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# THE PORTUGAL News

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# The light at the end of the tunnel?

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The Portugal News launches new **FREE** property portal. **P3**

1,100 year old Olive tree off on her travels. **P28**

Darts sensation becomes new "Special One". **P48**

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**We are all one.**

A new reduced quarantine period for international travellers entering England is being hailed as a "light at the end of the tunnel" by the travel industry, as the self isolation period is cut from 14 down to five days. (Lusa / Eduardo Costa) Full story P8.

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# Reducing risk is key factor to less restrictions

Imagine Christmas if we cannot travel, cannot see our friends and families because they live in another municipality. A daunting thought, but it could be a reality unless we all adopt an appropriate lifestyle now to avoid that happening. Portugal like many countries is facing an unprecedented challenge in dealing with this pandemic.

There are many laws and measures in place, which can sometimes be difficult to understand and remember. However, if we focus instead on why these laws are there, what they are trying to achieve and the responsibilities that we have as citizens in trying to combat this disease, the clearer in my view it all becomes. The fact is the disease spreads

through close contacts with people. Therefore, the more we reduce that close contact the less risk is that we will catch it, the less chances it will have to spread and therefore fewer people will die from the disease. The current laws focuses exactly on this, addressing various days, times and places where there are greater concentrations of people, with targeted measures accordingly.

For instance, the risk is especially high at meal tables when people are not wearing face masks. Although the law allows six at a table, the risk is three times higher than if there is just two of you. If you and your partner go shopping together, the risk doubles in bringing the disease into the household, rather than if just one of you goes unaccompanied. If you shop once a week instead of twice, the risk of you contracting the disease through a shopping trip, with many others in close proximity, reduces by 50%. Do we really need to go window shopping at this time in a busy shopping mall, for example, exposing ourselves to additional risk? I know the above may not always be practical but it is the general approach I am emphasising. Identifying risk and finding ways to mitigate that risk is part of our daily lives – ranging from playing games to undertaking financial investments. There are also risks of rural fires and the risk of crime, but we have become accustomed to these and take preventive steps accordingly. Covid-19 is no

different – it is all about risk and I am sure no one wants to expose themselves to more risk than necessary, especially in a health crisis. So, if in the next two weeks or so, when according to health experts we are reaching the peak of this crisis, the more we can stay at home unless necessary, the more we reduce our contacts with others, the more we ensure strict compliance with the wearing of facemasks, social distancing and carry out hygiene etiquette, the more chance we will have of enjoying less restrictions at Christmas. The decisions we make and actions we take not only affect us, but our family, friends and neighbours as well, not forgetting the impact on the national health service who are over stretched at this time. It is important to think of others by adapting our lifestyles more than ever at this critical period. Remember if Santa Claus cannot travel between municipalities there will be few presents for everyone. The future is in our hands. DT

## THE PORTUGAL News

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David Thomas, President Safe Communities Portugal.



### Weekly Weather

## A wet weekend in Portugal

It is set to rain all weekend across Portugal, although temperatures are to remain mild

#### Lisbon:

It is to be a wet weekend in the capital with rain predicted for both days and temperatures to reach average highs of 15 degrees and lows of 9 degrees. From Monday the rain is to ease and temperatures are to rise to highs of 17 degrees and lows of 12 degrees however rain is to return by the end of the week.

#### The north:

There is a 50 percent chance of rain over the weekend in the north, although showers are not expected to be heavy and temperatures are to remain at highs of 16 degrees and lows of 8 degrees. The rain clouds are to clear on Monday for a mild and mainly dry remainder of the week.

#### The centre:

Intermittent showers are expected over the weekend, with the highest chance of rain predicted for Sunday and temperatures to average highs of 12 degrees and lows of 7 degrees. From Monday the rain is to ease off and temperatures are to rise slightly to highs of 14 degrees.

#### The south:

The wet weather is set to continue in the south with rain persisting all weekend and for the remainder of the week. Over the weekend temperatures are to average highs of 16 degrees and lows of 11 degrees before rising slightly from Monday to highs of 18 degrees and average lows of 13 degrees.



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## News in Brief

### Masks, visors and gels become tax-deductible

Masks, visors and hand sanitizers have been declared as tax-deductible expenses. Following a proposal by the Greens, Parliament on Tuesday voted to have these items included as health expenses. The decree forms part of negotiations for the 2021 state budget. Overall, the taxman allows for claims of 15 percent for all health expenses up to a maximum of €1,000.

### Portugal among biggest climbers for renewable investment

Portugal is one of the biggest climbers in a list of the most attractive countries in the world for renewables investment. In a bi-annual index of the top 40 renewable energy markets worldwide by consultancy EY, the United States held on to top spot, followed by China. Portugal, meanwhile rose from 27 on the list to 22, which was largely the result of the record-breaking bids for the state-run solar bid and its goal to achieve 80 percent of installed renewable energy.

### Majority of companies in Algarve considering partially or totally closing

A survey carried out by the Association of Commerce and Services of the Algarve Region (ACRAL) among its associates has found that 70% of the entrepreneurs consider partially or totally closing their activity in the next 12 to 18 months. The association has asked the Government for immediate measures "to save what remains of companies and jobs" in the region, which are experiencing severe drops due to the Covid-19 pandemic.

# The Portugal News launches new FREE property portal

With close to 10,000 properties already online, [propertiesinportugal.com](http://propertiesinportugal.com) is the best place to find your ideal home in Portugal.

**T**he property site takes advantage of the relationships **The Portugal News** has with most of the agents on the Algarve in particular and Portugal in general to bring you, our readers, the newest properties at the keenest prices in Portugal.

The [www.propertiesinportugal.com](http://www.propertiesinportugal.com) portal has now been launched, offering free listings for all agents wishing to share their properties online with potential clients, not only in Portugal, but also around the world. Online, **The Portugal News** has over 600,000 readers each month with 75 percent of readers outside of Portugal. Clearly you, our readers, have an interest in Portugal and already live here or could easily buy in Portugal if tempted by the right property. The portal is simple to use and an enjoyable site for potential buyers who are searching for their dream home in Portugal or considering moving home in Portugal.

#### Great for Purchasers - Find your property in Portugal

Whether you are already a home owner in Portugal or are looking to move here from another country in the future, [propertiesinportugal.com](http://propertiesinportugal.com) is the perfect place to start your search for your home in Portugal.

There are already almost 10,000 properties on the portal, with this number growing daily, allowing buyers the opportunity to find a property that meets their exact needs and budget.

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as a solid, safe, secure destination for a second home or permanent base, thanks to the fantastic climate, quality of life and stable government Portugal offers and through [propertiesinportugal.com](http://propertiesinportugal.com) you can search for your dream home using the filters in place. Choose to search by location using the interactive map, by price, property type, features or according to the number of bedrooms and bathrooms – or alternatively you can simply browse through the site to see if a property piques your interest before then contacting the agent to find out more. The [propertiesinportugal.com](http://propertiesinportugal.com) portal is not only available to use in English, you can also use the portal in German, French, Dutch, Italian, Spanish and of course in Portuguese. Start your search today for your Portugal property by simply visiting [www.propertiesinportugal.com](http://www.propertiesinportugal.com)

#### Great for Estate Agents

The [propertiesinportugal.com](http://propertiesinportugal.com) portal has been designed specifically to meet the needs of agents looking to share their properties quickly, efficiently and successfully with potential buyers across the globe. **The Portugal News** attracts over 600,000 readers online from many countries with approximately 20% of readers coming from North America for example. The portal has been developed alongside

real estate agents to offer a FREE service that meets the demands of busy agents who are looking for the most effective way to target buyers who are interested in buying a property in Portugal.

It is simple to upload properties direct from an agents site for free and the team behind the portal are on hand to offer technical support and advice every step of the way. The [propertiesinportugal.com](http://propertiesinportugal.com) portal already works directly with Proppy and will also be working with other partners in the very near future to make the process of sharing properties on the portal a seamless process. The portal is free to upload to and various new features will be rolled out soon to further increase online engagement, including the G spot (that's the great spot at the top), property boosts, banners, and premium listings.

[theportugalnews.com](http://theportugalnews.com) reaches most major countries and the traffic is growing fast with the launch of new languages on the news site. The traffic is all organic and the users coming to the site have a genuine interest in Portugal in general and the Algarve in particular so they are very good prospects for real estate. In addition, **The Portugal News** will launch marketing campaigns on behalf of [propertiesinportugal.com](http://propertiesinportugal.com) to help all agents on the portal business grow. Happy house hunting!



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# Solidarity in times of the pandemic

In March 2020, the pandemic hit the health of the Portuguese, as well as their pockets. Layoffs, dismissals, situations of serious economic individual crisis, were all the cause of concern for a group of Swedish people who wanted to make a difference in the world.



Paula Martins



The problems facing Portugal led to the creation of Food & Supplies Lagos, an organisation able to support the needs of Portuguese most affected by the crisis. Following a few conversations

at the Clube de Ténis e Padel de Lagos, the group began to share ideas about the catastrophic situation that was going on in Portugal, namely in Lagos, with many people losing their incomes. From these concerns, an associative movement arose to feed people in

serious need situations. In Lagos the predominant economic activity, direct and indirectly, is tourism, which suffered big drops this year. In Portugal, 60,000 people who worked in this sector have already lost their jobs. Food & Supply Lagos brings together a group of volunteers who help with the purchase and delivery of food. Their group exists due to the help of their donors. This money is used to feed Portuguese people in need, said Susanne Lotstrom, a member of Food & Supply Lagos. "In the beginning it was difficult to know where the help was needed and Ricardo Barroso Fonseca at Clube de Ténis e Padel de Lagos helped a lot and advised us of three associations that now we work with", explained Susanne. Fonte da Vida, Santa Maria church and Mustard Seed are the associations with the most direct contact with the needy families which Food & Supply Lagos helps through the purchase of food and supplies to give directly to those who are in need.

It was then, in May that "together with Ricardo, everything was possible", said Susanne. It is important to know who Ricardo is, as he is the holder of the bank account to which people can make donations. "We did not form an association because it requires costs", highlight Viveka Feder, a member of the organisation. Thus, the money goes to an account whose holder is Ricardo Barroso Fonseca, "who is a person who has our complete trust and who has been linked to social causes in Lagos for many years", she added. Food & Supply Lagos also wrote a post about him in the Facebook group to make sure that volunteers, donors and all those who want to help, know who this man is and how important he is for the charity project. At this time, demand is increasing more and more for help and the organisation has to increase its revenues to cope with the growing support requests. "At the moment, we are helping more than 200 households and requests continue to grow, so increasing donations is

important so we don't leave anyone behind, these people need us," said Susanne. Remembering that, at the moment without permission to organise events, it has become even more difficult to raise money for the organisation. "Every Euro counts, there are many ways to help", reads the Facebook post. In the Facebook group Food & Supplies Lagos there is a strong desire to help from many members of the community. On the page you can also see updates, "once a week we write a post with photos so our donors know what's going on. Usually we go to Intermaché on a Wednesday to do the shopping and then we make a post informing people about what was spent, what we bought, etc", said Viveka Feder. A question that arises is why these people, who are resident here, come to Portugal and start to help the Portuguese people with such a gesture of solidarity? Susanne responded, on behalf of the group, with an instant answer: "Portugal has welcomed us, so we have the duty to do this for Portugal".

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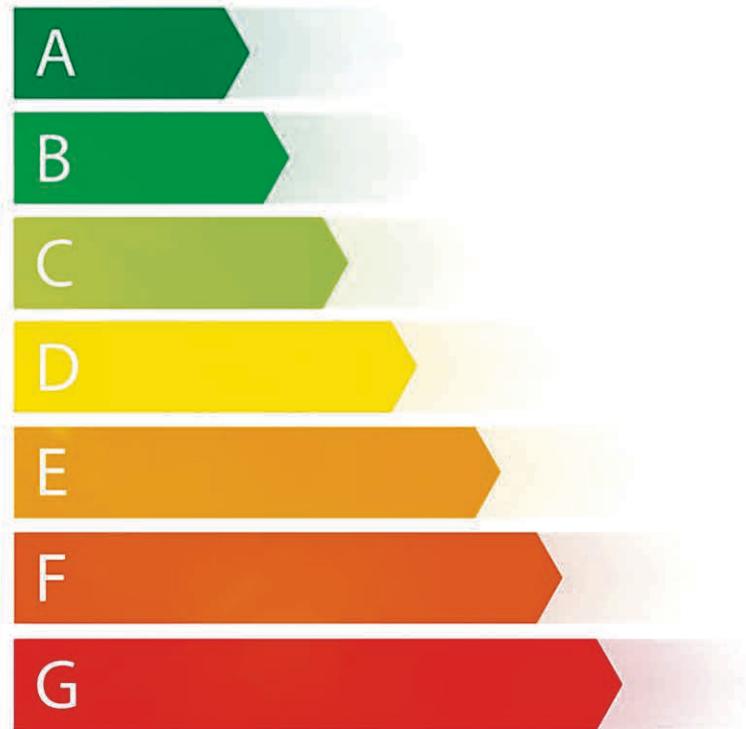


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# New VAT exemption announced

Taxpayers with a turnover of up to €12,500 in the previous year and the three preceding years enjoy exemption from VAT, according to a proposal of the CFP adopted on 24 November during a special vote on the State Budget for 2021.



