

"We are not just selling houses, we are keeping promises", says Erich, "We keep the number of properties on our books limited so that we can ensure that our sales team are fully dedicated to the single task of selling the property".

Many of the clients that come to the Gibson Group come through word of mouth however Erich has always been drawn to innovative marketing, being one of the first companies in the area to make use of drone videos and using his website to entice potential buyers into wanting to find out more.

"We would have never gone to the moon if we weren't curious," says Erich, "we explore marketing that isn't the norm and that provokes interest".

The strong focus on providing a truly bespoke service for clients helps to foster the important level of trust needed for projects to succeed and ultimately for clients to be entirely satisfied with every element. "I am passionate about business and I am proud to have created a company that has communication at its centre. In the Gibson Group, clients are able to find everything that they need in real estate, all under one roof," said Erich.

With so many projects and constant deadlines how is it possible to keep all of the balls in the air: "I know what I want but always listen to ideas and accept constructive criticism", says Erich, "and if you can succeed in the music industry then everything else is easier!"

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Spend your winter in the sun

Welcome to the first installment of the Long Stay page, brought to you by Prado Villas in Vilamoura.



Here you can learn about all of the benefits of enjoying a long winter stay in the Algarve, from the safety and security of the region, to the affordable cost of living, healthcare facilities, insurance availability and of course, the wonderful weather.

Spending a prolonged period in the Algarve during the winter months is a popular option for many people, especially retirees looking to escape the cold

weather in other parts of the world. It is also the ideal option for those who are now working from home, after all where would you rather be working from home from, poolside in the Algarve or stuck inside with dreary weather?

The fantastic climate, rich culture, beautiful beaches and many sporting activities on offer make the Algarve a highly sought after destination, not only during the busy summer months but also in the quieter winter months.

A great choice for those looking to make the most of a long stay is Prado Villas. Here guests are able to enjoy self catering villas in the heart of the Algarve, offering everything you need to make a long stay holiday in the region safe, comfortable and pleasurable. Rarely do you find such a unique place to stay. At Prado Villas you find a relaxed friendliness that is familiar, but also professional; an ambience that allows you to unwind

the moment you arrive and makes you feel totally relaxed by the time you leave.

The exclusive collection of 18 spacious, contemporary-styled, air-conditioned linked villas nestling comfortably amongst tropical landscaped gardens assures you a relaxing break. Each villa offers two double bedrooms, two bathrooms and large, comfortable living and dining areas, a well-equipped kitchen and

private terrace.

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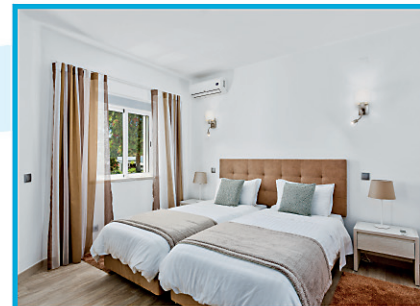
With the beautiful sandy beaches, championship golf courses and the vibrant marina of Vilamoura all close by, a stay at Prado Villas offers you the best of both worlds... a calm, friendly and relaxing environment with a natural sense of intimacy but with the attractions of a resort all within easy reach.

A long stay at Prado Villas is

the perfect solution for those looking to find a safe place to spend the warm winter days, particularly during these times of Covid-19.

Stay in the Algarve this winter for as little as €750 a month - including free high speed WiFi, electricity and water.

For further information about winter long stays at Prado Villas, please email enquiries@prado-vilamoura.com, visit www.prado-vilamoura.com or call 00351 289 321 104



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Germany at thirty



GWYNNE DYER

I have just spent two weeks driving around Germany interviewing people (mostly climate scientists, since you ask), and I have come to the conclusion that it is the best-run – and quite possibly just the best – major country in the world right now.



Germany today is the fairest, the least conflicted, the most peaceful and actually the nicest major country on the planet.

Some small countries are absolute jewels, of course, but it's easier if you're small. Big powers fight more wars, contain more divisions, suffer nastier and more ridiculous delusions of grandeur. But if you only consider countries with more than 50 million people, then Germany today is the fairest, the least conflicted, the most peaceful, actually the nicest major country on the planet. That wasn't true thirty years ago, and it may not be true thirty years hence, but it's worth noting because this

month marks the thirtieth anniversary of the unification of Germany in 1990, just one year after the Berlin Wall came down. Compared to what happened after the first time it was unified, it has all worked out rather well. The first unification of Germany, in 1871, was achieved by war, and led to more and much bigger wars – not entirely Germany's fault, of course, but certainly the consequence of the sudden appearance of a highly nationalistic new great power in the heart of Europe. After the Second World

War, Germany was divided into three. The eastern third was emptied of Germans and given to Poland (in compensation for the eastern third of pre-war Poland, which was kept by the Soviet Union). The middle part, also under Soviet occupation, became Communist-ruled 'East Germany', while the rest, with most of the population, became 'West Germany'. The 'two Germanies' became the cockpit of the Cold War, with huge armies of tanks ready to roll and nuclear weapons not far behind them. Many people understood that this

could not go on forever, that some day the country would have to be reunited – but they were terrified by the prospect. They feared that the process of reunification might trigger a war, and they also feared a reunited Germany. Lord Ismay, the British general who became the first secretary-general of the NATO alliance (which included West Germany), put it bluntly: "NATO exists to keep the Russians out, the Americans in, and the Germans down." French journalist and poet François Mauriac said it more elegantly: "I love Germany so much that I'm

glad there are two of them." If the trigger to end the East German Communist regime had been in British, French and American hands, it might never have been pulled. But it was actually in the hands of the East Germans themselves, and in 1989 they brought down their oppressors without a shot being fired. All the other Communist states of Eastern Europe followed suit.

There was great joy in both parts of Germany – the street party after the Berlin Wall came down was probably the best and certainly the longest I have ever attended – but there was considerable trepidation elsewhere. However Mikhail Gorbachev, the reformist Soviet leader, reassured everybody by declaring that Moscow had no objection to German reunification, and the deed was done thirty years ago.

It has worked out very well. There are sad people and even wicked people in Germany, like everywhere else, but as a society it radiates contentment. Unflustered competence lubricated by a general tone of good-will make minor daily transactions less of an ordeal, and the strident nationalism that now disfigures so many other countries is conspicuous by its absence.

In the place of that the Germans have a dedication to the European project: like 'Amen' in a church, invocations of 'Europe' punctuate political conversations. And if you say this is a defensive reaction against Germany's terrible history in the two generations before 1945, I would probably agree – but what's wrong with that? Even the economic

contrast between the formerly Communist-ruled east and the rest of the country, to the great disadvantage of the former, is gradually eroding: average incomes among 'Ossis' (easterners) are now up to almost 90% of 'Wessis' earnings. All the 'coolest' cities, the magnets that attract the young, are in the former east: Berlin, Dresden, and now Leipzig.

It's not paradise, but when you compare it with the incompetent, belligerent populism that prevails in formally democratic countries like the United States, the United Kingdom, Brazil and India, it looks pretty good. 'Wir schaffen das' (We can manage this), said Chancellor Angela Merkel when over a million, mostly Muslim, refugees arrived in Germany in 2016, and four years later it looks like she was right.

'Mutti' (Mummy), as Germans call her, has been chancellor for half of the past thirty years, so there will be a collective holding of breath when she retires next year. But the world would be a better and safer place if there were more countries like Germany. Plus there's no speed limit at all on the autobahns. Where else can you drive at 160 kph and have cars whooshing past you all the time?



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

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The Algarve Network for Families in Need response to the pandemic

The group has existed for a number of years but when the pandemic hit and more specifically the lockdown, a rapid response was needed as tens of thousands of people were in a situation where they had no money and no food.

For example, many seasonal workers had suddenly realised that the work they thought they would be returning to after the winter had disappeared. These people work for a minimum wage and have no reserves to cover any period of unemployment. They run up debts in the winter and work unforgiving hours in the summer to pay off their debts. Equally affected were the self-employed who depend on tourism for their livelihoods. Again, many of these have no work in the winter. At the time we had no idea that the problem was going to be so widespread. But clearly the Network needed to change to meet the demand. For this reason, we launched our food appeal, collecting food at a variety of points across the Algarve and accepting donations as offered. We would then distribute to families who were without an

income. At the most difficult time (April, May, June) we were sending out food for approximately 1500 people per week, fortunately this currently stands at 400 as some people have managed to find some work through the summer whilst others have begun to receive state aid. Our biggest fear is that the demand will increase greatly through the coming six months as tourism is again decreasing and with it the work available. To date we have helped about 5500 people including adults and children. These have ranged from those who have needed a one-off supply of food to see them through a few weeks while they sorted out alternative supplies to those who have required a weekly/fortnightly supply throughout this very difficult period. We have distributed food from Aljezur to Faro. We have six hubs

from which we distribute, each with a lead person with their own volunteers. As well as the food hubs we temporarily had a non-food centre based at Odiáxere Football club where anyone in need could visit to get clothes, bedding, baby equipment and so much more, all donated and totally free to whomever needed them.

There are some moments I can't forget - grown adults crying in front of me because I am giving them food, the heartfelt despair of others not knowing how they are going to feed their families, the messages of gratitude received from families which we have helped and which are totally undeserved as we are only doing what humanity dictates. It's hard to make any sort of sense out of the current situation. I have never known anything like it in my life.

In addition, East Algarve Families in Need (Pink Flamingo Croquet



and Social Club) a separate but parallel group were giving food from VRSA to Tavira / São Brás de Alportel. Whilst this service was suspended for a couple of months

through the summer, it will recommence shortly. All the food given out has been attained through donations.

Grass roots football is 'Alive and Kicking' for all ages in the Algarve



East Algarve Football Club (EAFC) is keeping the spirit of adult local football alive in this perfect part of Portugal and can accommodate mixed age group sessions to preserve the future of 'our beautiful game' at all levels here in the East Algarve. EAFC started as a side branch of East Algarve Walking Football (EAWF), a club formed over 5 years ago which holds walking football sessions and enters tournaments for the over 50s. EAWF has many members of all nationalities and has achieved 13

competition victories out of 15 entered, playing against opposition coming to the Algarve from all over the world. Since the recent introduction of normal (running) football sessions to the members of EAWF, EAFC have entered events for various age groups, including a prestigious 11-a-side game played at the stadium of Ferreiras FC against the Welsh National over 55s team. A well fought, equally balanced and exciting game resulting in a 5-4 win for the visitors. Both EAFC and EAWF are

heavily involved in community and charity work throughout the Eastern Algarve, notably during the recent Covid-19 difficulties where the club has provided community and family support for hundreds of families from Vila Real de Santo António to Faro. EAFC and EAWF have also dedicated a lot of time and effort, and raised money through events, donations and contributions, for many charities and good causes. The demand for both walking football and 'normal' football resulted in the clubs running four sessions per week pre-lockdown, spread over two venues in Olhão and Tavira. For information on both clubs and their current events, sessions and activities (and if you would like to get involved) please visit: <https://eastalgarvefc.com> (EAFC) or <https://walkingfootballalgarve.com> (EAWF)

Does the group help people from all over the Algarve?

Currently we are helping families from Aljezur to Faro and, as mentioned, East Algarve Families in Need are supporting families from Olhão to VRSA.

As the group has now become a registered association, we look forward to being able to help more families in more ways.

To enable us to do this we need more volunteers and more donations. Many areas of the Algarve know the Network very well and feel very confident that their donations will be well used. We would like to see this become more widespread so that we can all take ownership of the situation that we now face. If you think you can help please don't hesitate - we need you - we need you all.

What does a ANFFIN volunteer look like? Well we are easy to recognise - we are all between 18 and 80, any gender, we have between a couple of hours and six days per week to offer and we all care very much about the most vulnerable people in

our community. Yes, you guessed it - anyone can volunteer, everyone has something to offer. So, pick up the phone or send a message now.