The level of income for tax payers who need to pay VAT has now been raised.

The measure strengthens the scope of an amendment to the VAT Code made in the State Budget for 2020 which increased the value of the VAT exemption for taxpayers under the simplified scheme from €10,000 to €12,500.

However, the rule provided for a transitional regime for the year 2020, stipulating that

those who opened activity until 31 March 2020 maintain the exemption if they do not exceed €10,000 of invoicing. For those who have opened activities after that date, the exemption is limited to €11,000 of invoicing.

The proposal of the CFP, presented in the framework of the State Budget for 2021

(OE2021) and approved on Tuesday evening with the favourable votes of all parties, with the exception of the PSD which abstained, provides that taxable persons who "have not achieved a turnover exceeding €12,500 in the previous calendar year and the three preceding calendar years" maintain their VAT exemption.

# Globeducate expands presence in Portugal

Nobel International School Algarve Lagoa and Almancil, members of the international schools groups, Globeducate, has announced further growth of the network with the newly acquired IPS (International Preparatory School) in Lisbon.

This move develops the group's presence in Portugal and connects international schools here with more than 50 others across Europe, Asia and North America.

IPS, established in 1982, in Cascais, has 300 children and is popular with both Portuguese and non-Portuguese families with primary age children, has 40 nationalities currently represented, and a specialist in Primary and Pre-Primary in the district of Lisbon and municipality of Cascais. It is accredited by the Council of British International Schools (COBIS) and delivers the National Curriculum of England.

CEO of Globeducate Portugal and UK, and Head of School of Nobel International School Algarve since 2016, Mike Farrer, said: "I have been immensely impressed

with the dedication of the teachers at IPS and the quality of education there. I look forward to working closely with the team there, led by Lars and also Headmaster Robert Taylor, and to introducing them to our other Globeducate schools and to colleagues here in the Algarve. I am

delighted that everyone at IPS is looking forward to future collaboration with colleagues in the group and I am sure that once normal life and travel resumes we will be planning regular exchanges and competitions between our primary schools in the Algarve and in Lisbon."



Globeducate, has announced further growth of the network with the newly acquired IPS (International Preparatory School) in Lisbon.

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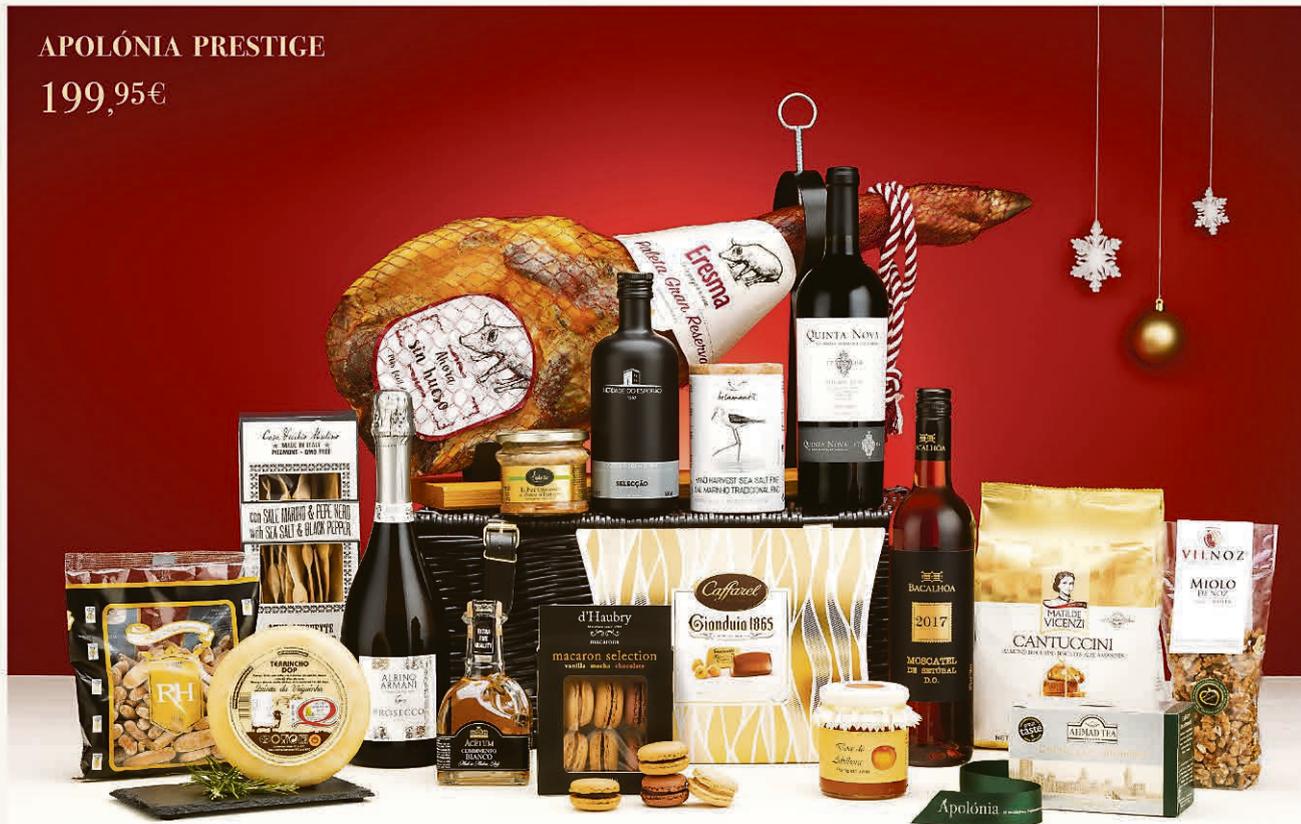
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# Light at the end of the tunnel

**N** Daisy Sampson

A new reduced quarantine period for international travellers entering England is being hailed as a “light at the end of the tunnel” by the travel industry, as the self isolation period is cut from 14 down to five days.



Airlines UK are “looking forward to working with Government to move towards a pre-departure or domestic testing regime that can remove safely the need for self-isolation altogether, as quickly as possible”.

According to the new system, which comes into force on December 15, people arriving from countries without quarantine exemption must still initiate prophylactic isolation, but after five days they can perform a Covid-19 test and if this is negative they will be released from quarantine. UK Secretary of State for Transport Grant Shapps said that the aim of the new measure is to facilitate and promote international travel and help the transport and tourism industries,

particularly affected by the movement restrictions related to the Covid-19 pandemic. In a statement Schapps said: “We have a plan in place to ensure that our route out of this pandemic is careful and balanced. Allowing us to focus on what we can do to bolster international travel now, whilst keeping the public safe. And that is why from 15 December people arriving into England will be able to reduce their 14 days of self-isolation, to just 5 days by getting a Covid-19 test from a private provider.

“This reduction of self-isolation, by up to two thirds, will help give people confidence to book international trips, knowing that you can return to England and self-isolate for a shorter period of time once you have that negative test.

“Our new testing strategy will allow us to travel more freely, to see loved ones once again and to drive international business. By giving people the choice to test on day 5, we’re also supporting the travel industry as it continues to rebuild out of this pandemic.” The cost of a test, which will be

undertaken within the private health system can cost, on average, between £65 and £120 (€73 and €135) and the result takes between 24 to 48 hours. For the time being this measure applies only to England, since Scotland, Wales and Northern Ireland have autonomy on health issues.

The organisation representing British airlines, Airlines UK, called the measure “a hugely welcome step”, and described it as “a light at the end of the tunnel”. However, it continues to advocate a system in which tests are carried out by passengers before departure to avoid any type of quarantine on arrival because “it is the only way to reopen the market comprehensively,” said the CEO of Airlines UK, Tim Alderslade.

“This is a hugely welcome step that will begin the process of opening up international travel and restarting UK aviation. It is a good start and by more than halving the quarantine period we should see demand tentatively return and more routes and destinations become viable once again.

“That said, a test at day 5 does not get rid of quarantine and that’s why we look forward to working with Government to move towards a pre-departure or domestic testing regime that can remove safely the need for self-isolation altogether, as quickly

as possible. This is the only way we’re going to comprehensively reopen the market. But, with this announcement there is now light at the end of the tunnel not just for carriers and UK aviation but consumers looking to get away at Christmas and beyond,” said Tim Alderslade.

Meanwhile, the International Air Transport Association (IATA) 76th Annual General Meeting (AGM) unanimously resolved to urgently call on governments to re-open borders to travel. The IATA is proposing systematic testing of international travellers which would permit the lifting of border restrictions and provide an alternative to current quarantine rules.

“People want and need global mobility. The International Civil Aviation Organization (ICAO) Take-off measures make flying safe. But border closures, movement restrictions and quarantine measures make travel impossible for most. We must manage how we live with the virus. But that does not have to mean destroying aviation, risking millions of jobs, crippling economies and tearing apart the international social fabric. We could safely open borders today with systematic Covid-19 testing,” said Alexandre de Juniac, IATA’s Director General and CEO.

**IOM** UN MIGRATION ARE YOU A UK NATIONAL LIVING IN PORTUGAL AND STRUGGLING WITH YOUR RESIDENCY ?

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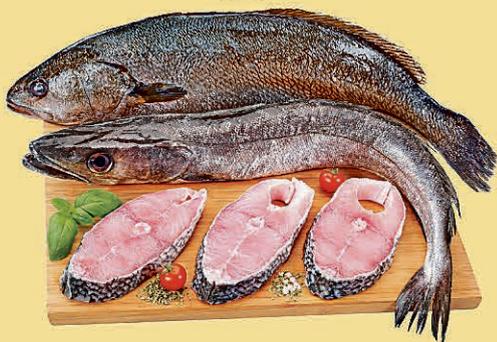
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# The new rules for Portugal



The streets of Lisbon have become deserted as lockdown measures are put in place over the weekends. (Photo by; Lusa/ António Pedro Santos)

**T**he containment measures for the new state of emergency, which will apply until 8 December, were announced on 21 November by Prime Minister António Costa.

The executive divided the continent's 278 municipalities into four groups, depending on the levels of risk of transmission of the new coronavirus: "extremely high", "very high", "high" and "moderate". In the 127 municipalities classified as "extremely high" and "very high" risk, the curfew will continue to be in force between 11pm and 5am on working days, as well as between 1pm and 5am on the weekend of 28 and 29 November, on the weekend of 5 and 6 December, and on the holidays of 1 and 8 December. On the eve of the holidays, commercial establishments will be closed from 3pm in these 127 municipalities.

In the 86 municipalities considered to be "high risk", the curfew between 11pm and 5am will be in force on the seven days of the week.

In the whole continental territory it will be forbidden to move between municipalities between 11pm on 27 November and 5am on 2 December, and between 11pm on 4 December and 11:59pm on 8 December.

From 24 November masks are compulsory in the workplace.

**The rules and exceptions. Measures defined for mainland Portugal, with specific measures prevailing over these general rules in the municipalities most at risk of infection with the new coronavirus:**

- Patients with Covid-19, those infected with SARS-CoV-2 and citizens for whom the health authority or other health professionals have determined active surveillance are placed in mandatory confinement, in a health establishment, at their home or elsewhere defined by the health authorities.

- The use of masks or visors is compulsory in the workplace where physical separation is not possible (not applicable where work is carried out in offices or rooms with no other occupants or where waterproof physical barriers are used).

- The sale of alcoholic beverages is prohibited in service areas or at petrol stations and, from 8pm, in retail outlets, including supermarkets and hypermarkets.

- The consumption of alcoholic beverages is forbidden in open air spaces and on public roads, except on terraces. After 8pm, the consumption of alcoholic beverages on terraces can only be part of the meal service.

- Private vehicles with a capacity of more than five seats can only circulate with two thirds of their capacity, except if all occupants are

in the same household. Occupants must wear masks or visors.

- Commercial establishments may not open before 10am, with the exception of hairdressers, barbers, beauty institutes, restaurants and the like, cafeterias, tea houses and the like, driving schools and vehicle technical inspection centres, as well as gyms and fitness centres.

- Most shops close between 8pm and 11pm, with the local health authority and security forces being able to set the closing time within this interval, as well as the opening hours.

- Restaurants must close at 1am (with new admissions until midnight) and their capacity is limited to 50 percent. Groups are limited to six people (unless they belong to the same household), except in establishments located up to 300 metres from a school and in food-courts in shopping centres, where they are limited to four people (if they are not from the same household).

- Public services maintain a face-to-face service by appointment.

- In the concert halls and cinemas the seats occupied must have a gap between the spectators who are not cohabitants, and in the next row the seats must not be occupied. In the case of a stage, a minimum distance of at least two metres between the stage and the front row of spectators must be guaranteed.

- In open-air shows, the seats must be identified in advance, with a physical distance between spectators of 1.5 metres and, if there is a stage, a minimum distance of at least two metres between the stage and the front row of spectators.

- Academic celebrations in higher education are forbidden.

- Body temperature measurements may be taken by non-invasive means, in the control of access to the workplace, to public services or institutions, educational establishments and commercial, cultural or sporting spaces, means of transport, in residential structures, health establishments, prisons or educational centres. Access to these places may be prevented if the person refuses to take a body temperature measurement or presents a result higher than 38° C. In cases where it is established that a worker cannot gain access to his place of work, the absence of access is considered justified.

- Access to health establishments, residential structures, educational establishments, professional establishments, prisons, and entry and exit from national territory - by air or sea - and other places may be subject to diagnostic tests for Covid-19, by determination of the Directorate-General for Health.

- Possibility of requesting resources, means and health establishments from the private and social sectors, after an attempt to reach an agreement and with "just compensation".

- Mobilisation of human resources to strengthen screening capacity (such as epidemiological surveys, contact tracing, follow-up of people under active surveillance), namely workers from the Public Administration and local authorities, the social or cooperative sector, who are in prophylactic isolation, civil protection agents or teachers with no teaching component. During the period in which the mobilisation of workers is maintained "the exercise of functions at a place and time other than the usual may be imposed".

- Participation of the Armed Forces in the carrying out of epidemiological enquiries and tracing of contacts of patients with Covid-19, this participation being coordinated by the respective command.

- It is the responsibility of the security forces and services

to monitor compliance with the measures, by "raising the community's awareness of the ban on travel which is not justified".

- The security forces must make reports "for a crime of disobedience" for violation of the rules laid down, and lead citizens "to their homes when necessary" in cases of non-compliance with curfews.

- Limitation of movement between municipalities between 11pm on 27 November and 5am on 2 December, and between 11pm on 4 December and 11:59pm on 8 December, "except for health reasons or other reasons of extreme urgency". There are 10 exceptions to this ban, such as travel for professional functions, travel by holders of sovereign bodies, leaders of social partners and political parties represented in the Assembly of the Republic and "persons bearing a legally issued laissez-passer", travel by ministers of religion, of staff of diplomatic missions, journeys to schools and day centres, "journeys necessary to leave continental national territory", journeys by "non-resident citizens to places of proven stay", journeys "for other imperative family reasons, such as sharing parental responsibilities", and the return home.

- The Civil Service is granted point tolerance on 30 November and 7 December.

- Teaching and non-teaching activities are suspended in all public, private and cooperative educational establishments of all grades on 30 November and 7 December.

## High risk councils

Specific measures for those municipalities most at risk of infection with the new coronavirus:

- Ban on movement on public roads between 11pm and 5am. Exceptions to this are travel for work, travel for health reasons, for assistance to the elderly, among others.

- General duty of home collection outside the period between 11pm and 5am.

- Commercial establishments must close by 10pm. Restaurants, cultural facilities and sports facilities must close by 10:30pm (catering establishments may operate until 1am, but only for home deliveries).

- Fairs and markets must be authorised by the mayors.

# lockdown

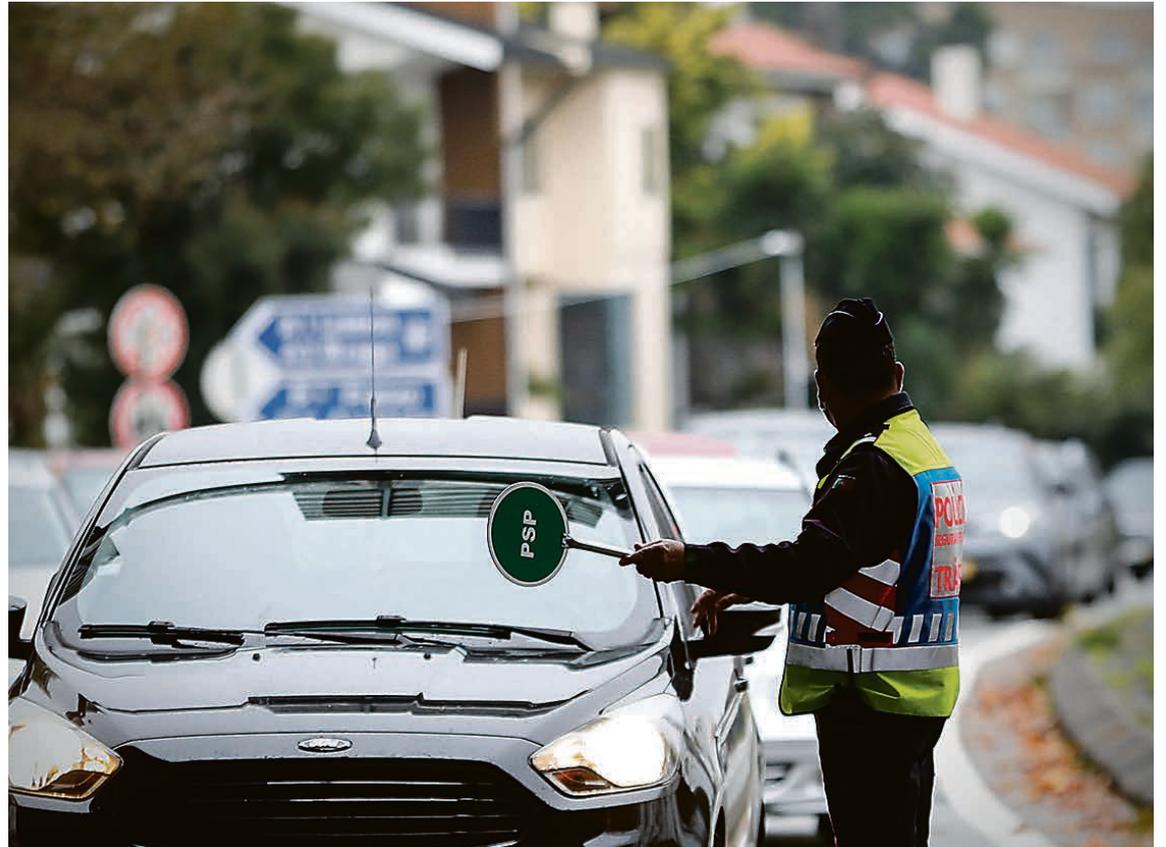
The government decree regulating the implementation of the new state of emergency due to the Covid-19 pandemic, in force from 00:00 24 November, lists the measures and establishes the exceptions to the bans imposed.

## Very high and extreme risk councils

- Public road ban between 11pm and 5am on working days. Exceptions to this are travel for work, travel for health reasons, for assistance to the elderly, among others.
- Public road transport is forbidden on Saturdays, Sundays and holidays between 1pm and 5am. Exceptions to this are travelling for health reasons, assistance to the elderly, among others. Travel to "grocery stores and supermarkets and other establishments selling food and hygiene products for people and animals" are also permitted.
- On working days, shops have to close by 10pm. Restaurants, cultural facilities and sports facilities must close by 10:30pm (catering establishments may operate until 1am, but only for home deliveries).
- On weekends and holidays, shops can only operate between 8am and 1pm. On 30 November and 7 December, establishments

can operate between 8am and 3pm.

- Exceptions are food retail establishments, as well as natural or dietetic, health and hygiene establishments, with a sales or service area of 200 square metres or less with an independent entrance from the public road. Restaurants may remain in operation after the fixed closing time, "provided that they are for the sole purpose of making the goods available at the door of the establishment or at the take-away, in which case the public is not allowed access to the inside of the establishment. Petrol stations may also operate "for the sole purpose of selling fuel to the public". Establishments whose normal opening hours are before 8am may continue to operate during those hours, while establishments authorised to operate 24 hours a day may reopen from 8am.
- The holding of fairs and markets must be authorised by the mayors.

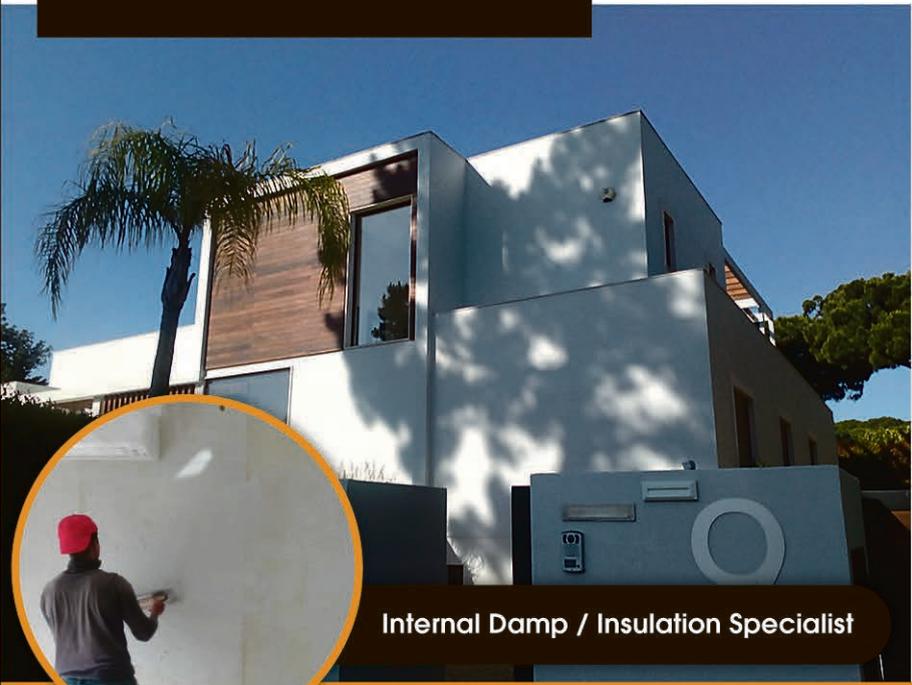


Police monitoring the movement of citizens in Porto during curfew hours. (Photo by ; Lusa/José Coelho)



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# Portugal topping electricity tax table



The regulator's analysis also states that, in the first half of this year, Portugal recorded a fall in electricity prices in the domestic segment.

According to an informative summary by the Energy Services Regulatory Authority (ERSE) based on data published today by Eurostat on energy prices since June, "the rates and taxes component, which integrates the CIEG [Costs of General Economic Interest], presents for Portugal a weight of 46 percent of the total price paid by consumers", being only exceeded in Denmark weight of 66 percent, Germany with 53 percent and Finland with 47 percent. "The rates and taxes component are the fourth

highest in Europe, mainly due to the so-called CIEG, which are the result of energy policy options and represent 27 percent of the final price," ERSE says. According to the regulator, for the other EU countries it is not possible to identify these costs in a disaggregated form of taxes and fees, since Eurostat does not publish this information. Excluding tax rates, and comparing only the energy components and networks for the consumer (in the DC consumption band, between 2,500 and 5,000 kilowatt hours (kWh) per year, which is the

Portugal is ranked fourth of EU countries with the highest taxes and fees on their electricity bills, which represent 46 percent of the total amount paid by domestic consumers, ERSE reported.

most representative in Portugal), ERSE states that "Portugal is among the countries where the energy and grid component is lower, with prices lower than those of Spain and the EA [Euro Area] and the EU". "In the domestic segment, the energy and grid component remain among the lowest in the European Union, accounting for 54 percent of the final price," he said. In the non-domestic segment, the energy and grid component represent 70 percent of the final price (without VAT) and the rates and taxes component is the fifth highest in the European Union, mainly due to CIEG, which represent 29 percent of the final price (without VAT). The regulator's analysis also states that, in the first half of this year, Portugal recorded a fall in electricity prices in the domestic segment, compared to the same half of 2019, and an increase in electricity prices in the non-domestic segment. "For domestic consumers, there are

higher average prices in Spain, the Euro area and the average of the Countries of the European Union (about 12 percent, 7 percent and 0.5 percent above those in Portugal). For non-domestic consumers only average prices in Spain are slightly lower than those observed in Portugal", he says. The average price in the DC consumption band (the most representative in Portugal for domestic consumers) decreased by 1.4 percent compared to the same half year of 2019, while in the IB band (the most representative for non-domestic consumers) there was an increase of 2 percent. "Compared to Spain, the Euro area and the European Union average, Portugal has a lower average price for both segments," ERSE notes, adding that "this price differential is more pronounced compared to euro area prices, with prices 6 percent higher than those of Portugal for domestic consumers and 13.6 percent higher than those of Portugal for non-domestic consumers."

## TAP expects operations at 30% capacity

TAP expects to operate at around 30 percent of its capacity in November and December and has reinforced routes with the greatest demand for Christmas and New Year, but the operation is "far short" of the one before the pandemic.

"We reinforced the routes with the greatest demand at this time [Christmas and New Year], the operation, however still falls far short of what was registered before the pandemic", said the company's executive president, Ramiro Sequeira, in a message sent to workers, to which Lusa had access.

The president of the carrier also added that the operation of the Christmas and New Year period "is prepared to meet the needs" of customers who want to spend their Christmas at home, despite the restrictions imposed to contain the spread of the new coronavirus.

TAP stated that the global average load factor between May and August, when weighted with the volume of flights performed each month, was at 60 percent, that is, twenty percentage points below the global average rate of 2019, "despite the drastic reduction in the capacity realised, namely through the dynamic and systematic management of the adjustment of the operation".

Ramiro Sequeira also recalled the latest projections of the International Air Transport Association (IATA), which point to a recovery "slow and very determined by the level of confidence", and it is expected to reach the number of passengers transported in 2019 between 2023 and 2024.

# New clubhouse unveiled at Palmares - Ocean Living & Golf

Kronos Homes has completed the development planned for this year at the Palmares - Ocean Living & Golf resort, located in Lagos, by opening its new Clubhouse in the resort.

The space was designed by the RCR Arquitectes studio which was awarded the 2017 Pritzker Prize, the most prestigious international award in architecture.