Equally our donors are just as variable. We have received donations from the widest variety of people from different countries in Europe. We cannot thank, all of those who have donated, enough. We are truly grateful that we have been able to maintain our distribution of food to those in need for the last 6 months. We cannot stop now. Whilst in the past, our donations have come from individuals or small groups, more recently we have begun to be supported by sports clubs, shops, café's as well as bars. Can your club/association help? Think about the following...

Could you:

- Have weekly food collections
- Have sponsored events
- Hold fun evenings like the recent rock and roll evenings at Burgau

To volunteer

You can volunteer either by leaving us a post on our Facebook page or by sending an email to: familiesinneed@hotmail.com

To donate

To donate, please use our PayPal option; address is algarvefamiliesinneed@hotmail.com Alternatively please contact Nadia at familiesinneed@hotmail.com or phone 938044790 We will be issuing our new IBAN number as soon as we have it. Then bank transfers will be possible.

Vilamoura International School places students in reference universities around the world



The Vilamoura International School (CIV), a private educational institution for almost 36 years, continues to assert itself as a reference school. Every year students leave the CIV, the national and Cambridge curricula, for universities around the world.

This year, more than 30 finalists from Year 13, of Cambridge Assessment International Education and the 12th year of the National Curriculum went to universities of great prestige; Portuguese (Universidade do Algarve, Universidade de Lisboa, Universidade Nova de Lisboa, Universidade do Porto, Instituto Politécnico de Coimbra), and international (Georgia Tech Institute, University of Manchester, Queen Mary University of London, University of Edinburgh, Leiden University and King's College London).

"The solid formation of students has been over the years a constant and

distinctive mark of the CIV students, the result of the hard work of students and pedagogical teams that accompany them", says the pedagogical direction of the Vilamoura International School.

After all, what do the results say about preparing students in the CIV?

This school of international education is at the top of the schools with the smallest discrepancy between internal and external evaluations. To understand the issue, the *Jornal de Notícias* (27/06/20) presents two tables of discrepancies observed in public and private schools and consider that "schools where the internal and external grades are closer are in the top places". Placing the Vilamoura International School in the 4th place in the ranking of schools with the least discrepancy (a difference of 71 tenths in 36 examinations considered). This data is of great importance and translate the

rigor of schools in the monitoring of their students.

As far as international exams are concerned, the CIV has achieved better than the world average for a number of years, enabling its students to reach positions at the best universities in Europe, putting Vilamoura on the map of the most prestigious international schools in Portugal. It should be noted that the Cambridge Curriculum is globally recognized by higher education institutions and is valued in the labor market.

With regard to national rankings, in the 2019 results analysis, the CIV ranks 4th in the 2019 School Ranking according to *Jornal de Notícias*, climbing 33 positions in relation to the previous year. Among 629 schools with secondary school exams, that daily highlights this school of international education by the average score achieved in the exams of the eight main disciplines (CE): 14.79 values. In the results achieved in

2020, the CIV reached an average of 16 values in the 11th and 12th grade examinations. Of these, we highlight the averages of Mathematics A (17,7), Economics A (17,8), Philosophy (18,1) and History B (18).

The same applies to primary education. The news agency LUSA and the newspaper *Público* (27/06/20) attribute to the Vilamoura International School the place of best basic school of 2nd and 3rd Cycles of the Algarve, placing it in the 39th position of the National Ranking, among more than 1100 schools in the rankings of 2019. In the final exams of cycle, Portuguese and Mathematics of 9th year, the CIV reached an average of four values.

The school focuses its educational project on the development of cognitive and socio-affective skills, embodied by democratic and humanist values, following the dream of "preparing excellence for life".

Preventing rural fires



So far this year over half of rural fires were caused by people undertaking the burning of cut and piled waste or through extensive burning of uncut scrubs and allowing the fire to get out of control.

Simply following the safety steps in place prevents this, and would avoid thousands of deployments of the emergency services, and the risk to property and people.

As the Critical Fire Period finished on 30th September there will be more controlled burns. When the rural fire risk in your municipality is Low, Moderate or High, it is necessary to notify either the ICNF through its website <https://www.icnf.pt/> or by contacting 808 200 520 or your local municipality (where the municipality is not connected into the system). You will then be registered and you will receive notification, with guidance on any safety measures that apply. If the rural

fire risk is very high or maximum an "authorization" is required using the same process.

Undertaking this process is important as the emergency services, be it Bombeiros, GNR or whoever are all aware that you are undertaking that burn.

Remember if using a contractor/local farmer it is your responsibility as a land owner to do this.

In undertaking a controlled burn it is essential to follow the safety instructions in particular: avoid burning in windy conditions; start early in the morning when the humidity is usually higher; ensure that it is monitored; keep your mobile phone with you, have a water supply close by; and make sure it is properly extinguished and notify the relevant authority afterwards.

More information Safe Communities Portugal <https://www.safecommunitiesportugal.com/civil-protection/>

Carvoeiro cat charity

Associação situated in Porches is administered entirely by volunteers.

Due to a reorganization of the shelter, we are in need of more volunteers who will help us in feeding the cats, cleaning the shelters, playing with the cats. If you can travel to Porches and have a few hours to spare each week, please join us.

As we have from time to time some kittens without mum (sometimes found in dustbins!), we are looking for foster families who will be looking after these kittens until they are fully vaccinated. After that time, they will come to the shelter in order to be adopted by a good family.

If you are interested, please email us at ccc.carvoeirocatcharity@gmail.com or phone on 918 552 788

Portugal Walks

Tuesday, 13 October - Let's Walk the Pinheiro Valley:

A moderately easy walk in the foothills with some climbs but there are fantastic views down to the coast. This walk will allow you to discover an area that you would never see on your own it is well off the beaten track. 10.00 am start - meet at the cafe Retiro dos Pescadores. Drive into Silves over the bridge and go right at the next roundabout take the 1st exit and drive for about 5km, when after an old factory on the right you will see a sign for 'Pinheiro & Garrado' to the left. Turn and drive for 500m at the fork go left and the cafe is just there on the left
Julie 965 753 033

Friday, 16 October - Lets Walk from Tor:

A slightly more challenging walk on the Barrocal with amazing views, 2.5 - 3 hours long. 10.00 am start - meet by the old bridge in Tor. From Loule take the main road to Salir, after about 5 km you come to traffic lights where you turn left. After 50m you have a small road to the left, park here. Chris 913 011 537

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). Please respect social distancing while walking.

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Going Green

We're in week five of the Portugal News' "Going Green" series...

... As a responsible thriving renewables company, we are increasing efforts in awareness. Not just for our solutions, but our local and regional Algarvean environment.

We look inland to focus on water - this time discussing the Algarve barragems. December 2019 heavy rains did not end the Algarve's drought.

Precipitation would have needed to increase fourfold to achieve normal levels.

Odelouca Dam reservoir is the main source of water for the region, supported by other surface and underground sources. Its capacity of 134 million cubic metres was on-stream in 2009.

From the early 1960's many artesian wells and dams have been constructed stopping realities of "drought" that ancestors had to endure. This has helped condition the idea that the Algarve is "immune" to drought.

In April 2020 the dams of Funcho, Beliche, Odeleite and Odelouca were very low. This means we are drawing aquifer water.

Folk continue to turn on taps forgetting water is a scarce and finite resource. Farmers are the main consumers accounting for 60%. In comparison, golf courses use 6%. There is another reality - Algarve councils are losing water in numerous pipelines, figures show 16.6% to a huge 55.1%.

Talk of building new dams and researching the idea of cripplingly expensive desalination plants won't work. Mayors need to study the research. And act. The sixteen municipalities should form a working group. Firstly they must combat the growing faulty pipe network and over-irrigation. Then water management firms must step up and play their part.

Regional authority Aguas do Algarve invests €100 million in maintenance. It awarded a €41m contract to Acciona Água S.A. in charge of the maintenance of sanitation subsystems of wastewater at the Almargem and Faro-Noroeste ETAR wastewater treatment plants. The second, over €58 million, was given to Be Water S.A. and will see the company taking over the same responsibilities at the Lagos and Albufeira Ponte ETAR plants.

We're all in this together. And we need to reduce consumption. There has been no rain in the central Algarve since May 15, 2020.

People only react to crisis - proof was Covid-19. Ever turned a tap on to find no water and heard banging?



Green Smarts

7 ways save water and money in the bathroom

1. Reduce baths, take showers - this saves at 50% of water
2. Install low-flow shower heads in every bathroom - this saves 50% of consumption
3. Cut your time in the shower by half - no-one needs more than a 5-6 minute shower, not 20 minutes!
4. Turn off water - why run a tap when you're brushing your teeth?
5. Twin-flush system - these help save water for liquid and solid waste removal
6. Don't use toilet as a waste basket - no flushing water to get rid of dry paper, sharpenings
7. Put a plug in it - never run water 'til you get to temperature

News: Renewable World

In keeping with this week's water focus, some web sites to help.

https://en.wikipedia.org/wiki/List_of_dams_and_reservoirs_in_Portugal

<https://www.sciencedirect.com/science/article/pii/S2214581819301934>

<https://europepmc.org/article/med/32485369>

<https://www.expatica.com/pt/news/algarve-dams-only-have-enough-water-to-last-until-the-end-of-this-year-95766/>

https://www.researchgate.net/publication/269195574_The_water_crisis_in_southern_Portugal_how_did_we_get_there_and_how_should_we_solve_it

<https://www.geospatialworld.net/blogs/satellite-data-show-shrinking-reservoirs-that-may-spark-major-water-crisis-globally/>

http://www.isa.ulisboa.pt/ceabn/uploads/docs/projectos/drought/CS_PORTUGAL_FLYERS.pdf



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First Drive: Porsche Panamera Turbo S

Porsche has revised its powerful Panamera Turbo S, but what have the changes brought? Jack Evans finds out.



What is it?

The Panamera is Porsche's big, bruising performance executive car - and for some time now it's set the benchmark for driver involvement in this segment, outgunning rivals when it comes to outright excitement behind the wheel. Now, Porsche has seen fit to update it, tweaking the way it looks - ever so slightly - while adding a decent slug more power. We're testing it in full-fat Turbo S specification, which stands as the most powerful Panamera in the range. Buckle up to find out what it's like...

What's new?

From the outside at least, it doesn't appear that much has changed. It's still vast in proportion, with the front and rear separated by what feels like a postcode's-worth of wheelbase. The car's nose has been given a tweak in terms of design, mind you, but it's largely the same look as the Panamera we saw released back in 2019. It's underneath where things

have been given a considerable edit. The damping has been improved, for instance, while the front axle bearings and engine mountings have been revised to increase the level of dynamic response you get. Plus, it has taken the same steering control as the 911 to improve the car's input reactions.

What's under the bonnet?

The Panamera Turbo S is powered by a thumping 4.0-litre twin-turbocharged V8 engine that makes 621bhp and 820Nm of torque. It represents gains of 79bhp and 50Nm over the old Turbo model, in fact. Power is sent to all four wheels through an eight-speed automatic gearbox and, when given enough space, means that the Panamera Turbo S will hit a top speed of 196mph, while the sprint to 60mph takes just under three seconds - not bad for a car weighing over two-and-a-half tonnes. Of course, as a result of this performance the Panamera's economy isn't the best. CO₂

emission stand at up to 245g/km, while combined it'll return 26.4mpg. Give the right pedal more work to do and it's highly likely that you'll be seeing figures in the high teens.

What's it like to drive?

First off - and there's no way to get away from it - the Panamera is a big car. You're quite aware of simply how far the car's edges are away from where you're sat, which can be a little intimidating to begin with. However, the more time you spend with the car, the smaller it becomes. The steering is light enough around town to easily pilot it through smaller spaces, while the newly revised suspension does an excellent job of isolating the lumps and bumps on the road from the cabin. Rear-wheel steering means it's genuinely nimble at lower speeds, too. Then there's the performance. A

car of this size accelerating the way the Panamera Turbo S does is nothing short of startling; even moderate uses of throttle result in a considerable amount of forward progression. Full throttle results in you hitting the speed limit in the blink of an eye. But the steering is the star of the show. It's effortlessly well-weighted, and it means you can enjoy the Panamera through the bends just as much as the earth-shattering straight-line performance. You can add weight to the steering via the various driver modes, but in truth, it's just right in its standard setting.

How does it look?

The changes made to the exterior have certainly tweaked what was already a rather good-looking sports saloon. It's sharper, for sure, but in truth we never had too many arguments with the way the Panamera met the eye. We'd always plump for the Sport Turismo version (the estate), which, in our eyes, looks even better. The rear of the regular Panamera, which can from some angles appear a little dumpy, is replaced by a swooping back in the Sport Turismo, only enhancing the overall look of the car.

What's it like inside?

The cabin feels instantly luxurious. The materials are high-end and fitted seamlessly together, while the combination of glass, metal and leather is a tried-and-tested way of making a car's cockpit feel genuinely special. It certainly works here. It does feel like you sit a small amount higher than you'd expect, but with good levels of adjustability for the steering wheel it's not hard to find a comfortable driving position. The large screens ahead of you in the

instrument binnacle are clear and easy to read, while the sport mode dial on the steering allows you to easily tailor the car's setup to your needs. It's a great combination of the old and new. There's a good amount of legroom in the back too, while 467 litres of boot space isn't too bad for a car in this segment. It can be increased by folding the rear seats down, pushing the size up to 1,306 litres.

What's the spec like?

The Panamera is laden with equipment. The main infotainment offering is centred around a large, clear screen in the middle of the dashboard which now includes wireless Apple CarPlay connectivity for the first time. Porsche's own software, however, is just as clear to use while haptic feedback buttons lower down towards the gearstick are responsive and easy to use.

All cars now ride on 21-inch wheels as standard too, while Porsche's range of suspension systems - including adaptive air suspension, rear-axle steering and the firm's power steering plus - all come as part of the Panamera's base price.

Verdict

The tweaks Porsche has made to the Panamera have only helped to elevate an already impressively capable saloon car. The steering adjustments have made it sharper, while the added performance on this Turbo S only makes driving it even more exciting. It looks a touch sharper, too. Little has changed about its positioning in the segment, then. It easily manages to be the best-handling car among its peers and that's why, yet again, the Panamera is a car which we can wholeheartedly recommend. PA



Time to convert to Burmese food

Showcasing Burmese food might be a side-hustle for sisters, doctors and cooks Emily and Amy Chung - but it's proving a hit.

Salt, sweet, sour, spice, umami and crunch - Burmese food has it all, and yet it's still relatively unknown in the West. However, it's hardly going to stay this way for long, particularly with the help of Emily and Amy Chung and their new cookbook, *The Rangoon Sisters*. The Chungs have Burmese parents and their nickname comes from the largest city in Myanmar - Yangon - which is also known as Rangoon. Most people still aren't really familiar with Burmese cuisine, which Amy drily describes as "absolutely delicious, obviously". So, what sums it up?

"It does have influences from neighbouring countries, like Thailand, China and India, so there might be some familiar flavours and spices - and there's lots of onion, garlic and ginger," explains Amy. "But Burmese cuisine has a lot to offer as an individual cuisine as well; it has curries which tend to be more mildly spiced and aromatic after slow cooking, and you also have lots of vibrant fresh salads, which are more substantial than your average salad. It's full of textures and different condiments." Emily says her favourite thing about Burmese food is "the extra bits you can add onto your plate, to make each mouthful a different flavour". She associates an "intensity and saltiness" with it because of the prevalence of "shrimpy, fishy flavours". This, coupled with all the dips and sauces that tend to feature, means "you can make your plate your own", she adds. "So if you'd like lots of chilli flavour, you can have that, and you can alter the sourness as well - there's something for everybody."

Coconut chicken noodles
(Serves 6)
5tbsp oil (vegetable, sunflower or peanut), plus extra for browning the chicken
5 medium onions, chopped
10 garlic cloves, peeled
2 thumb-sized pieces of

ginger, peeled
8 skinless and boneless chicken thighs, chopped into 3cm pieces
2tbsp paprika
1tsp turmeric powder
2tsp chilli powder
100g creamed coconut (the solid block type), or 200ml coconut milk would work
2tbsp gram flour, sifted and evenly toasted in a dry frying pan
600ml chicken stock
2-3tbsp fish sauce
400ml cold water
To serve:
6 nests (450-500g) dried chow mein or egg noodles, cooked
3 limes, cut into wedges
6 hard-boiled eggs, cut in half
Coriander leaves
4 shallots, thinly sliced
200g crispy fried rice noodles
Chilli flakes or chilli oil
Fish sauce

1. Heat the oil in a large casserole dish set over a medium heat. Add the chopped onions and cook slowly, turning down the heat to low-medium and stirring every four to five minutes until softened and starting to lightly brown in colour and become oily but not crispy - this should take about 15 minutes.
2. Meanwhile, crush the garlic cloves and ginger to a paste using a pestle and mortar, or blitz in a food processor.
3. Once the onions are ready, add the garlic and ginger paste and fry for two minutes to release the gorgeous flavours. Add a splash more oil, then brown the chicken pieces with the onion/garlic/ginger mix. Add the spices and creamed coconut, breaking it up into smaller pieces as you stir - it should melt. Stir in the toasted gram flour, followed by the chicken stock, fish sauce and the cold water. Bring to the boil and allow to simmer, uncovered, over a low, gentle heat for about 30 minutes. If the broth is too thick, add some water.
4. For the crispy fried rice noodles, pour vegetable, sunflower or peanut oil into a wok or deep saucepan to a depth of 5cm and set over a medium-high heat. Line a large bowl with kitchen paper and have a heatproof strainer or sieve

ready for fishing out the noodles. Test the readiness of the oil by popping a piece of dried noodle into it - it should instantly sizzle (rice noodles will curl up and turn opaque and bubbly). Separate the nest of noodles and add a handful to the oil, frying for a minute, then scoop up with your chosen implement and drain on the kitchen paper. Continue to dry the remaining noodles in batches as above.
5. Serve the broth hot on a bed of cooked egg noodles. Add a squeeze of lime juice and top with boiled eggs and the remaining garnishes in little bowls for everyone to help themselves to.

Mango, lime and coconut meringues

Ingredients:
(Makes 8)

For the meringues:

3 egg whites
170g caster sugar
For the lime curd:
Zest and juice of 2 limes
3 egg yolks
25g unsalted butter
50g caster sugar
For assembly:
50g unsweetened desiccated coconut
300ml double cream
200g mango, stoned, peeled and diced into 1cm pieces

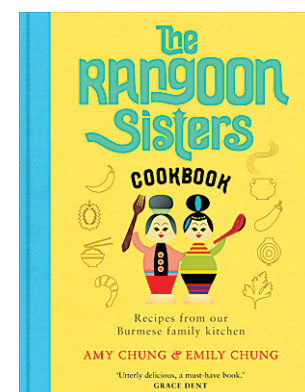
1. Preheat the oven to 150°C/300°F/gas mark 2.
2. In a clean and dry mixing

bowl, whip the egg whites with an electric whisk. Start on a low speed and gradually increase the speed over the next two to three minutes to the highest setting until the egg whites are stiff peaks, then stop. Add half the sugar to the egg whites and whisk at high speed, then add the remaining sugar until the meringue is glossy and firm - this usually takes two minutes.
3. Line two baking sheets with greaseproof paper. Spoon four mounds of meringue onto each sheet, spaced out evenly. Using the back of a spoon, make a shallow dip in the centre of each meringue, where the topping will sit once they're cooked. Place the trays in the oven for 35 minutes; once that time is up, switch off the oven and leave the meringues to cool and dry in there overnight.
4. While the meringues are cooking, prepare the lime curd. Make a bain-marie with a heatproof bowl set over some simmering water (make sure the bowl does not touch the water, though) and add all the ingredients for the curd to the bowl. Stir to dissolve the sugar and melt the butter. Making the curd requires a bit of patience, as it will take anywhere between six and eight minutes to thicken: it should coat the back of a wooden spoon when it is



Mango, lime and coconut meringues. (Photo: Martin Poole/PA)

done. We then strain it through a sieve, to get rid of the zest, and let it cool before refrigerating overnight in a covered container.
5. For the assembly, toast the desiccated coconut in a dry frying pan on the hob, stirring throughout - watch it carefully and don't let it turn brown, it will only take a minute. Whip the double cream until it's thick.
6. Plate up the meringues, then top each one with a spoonful of cream, a dollop of lime curd, some mango pieces and finally a sprinkling of toasted coconut. Serve immediately.



The Rangoon Sisters: Recipes From Our Burmese Family Kitchen by Emily and Amy Chung, recipe photography by Martin Poole, is published by Penguin.

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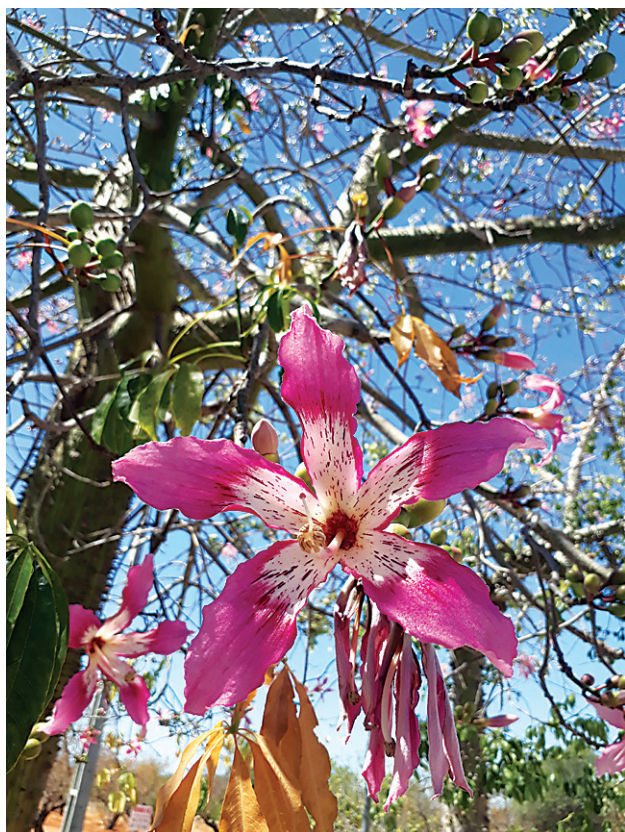
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Silk Floss Tree – What's the point?

N JAKE CLEAVER

This is the Silk Floss Tree. Sounds cuddly, right? But as you can see from the photos it's REALLY not. It's actually a tree hugger's worst nightmare.