The new Palmares Clubhouse has been designed to be a meeting point for all those who want to enjoy the unique lifestyle of the resort, located between the Bay of Lagos and the Alvor Estuary. The space has panoramic sea views, a restaurant, modern golf support infrastructures and full concierge services for golfers and property owners, as well as visitors.

"In the adverse context that we all know, these additional efforts make the difference in the success of each project

and in the recovery of the country's economy. We did not throw in the towel, we have not given up, we kept the developments planned for this year at Palmares - Ocean Living & Golf and we are very proud of this place with unique architectural attributes, which are indeed one of the philosophies that characterise this resort.

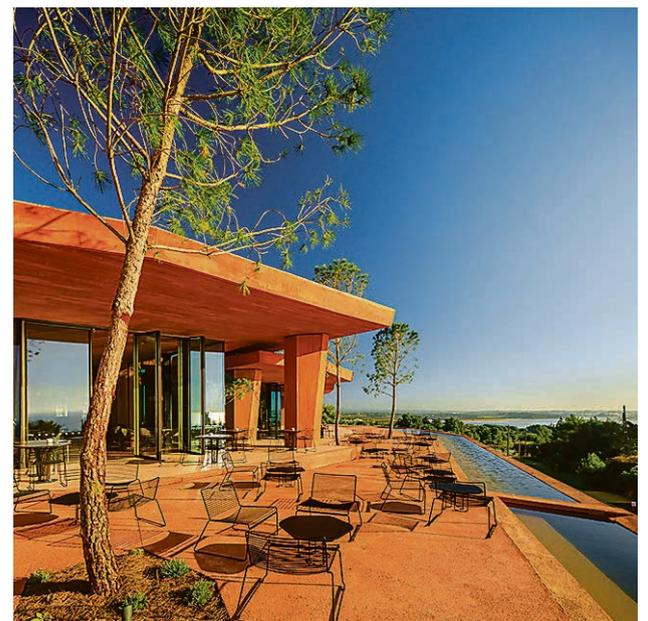
"We can say that Palmares has today the best Clubhouse in Portugal and one of the most emblematic in the world" said Rui Meneses Ferreira, partner of Kronos Homes in Portugal.

Rafael Aranda, RCR Arquitectes founder, said: "Everything was thought out in detail, from architecture to furniture (also designed by us), safeguarding

the natural beauty of the place and proximity to the sea, in a total fusion and respect for spaces."

In addition to the opening of the new Clubhouse, the construction of 37 Signature Apartments, luxury flats that also count with the design of RCR Arquitectes, has also started. The company states that 40 percent of the sales of these apartments have already been secured off plan to national and international clients, while the construction of the Signature Villas has also begun, with completion planned for the summer of 2021.

The total investment in Palmares - Ocean Living & Golf reached €12 million in 2020.



The new clubhouse has been designed by RCR Arquitectes studio which was awarded the 2017 Pritzker Prize.

# St James Global launches Invitational Trophy

St James Global is an International Financial Services Company based in Vilamoura in the Algarve, providing offshore investment advice, asset protection, estate and succession planning to expatriates throughout Portugal.

**H**elping international investors with their offshore investments and structures for over 30 years, St James Global provide clients with the experience and know-how they deserve in a world of ever changing tax legislation and compliance. St James Global is truly independent and can provide unbiased and impartial advice across a universe of products, services and jurisdictions.

Products and solutions are designed to protect and preserve wealth in a safe and secure environment with particular reference on transparency of fees which are amongst the lowest in the industry, combined with and active but careful management process. St James Global has celebrated the launch of their new invitational golf trophy, with the first qualifying round being held at Vila Sol. The event was held on 18 November for the members of Vila Sol Golf Club, with a total of 148 members taking part on the day which included prize opportunities, a raffle and the chance to play for donations to be made to the clubs chosen charity.

On the day, St James Global sponsored two holes, the 7<sup>th</sup> and the 13<sup>th</sup> hole of the course. On the 7<sup>th</sup> hole every person who was able to reach the green saw St James Global make

a donation of €10 to the Vila Sol chosen charity of Akredita - a children's charity/day centre in Quarteira, with the company then generously topping up the donations to a total of €500.

Phillip Ryan, the men's captain of the club, was lucky enough to also have a hole-in-one, his first ever, on the hole and was the recipient of a Garmin golf watch for his efforts.

On the 13<sup>th</sup> hole there was a chance to win a Rolex, however it was Carla Archer who was nearest to the pin and although she was unable to take the top prize, she was rewarded for her achievements with an iPad donated by St James Global.

There will now be a further five qualifying rounds held between now and May before the final, that will see the top six winners plus a wild card of each of the days, entered into the grand final. Finalists will all be presented with a three course meal, St James Global sponsored golf attire and will enjoy a finals presentation supported by the company at the event to be held at Monte Rei Golf & Country Club on 22 May. St James Global hopes that this will become an annual event for them in the Algarve as key sponsors, offering clubs a new and exciting competition that will also support the charity of the club's choosing.



The event at Vila Sol was the first of a series of invitationals organised by St James Global.

## Winners for Vila Sol

1<sup>st</sup> Marilyn Watts with 40 points  
 2<sup>nd</sup> Hans-Juergen Roethig with 39 points  
 3<sup>rd</sup> Terence Earl with 38 points  
 4<sup>th</sup> Alan Farrar with 38 points  
 5<sup>th</sup> Marc D'H with 37 points  
 Lucky Draw Winner for 6<sup>th</sup> Place was Anette Roth.

Nearest the Pin. 13<sup>th</sup> hole Ladies - Carla Archer  
 Nearest the Pin. 7<sup>th</sup> hole Men - Philip Ryan  
 Raffle Winner was Yarida Kabinpong

*For further information about the St James Global Invitational, please visit [www.stjamesglobal.com/cup](http://www.stjamesglobal.com/cup)*

## Shopping in the east Algarve

Tavira Gran-Plaza Shopping Centre is the first large shopping centre in the Eastern Algarve region.

Covering a total of 26,732 m<sup>2</sup> and 110 shops, the opening of Tavira Gran-Plaza was able to make up the shortfall in the commercial offer in the eastern part of the Algarve, including the border area, following the strong economic development of the region influenced by the high incidence of tourism.

This commercial complex includes a hypermarket, a leisure area supported by a restaurant, fashion and services area, the largest Multiplex with 3D technology in the Iberian Peninsula, composed of 5 cinemas, a children's leisure area, a free car park with capacity for 993 vehicles, and also a discount petrol station.

The shopping centre aims to bring several services into a single location and also has a car washing and valet service, which is dedicated to various services in the automotive industry, and also a second Generation Citizen's Shop, which provides a multifunctional service, including the issuing of Certificates, Registers,

Citizen's Card, among others and a Pharmacy that offers a wide range of services every day of the week. In addition, it is also possible to enjoy free access to the Internet.

Tavira Gran-Plaza, despite the current situation, continues to focus on strengthening the existing commercial offer and has the ability

to attract new brands while giving confidence to the existing operators in this Shopping Centre, as well as being beneficial for the economy and tourism in the East Algarve. The team at the shopping centre aim to continue their work with new projects being implemented in 2021 with the Plaza Clinic.

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# A sustainable future in Vilamoura

Rob Jenner, CEO of Vilamoura World, has brought his unique vision and passion for sustainability to the internationally renowned Vilamoura, helping to drive the resort forward towards a bright future.



Daisy Sampson



CEO of Vilamoura World Rob Jenner, is focused on providing a sustainable future for the resort.

Rob Jenner first came to Vilamoura for a holiday in 2004: “I remember it vividly,” he says, “We came over at Easter and flew in from Gatwick and I just couldn’t believe that a place like this existed such a short flight from London – it was mind blowing”. The variety of activities available, from the sailing, the equestrian centre, the golf and the beach, and the combination of Vilamoura having the comforts of a resort while being close to the more traditional Portugal, meant that Rob and his family would return frequently until he bought a property in 2010 and then moved to the resort permanently in 2015.

While Vilamoura is far from the embodiment of rural Portugal, it has been designed for people who are looking to stay somewhere comfortable, with amenities close to hand, the airport only a short distance away and the knowledge that “things are taken care of for you.”

“The value of Vilamoura is in understanding exactly what it is. If you want to find the ‘real Portugal’ then you only have to travel a few kilometres to discover the history of Loulé and the inland villages. Travelling around Portugal is also fabulous and we are only two hours from Seville with all it has to offer,” said Rob. “The country has a very rich history and of course, its ties to the UK, but it also has a vastly varied climate and environment to explore in such a small area.” Despite being a Vilamoura regular visitor and property owner for

some years, Rob has only recently taken up the role of CEO, with him initially beginning as a consultant in July 2019 before then taking on the role as CEO full time in the October.

“Everything was all going really well and then Covid struck which meant that all business plans went out of the window”, says Rob candidly. While this may have been daunting to some, Rob has drawn on his long history within real estate and investment to analyse the market and approach the current situation with care.

“The Covid crisis has been a crisis on more than one front; it has been a health crisis, an economic crisis and also a crisis of confidence.

“There are now two types of buyer in the market; those who are looking to speculate and those who are looking to buy as an investment. The investment buyers are committed to this lifestyle and are looking at real estate for a change in lifestyle, exactly as I have,” said Rob.

Vilamoura was first conceived in the 1960s with a master plan for the 1,700 hectare site, including the equestrian centre, the marina and the golf courses, and because of the sheer size of the project they are currently two thirds of the way through the initial plan.

Currently Vilamoura has 11,000 permanent residents and provides jobs for some 5,000 people but it is not owned by one single person, instead it is a collaboration between partners, residents and local authorities, with Vilamoura World working to follow the

master plan.

“I feel a real sense of responsibility in this role,” explains Rob. “The job comes with a lot of challenges but these are mainly positive ones and we see ourselves as stewards of Vilamoura.

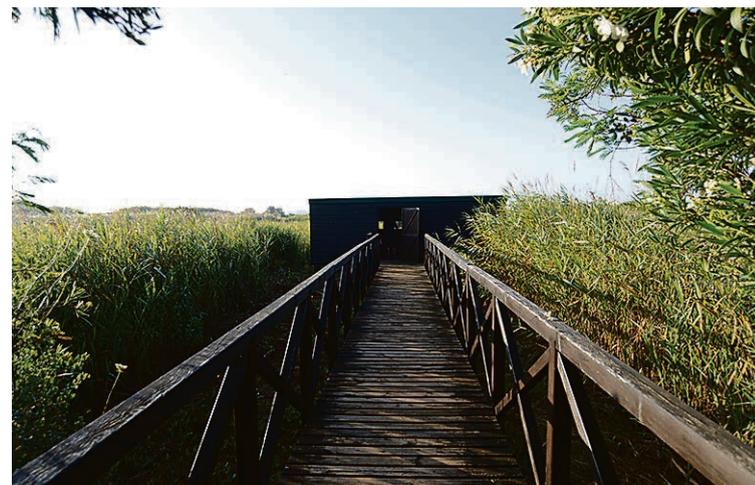
“I look at my time here as being an opportunity to put a modern twist on the original idea - which still remains relevant today and even more so in the design of Vilamoura being ideal for social distancing – but with looking to bring in further sustainability.”

Rob sees that the new property owners of Vilamoura, Millennials, have a different profile compared to those in the past, and it is important to him to meet the needs of buyers looking for sustainable and environmentally friendly solutions.

In the past there have been considerable challenges when it comes to accessible renewable solutions but a combination of a push in technological developments and lower price points means that bringing renewable solutions to a resort the size of Vilamoura is becoming increasingly possible, particularly in the field of solar energy.

“I look at my responsibility as being holistic and addressing the use of water is something that I care about not only as a property owner here or as the CEO but also as a citizen,” said Rob.

“I will do as much as I can to support the environment and already we are using new



technology to make changes”.

All of the properties built now by Vilamoura World have A rated energy certificates and new projects include the Quintinhas development. Working with Portuguese architect – Atelier de Arquitectura (ADA), Quintinhas Vilamoura allows people to build a home using the Passivhaus concept which allows homes to save 70 percent on energy when compared to traditional housing, has a faster construction time with an estimated build time of just six months and offers home owners a significant improvement in indoor air quality with a reduction of between 87 and 93 percent in dust, mites and spores.

While the environment, sustainability and renewables are priorities for Rob and Vilamoura World, he also highlights the need for all homes to still remain comfortable as well as accessible.

“I want to be able to work remotely with super fast internet connections and to be comfortable where I live”, said Rob who believes that living in Portugal should not ever mean compromising on your needs to live and work.

“Sustainability really is key,” continues Rob but it is not just the sustainability of the environment for the future, it is also the sustainability of the resort as a whole and for all the people who live and work in Vilamoura.

“People are really suffering right now and I want to be able to provide a place where workers can have dignity in their jobs and wages through encouraging business.

“I lived in Vilamoura long before I took up this role and because of that I truly care about Vilamoura and I want to do what I can to make sure that it lasts and remains a great place to live well into the future.”



# Intermarché de Lagos offering space for exhibitions

The new gallery area is now a space to view works from artists, small traders and social and solidarity projects in the Algarve.

**M**any artists, small traders, social and solidarity projects have been unable to exhibit their work, sell their pieces or publicise their causes with the cancellation of many fairs, exhibitions and markets due to the current pandemic.