But it does have its good points, along with what you can clearly see are its bad points. Originally from South America, there are a few trees planted here and there across the Algarve. However, you don't usually notice them. They just sort of, provided you don't lean on them by mistake, fly under the radar and blend into the rest. That is of course, until now - when they steal the show. In the early autumn (around September/October) like other deciduous trees, they do indeed start to slowly let their leaves 'fall' to the ground. However, they also take this opportunity to simultaneously KA-BLOOM, and explode into beautiful star shaped, pink and white flowers. All the leaves eventually fall to the ground, and the whole thing is left looking bright pink. It's then that you simply can't miss them. (The one that first made itself abundantly clear to me can be found on the road out of Estoi towards Moncarapacho. If you feel like having a look.) The flowers then start to fall to the floor and the tree spends the winter completely bare (except for the fruit capsules - more on them later) and sinks back into obscurity once again. Although, you still might notice some more unusual things if you pay closer attention. Along with those terrible spikes, another

strange thing about the Silk Floss is that the younger ones bottle neck shaped trunks and branches are green. This is due to a high chlorophyll content which allows them to do the quite unusual trick of performing photosynthesis - without any leaves. Although, when they get older they start to lose this ability, and like all of us, they start to turn grey. So, they are quite beautiful, but what's with those vicious spikes? They clearly don't want anybody to touch them. Why is that? Well, being native to tropical forests in South America the trees got fed up with monkeys climbing all over them. Good strategy I'd say. I mean, even us evolved monkeys only have to touch them once to learn our lesson. The thorns are also said to be a sort of drip irrigation system. Dew collects on the spikes and then condenses, and little droplets of water drip onto the ground near the tree. This can be a real lifesaver in times of drought, and helps to see them through the long hot summers. But why on earth would somebody call a tree this anti-social, and let's face it downright prickly, something as cute and cuddly as a Silk Floss? I did wonder. It's to do with the fruit it produces. It makes these quite large (inedible) avocado shaped capsules that contain lots of black seeds, but that's also surrounded by a fluffy matter, similar to cotton, that can be used to stuff

pillows. And also, due to its hydrophobic (that's a new one for me too. I had to look it up. It means ability to repel water, or more literally, fear of water) properties, it's also used in the material that goes into life preservers. In fact, the tree is pretty hydrophobic all round, and the water resistant bark was used by South Americans to build canoes (again, pretty ironic due to its phobia of water). Luckily though, not so much anymore, as there's not too many Silk Flosses around, and there's better material for canoe building these days, much to the tree's relief.

If you are brave enough to plant one of these beautiful beasts in your garden, then, so there's no confusion in the garden centre, I should tell you that it can also be called the 'Kapok tree', and their botanical name is 'Ceiba speciosa'. They grow fast to start with and then slow down as they mature (don't we all?). They like well drained, moist and fertile soil, but be careful where you plant them as they can grow up to 15 metres tall. This means they can provide ample shade in the summer, but maybe keep them at a distance - you don't want to bump into them too often.



A tree hugger's worst nightmare.



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4 ways to style Brave Ground – the colour of the year 2021

Dulux's top hue for 2021 is warm, comforting and channel's the charms of nature – just what we need.

This has been a troubled year beset by uncertainty and change, so perhaps it's no surprise Dulux's Colour of the Year for 2021 is a warm, comforting clay brown. The brand has selected 'Brave Ground' (its name makes it sound more punchy than it looks) as 2021's key hue – but while it may seem a safe choice, its beauty and appeal lies in the fact that, rather like a chameleon, this is a colour that can adapt to many different settings and palettes and allow them all to shine.

"It's not a shade that has to hit you between the eyes, rather it's got this deep, soft, chocolatey feel," enthuses Marianne Shillingford, creative director at Dulux UK. "I think of it as a colour that almost puts an arm around your shoulder and comforts and reassures." The panel of experts who picked Brave Ground believe it "will enable people to draw upon the strength of nature, to help them find the courage to embrace the future". Certainly, it's a world away from 2020's soft green Tranquil Dawn, but it is in line with the growing trend for turning away from cooler tones and greys, and back to more nurturing, subtle tones that conjure cossetting, nurturing spaces.

What is Brave Ground about?

"Brave Ground is a warm, organic, versatile neutral that I'd describe as the 'Mother Earth' of colours," says Shillingford. "It won't step into the limelight because it's the perfect 'support act'. Instead of overpowering, it works with different palettes by holding everything together and letting other colours shine.

"Brave Ground is earthy and empowering, it evokes stability, growth, and will help create peaceful spaces where we feel anchored and grounded," Shillingford adds.

Why did you decide on Brave Ground?

"The colours on our walls are the backdrop to how we live our life. For many of us, lockdown has served to emphasise how important our home environment has become," explains Shillingford, who says the shade was chosen before the coronavirus pandemic, but didn't change as a result of it. "It's been the place where we work, learn, relax. It can lift us up, nurture us, comfort us.

"We continue to live through uncertain times. In 2021, the warm and grounding tones of Brave Ground will allow us to find certainty in the strength from the very ground beneath our feet, emboldening us to go forward and begin to live again, and giving us the flex to adapt to the ever changing circumstances we face."

Ready to step forward onto a new decor path? Here, Shillingford shows four ways to work Brave Ground into your home and transform your rooms for 2021...

1. Earth palette

"These authentic grounding colours echo the tones of the land, sea and sky, so it's a combination of the earthy neutral and very pale, calming blues, and deep impactful blues.

"Here, Brave Ground acts as an accent colour, working with all the blues. One combination is to have Brave Ground on walls and a pale blue on the ceiling, which could lift and transform a room. Alternatively, pick blues for accessories, while leaving

the rest of the room neutral."

Who will it suit?
"Those who long to connect with nature and the outside world and bring it into their home. Those who want smaller spaces to appear larger could use blue and green, which are receding colours that visually appear to be farther away from us than other colours lying on the same level."

Where to use it: Living rooms, studies and home offices, and for creating the atmosphere of an outdoor room.

2. Expressive palette

"This is a fantastic combination of gorgeous, sexy hot-pinks, soft, delicate petal-pinks and reds. Together, or individually, they'll add an energy shot of colour, which is unashamedly self-indulgent and joyful. "Here, Brave Ground acts like a mother or a grown-up you've invited on your hen party; she keeps things from getting really carried away, and grounds the whole in a beautiful subtle way."

Who will it suit?
"People who want to say, 'This is me, this is who I am', and create individual spaces, which demonstrate their self-expression and creativity.

"You can go full-on maximalist or simply experiment with injections of pink, just as you'd lift a neutral outfit with punch-pink lipstick, shoes or a handbag. I've used this



Dulux Colour of the Year 2021 - Brave Ground. (Photo: Dulux/PA)

palette for my office and it's ideal for a setting where you want to express yourself and reflect who you are." Where to use it: Personal spaces – a bedroom, office or creative space.

3. Timeless palette

"Inspiring shades of red, orange and yellow ochres, which have been used since time began," is how Shillingford describes this palette.

"Used alongside soft neutrals, these tones are energizing without being overpowering. They bring positivity and balance to any space."

Who will it suit?

"Those who have eclectic homes, who love to blend styles from different eras. They may have inherited pieces mixed with mid-century modern furniture of

their own. They want to make the best of the past, but keep their look relevant to the future." Where to use it: A dining room or a zone for reading and relaxing.

4. Trust palette

"This palette comprises the world's favourite neutrals – they're the colours of stone, soil, clay and sand. Warm natural greys and browns, these colours complement each other. This is a group of shades which are familiar, soothing, and speak of effortless style.

"Each can be used in delicious layers across the walls in paint, but also across the furniture and furnishings. Paint a deep, dark layer at the bottom of a wall, like a horizon line, to create a beautiful sense of peace and calm."

Who will it suit?

"This will appeal to those who love to surround themselves with organic, natural materials, such as wood and wicker, linens and wool. It will help conjure a harmonious, comfortable space that's perfect for day-to-day living and entertaining. This blend of shades will cosset and comfort but won't distract."

Where to use it: Living rooms and bedrooms, where you can really think and dream.

Break into Brave Ground If you're not ready for a full revamp, there's no need to miss out on the hottest colour on the block. Bring your room up-to-date with some Brave Ground-hued furniture and accessories... PA

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10 easy ways to get rid of pet hair in your home

Having a dog or cat often means lots of their hair all over your floors and furniture. Here are 10 quick ways to remove it.



Some dogs and cats seem to leave more hair on the floor and furniture than they actually keep on their bodies,

We love our pets - but we definitely don't love the hair they shed all over the house. Some dogs and cats seem to leave more hair on the floor and furniture than they actually keep on their bodies, and it can be a real challenge to get rid of it and keep the house clean. But there are plenty of tricks you can use to make sure you don't have a hairy house. Engi Bally, marketing manager at domestic cleaning company Molly Maid, says: "A lot of our customers have pets, so

we're very accustomed to having to get rid of the hairs they shed. For floors you can just use a vacuum - make sure it has a pet head attachment though - but furniture is the tricky bit. You have a few options to get it off - a lint brush, sticky tape, or a damp microfibre cloth works a treat." Here are 10 tips to make sure pet hair isn't a problem in your home...

Brush your pets regularly

You can't stop dogs and cats shedding hair, but you can reduce the amount they lose by

grooming them regularly, throwing the often huge balls of hair away, or grooming them outside. Chances are your dog or cat will love the attention, although some more grumpy pets might have to be chased around the house before you can pin them down for a good brushing.

Be savvy with your surfaces

You're not going to be able to change all your flooring and furniture to pet hair resistant types, but if you're planning a new floor or piece of furniture, opt for hard flooring such as wood or vinyl, and leather furniture that's wipe-clean. And don't forget your bedding, because while your pets might not be allowed on your bed, most of them will climb up whenever they get the chance. Pet hair will cling to woollen bed throws, so opt for shiny synthetic materials where possible. It might also be worth

investing in some anti-static spray, which helps stop hairs sticking to fabric. Or make your own, by mixing water with a little fabric conditioner, then just give fabric a quick spritz and wipe it off.

Utilise rubber gloves

Rubber gloves don't just protect your hands while cleaning, they're great at getting rid of pet hairs too. All you do is pop on the gloves, wet them and wipe them over fabric, cleverly lifting the hairs. "Our best kept secret is to take a rubber glove and press on surfaces like sofas or any fabric, and that allows the hair to ball up," says Bally. "What's good about it is that it works for both cat and dog hair, short and long. Once it's balled up, you can just wipe the rest of the surface clean."

Cover up problem spots

If your dog or cat has a favourite spot they sit or lie on, cover it with a blanket that can be washed regularly.

Apply sticky tape

Wind sticky tape round your hand, sticky side up, and brush it against furniture fabric or clothes - pet hair will stick to it straightaway.

Try a damp cloth or fabric softener sheet

A simple damp cloth will get rid of a lot of pet hairs - microfibre cloths or sponges work particularly well. Similarly, a damp mop will pick up pet hairs on the floor. Another trick is using a slightly damp fabric softener sheet that you'd normally pop in your dryer - they're great for picking pet hairs up.

Opt for a lint roller

You may already have invested in a few lint rollers to get pet hair off your clothes, so just roll them across your furniture fabric to pick up the hairs there too.

Use the washing machine

Wash pet beds and blankets regularly in the washing machine, shaking them outside before you bring them in. Adding half a cup of white vinegar to the wash cycle can help detach the unwanted hairs from the fabric, but be sure to get rid of any hairs left in the drum afterwards.

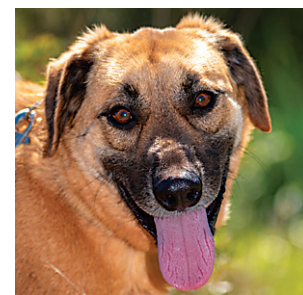
Make the most of your tumble dryer

A few minutes in the dryer on the cool setting can also help loosen pet hairs. A fabric softener sheet in there with them will do an even better job, and you can then just dispose of them by emptying the machine's filter.

Vacuum

Vacuuming will get rid of a lot of pet hairs on the floor and upholstery (make sure you use the upholstery attachment). There are plenty of special pet hair vacuums on the market, but whether you have one of those or a standard vacuum cleaner, be sure to empty it regularly as pet hairs will block it easily.

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How can I help my young child to lose weight?

An early years expert explains that parents should instead focus on the amazing things healthy food and exercise can do for our bodies.