Realising this situation and concerned with the impact of this economic and social situation on the community, Intermarché de Lagos has now made it possible to show all the Lagos and Algarve wide artisans have to offer. "Intermarché de Lagos is hosting a completely free kiosk for small traders exhibitions, handicrafts, regional sweets, artists, projects that somehow promote sustainability, social associations and schools, who are interested in sharing and promoting their projects in our store", said the head of the marketing and communication department. The management believes that this is an excellent opportunity to

give space to the countless talents and projects that mirror and enrich the Algarve culture. "This will be a unique space that will be available and all interested people can fill out an application at our information desk or send it by e-mail to reserve the dates that they are interested in occupying the space. This reservation is completely free and can be made several times a year".

The Lagos store intends to help to highlight projects with the intention of giving support to the local community - "When we are located in a municipality that has so much to offer, that is so receptive to ideas and also receives so much tourism, we think it is absolutely necessary to be attentive to what surrounds us, be part of development and to make a contribution not only to those who visit us daily but to the whole community. In one week we can have a gentleman who makes wicker



baskets or pieces in clay, in the other we have a school that comes in to spread an idea or works in the scope of environmental sustainability, in another we have a lady who makes regional sweets and wants to sell

them, in short, there is a sea of possibilities and that is one of our objectives - to enrich this kiosk with diversity, with new things, and to be able to stage new ideas. Who knows, for some of the projects this may

even turn into a business opportunity outside of the supermarket." You can fill out an application at the store's information desk or request more information via email [marketing@intermarchelagos.com](mailto:marketing@intermarchelagos.com).

## PlayBetterGolf

Everyone knows that the Algarve is a hotspot for golf but are you familiar with PlayBetterGolf and their new services?

Since 2010 PlayBetterGolf has been a strong golf holidays operator, dealing with Algarve green fees, organising accommodation and sorting out your car hire and transfer needs. Alongside this they are a club hire business and provide a trolley hire service.

Their professional team have been providing these services to golf fans across the Algarve for 10 years but now they are offering something new in that they buy and sell pre-owned golf equipment.

In October they also

opened their golf shop in Boliqueime. If you have unused golf equipment sitting in your home you can now bring it to their shop and they will buy it off you or if you simply want to upgrade your equipment you can do this at PlayBetterGolf at an affordable price because they have a selection of good quality pre-owned golf clubs and additional golfing equipment.

A unique business that is reliable and fully experienced in having your golfing needs met here in the Algarve. Their golf shop can be found at N125 Benfarras, CP 492-A, 8125-068 in Boliqueime or for more information please contact their team by calling 289 315 437.



## Creative and imaginative food

Just before the world was plunged into a global lockdown, the Tribulum team committed to taking over their new restaurant premises in Almancil.

They quickly adapted and realised that there would be a demand for high-quality home meal deliveries and so Contact Catering (formerly No Contact Catering) was born!

They did not rest there though and during this time they continued to formulate the plans for their new restaurant. At the heart of their plans are the Executive Head Chef, Jonnie Pratt, and Expert Sommelier, Justin O'Hanlon.

Jonnie has extensive experience as a chef and prides himself on making as much of the offering as possible from scratch. Justin has years of experience in the hospitality industry and a personal passion for great wine and customer service.

Combining their complementary skills, Jonnie and Justin set out to develop a new restaurant for the Algarve. A creative and imaginative offering that takes pride in using home grown and homemade produce.

After much deliberation and consideration, the name Tribulum was chosen. As an ancient piece of farming machinery, the word seemed fitting as they grow their own produce, herbs, fruit and vegetables. You can see a beautiful 300-year old tribulum in pride of place in the restaurant.

Jonnie has designed the menu using locally sourced, home grown and seasonal Portuguese ingredients with an international influence. They also have an enticing wine selection with some eclectic personal recommendations from Justin.

In addition to the dinner menu, they also offer a daily changing lunch menu, a Sunday lunch and menus for special occasions such as Christmas. The Tribulum bar offers a selection of drinks and a cocktail menu with signature creations crafted by their team of expert mixologists.

Designed by the Principal at Thomasina Sawyer Studio, Tribulum is a relaxed and



stylish setting with bespoke, hand-painted wall panels and a nod towards traditional Portuguese icons and design. Through these challenging

circumstances the team have created something outstanding and they look forward to welcoming you to Tribulum soon.

ENGLISH DENTAL SURGEON

**Dr. Francis Haley**

B.D.S

(Guy's Hospital, University of London)

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

Tel: 21 486 3012

<http://clinic.cdhalley.pt>

## Cinema

### New this week

#### Miss

**Stars:** Alexandre Wetter, Pascale Arbillot and Isabelle Nanty.

**Genre:** Comedy

**Director:** Ruben Alves

**Rating:** M/14

**Plot:** Alex is a 9 year-old boy who has a dream: to be elected Miss France one day. Fifteen years

later, Alex has lost his parents and self-confidence and feels stuck in a monotonous life. An unforeseen encounter comes to awaken this forgotten dream. Alex then decides to run for the Miss France title, hiding his male identity. Beauty, excellence, camaraderie are themes that come up during a relentless contest. Alex starts to conquer the title, his femininity and, above all, himself. "Miss" is Ruben Alves' second film since his 2013 film "The Gilded Cage" which was a great success.



## Cinema Listings

#### NOS Forum Algarve – Faro

Pinocchio; Roald Dahl's The Witches; Listen; Salma's Big Wish(PV); Honest Thief; Macbeth (ROH 2018); Intouchables; The BélierFamily; Open arms; We are Family; Le Meilleur reste a venir; Frozen 2 (PV); Miss; Black Panther.

#### NOS Mar Shopping - Loulé

Greenland; Roald Dahl's The Witches; Honest Thief; Salma's Big Wish (PV); Horizon Line; Animal Crackers; Come Play; Paulette; Intouchables; The Bélier Family; Open arms; We are Family; Black Panther; Frozen 2 (PV).

#### Gran-Plaza NOS - Tavira

Black Panther; Frozen 2 (PV); Roald Dahl's The Witches; Honest Thief; Salma's Big Wish (PV); Intouchables; Horizon Line; Paulette; The Bélier Family; Open arms; We are Family; Ava.

#### Algarcine – Portimão

Come play; Honest Thief; Trolls: World Tour(PV); Pinocchio; Roald Dahl's The Witches; Intouchables; Horizon Line; Paulette; The BélierFamily; Open arms; We are Family; Listen.

#### Algarcine – Lagos

Come play; Listen; Trolls: World Tour (PV); Honest Thief; Salma's Big Wish (PV).

#### Algarcine – Olhão

Listen; Trolls: World Tour (PV); Honest Thief; Come play

#### Cineplace – Guia

Pinocchio; Salma's Big Wish(PV); Come Play; The Craft; Legacy; Roald Dahl's The Witches; Honest Thief; Trolls: World Tour (PV); Listen; Intouchables; Horizon Line; Paulette; The Bélier Family; Open arms.

#### Estação Viana Shopping - Viana do Castelo

Horizon Line; Listen; Roald Dahl's The Witches; Trolls: World Tour (PV); Honest Thief; Vivarium; Amor Fati.

#### Cineplace Loures Shopping

Pinocchio; Salma's Big Wish (PV); Come Play; The Craft; Legacy; Roald Dahl's The Witches; Honest Thief; Trolls: World Tour (PV); Listen; Vivarium; Horizon Line; Paulette; The BélierFamily.

#### Cineplace Leiria Shopping

Paulette; We are family; Pinocchio; Salma's Big Wish(PV); Roald Dahl's The Witches; Honest Thief; Trolls: World Tour (PV); Vivarium; Horizon Line; Come Play; Listen.

#### Cineplace Riosul - Seixal

Roald Dahl's The Witches; Honest Thief; Trolls: World Tour (PV); Horizon Line; Listen; Come Play; Paulette; The BélierFamily.

(PV) - Portuguese version  
(OV) - Original version.

#### Cinema Contacts

##### Cinemas NOS

www.cinemas.nos.pt  
Tavira, Faro & Loulé

##### Cinemas Algarcine

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

##### Cinemas Cineplace

www.cineplace.pt  
Guia: 289 561 073 · Portimão: 282 070 101 · Leiria: 244 826 516 · Loures: 210 110 677 · Riosul: 210 114 352 · Viana do Castelo: 258 100 260

#### Music

**Algarve Organ Festival.** 20 November at Santiago Church in Tavira. Free. For more information please check their Facebook page 'Associação Cultural Música XXI'.

**Beethoven & Beyond.** 26 November at Teatro Lethes in Faro. Tickets cost six euros and can be purchased by calling 289 878 908 or via [www.bilbeteiraonline.pt](http://www.bilbeteiraonline.pt), FNAC, CTT or Worten.

**Amália a voz maior que fado.** 26 and 27 November at Centro cultural de Belém- Grande Auditório, Lisbon. Tickets cost between 10 to 23 euros and can be purchased on [www.ticketline.sapo.pt](http://www.ticketline.sapo.pt)

**Exclusive online performance of Dua Lipa.** 27 November. Tickets cost between 12-16.60 euros and can be purchased on [ticketline.sapo.pt](http://ticketline.sapo.pt)

**Blues a Sul** (Association of Algarve Blues) 27 and 28 November. It will take place at Teatro Lethes in Faro. On the 27 November at 9:30pm, Vitor Bacalhau and Fast Eddie Nelson. On the 28 November, northern blues will come from The Smokestackers. Tickets cost 10 euros a show or 18 euros for both sessions. Tickets can be purchased on [www.cmsilves.bol.pt](http://www.cmsilves.bol.pt) and can also be purchased at the Teatro Lethes ticket office.

**Pedro Moutinho convida Isa de Brito** 28 November at 9:30pm at Cineteatro Louletano. Tickets cost 10 euros and can be purchased by calling 289 414 604 or [www.cineteatro.cm-loule.pt](http://www.cineteatro.cm-loule.pt)

**Espaço Lapo in Lisbon.** Jazz sessions every Friday night this month. Tickets are 10 euros and can be purchased by emailing [reservas@lapo.pt](mailto:reservas@lapo.pt) or by calling 939 060 115 (Tuesday to Saturday) at Sala Provador at 8:30pm, doors open an hour earlier.

**Exhibition "Matérias Incertas"** with works from Tom Saunders, Silke Wei bach and Martim Brion. 27 October until 30 December, Centro Cultural de Lagos, free, more information on [www.cm-lagos.pt/municipio/eventos/](http://www.cm-lagos.pt/municipio/eventos/)

**Beethoven and its time.** 3 December at Teatro das Figuras, Faro at 7pm. Tickets cost five euros and can be purchased on [teatrodasfiguras.bol.pt](http://teatrodasfiguras.bol.pt)

**Alinda Duarte.** 5 December at Teatro das Figuras, Faro at 9:30pm. Tickets cost 10-12 euros and can be purchased by calling 289 888 110 or on [www.teatrodasfiguras.bol.pt](http://www.teatrodasfiguras.bol.pt)

**Aljezur International Choir Christmas Concert.** Traditional songs in various languages on the 13 December at 3:30pm at the Igreja Nova de Aljezur. Free admission but subject to capacity of Church. For more information and for any possible alterations due to covid-19 please check their Facebook page.

#### Theatre

**"Gulliver" by Tiago Cadete.** 27 November at Teatro das Figuras. Tickets cost three euros and can be purchased by calling 289 888 110 or on [www.teatrodasfiguras.bol.pt](http://www.teatrodasfiguras.bol.pt)

**Hamlet.** 27 November at Teatro de Vila Real. Tickets cost five euros and can be purchased on [ticketline.sapo.pt](http://ticketline.sapo.pt)

**Quorum Ballet.** 27 to 29 November at Cineteatro Municipal D. João V in Lisbon. Tickets cost 15 euros and can be purchased on [www.ticketline.sapo.pt](http://www.ticketline.sapo.pt).

**The Toyshop Ballet.** 28 November at the Teatro Municipal de Portimão at 5pm. Tickets cost three to five euros and can be purchased on [www.tempo.bol.pt](http://www.tempo.bol.pt)

**Agatha Christie's The Mousetrap.** Running until 30 December at Teatro Armando Cortez (Casa dos artistas) in Lisbon. Tickets cost 18-20 euros and can be purchased on [ticketline.sapo.pt](http://ticketline.sapo.pt) or by calling 938667315.

**Theatre performance O meu amigo Robo.** 13 December at 10:30am and 11:30am at Teatro das Figuras, Faro. Tickets are 10 euros per child and two adults go free. Tickets can be purchased on [www.teatrodasfiguras.bol.pt](http://www.teatrodasfiguras.bol.pt)

**The Snow Queen.** 19 and 20 December at Teatro das Figuras. Tickets cost 10 euros and can be purchased by calling 289 888 110 or via their website [www.teatrodasfiguras.bol.pt](http://www.teatrodasfiguras.bol.pt)

#### Festivals

**Santa Casa Portugal ao Vivo** festival will take place at Campo Pequeno, Lisbon. 6 November until 19 December. Artists include Mariza, Rui Veloso, and Xutos e Pontapés who have added an extra date of for the 8 November and 12 December. Tickets can be purchased on Ticketline, [www.everythingisnew.pt](http://www.everythingisnew.pt), FNAC, Worten and El Corte Inglés.