Child psychologist and early years teacher Hannah Tranah, childcare development manager at Storal Learning nurseries, says: "Talking to children about weight and size in the wrong way can be harmful, so it's important to go about this the right way - you want them to be healthy, but you also want them to be accepting of their bodies. "For very young children, the best thing to do is avoid any discussion around weight, size or BMI - these metrics are not the best indicators of health. Instead, factors like nutrition and physical activity play a much more significant role. So the focus should be on the amazing things eating healthy foods and exercising can do for our bodies, like giving us the energy to run, jump and play. "You should also check in on how you and other adults your child spends time with interact and talk about body image and weight. Children copy our behaviour, so if they grow up

around adults who consistently criticise their own bodies or the bodies of others, they're likely to take on this negativity too. "While it's critical for children to gain an understanding of why a balanced diet and exercise is important, for very young children the most effective approach is 'less talking, more doing'. To make lasting change, lifestyle adjustments should be gentle and fun. Healthy eating should be a priority for the whole family, not just for your children. "Realise that as the parent, you have the most control over what the family consumes, so analyse your weekly shop and wherever you can, cut down on the junk and make healthy swaps in stages. "Try not to worry, as children's tastes often change with age. Ensure your child is given the same food as the rest of the family and make sure you all eat together. Praise them when they try something new and be patient if they are slow. This 'gentle changes' approach also goes for physical exercise and



The focus should be on the amazing things eating healthy foods and exercising can do for our bodies. (Photo: iStock/PA)

movement. Getting children into the habit of exercising when they're young and full of energy is much easier than when they're in their teens or in adulthood, "Try out different forms of

movement and exercise as a family (even if it's walking to school instead of driving) and see if there are any physical activities your child might be interested in - whether this is taking up in a class or team

activity with their friends. This might take some trial and error, but pace it gradually - don't enrol your child in five different new hobbies at once, take your time with it and you'll be sure to find something they enjoy."

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Could your child have undiagnosed ADHD?



Some children with ADHD can be hyperactive. (Photo: iStock/PA)

They're often misdiagnosed as 'naughty children' - and even if they're officially diagnosed with ADHD, many kids are still simply labelled as naughty. But attention deficit hyperactivity disorder (ADHD) is a recognised medical condition that affects around 3-5% of children and 2% of adults. One of the most common neurodevelopmental conditions in childhood, it is described by the NHS as: "A condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse." Speaking to mark October's ADHD Awareness Month, Dr Tony Lloyd, chief executive of the ADHD Foundation, says: "There are several enduring myths about ADHD. Many parents will no doubt be concerned that a diagnosis of ADHD may be harmful in itself

because in the past it's been associated with 'naughty boys', or about giving children drugs to make them behave. "This is such a tragedy because although one in 20 children have ADHD, less than half of that number are ever assessed or diagnosed - and as many as 50% of children who are referred for an assessment don't in fact have ADHD but instead have behaviours linked to trauma, anxiety or other neurological conditions. "Sadly, many teachers, and some parents, think ADHD is about bad behaviour. ADHD is not a behavioural disorder - it's a neurodevelopmental condition characterised by a delay in development in certain parts of the brain."

How is ADHD diagnosed?

The Royal College of Psychiatrists says there's no single, definite test for ADHD and diagnosis requires a specialist

assessment by a child psychiatrist or a paediatrician, who will observe the child and look for recognised patterns of behaviour, and get reports of their behaviour at home and school. Diagnosis doesn't usually happen until after the age of six.

What do parents need to look out for?

The ADHD Foundation says children with ADHD may exhibit certain characteristic behaviours and may be:

1. Anxious

Lloyd advises parents to speak with their child's school and ask if they

To mark October's ADHD Awareness Month, the ADHD Foundation discusses the condition which affects up to 5 percent of children and outlines the warning signs.

appear to be struggling with learning and displaying anxiety. "Anxiety is the main cause of distressed behaviours that aren't context appropriate for the classroom," he says.

2. Forgetful

A child with ADHD may often lose or forget things.

3. Unable to concentrate

They may find it difficult to sustain concentration or attention. "Let's be honest," says Lloyd, "all children find it difficult concentrating or staying on task. All children can be forgetful, impulsive and hyperactive. That's just how children are.

"What defines these characteristics as ADHD is that they present in a more extreme form."

4. Unable to organise their thoughts

Children with ADHD often have what's known as poor executive functioning skills. Lloyd explains: "That's the ability to organise their thoughts and regulate their emotions to plan and organise how they do their school work, resulting in difficulty with starting tasks. So they procrastinate and become frustrated and overwhelmed as they can't order their thinking. On the plus side, this can also be the engine of

creativity!"

5. Easily distracted

"They find it difficult to stay on task or become confused and frustrated by too much information or stimulation," explains Lloyd.

6. Hyperactive

Some children with ADHD can be hyperactive.

"They're always on the go with seemingly boundless energy," says Lloyd, "and no matter how tired they are, they still have difficulty sleeping."

7. Impulsive

Some children with ADHD can be impulsive. "They may say and do things they know aren't appropriate," says Lloyd, "but their brain has failed to consider the

consequences of their words or actions." He says such impulsiveness isn't the same as intentional inappropriate behaviour.

8. Have relatives with learning difficulties

Lloyd suggests parents ask if anyone in their extended family on both sides has either dyslexia, dyspraxia, autism spectrum or other learning impairments. "We know that while genetic in origin, ADHD comes under the umbrella of a number of learning difficulties which often co-exist," he explains, pointing out that more than 40% of children with ADHD also have

dyslexia.

Pre-term births, epilepsy and brain injury can also be factors in determining whether a child has ADHD, and Lloyd adds: "ADHD is genetic in origin but how it affects the individual is determined by the environment - so how you parent your child, how your child's needs are addressed in school and things like nutrition, good sleep and even traumatic events in childhood can cause that genetic potential to be amplified. "Many people with ADHD lead happy, healthy, successful lives. Many achieve at school and there are many high profile role models who have ADHD - from Leonardo da Vinci, to astronaut Scott Kelly and Olympic gold-winning gymnast Simone Biles. It's estimated that over 35% of entrepreneurs have ADHD or dyslexia - or both.

"Identified early and managed well - there's no reason why your child cannot achieve their potential. Your child is not sick or 'disordered', nor are they mentally ill - they are different. Yes, these differences can be very impairing, but with the right support, early intervention and informed and loving parents, your child can thrive." PA



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Baby Steps to achieving a long healthy life

N PAULA MARTINS

Health is the most important thing we have in our life; however, it is often only when we already have health problems that we remember to take care of our body.

Baby Steps is a company that shows that small steps to change our habits can lead to unimaginable results, in terms of fertility but also in terms of general health. It is in Dublin, Ireland that we can find Lisa Morrissey, a 15 years acupuncturist specialist and creator of the Baby Steps company, a company that helps lots of women to make their maternity dreams come true. Next year, it will be in Portugal that Baby Steps will continue to help hundreds of people with health problems and infertility.

Lisa Morrissey knows that trying to get pregnant after a few years of trying can be frustrating, but with the right help and enough discipline and motivation to change some everyday behaviours it is possible to achieve results in most cases. After being cured, with acupuncturist treatment, of a health problem that made her spend two weeks in hospital, Lisa Morrissey found in this treatment her professional life and started to learn more about the issue before then becoming a volunteer in a hospital with cancer patients. When the specialist met her first patient, she had spent 5 years trying to get

pregnant with no success. The lady had cancer and the chemotherapy process was causing her fertility problems. With a few sessions of acupuncture, "she came to me after weeks and said that she was pregnant", it was from there that Lisa Morrissey decided to delve deeper into the study of fertility. It was during one of her travels, in Florida that she discovered medical technology new to the market, then "I started to expand to other areas and find out new treatments", she said. "Now people come to figure out some dysfunction, to support their body before they have a disease, but still many people only search for our help when they already have a problem, not only physical, but often with the mind".

Food sensitivity

Food sensitivity consists of sensitivity to certain foods that can contribute to digestive problems that can cause inflammation. "When people have some inflammation, we have to figure out where this inflammation comes from", she explains. Someone who may apparently eat healthily and maintain a regular exercise routine does not always guarantee a healthy lifestyle. The human body is a complex machine, and everyone is

different. Quite often an unknown dysfunction/ imbalance in the body, might manifest as a disease many years later. Symptoms are not always immediate. Prevention is better than cure and it is advisable to have regular health checks, especially as people get older. The Baby Steps screening tests are designed to identify and reduce life altering health risks such as heart disease, stroke, cancer and diabetes.

The test has two phases: "First we do food tests, then we test the acidity of the stomach", she explains. After discovering the harmful foods for a certain person, the specialist makes a meal plan that the patient must comply with. In two weeks, all toxins will have left the body.

The initial assessment is done with cutting-edge medical technologies that assess all aspects of physical health. It is often concluded that the reproductive organs are good, but there is another imbalance or dysfunction in the body that is influencing the reproductive organs. The next exam works in a similar way to molecular spectroscopy. A set of headphones is used and converted into a device to create a radio frequency at the level of the brain stem.



The Baby Steps screening tests are designed to identify and reduce life altering health risks such as heart disease, stroke, cancer and diabetes. (Photo: Supplied)

Then, a laser is aimed at your forehead and can scan your body using a radio frequency from the headset to tune into each individual body part. "The machine makes a sound that patients can listen to at home. After two or three days they feel the difference, the sound is only six minutes per day and helps to rebalance the waves", said the specialist. In addition to preventing serious illnesses, the health screening helps people with fertility problems. When a couple is trying for a baby, their bodies must be in optimal

health. According to Lisa Morrissey, "the major difference here is that we assess the complete body to homeostasis and don't just look at the reproductive organs" like conventional medicine. For many, alternatives medicines, among them being acupuncture, continue to not be welcomed by everyone, although the rate of successful fertility cases according to Lisa Morrissey is 90 percent. From Lisa Morrissey's experience, this is a concept that is

increasingly outdated. "People nowadays are aware of the alternatives and a lot of people -and social media talk a lot about the benefits of having good health - now understand the importance of prevention more and how you should not wait to have a problem before trying to fix it". Lisa Morrissey concludes that when the goal is the same - to support the body - all sciences are welcome. For further information about the services provides by Lisa Morrissey, please visit www.healthoptimizing.ie

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Duplex penthouse with spectacular views

This week, Property of the Week features a lovely 2 bedroom, 2 bathroom duplex penthouse with spectacular views located in the village of Fuseta.

Beach, restaurants, café's and supermarkets are all within a couple of minutes walking distance. Communal pool and private underground car parking with extra storage. Very good investment opportunity in a sought after area and a well kept condominium.

We are very happy to offer you this superb front line duplex apartment in Fuseta. This top floor apartment benefits from a semi open plan kitchen with dining area / living room, two spacious bedrooms both with built in wardrobes and 2 bathrooms, of which one is en-suite. On the East side of the apartment there is a large balcony which is accessible from both the living room and the master bedroom, where you can enjoy your early morning coffee before walking to the pastelaria to pick up your fresh croissants. The large L-shaped kitchen is fully equipped and gives entrance to the spiral staircase going up to the large private terrace where you have a 360 degree view over the village, the Ria Formosa with its great beaches on the islands, the ocean, etc. this is truly spectacular!

Fuseta is a small village near the lagoon "Ria

Formosa", which is the nature reserve of the Algarve. In former times Fuseta was an old fishing village. You can walk from the old town to a small, sandy beach, which is especially suitable and safe for children. During the summer season ferry boats take you to the island "Ilha de Armona", to the wide Atlantic Ocean. Fuseta has a lovely promenade, many simple and good restaurants and cafés, a market hall with fresh fish, vegetables and fruit, some supermarkets and many other shops. Even a train station is only a few steps from this apartment which takes you to Faro, the Capital of the Algarve or Vila Real de Santo António, near the Spanish border. Near the harbour of Fuseta there is regular antiques market and in the summer live bands are playing occasionally. A good place for relaxing or meeting people and getting out and about.