**Alkantara Festival.** 19 shows and artistic projects. From the 13 to 30 November at the Centro Cultural de Bélem. Tickets can be purchased on [www.alkantara.bol.pt](http://www.alkantara.bol.pt)

Radio SBSR.FM em Sintonia festival taking place 18 and 19 December at Altice Arena in Lisbon. Tickets cost 30 euros and can be purchased online at [meoblueticket.pt](http://meoblueticket.pt) and you can make reservations on 1820 as well as the Altice Arena ticket office, FNAC and Worten.

#### Other Events

**Dino Park.** Running until the 30 December in Lourinhã, Lisbon. Tickets cost 9 to 13 euros and can be purchased on [www.ticketline.sapo.pt](http://www.ticketline.sapo.pt)

**Wine evening at Espaço Lapa coffee shop in Lisbon.** 24 November at 7pm and costs five euros. Limited number of people (15) but you can book your place by emailing [reservas@lapo.pt](mailto:reservas@lapo.pt) or by calling 939 060 115 (Tuesday to Saturday)

**The Fishermen's Trail.** Trekking the Vicentine Coast with a total of 226.5km. 27 to 29 November. For more information and to book your place please go to [www.lisboaautentica.com](http://www.lisboaautentica.com)

**Villages Art experience.** 28 November at the Laboratório de Actividades Criativas in Lagos. Tickets cost 20 euros and can be purchased by calling 282084 959 or via [www.ticketline.sapo.pt](http://www.ticketline.sapo.pt)

**Exhibition "20 years of Folklore".** From 10 November until 12 December at the Museu Regional do Algarve in Faro. Free.

**Exhibition "Mundos Fragmentados" de Ivan Ulmann.** From 27 October until 30 December. Open from 2 until 6pm. Taking place in the Centro Cultural de Lagos. Free.

**Comedy sessions curated by Kilt Agency at Espaço Lapa.** Sala Provador in Lisbon, every Wednesday at 8:30pm. Comedians are confirmed weekly. Tickets cost seven euros. Tickets can be bought by emailing [geral@kilt.pt](mailto:geral@kilt.pt)

#### Meet Vincent Van Gogh Experience.

Running now until 3 Jan at Terreiro das missas in Belem, Lisbon. Tickets cost 18 euros and can be purchased on [www.ticketline.sapo.pt](http://www.ticketline.sapo.pt)

**Exhibition.** Celebrating 190 years since the birth of the poet João de Deus estando ainda prevista a sua itinerância pelas freguesias de São Marcos da Serra (novembro) e Silves (dezembro). For more information please call 282 440 800.

#### Exhibition of André Boto's Photography.

Running from the 4 September until 31 December. Located at Igreja da Misericórdia in Silves.

**Exhibition on the Slave Trade.** 31 December at the Mercado de escravos in Lagos.

#### Exhibition "Fases de Isolamento" by João Carlos.

Running until the 7 January at Campo Pequeno Art Gallery in Lisbon. Free.

#### Exhibition "Natureza em Transformação"

all Artwork with cork and wood. Currently running until 31 December at the Centro de Artes e Oficinas in São Brás de Alportel. More information on [www.cm-sbras.pt](http://www.cm-sbras.pt) or by calling 289 840 000

**Lisbon Week.** Dance, virtual tours, interviews, podcasts, music. For more information: [www.lisbonweek.com](http://www.lisbonweek.com)

**Saturday's at the petting farm.** 10:30am-12pm starting on the 28 November for children aged 3-12. Located in São Brás de Alportel. For more information please email [municpe@cm-sbras.pt](mailto:municpe@cm-sbras.pt) or call 289 840 000.

#### Porto Legends- The Underground Experience.

Virtual show that reveals hidden secrets and legends of the city and northern region. Running until 10 January at Alfândega do Porto. Tickets cost from 12 euros and can be purchased on their website [www.portolegends.com](http://www.portolegends.com)

**The Magical Garden Belém.** Running until the 10 January at Jardim Botânico Tropical de Belém in Lisbon. Tickets cost 17.50 euros and can be purchased on [www.ticketline.sapo.pt](http://www.ticketline.sapo.pt)

#### Workshop

**Nature Printing with Rachel Ramirez.** 21 November at 10am at the Pop-Up Gallery in Faro. Tickets cost 35 euros (including materials) and you can book your space by emailing [popup-galleryfaro@gmail.com](mailto:popup-galleryfaro@gmail.com) or for more information please go to <https://www.rachelramirezprints.com/>

**Masterclass in "sustainable well-being" with Sofia Loureiro.** 28 November at 3pm at Biblioteca Municipal de Lagos. Free but limited spaces. To book your space please email [biblioteca@cm-lagos.pt](mailto:biblioteca@cm-lagos.pt)

#### Lisbon's Time Out Market presents

**Masterclass Brownies and Blondies.** 29 November at 11am. One Child and One Adult costs 25 euros and tickets can be purchased on [www.ticketline.sapo.pt](http://www.ticketline.sapo.pt)

#### Lisbon's Time Out Market presents Sushi

**Masterclass run by Chef Rafael Oyama.** 4 December. Tickets cost 90 euros for each pair and can be purchased on [www.ticketline.sapo.pt](http://www.ticketline.sapo.pt)

NOTE: Events are correct at the time of going to press and according to information given to The Portugal News. However, events may be cancelled, delayed or fail to live up to their billing. Please send your events to [events@theportugalnews.com](mailto:events@theportugalnews.com) by midday on the Monday before publication. Please be aware that for legal reasons access to events at Estoril and Lisbon Casinos is reserved to those age 18+. (Entrance for Children via Foyer Panorâmico)

## CHARITIES

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

**SUPPORT FOR FAMILIES** in the Algarve receives items for families in need, Guia and surrounding areas. For information contact: Su Davis: 932 307 548, su.davis@sapo.pt Facebook: support for families in the Algarve.

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

**THE GOODWILL CHARITY.** R. Direita 5, Ed. Portus Magnus, Portimão. (Close to Theatre).

Clothes, bric a brac and furniture in saleable cond., large items collected. 968 740 693, 10am to 2pm.

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

**PORTIMÃO SOUP KITCHEN** Soup kitchen will be at 2pm Sundays, and 6pm Tuesdays and Thursdays. Volunteers needed one hour before for food preparation. Masks, gloves and hand sanitizer gel provided. Volunteers can contact Joy for more info Joy 91 735 8098.

**THE DONKEY SANCTUARY** Refugio dos Burros charity shops have opened in Ferragudo, Carvoeiro and Lagoa with temporary opening hours - 10am -2pm Monday to Friday and 10am -1pm Saturday. Come along there's lots of bargains and all new summer stock. As we have had no income at recently, we would welcome any donations. For more info. call Chris: 966 033 127

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

**ASMAA CHARITY & UP-** Cycling Hub. Volunteers are now needed for our shop. Wed, Fri and Sat 11.30am to 5pm, other days by appointment only. Tel 969 320 231, email info@asmaa-algarve.org Rua J. Pereira Sampaio Bruno, N° 53. Portimão (Behind Bombeiros).  
**MADRUGADA ASSOCIAÇÃO** Madrugada's volunteer run

Homestore in Lagoa and its Boutique, Encore and Madrugada Homestore Lagos have reopened. Opening hours 11am to 3pm until further notice. Thank you to all our customers, donors and volunteers for your continuing support. Because You Care, We Can.

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

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

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

**THE NANDI CHARITY SHOP.** Winter clothing now in store. Furniture can be collected within 30 k Lagos. Tel 912741857  
**WOOFF.** (Worn only once Fashion & Furniture) charity shop in Almancil. High-quality second-hand clothes and furniture. All profits to Animal Rescue Algarve. New opening hours Mon-Fri 10am-1pm. Tel: 289 123 456 or 917558121

## MUSIC

**Aljezur International Choir.** Thursdays 2pm to 3.30pm at the Aljezur Bombeiros building, with social distancing. Contact 914285640 or watty100@hotmail.com for more information.

**Coro dos Amigos do Museu.** Thursdays from 6.30pm. Call Liesbeth 281971909 liesbethnoordijk@gmail.com

**The East Algarve International choir.** Singing in small groups at Santa Luzia freguesia, Thursday 5pm. To join next year Please call Rineke Hofman 926684061. eastalgarvechoir@gmail.com

**The Algarve Barbershop Chorus Bella Acapella.** Wednesdays at 7.30pm at the Re-Criativa, Avenida da República 14, Olhão. Easy parking nearby. We are always open for new members. We sing songs from the sixties until now. Please email: rjfdoes@gmail.com

## SOCIAL

**Royal British Legion** (Portugal branch): for information contact: rblportugalalgarverep@gmail.com or telephone 926908089.

**C.A.S.A. - the Algarve's leading Social Club** for expats meets monthly for dinners / lunches and social events. info@casasocial.club, 282495475. www.casasocial.club

## BRIDGE

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

## SPORT

**Walking Football.** Every Tuesday & Friday - Walking Football 50+ at Clube Desportivo de Odiáxere (just off N125 at Odiáxere). 10am to 12 noon. Just turn up or for more details contact Bill Harper email: billandyvonne.harper@btinternet.com or phone: 960 234 641.

**Crown Green** at Alvor bowling Club Tuesday 2pm. Peter or Janette 966169747 or 965700536.

**Touch Rugby.** Lagoa Sports Club, Mondays from 8pm - 10pm. Men and women, all ages welcome. Simon Wilkinson wilks89@hotmail.com, 282912280 / 924220173.

**Walking Football & Zumba** Fridays, 6.30pm-8pm. Lagos. 50+, 5 euros. Burgau Sports Centre, Lagos. More information email jerrydowd@hotmail.co.uk

**Walking football** Tuesdays and Thursdays 9.30am-11am. Free at Vilamoura. info@browns-club.com or 289322740.

## WORKSHOPS & COURSES

**Latin American and Ballroom Dancing.** Tues. 10am for improvers, 15 euros per couple at Alvor Community Centre. Tuesday 11-1pm private lessons, 25 euros and also available for small groups of 2-4 couples. For more information please contact Caroline: 961916821, strictlydancingcarvoeiro@hotmail.com

## Valverde President's Shield

On Friday 13 November the final of the President's Shield competition took place at Valverde Lawn Bowls Club, Almancil.

This was a singles two bowl knockout competition.

The final was between club captain Paul Framp-ton and Dora Drewer. Paul started well and was soon five shots to nil but Dora found the line and gradually clawed back the shots and was eventually first to reach the fifteen shots needed to win the match. The standard of bowls played by both bowlers was terrific.

Club vice president Helen Scott presented the shield and was very pleased that there will now be a ladies name on the trophy.



Alan Preece Dora Drewer and club vice president Helen Scott

## Obituary: Patrick Geradts

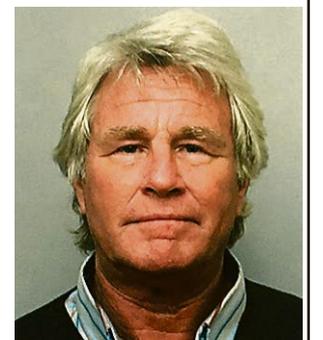
It is with great sadness that we share the passing of Patrick Geradts at the age of 74.

A resident of Lagos, Patrick passed away peacefully with his wife Angie by his side and is survived by his 3 wonderful daughters, grandson and brother.

Originally from Holland, Patrick first came to the Algarve in the late 70's. His love for the Algarve paved the way for his decision to make this his home and call the Algarve his 'forever'

home for the majority of his life. Patrick was well known throughout the Algarve community from his early days of running a Jazz bar in Lagos to his founding of Aqua Pura Pool Covers which took him throughout the Algarve exploring new places and meeting people which he truly loved to do. He will continue to live in the hearts of those he touched, for nothing loved is ever lost and he was loved so much.

Patrick loved the following saying: 'When someone



you love becomes a memory, the memory becomes a treasure and we think of him as living in the hearts of those he touched, for nothing loved is ever lost and he was loved so much.'

## Portugal Walks

**Wednesday, 2 December - Let's Walk from Benafim:** A moderate walk of just over 2 hours with one climb and a small stream to cross. Great views and interesting countryside. 10am start. Meet at the restaurant/café Hamburgo on the edge of Benafim. The village is between Alte and Salir, and if coming from Alte the café is on the left as you approach the village of Benafim. Julie 965 753 033

**Wednesday, 9 December - Let's Walk from Silves Prison:** A beautiful fairly easy walk through the countryside north of Silves awash with plants, woodland and fruit orchards, about 2 hours. 10am start. Meet outside the small prison in Silves. Drive to Silves, cross the new road bridge and turn left. Follow the road out of Silves and look for the Continente supermarket on the right. After the supermarket take the next turn on the right (maybe signed 'Castelo') 500m up on the left is the prison (parking close by). Julie 965 753 033

All are very welcome, no need to book but please wear shoes suitable for country walking. There is a nominal charge of 5 euro per person this includes a donation for charity - full details plus the guidelines for Covid walking can be found on [www.portugalwalks.com](http://www.portugalwalks.com)

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# Sagittarius

**N** Carmen Paris

Our planetary journey continues, every day, every month, every year, as this wonderful planet we live on travels around the sun, wobbling, spinning, facing the many sectors of the Universe that fill our lives with mystery and fascination.



**U**p there incredibly still, shining bright in the sky, the Sun filters the celestial energies travelling at unbelievable speeds from behind it, projecting them with its full force towards us earthlings. We see it as light, heat, warmth but it is the transparency of its energy that is an unknown force to the masses and is simply felt as moods, phases, bad spells, or often as maladies and diseases.

As we move past 22 November those energies will abound from the sector of the Universe we call Sagittarius and again 28 days past, we are going to be bathed in an entirely new astral feeling that will transform our daily lives beyond our understanding, unless of course you are keen to read this column.

Almost simultaneously, Venus will also have Scorpio on its back, ever so close to the bright lord of our world.

Surely you felt Scorpio stirring things during the last zodiac passage, albeit softened by Venus in Libra throwing love around dissipating the anger. But this 'sign' around matters will be even more stirred this time, anger will have an aim that points it straight to its full belief in its might and its purpose. People will lose their sense of empathy moved by the pure energy that wants to get to the bottom of it all!

The burst in time, in humanity and in our lives we'll be living is the perfect setting for what comes next when our two largest neighbourly planets, Jupiter and Saturn, make their passage to Aquarius.

For more on that, to learn about what the following months will bring, I'll see you back here in this lovely publication, when I'll tell how the planets and stars will cast their Universal energies on our wonderful little paradise.

## Could manifesting help you live your best life?

Dreaming of kick-starting that career shift or heading off on a solo adventure? Read how mastering the art of manifesting might help.



Intuitive manifesting is all about working on your confidence and self-esteem

Sometimes in life, things just seamlessly slot into place with little intervention. Other times, you want something so badly that you spend hours dreaming of the outcome, and when it finally comes to life, it almost feels like you willed it to happen.

According to some, this pure psychological 'magic' isn't just luck or coincidence. Instead, it's what's known

as manifesting – and there's a long list of books, essays, workshops and retreats dedicated to the skill of reprogramming your subconscious beliefs in order to make things happen.

"It's basically the ability to draw in anything you desire into your life. It's defined as the ability to create the exact life that you want," says emotional health advisor

Roxie Nafousi, who hosts sell-out manifesting workshops in London.

Describing it as an "inner power", Nafousi discovered manifesting when she was at "one of her rock bottoms", having battled with depression throughout her 20s and been on a long journey of self-development.

"It was often a case of two steps forwards and one step

back. I was feeling utterly fed up and at a loss as to how to really change my life. My best friend told me I should listen to a podcast on manifesting, which led me to research the practice," she recalls. "Within a week, I met my partner, a year later I had my baby boy, and two years on my life is unrecognisable in all the best ways."

Rhonda Bryne's 2006 self-help book *The Secret* – and the associated film – catapulted the idea of the 'law of attraction' from a niche interest into a mainstream concept, with views and teachings from a wide range of spiritual practitioners.

The movement posits that setting goals, learning from negativity and tapping into positive thinking can help you to achieve everything you want in life.

Today's manifestors take Bryne's ideas one step further though, using tools and therapy exercises to help unlock their self-worth and access their most authentic, vulnerable and magnetic selves.

"The most important thing people should know is that

true manifestation is not just the law of attraction; you cannot simply visualise or think of something you want and then wait for it to happen," says Nafousi. "Most people confuse the two concepts and that's why they are often unsuccessful at it. We do not manifest from our thoughts alone; we manifest from our subconscious beliefs about what we deserve."

Intuitive manifesting is all about working on your confidence and self-esteem, says Nafousi – concepts that are rooted in traditional psychology and widely used in CBT practices. Although the idea of picturing your dream life might sound like spiritual woo-woo, it's a type of psychological skill we can all practice and master, she says.

"Everything is energy – thoughts, emotions, feelings – and people who manifest believe energy attracts like energy. To put it simply, we attract to our lives whatever we put out. When we learn how to raise our energetic frequency and learn the secret to manifesting, we can attract anything we want."

So how can you harness the

skill for yourself? "Work daily on self-worth and self-love," says Nafousi. "A great way to do this is to practice gratitude – a gratitude journal every evening is a great place to start. You could also listen to positive affirmations [Nafousi has some available on her website specifically designed to help clients manifest] or vision board your future."

"I recommend writing regular love letters to yourself – it's a really simple tip that really works. Start to take care of yourself and say no to things you don't want to do." Talking to yourself lovingly, exercising and nourishing your body with the right foods are all part of learning to love the skin you're in, she adds.

Nafousi says, ultimately, manifesting is all about allowing yourself to believe and trust in the universe and its magic. "When you learn to manifest, you realise that you have full control over your life," she adds. What could be better than that?

TPN/PA

# Thinking of moving to Portugal?

The chances are, if you are reading this newspaper, that you are only too well aware of the reasons for deciding to move permanently to Portugal.

If you still need to shade yourself from the sun in November, and if that cold drink, recently brought to your table, costs considerably less than you might expect to pay back home... well, it's certainly worth considering isn't it? If so, here are a few things to consider as you mull it over.

## Register as a resident

If you are planning on staying longer than three months, you will need to register as a resident. Registration certificates (Certificado de Registo) can be obtained from your local town hall. You will just need to provide them with a valid passport, proof of Portuguese address and evidence that you have sufficient means to support yourself – either through earnings or personal savings. The certificate is normally valid for five years, after which time you may be able to apply for permanent residency, which would need to be renewed every ten years.

## Get access to healthcare

Even if you already have a comprehensive personal health insurance, it's advisable to register here for state healthcare. Once you are registered as a resident, you are entitled to access the health services for free. Take an appointment at your local health centre (centro de saúde) where you will be given a

user number, providing you can show a valid residence certificate and passport. If you are arriving from the UK and register before the end of December 2020, your right to healthcare will be secured from 2021 onwards.

## Exchange your driving license

If your license is issued by an EU Member State, you are permitted to drive in other member states without exchanging it. However, should you move to Portugal on a permanent basis, it really is best practice to exchange your license for a Portuguese one. Problems can arise if your current license gets lost, stolen or damaged, and you need to get a replacement. If you are no longer resident in the country of issue, you may find yourself unable to get it replaced, leaving you with no option but to retake your test here in Portugal. Fortunately, the exchange process is fairly painless, and can now be done online at [www.imtonline.pt](http://www.imtonline.pt). First off, you will need to have a medical examination, after which the doctor will send a certificate to the IMT (Institute of Transport), thereafter you can fill in a form online. You will need to scan copies of ID, proof of residence and your current driving license – although if you are from a country outside the EU or EEA you may need to provide a certified translation of your license and a certificate of authenticity from your consulate. In both cases

the fee will be around 30 euros.

## Optimise your investments

Hopefully you have been investing wisely in the years previous to moving abroad, and have built up a strong and diversified portfolio. It's worthwhile bearing in mind that any investments you may hold in your country of origin, will now have some liability for tax in your new country of residence. It's a good idea to speak to an expert who knows the financial landscape in Portugal, and can advise you on how to minimise any tax liability. Potentially moving your investments into the local currency might be an option in order to protect yourself from the fluctuations of the financial market and also looking at tax efficient structures is highly recommended

## Take pension advice

Pensions are a possible headache for anyone coming to live in a new country with different regulations, layers of red tape and bureaucracy. Add an unfamiliar language to the mix and you have the potential to lose time and money in making good your arrangements for payments going in and out of your scheme. You may have heard all about SIPPs and the benefits for and against QROPS from fellow expats, but this can be a tricky area to fully understand. In order to maximise your future income, minimise



your exposure to tax and to insulate yourself from further changes to pension legislation in your home country, it makes sound financial sense to speak with a local specialist. *Blacktower Financial Management have been providing expert, localised, wealth management advice in Portugal for the last 20 years. If you are thinking of moving to the Algarve, and would like specialist, independent advice on securing your financial future here, get in touch with us on (+351) 289 355 685 or email us at [info@blacktowerfm.com](mailto:info@blacktowerfm.com).*



**N** Manuela Robinson

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# Associação Alerta de Incendio Florestal/Forest fire Alert



**A**lerta was born in 2013, beginning as a simple Facebook page where people posted comments on fires in their area such as “I can see smoke”, “there is a helicopter or the fire engine has just gone by”. Concerned residents shared information enabling prior warning to be given to people living in the path of deadly wildfires, particularly useful for those for whom Portuguese was not a first language.

As Alerta grew in membership and experience, the role of the Facebook page began to evolve into something more structured and useful. We discovered the ANEPC page which gives all the current information on, amongst other things, wildfires across Portugal. There are other similar websites, however this is the most reliable, factual and up to date page. Now volunteers check for fire alerts every day between the hours of 8am until 10pm during the peak

fire season. Our team posts alerts and tracks the progress of fires, enabling advanced warning to be given but also providing reassurance for concerned members. The page also provides a moderated forum for people to share local knowledge, relieving pressure on the phone lines to the emergency services and helping to prevent onlookers from gathering in unsafe areas. Until 2017 I ran the page single-handedly but, when the number of members increased, I realised I needed assistance. After roping in a couple of friends and new volunteers, the Alerta page, as we know it today, was launched. Having seen the bombeiros working at close quarters during the fire of 2017 in Monchique, we identified ways to help them by collecting and delivering items such as food snacks, water and toiletries thus keeping them supplied on a daily basis. After 2017, we realised that we needed to formally become a charitable association, and the Associação para Alerta de

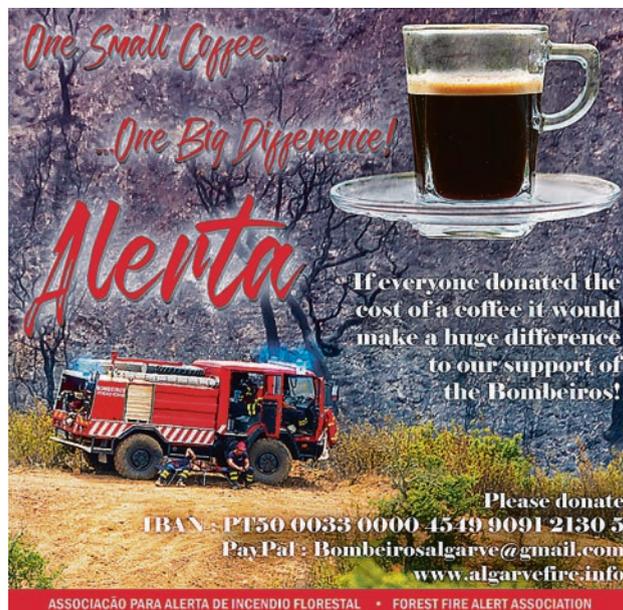
incêndio Florestal /Forest fire Alert was born. We now fundraise all year round so that during the summer we can deliver regular supplies of bottled water and energy bars to stock the “fire boxes” the bombeiros carry on every engine, with 24hrs worth of snack food. In the event of a large fire, we supplement the food provided by the government for the emergency teams and even purchase forest fire uniforms to help to replace those burnt and damaged. As our contacts have become increasingly widespread we have been able to source decommissioned equipment from the UK, including infrared cameras, breathing apparatus kits, urban uniforms and boots to name a few. In addition we provide a hamper to every station on Christmas Eve for those working over the festive period. We now also liaise with other organisations, such as *afpop* and were able to support their highly successful ‘shock’ appeal to buy defibrillators.

In 2018 the Algarve was severely tested, as were the bombeiros and Alerta. On 3 August at 1.32pm a fire started in the hills behind Monchique that would burn for 10 days and travel down to and beyond Silves. At its height there were 1,492 personnel involved, all of whom needed to be supplied with essentials. Again we enlisted our trusted volunteers from all over the Algarve. Collection points old and new were pressed into service and restaurants and supermarkets provided snacks and cooked food. Our volunteers would ring the bombeiros every morning, for the latest shopping list and have it all at Silves for lunchtime. To keep energy levels up we provided cooked chickens and other meats

as well as hand held food, such as energy bars and biscuits. Keeping the brave firefighters hydrated was obviously vitally important so there was an almost inexhaustible need for bottled water and energy drinks, which were provided in specially purchased cool boxes. We also bought medical supplies, on a large scale, including burn creams, pain killers, Ibuprofen creams and tablets, eye wash, dressings, bandages, and even ladies sanitary products. As some of the bombeiros, particularly those from further afield, had been wearing the same clothes for days, we also supplied T shirts and underwear. As the fire grew and began to impact a range of properties, including smallholdings and animal rescue centres, we launched the animal rescue groups. Our brave volunteers were prepared to put themselves into danger to rescue a variety of animals, from cats and dogs to horses and donkeys. We also created another branch of Alerta to liaise between the people who were being evacuated and those offering accommodation, meaning that many otherwise homeless families had a bed for the night. These are just a few of the amazing volunteers who are prepared to drop everything and help when the fires start. None of this would be possible without charitable donations, however. Normally our fundraising team would be working hard throughout the year with events such as golf days, wine tasting evenings, coffee mornings, running the Lisbon marathon, sponsored walks and auctions. We are also lucky to have the support of Roosters and the Charity Warehouse and Barn in Messines.

This year, however, things have been a little different for all of us and many of our normal fundraising events, such as organising the car parking for the Silves Medieval festival, have been cancelled. In spite of this, we have still been able to purchase 170 uniforms and over €2,000 worth of PPE. We have also been able to use our contacts in the UK to secure decommissioned uniforms and equipment such as breathing apparatus, infrared cameras and 57 forest fire uniforms at €350 each have also been purchased. This is largely due to online events and sponsorship.