If you would like more information on this lovely penthouse (Ref: SAP1117), priced at €395,000, please contact Françoise van Bruggen at Divine Home on: (+351) 961204551 or visit: www.divine-home.eu



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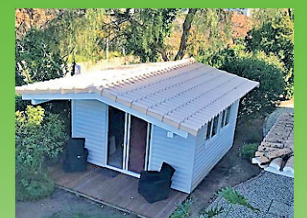
Making Space

Recent home confinement may lead us to consider how to make more of our outside space - for leisure or for work. Decking Dave offers some great solutions -

A deck adds a completely new dimension to a home. Whether for a pool, patio, terrace or balcony, decking lends a natural feel that's hard to beat. And a shady pergola or cabana offers a welcome retreat in the height of summer - a place to relax away from the sun's glare or enjoy a meal al-fresco style.

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Property Highlight

Moments from a beautiful beach next to Pine Cliffs Resort

A stunning modern villa located next to The Luxury Collection's Pine Cliffs Resort, within strolling distance to the beach. Built to very high-end specifications and home smart features.

The first floor has an entrance hall, fully equipped kitchen, large living room/ dining room leading to the south-facing pool. The property also has underfloor heating and incorporated air conditioning.

The second floor has 3 bedrooms. The master suite has built-in wardrobes, a private bathroom and a private terrace with an external shower. The second and third bedrooms have private bathrooms and access to private terraces. The basement has a living room with access to a bathroom, a laundry room, garage and gym space. The villa has a low maintenance garden with swimming pool. The home automation system allows you to control the air conditioning, blinds, heated floor and the security system from your phone. The entrance is also controlled by a video system and an electric gate.

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Check the health of your eyes

With so many frames and lenses out there to choose from we can sometimes forget the primary reason to visit your optician; to check the health of your eyes.

There are many diseases and associated conditions which can be picked up with an eye test, including glaucoma, cataracts and diabetes. The College of Optometrists in the UK recommends a yearly check for children under 16 and every two years for adults and at SN&N Optico the focus is always on encouraging regular eye exams for good health. A very common complaint here in the sunny Algarve is Allergic Conjunctivitis.

The two most common types of allergic conjunctivitis are seasonal allergic conjunctivitis (SAC) and perennial allergic conjunctivitis (PAC). Both are triggered by

an immune reaction when you come into contact with a particular substance you are allergic to, leading to symptoms such as itching and sneezing.

Eye allergies often affect the conjunctiva, a clear layer of skin overlying the eyes, which is the same type of skin that lines the inside of the nose; this is why the same allergens (e.g. pollen, grass, dust and pet dander) can trigger the same allergic response in both areas.

The main symptom of eye allergies is itchy eyes and may be associated with redness, watering, a burning sensation, and mucous production and blurring.

Diagnosis of eye allergies are usually made from symptoms and by examining the front of the eyes with a slit lamp (a special microscope) to check for dilated blood

vessels, conjunctival swelling and eyelid swelling, all of which are indicative of an allergic reaction.

If you can identify and avoid the particular agent you are allergic to, symptoms will improve dramatically. Unfortunately, this is not always easy or possible! Some of the following treatments can provide relief from eye allergies: applying cold compresses, using artificial tears as needed, allergy eye drops and oral antihistamines. Avoid rubbing your eyes as this can worsen symptoms.

Unfortunately, other than avoidance of the allergens, allergic conjunctivitis cannot be prevented. Although it is an annoying inconvenience and can sometimes make daily activities miserable, no long-term vision loss is to be expected.



For more information contact Surali Shah-Neville Bsc (Hons) Optometry or one of her team on: 282761506



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really enjoy improving the quality of life of those who have been suffering from toothache - this "chipped tooth" had barely any root left, from abscessation.

Here's what some clients say:

Spike, Messines - "I really like Aunty Faye even though she prods and pokes me - she gives me lots of love and snacks. I like to sing while she explains technical stuff to my mum."

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Make a change with Penguin

Climate change is real. Its initial effects are already evident and far worse will be suffered by our children and generations to come

unless we take action. The responsibility resides with us all - especially in how we consume energy at home.



You can make a direct contribution to the fight against climate change, and the good news is that there are immediate benefits: lower energy bills. And if you decide to sell your property in future, then those with low energy consumption will attract added interest - and value.

In the Algarve, with over 300 days of annual sunshine, solar systems make compelling sense. Whether thermal systems for hot water, or the latest photovoltaic (PV) systems for generating electricity, solar technology is an ideal way of reducing your home's carbon footprint.

When it comes to home heating,

energy-efficient heat pumps are the way ahead. Mostly used for pools in former years, heat pump technology is nowadays being applied to provide low-energy sanitary hot water as well as for radiator and underfloor heating.

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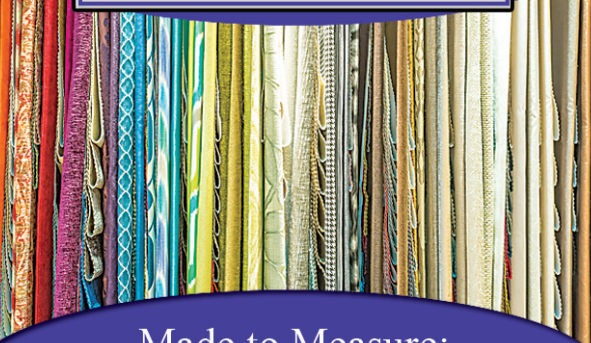
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SATURDAY 10/10/20

BBC One

06.00 Breakfast.
10.00 Saturday Kitchen Live.
11.30 Nadiya Bakes.
12.00 Football Focus.
12.30 Homes Under the Hammer.
13.00 BBC News; Weather.
13.15 Bargain Hunt.
14.15 Escape to the Country.
15.10 Money for Nothing.
16.10 Garden Rescue.
17.10 BBC News; Weather.
17.30 Pointless Celebrities.
18.15 The Hit List.
19.00 Little Mix The Search.
20.10 Strictly: The Best of The Final.
21.20 The Wall.
22.05 BBC News; Weather.
22.25 **FILM:** Captain America: The Winter Soldier.

BBC Two England

06.35 Wild & Weird.
06.50 All Over the Place: UK.
07.20 Blue Peter.
07.50 The Amelia Gething Complex.
08.30 Deadly Dinosaurs with Steve Backshall.
09.00 Wonders of the Universe.
10.00 **FILM:** Monkey Kingdom.
11.15 Mountain Vets.
12.15 The Hairy Bikers' Asian Adventure.
13.15 **FILM:** Queen of Katwe.
15.15 Ingenious Animals.
16.15 Flog It!
17.00 Michael Palin: Travels of a Lifetime.
18.00 Golf: PGA Championship.
19.00 Scotland from the Sky.
20.00 Hawaii: Earth's Tropical Islands.
21.00 QI XL.
21.45 Teddy Pendergrass: If You Don't Know Me.
23.30 Soul America.
00.30 **FILM:** Ghost Stories.

ITV London

06.00 CITV.
07.30 Scrambled!: Scrambled!
07.35 Scrambled!: The Tom and Jerry Show.
07.50 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 French Adventure.
13.10 ITV News and Weather; Weather.
13.25 ITV Racing: Live from Newmarket.
16.00 Ninja Warrior UK.
17.00 ITV News and Weather.
17.30 Celebrity Catchphrase.
18.30 The Chase Celebrity Special.
19.30 Britain's Got Talent Final.
22.10 Jonathan Ross' Comedy Club.
22.40 ITV News and Weather; Weather.
23.00 **FILM:** Raging Bull.

Channel 4

06.00 The Big Bang Theory.
07.25 The Simpsons.
10.45 Animal Airport.
11.15 Four in a Bed.
13.55 A Place in the Sun.
14.55 The Great House Giveaway.
15.55 George Clarke's Old House, New Home.
17.00 Channel 4 News.
17.30 Formula 1: Eifel Grand Prix Qualifying Highlights.
19.00 Guy Martin's World Speed Records.
20.00 Bone Detectives: Britain's Buried Secrets.
21.00 **FILM:** Mission: Impossible - Ghost Protocol.
FILM: Daddy's Home.
01.15 Ramsay's Kitchen Nightmares USA.

BBC Four

19.00 Francesco's Venice.
20.00 Full Circle with Michael Palin.
21.00 Inspector Montalbano.
22.50 The Bridge.
00.50 Top of the Pops: 1990.
01.50 Full Circle with Michael Palin.
02.40 Francesco's Venice.
03.40 Close.

SUNDAY 11/10/20

BBC One

06.00 Breakfast.
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 Escape to the Country.
14.50 Money for Nothing.
15.35 Garden Rescue.
16.20 Planet Earth II.
17.20 BBC News; Weather.
17.45 Countryfile.
18.45 Little Mix The Search.
20.00 Top Gear.
21.00 Us.
22.00 BBC News.
22.30 Imagine: Marina Abramovic - The Ugly Duckling.
23.30 The Women's Football Show.
00.00 Squad Goals.
00.30 The Graham Norton Show.

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 Best Bakes Ever.
12.45 Holiday of My Lifetime with Len Goodman.
13.15 Hollywood's Great Directors: Talking Pictures.
14.00 **FILM:** Rio Bravo.
16.15 Flog It!
17.00 Saving Lives at Sea.
18.00 Golf: PGA Championship.
19.00 Dragons' Den.
20.00 Michael Palin: Travels of a Lifetime.
21.00 Enslaved with Samuel L Jackson.
23.00 **FILM:** A United Kingdom.
00.45 Heroes.

ITV London

06.00 CITV.
07.30 The Chase Celebrity Special.
08.30 Martin & Roman's Sunday Best!
09.25 ITV News.
09.30 Britain's Best Walks with Julia Bradbury.
10.00 Love Your Weekend with Alan Titchmarsh.
11.55 All Around Britain.
12.55 Countrywise.
13.20 ITV News and Weather; Weather.
13.30 French Open Tennis: Roland-Garros Live.
18.00 You've Been Framed!
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.
22.30 UEFA Nations League Highlights.
23.55 Prince William: A Planet for Us All.
01.10 Ideal World.

Channel 4

06.05 Everybody Loves Raymond.
07.20 Frasier.
08.10 The Big Bang Theory.
09.30 Sunday Brunch.
12.30 The Simpsons.
14.45 The Great British Bake Off.
16.15 **FILM:** Bee Movie.
18.00 Channel 4 News.
18.30 Formula 1 Eifel Grand Prix Highlights.
21.00 The Bridge.
22.00 999: What's Your Emergency?
22.55 **FILM:** Get Out.
00.50 **FILM:** Ouija.

BBC Four

19.00 Mud, Sweat and Tractors: The Story of Agriculture.
20.00 Yellowstone.
21.00 Pole to Pole.
22.00 The Sky at Night.
22.30 **FILM:** The Guardians.
00.40 Classic EastEnders.
02.40 Mississippi: Earth's Great Rivers.
03.40 Close.

MONDAY 12/10/20

BBC One

06.00 Breakfast.
09.15 Rip Off Britain.
10.00 Homes Under the Hammer.
11.00 Critical Incident.
11.45 Paramedics on Scene.
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 Bidding Room.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.35 Belly Mujinga: Searching for the Truth - Panorama.
20.05 EastEnders.
20.30 Ghosts.
21.00 Who Do You Think You Are?
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 Golf: PGA Championship.
15.45 Echo - An Unforgettable Elephant: Natural World.
16.45 The Best Dishes Ever.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Fish Town.
19.00 Rob Burrow: My Year with MND.
19.30 Mastermind.
20.00 Only Connect.
20.30 University Challenge.
21.00 In the Face of Terror.
22.00 Mock the Week.
22.35 Rick Stein's Long Weekends.

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 John Bishop's Great Whale Rescue.
22.00 ITV News at Ten; Weather.
22.45 Martin Luther King by Trevor McDonald.

Channel 4

09.35 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 A Place in the Sun.
16.00 The Great House Giveaway.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Dirty Secrets of American Food: Coming to a Supermarket Near You? Dispatches.
21.00 999: What's Your Emergency?
22.00 Adult Material.
23.00 Married at First Sight.

BBC Four

19.00 Inside Museums.
19.30 The Joy of Painting.
20.00 Fake or Fortune?
21.00 Drama Out of a Crisis: A Celebration of Play for Today.
22.30 Country: Play for Today.
23.55 Inside Cinema: Jordan Peele.
00.10 Inside Cinema: Ava DuVernay.
00.25 Fake or Fortune?
01.25 Inside Museums.
01.55 The Joy of Painting.

TUESDAY 13/10/20

BBC One

06.00 Breakfast.
09.15 Rip Off Britain.
10.00 Homes Under the Hammer.
11.00 Critical Incident.
11.45 Paramedics on Scene.
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 Bidding Room.
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 Being British East Asian: Sex, Beauty & Bodies.
23.40 Top Gear.

BBC Two England

09.00 BBC News at 9.
12.15 Politics Live.
13.00 The Super League Show.
13.45 Flipping Profit.
14.30 800 Words.
15.15 The Great British Sewing Bee.
16.15 Tribes, Predators & Me.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Fish Town.
19.00 Celebrity Antiques Road Trip.
20.00 Saving Lives at Sea.
21.00 Surgeons: At the Edge of Life.
22.00 The Ranganation.
22.45 Newsnight.
23.25 Weather.
23.30 Enslaved with Samuel L Jackson.

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 Harbour Cops.
20.00 Craig & Danny: Funny, Black and on TV.
21.00 John Bishop's Great Whale Rescue.
22.00 ITV News at Ten; Weather.
22.45 Sorry, I Didn't Know.
23.10 The Savoy.

Channel 4

09.35 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 A Place in the Sun.
16.00 The Great House Giveaway.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Karen's Story: Stand Up to Cancer.
20.00 The Great British Bake Off.
21.15 Married at First Sight.
22.20 Gogglebox.
23.20 24 Hours in A&E.

BBC Four

19.00 Inside Museums.
19.30 The Joy of Painting.
20.00 Digging for Britain.
21.00 Storyville.
23.00 Inside Cinema: Barry Jenkins.
23.15 Inside Cinema: Ryan Coogler.
23.30 Fighting for King and Empire: Britain's Caribbean Heroes.
00.30 Black Nurses: The Women Who Saved the NHS.
01.30 Upstream.

WEDNESDAY 14/10/20**BBC One**

09.15 Rip Off Britain.
10.00 Homes Under the Hammer.
11.00 Critical Incident.
11.45 Paramedics on Scene.
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 Bidding Room.
17.15 Pointless.
18.00 BBC News at Six; Weather.
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.
10.00 BBC News.
11.15 Politics Live.
13.00 Decimate.
13.45 Flipping Profit.
14.30 800 Words.
15.15 The Great British Sewing Bee.
16.15 Tribes, Predators & Me.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Fish Town.
19.00 Celebrity Antiques Road Trip.
20.00 Mary Berry's Simple Comforts.
20.30 Nadiya Bakes.
21.00 Hugh Grant: A Life on Screen.
22.00 Motherland.

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 Heathrow: Britain's Busiest Airport.
20.30 Coronation Street.
21.00 The Savoy.
22.00 ITV News at Ten; Weather.

Channel 4

09.35 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 A Place in the Sun.
16.00 The Great House Giveaway.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Anita's Story: Stand Up to Cancer.
20.00 Autumn at Jimmy's Farm.
21.00 24 Hours in A&E.
22.00 First Dates.

BBC Four

19.00 Inside Museums.
19.30 The Joy of Painting.
20.00 Castles: Britain's Fortified History.
21.00 Abigail's Party: Play for Today.
22.45 Drama Out of a Crisis: A Celebration of Play for Today.
00.15 Abducted - Elizabeth I's Child Actors.
01.15 Inside Museums.

THURSDAY 15/10/20**BBC One**

09.15 Rip Off Britain.
10.00 Homes Under the Hammer.
11.00 Critical Incident.
11.45 Paramedics on Scene.
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 Bidding Room.
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.

BBC Two England

09.00 BBC News at 9.
12.15 Politics Live.
13.00 Decimate.
13.45 Flipping Profit.
14.30 800 Words.
15.15 The Great British Sewing Bee.
16.15 Tribes, Predators & Me.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Fish Town.
19.00 MOTDx.
19.30 Inside Culture with Mary Beard.
20.00 Inside the Factory.
21.00 The Trump Show.
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 Britain's Lockdowns: What's Next? Tonight.
20.00 Emmerdale.
20.30 The Martin Lewis Money Show: Live.
21.00 The Savoy.
22.00 ITV News at Ten; Weather.

Channel 4

09.35 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 A Place in the Sun.
16.00 The Great House Giveaway.
17.00 Four in a Bed.
17.30 Come Dine with Me.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
19.55 Daniel's Story: Stand Up to Cancer.
20.00 Ugly House to Lovely House with George Clarke.
21.00 Taskmaster.
22.00 Mo Gilligan: Black, British and Funny.
23.05 Gogglebox.

BBC Four

19.00 Inside Museums.
19.30 The Joy of Painting.
20.00 Abigail's Party: Play for Today.
22.15 How the Wild West Was Won with Ray Mears.
23.15 Prince: A Purple Reign.
00.15 The Sky at Night.

FRIDAY 16/10/20**BBC One**

09.15 Rip Off Britain.
10.00 Homes Under the Hammer.
11.00 Critical Incident.
11.45 Paramedics on Scene.
12.15 Bargain Hunt 20th Century Special.
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 Bidding Room.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.35 A Question of Sport.
20.05 Would I Lie to You?
20.35 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 The Best Dishes Ever.
13.45 Flipping Profit.
14.30 800 Words.
15.15 The Great British Sewing Bee.
16.15 Tribes, Predators & Me.
17.15 Flog It!
18.00 Richard Osman's House of Games.
18.30 Fish Town.
19.00 Simply Nigella.
19.30 Between the Covers.
20.00 Mountain Vets.
21.00 Gardeners' World.
22.00 Later - with Jools Holland.

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 at Ten; Weather.

Channel 4

09.35 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 A Place in the Sun.
16.00 The Great House Giveaway.
17.00 Four in a Bed.
17.30 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 Top of the Pops: 1990.
20.00 **FILM:** Summer Holiday.
21.50 Sir Cliff Richard at the BBC.
22.50 Rock 'n' Roll Britannia.
23.50 Sounds of the Sixties.
00.20 From Elton John to Gary Barlow: Celebrating 100 Concerts Live at Eden.
01.20 Sir Cliff Richard at the BBC.
02.20 Rock 'n' Roll Britannia.
03.20 Close.

Pick of the week**SATURDAY 10 OCT****Inspector Montalbano (BBC4, 9pm)**

The Sicilian detective drama based on the novels of Andrea Camilleri returns for two new feature-length cases.

Tonight, Commissioner Montalbano (Luca Zingaretti) investigates when Pasquale, the son of his housekeeper Adelina, is arrested. Then, a reserved young woman is brutally killed with a hammer, and her battered body is found in the municipal archives where she worked. But as the offices were closed for renovation, what was she doing there? And how did the killer escape from the scene unnoticed? To complicate matters even further, a Swedish film crew arrives.

WEDNESDAY 14 OCT**Nadiya Bakes (BBC2, 8.30pm)**

Even if you've got the skills to rustle up some spectacular treats at home, you might not have the money - after all,

baking can be pricey, especially if you're going all out. However, in this episode, Nadiya is looking at recipes that can be rustled up on a budget, including a potato rosti quiche, which is a great way to make the most of leftovers. She also explains why home-baked bread always offers value for money, shows how to turn a few store cupboard staples into rhubarb and custard biscuits which are perfect for special occasions, and makes an indulgent, but deceptively thrifty, chocolate fondant.

FRIDAY 16 OCT**Sir Cliff Richard at the BBC (BBC4, 9.50pm)**

He's been called the Peter Pan of Pop, but Cliff Richard is now officially all grown-up - he turned 80 on

October 14. Some fans may be shocked by that, while some other regular BBC4 viewers may be more surprised to realise he was younger (if only by days) than John Lennon, whose milestone birthday the channel marked last Friday. After all, Cliff was already a well-established star in Britain long before Beatlemania struck. There's a chance to remind ourselves just how long and varied his career has really been as the BBC pays tribute, starting with the movie Summer Holiday and continuing with this look back through the Beeb's archives, while Rock 'n' Roll Britannia puts his early records into the context of the UK's first rock acts.

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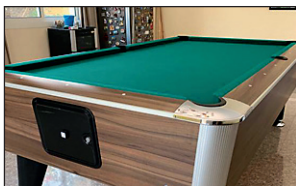
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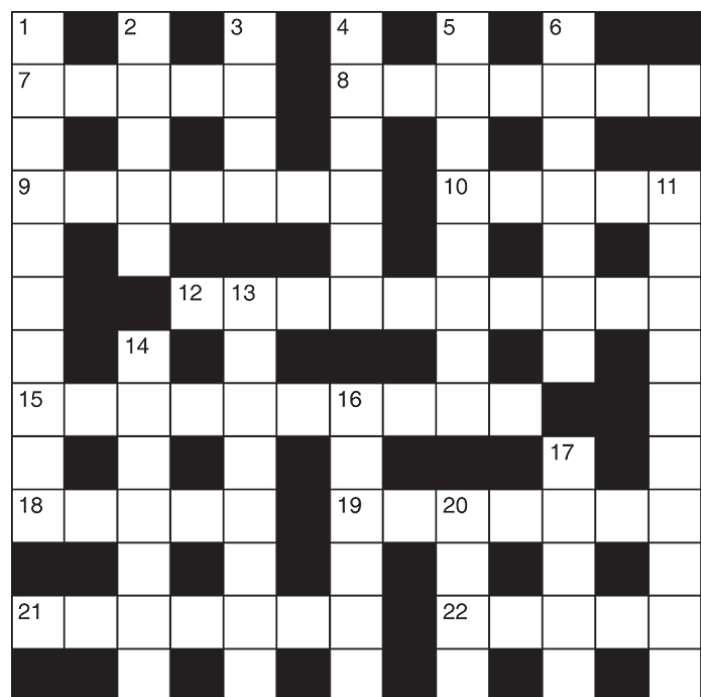
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CRYPTIC CROSSWORD

ACROSS

7. It's stupid to begin in an easy job (5)
8. Where certain chessmen are bred? (7)
9. Hothead joins American company – he's married, of course (7)
10. The tree is not so young (5)
12. There will be no repetition – because no profit was made? (5,5)
15. He will knock lots down for people to pick up (10)
18. Engaged couple's expectation after breakdown? (5)
19. Naval sword wounded girl (7)
21. There could be no sense in unity (7)
22. It produces a fine sort (5)

DOWN

1. Out of which love shines? (5,5)
2. Flower or kitchenware given to youth leader (5)
3. Wager article is letter in Greek (4)
4. The captain's game? (6)
5. A number are too old for the scope insurance risks (8)
6. The chief road to progress (7)
11. Telephone teacher – he's needed in the circus (10)
13. Lied over wicked person (8)
14. Looked angry when milk producer got in sleigh (7)
16. The tidiest street on the French Riviera? (6)
17. The manuscript about beer is not for the fair sex (5)
20. Thanks ship for news agency (4)

QUICK CROSSWORD

ACROSS

7. Freshwater fish (5)
8. Ingredient (7)
9. Contrary (7)
10. Deserves (5)
12. Shelter (10)
15. Singer (10)
18. Healthy (5)
19. Local (7)
21. Sailor (7)
22. Goodbye (5)

DOWN

1. Transmits (10)
2. Bisect (5)
3. Burn slightly (4)
4. Discover (6)
5. Fortifications (8)
6. Region (7)
11. Father Christmas (5,5)
13. Inmate (8)
14. Ask (7)
16. Go to bed (6)
17. Pungent (5)
20. Fruit (4)

Last week's quick crossword solution

Across: 7 Public highway; 8 Straddle; 9 Name; 10 Impede; 12 Overdo; 14 Breach; 16 Gloomy; 18 Stir; 20 Roosting; 22 Worse and worse.
Down: 1 Customer; 2 Please; 3 Acid; 4 Sidelong; 5 Change; 6 Calm; 11 Ethereal; 13 Dampness; 15 Across; 17 Option; 19 Tool; 21 Odds.

CODEWORD

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

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

SUDOKU

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

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

Medium

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

Hard

Last Week's Codeword Solution

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

Last week's solutions

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

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

Can you crack a VINCICODE®

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

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

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

- Any number dividable by 5 finishes with 5.

For example :

Let's crack ABC code when:

- A, B and C are numbers between 1 and 9, included.
- A+B+C=10 (the sum of A plus B plus C is 10).
- C>A>B (Number C is larger than number A which is larger than B).
- $\overline{ABC} \div 4$ (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 94

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= 15
- B > A = B
- $ABC \div 2, 3, 6$

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

A mantra for all golf

N NEIL CONNOLLY

You'll hear many performance psychologists talking about the skill of being able to 'live in the moment' or 'get into the zone', where the player is able to exhibit 100 percent concentration without any concern for the future.

This is what has been called in the Far East the state of satori, where the individual feels everything but thinks nothing during performance such as martial arts. The buzz words around performance psychology these days is all around making sure the process prior to performance and during performance is as close to perfect and well thought out as possible. All of this really means if you take care of what's in front of you and execute excellence every time, the outcome will be excellent too. Excellence in these terms is defined as doing the very best with what you have at the moment. If you adhere to these simple terms and execute excellence every time, then the product of your efforts will be, by definition, the very best that you could do which in golf is the most sought after result there is. There is a prayer which has been used or adopted by the organisation Alcoholics Anonymous which focuses on the day by day principle where if you take care of one day and all the

moments within it, that's all you can do, then after a period of time the days become weeks and the weeks become months and so on. The prayer goes, "God grant us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference." I appreciate this might be appearing a little deep and meaningful, with a touch of, "does Neil have a problem?" But I will stay in my lane, make this relevant as far as golf is concerned and leave the wider reaching topics to somebody far more qualified than myself. Regarding the first sentence of the prayer where we're asked to except the things we cannot change, I see a huge relevance in golf when a player reacts badly to a golf shot. What's the point? You can't change what just happened, tying back to the original point if you executed excellence you wouldn't be upset, or if you did your best that's all you can do. Yet scanning across the golf course I can see on a minute by minute basis players being very upset with individual golf shots and then carrying the emotion along the fairway to the next shot which is

invariably another bad one. Yet if the player was able to accept that they did their best, with what they had at that moment, then they should be content. However, having a clear and accurate understanding about what they are capable of doing on a minute by minute or hour by hour basis is where sometimes the problem lies. The player could be accurately accused of trying to hit a golf shot beyond their capability, executing the shot knowing that they only had 0 percent chance of success and then getting upset that they didn't get their desired, unrealistic outcome. If you were to look back to your last round of golf did you try and take on a shot which you are poorly prepared for, even when you were over the shot you had doubts and then when you hit the shot it didn't come off? Tie that back into the first sentence of the prayer - can you honestly say that you accepted the things that you cannot change, if you tried to take on the shot you tried to change your game into something it isn't. I find those three simple sentences really apply to a lot of areas. Next week we will touch on the second sentence which will



The buzz words around performance psychology these days is all around making sure the process prior to performance and during performance is as close to perfect as possible.

be around having the courage to change the things we can, there might be a couple of references to maybe taking on a little bit more

practice and lessons, but I will do my best to make it as relevant to your golf game as possible. Until next week...

Madeira to unveil new unlimited golf passport

Golf tour operators from across the UK and the continent have reported increased interest from players eager to head to the Portuguese islands for a long-term stay-and-play break over the coming months. Madeira's growing reputation for offering a safe and secure environment to play golf has been reflected in the recent rise in long stay winter enquiries.

To support the new type of customer Discover Madeira, the consumer-facing brand of the Madeira Promotion Bureau has launched a new unlimited golf passport incorporating golf at two of the island's top venues; Santo da Serra and Palheiro Golf - with packages from €56 per person per day, including accommodation. Discover Madeira has produced four short films showcasing the suitability of the islands for a stay-and-play golfing break following the Covid-19 pandemic as part of its "Madeira Safe to Discover" campaign.

Golfers seeking a lengthy stay can choose from a range of self-catering accommodation at Palheiro Village, which is adjacent to

Palheiro Golf and features a wide variety of apartments and villas, with prices starting from €56 per person per day for a one-bedroom apartment, based on two people sharing for a minimum two-month stay and including unlimited golf both at Palheiro Golf and Santo da Serra. Madeira and islands - which it were last year hailed as the 'world's best emerging golf destination' at the World Golf Awards, and as Europe's 'leading island destination' for the fourth successive year, as well as the world's 'leading island destination' for a staggering fifth year running in the 2019 World Travel Awards - have taken every step to ensure the safety of every resident and visitor since the Covid lockdown was lifted.

Discover Madeira has worked tirelessly with the local and Portuguese authorities to make the islands a safe destination for holidaymakers to return to, as well as working closely with SGS, the world leader in certification, to ensure good practices for the prevention and control of Covid-19 and other possible

infections.

Madeira is home to three golf courses in total, with Santo da Serra and Palheiro Golf located on the mainland, and Porto Santo Golf located on the nearby island of Porto Santo. For further information, visit www.madeiraallyear.com

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Out with the old and win with the new?

FC Porto received €35 million for the sale of footballers Alex Telles and Danilo in the final straight of the transfer market in Portugal, during which Benfica ceded Tiago Dantas and Sporting lost Wendel.



Brazilian defender Alex Telles went to Manchester United for an immediate €15 million

The Brazilian defender went to Manchester United for an immediate €15 million, to which €2 million can be added for the achievement of objectives, while the Portuguese midfielder went to Paris Saint-Germain, who will already pay €4 million for the loan for one year

and €16 million for the compulsory purchase clause at the end of the season. In the final days of the transfer window, the national champions also made the profitable sales of Tiquinho Soares (Tianjin Teda, €5.5 million), Zé Luís (Lokomotiv Moscovo, €5 million) and Yordan Osorio (Parma, €4 million) and

said goodbye to Vaná (Famalicão) and Vincent Aboubakar (Besiktas) without any fee and freed up Saidy Janko (Valladolid).

FC Porto also negotiated the transfers of Fernando Andrade (Rizespor) and Tomás Esteves (Reading), one of the European Under-19 champions in the main squad in 2019/20, with a view to future 'connections', as was the case with the transfers of Fábio Silva (€40 million) and Vitor Ferreira (€20 million purchase option loan) to Wolverhampton. Benfica, surprisingly, loaned the promising midfielder Tiago Dantas to the German and European champions Bayern Munich, fixing the purchase option at €8 million, in the same way as the transfer of the striker Carlos Vinicius, best scorer of the last edition of the I League, whose clause is around €45 million, of which three have already been paid by Tottenham.

Other loans included defenders Pedro Álvaro (Belenenses SAD), Pedro Pereira (Crotone) and Tomás Tavares (Alavés), midfielders Alfa Semedo (Reading), David Tavares (Moreirense), Florentino (AS Mónaco), Krovinov (West Brom) and Nuno Santos (Boavista) and forwards Cadiz (Nashville), Jota (Valladolid) and Yony González (LA Galaxy).

The Portuguese defender Rúben Dias led the definitive sales table of Benfica, signing for Manchester City in exchange for €68 million, well separated from his colleague Cristian Lema (Damac, €2 million) and goalkeeper Ivan Zlobin (€1 million), ready to review in Famalicão the striker

Dyego Sousa, who stopped his transfer to Luz.

Alex Pinto (Farense), Bruno Varela (Vitória de Guimarães), Chris Willock (QPR), Heriberto Tavares (Brest), Ljubomir Fejsa (Al Ahli) and Andrija Zivkovic (PAOK), demanded €1.8 million to leave and contributed to keeping the Lisboners away from the €39.6 million associated with entering the group stage of the Champions League.

With almost half (€40.1 million) of the revenues added by rivals FC Porto (€73.75 million) and Benfica (€76.42 million), Sporting bid farewell to midfielder Wendel, who went to Zenit's Russians for €20.3 million, following in the footsteps of wing Marcos Acuña (Seville, €10.5 million) and Matheus Pereira (€9.1 million), bought out for good by West Bromwich. The defender Jérémy Mathieu finished his career in Alvalade, from where André Gerales (APOEL), Rafael Barbosa (Tondela), Miguel Luís (Vitória de Guimarães), Francisco Gerales and Gelson Dala (Rio Ave) left, at zero cost, in a window marked by several loans, with Rodrigo Battaglia (Alavés) at the head.

Valentin Rosier (Besiktas), Idrissa Doumbia (Huesca), Eduardo Henrique (Crotone), Matheus Oliveira (Coritiba), Filipe Chaby (Académica), Abdoulay Diaby (Getafe), Pedro Mendes (Almería), Leonardo Ruiz (Logroñés) all had the same fate, although they did not represent significant 'casualties' in the rejuvenation of Sporting's

squad.

A similar reality was experienced by Sporting Braga, unchanging in the final hours of a closed season marked by the most valuable deal in its history - from Francisco Trincão, for FC Barcelona, for €31 million - as well as the definitive sale of Ahmed Hassan (Olympiacos, two ME) and the end of the transfers of Wallace (Lazio) and João Palhinha (Sporting).

Pablo Santos (Hatayspor), Xadas (Mouscron) and Fábio Martins (Al Shabab) were on loan, as were the former athletes of Vitória de Guimarães Pedrão (Al Wahda) and Frederico Venâncio (Lugo), who attended the transfers of Pêpê (Olympiacos, €3 million), João Carlos Teixeira (Feyenoord, €1.6 million) and Davidson (Alanyaspor, €1 million).

In the farewell to the 1st League are names like Miguel Silva (APOEL), Florent (Paris FC) and Ola John (RKC Waalwijk), transferred from Vimaraneses, Rúben Ribeiro (Hatayspor) and Hugo Vieira, from Gil Vicente, as well as Licá and Marco Matias, who have left the connection to Belenenses SAD, from where André Santos left to Grasshoppers. Pedrinho (Riga) left Paços de Ferreira, Iago Santos (Al Taawon) and João Aurélio (Pafos) left Moreirense and Jackson Martínez finished his connection to Portimonense, while Boavista signalled the end of an era, saying goodbye to figures such as Idris (Sporting da Covilhã), Mateus (Penafiel) and Ricardo Costa (end of career).

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Toni Martinez signs to FC Porto until 2025

Spanish striker Toni Martínez, who was playing for Famalicão, will strengthen FC Porto by signing a five-season contract, the national football champions announced.

The 23-year-old signed a contract valid until 30 June 2025 with the 'dragons', after having stood out in the service of Famalicão, where he was the second best scorer in the 2019/20 season, with 10 goals.

In his first statement as a player for the 'dragons', Toni Martínez said he was very pleased with the transfer.

"This is a unique feeling and a goal accomplished in my career: to join the best in Portugal, and I hope to return the trust placed in me on the

field," said the striker, in statements to FC PortoTV.

Martínez defined himself as a player who adapts to any scenario, without hiding the desire to score goals.

"I am a player who likes any kind of football. I'm a player who always adapts to everything. But mainly I'm a player who always thinks about the goal, about scoring goals and trying to help the team as much as possible. I'm a very committed player to the team and I'm very happy," he said.

The striker believes that he will still "grow and learn" a lot at FC Porto, a club that, according to the player, has "one of the best teams in the world and that has the best players in the world".