Alerta has an amazing team from a wide variety of backgrounds, all with different skills and facilities, but we are always looking for new volunteers, both for our Facebook information page as well as fundraising and the delivering of supplies. Currently we have a team of around 20 people who provide information on wildfires to our concerned members between May and October. They man the site from 8am to 10pm every day, split into 2 hourly shifts. New helpers are always welcome and all that is needed is a laptop or iPad and a reliable internet connection. Full training is given and there is a great team on hand for support and advice. In addition to our Facebook fire watch team we are always pleased to hear from people who can provide practical support in any form, including those with access to land to house evacuated livestock and empty properties for short term emergency accommodation. If you feel that you have something to offer, please contact us via our Facebook page or email: bombeirosalgarve@gmail.com.



The People's Page is a sponsored page where 100% (value w/o IVA) of proceeds paid by the sponsor for the page to The Portugal News go to the featured charity of their choice. If you have a charity you would like to sponsor and would like to give some information about your business, then please contact: [info@theportugalnews.com](mailto:info@theportugalnews.com).

# SandyBlue Longer Stays: The new way to holiday

Back in the first quarter of the year, where holidays became increasingly out of reach, the team at SandyBlue knew we had to give our guests and property owners something new.

Something that would give owners the security that they didn't have and guests the hope that a holiday was still possible. So, we introduced SandyBlue longer stays to do just that!

## What are SandyBlue Longer Stays?

Holiday makers want to make up for lost time and owners want to welcome guests back to the Algarve. This has already begun because of our 'Longer Stays' proposition. While a longer stay abroad seems like a commitment, SandyBlue's offering is not like a traditional long-term rental. We take care of our guests and the property owners. In a long-term let, it is often the guests who deal with cleaning, utilities and all other aspects of the stay. With 'Longer Stays', we do the hard work. We take charge of all requirements to ensure a stress-free visit; weekly maid services, fast Wi-Fi, a dedicated property manager and SandyBlue guest experience manager. With bills included, it's a proposition that prioritises great value for money.

## Helping owners get the most from their properties

For owners, Longer Stays guarantees a steady stream of revenue and tapping into this market will only attract more guests. To keep owners at even more ease, we will liaise with guests for the whole stay - a unique 'Longer Stays' feature that takes all the pressure off the owners. We really do encourage property owners to observe these trends. With many of the owners we partner with opting into longer term rentals, the market for new guests has been widened more than ever before. It's a market we will always help owners tap into. It's not just about new guests either. One market SandyBlue taps into, which many companies don't, is repeat guests. A common trend we've observed in the many years of SandyBlue, is that repeat guests often return to the same property annually. The familiarity they have of the villa and the Algarve is a powerful thing! It's why we check in with our guests so often. For owners, this pool of repeat visitors is vital to ongoing success, especially now



people are extending holidays.

## Longer Stays are becoming the new normal

As mentioned, our proposition has already taken off, with many guests currently in a long-term rental since September. There has been a huge spike in enquiries for longer stays and not just from our busiest markets in the UK

and Ireland. An increase in interest from France, Germany and Switzerland shows that our marketing of this offering is capturing global attention. Now, we want to shine that attention on our wonderful portfolio of properties. It's not just families booking extended stays either. Statistics from the UK show that 57% of people believe companies will increase working

from home and remote working opportunities. We really believe longer stays will continue to flourish with this new approach to work. We provide superior facilities, so remote working in the Algarve means professional lives won't come to a standstill. In fact, we think it will enhance them!

## A versatile way to travel

SandyBlue Longer Stays

is truly rejuvenating the Algarve villa rental space and our five-star service remains the same. With requests of one month, three months and even twelve-month rentals, we expect to welcome many more guests. Whether they want to relax or find a base for remote working, our offering provides guests the versatility they need and the chance to enjoy the beauty of the Algarve once again!

the villa rental specialists

vale do lobo | quinta do lago | the golden triangle

SandyBlue

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# Going Green

It's week twelve of the Portugal News' "Going Green" series...

... As a responsible thriving renewables company, we're increasing efforts in awareness. Not just for our solutions, but the local and regional Algarve environment.



## Game-changers

2020 will be remembered for two challenges: global warming and Coronavirus. Reduction of travel helped reduce air pollution and warming gases. Lock-downs kept people at home. Watching news channels, reading newspapers and trawling the internet have given time to reflect on the planet's health.

## Re-thinking

What our impact is on our immediate and local environment is important. More people are recycling, re-using and reducing. Others are investigating eco-friendly ways of construction and renovation. Perhaps working closely with a specialist architect and designing with "green" and "sustainability" at forefront. Going green is a behavioural change.

## Eco-Villages, Permaculture & Low Impact Building

There are over a 100

Eco-Villages in 30 countries across Europe. But the network lists nearer 500 self-identified settlements round the world. All strive to produce the least impact on their natural environment. Over 30 years ago a collective of pioneering French ecologists settled to live in accordance with permaculture at Terramada, near the Spanish border in southern Portugal.

Permaculture is a set of principles centered on creating harmonious ways of living. It's a practical method of developing efficient, productive systems that can be used by anyone, anywhere. It covers design, ecological engineering, regenerative design, environmental design, and construction.

The renowned Tamera community relocated to Alentejo from Germany in 1995. Their 200 hectare site is an oasis. Lakes, greenery and their eco-system captures rainwater.

Tamerians also solved one of Portugal's major problems: forest fires due to eucalyptus monoculture, which burn very easily during the summer due to increased temperatures and excessive consumption of groundwater. Tamera produces a multitude of vegetables and fresh fruits and is self-sufficient in water.

Eco-villages are also raising awareness. More people want to adopt and increase sustainable measures. And they want to see Governments get further engaged. One aspect very important to the Algarve and Alentejo is water-retention. Desertification is a huge ongoing threat. Over a third of Spain is affected. Rivers are drying up.

Technology has and will continue play a huge part in changing the way everyone lives. Resources are finite. Eco-Villages would not be able to

function so well, without any solar power and water purification.

Insofar as building is concerned, keeping in line with the environment has been achieved by using a concept known as "Domespaces" – revolving houses with solar roof panels!

Low-impact construction has started to become popular. Factor making clay bricks, using straw-bales and recycled or harvested timber are all commendable. And they're kinder on our environment. It's all about reducing our footprint.

A good architect can really help you make better informed decisions for your new-build or renovation. Perhaps you'll take a close look at "GREEN CONSTRUCTION". Low impact building, local design and manufacturing can deliver affordable solutions. And a property full of renewables to be kinder on the planet.

## PORTUGAL SUSTAINABLE & RENEWABLE FACTS

- Portugal was 13<sup>th</sup> to submit its long-term strategy for low-emission development to the United Nations
- Portugal intends to achieve carbon neutrality by 2050
- Portugal's power was 60% renewable between January – July 2020
- Year-to-date Portugal's electricity demand has fallen 5%
- In July alone, renewables supplied 35% of the country's power
- Wind energy alone created 23%

<http://vegansustainability.com/articles/vegoa-a-vegan-off-grid-community-in-portugal/>

<https://www.workaway.info/en/host/179332496862>

<https://eco-villages.eu/en/tag/portugal-en/>

<https://www.permaculture.co.uk/what-is-permaculture>

<http://terramadaecoaldea.blogspot.com/>

<https://www.sunseed.org.uk/>

## Portugal Renewable News

Portuguese renewable power company Finerge Group has closed a EUR-150-million finance round with four banks to acquire solar parks in Portugal and Spain.

Financing was obtained from Japan's Mitsubishi UFJ Financial Group Inc and Spanish lenders BBVA SA, Banco Santander SA and Bankinter SA, Finerge quoted in a statement. In 2020 the renewables firm acquired 47.6 MW of Portuguese photovoltaic (PV) farms from UK fund manager Glennmont Partners and Luxembourg-based company, Luxbon Solar SA.

<https://renewablesnow.com/news/finerge-agrees-eur-150m-in-financing-for-solar-buys-in-iberia-720899/>

Next week we head in a new direction for the thirteenth article in the "Going Green" series...  
... This focuses on Solar Pool Heating



For more information  
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# A safe winter long stay on top of Carvoeiro

## Monte Dourado



Ideally situated on the hill-tops surrounding the charming coastal town of Carvoeiro, Monte Dourado is within walking distance to the town centre and its white sand beaches and crystal clear waters. This resort is made up of classically Algarvian apartments, all of which feature modern amenities and the majority of them unobstructed views of Carvoeiro and the Atlantic Ocean. A five minute walk away from the centre of Carvoeiro with the square and beach, featuring local restaurants and bars as well as several kinds of shop. The opportunities such as biking, hiking, cliff walking are endless for your wholehearted enjoyment, and are not limited to land, as watersports like sailing, surfing, diving, cave touring and much more are readily available. **Only from €1,260 (for 4 weeks).**

**Large Superior  
(2 Bedroom Apartment)**

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Indoor Fireplace

Fully equipped kitchen  
Tennis Court

Heated Pool  
Walking distance to amenities



## Things to do...

Numerous golf courses at a short distance, including Vale de Milho Golf course, managed by CC-Group. Many beautiful beaches are nearby which invite for lovely beach-cliff walks. Mountain bike and hiking trails.

Guests can enjoy exclusive access to the Group's own sports facilities, Carvoeiro Clube de Ténis, including padel, gym, fitness classes, pool and restaurant within 3 minutes' walk of the resort. Algar Seco and Carvoeiro Boardwalk nice and easy walk with phenomenal scenery, which can be easily enjoyed by kids, adults and the elderly alike.

The Towns and Streets of Carvoeiro and Ferragudo: both authentic fishing villages, a collection of serene walkways, narrow streets, classical Portuguese buildings colourful staircases and many restaurants, cafés and souvenir shops.



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### BOOKINGS

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# Wonderwall - 'art' you gonna be the one that saves me

**N** Jake Cleaver

I was driving through Paderne, and I had just crossed that lovely narrow yellow bridge that goes into Purgatório, when I noticed out of the corner of my eye a scaffold tower up against a wall and an amazing painting under construction.



'O Tempo Voa' or 'Time flies', certainly captures feminine beauty and nature, as it depicts a girl from the 'campo' carrying a sheep.

**M**ost graffiti artists operate in the dead of night I imagine or, at the very least, try to be quick and

inconspicuous. However, if you have the talent that this painter clearly had there's no need to run and hide, I don't think there's anybody that would want

to stop him.

He is clearly happily settled in there for the next few days and he could even afford to advertise. On his scaffold tower he had a billboard displaying his Instagram handle *Asur\_pt*. I pulled over and looked him up and soon realized I had seen his work before. A few months ago somebody had painted on a fence on the road past Franqueada for the construction company 'ElectroKonstroj'. I remember seeing it gradually appear and being quite blown away that somebody could make a fence look so amazing.

Looking more closely at his Instagram I saw that he's put up many more incredible paintings all across the Algarve - so I quickly doubled back to ask him a few questions.

Turns out 'Asur', as he likes to be called, is a true local artist. Born and raised in Albufeira he started painting graffiti in the street when he was just 12 years old. He didn't care much about school and spent most of his time in class just doodling. Of course, people told him he would never amount to anything



Today his artworks have been sprayed across the whole of Portugal

unless he studied, and after his first job painting the old bar in Albufeira 'Havana', which he did after school lugging heavy tins of paint around in his bag all day, he said he too didn't really think he would be able to make a living doing it - all he knew was that he loved it.

However in 2015, without having studied art at all, he started work as an independent artist and has never looked back. Today his artworks have been sprayed across the whole of Portugal and can even be found in Holland, Germany, France, Japan and El Salvador in Central America.

Asur is quite versatile with his skills, this is helpful because as he said himself "an artist doesn't live on air alone" and he frequently turns his talents to creating beautiful logos and designs for companies.

He even did the logo for the Municipality of Messines. When he is left to his own devices though I asked him what his favorite things to paint are? He told me he loves to paint nature, female faces and feminine beauty, but also likes to throw in a political message or highlight a social problem. He said he likes to encapsulate a certain 'feeling' that makes his

work unmistakable.

The picture I found him painting which he entitled 'They are surrounded by almond blossoms' - which I think really captures the feeling of the surrounding landscape of Paderne. I also enjoyed that while I was there the blue paint in the background around them blended seamlessly into the deep blue sky behind it - something that here in the Algarve it should continue to do most days. Asur has also painted spectacular tributes to the firemen in Silves, Albufeira and in Braga, and also a whole tunnel in Albufeira called 'The Ocean Wall' where as you walk through the tunnel you feel like you are actually walking under the sea. The walls are filled with all kinds of sea creatures and as you walk along you meet fishermen, dolphins, seals, giant turtles, octopuses and there's even a shipwreck.

If you follow him on Instagram, or Facebook (at *Asur.pt*) you will see the truly countless works of art that he's been making over the last 15 years, and maybe you could even go and hunt them down for yourself one day. Also, if you have a wall that you think could use a lick of paint (to put it very mildly) then email him at *Asur\_Pt@outlook.com* and make it spectacular.



'Asur', as he likes to be called, is a true local artist. Born and raised in Albufeira he started painting graffiti in the street when he was just 12 years old.

# A taste of Italy with a Mediterranean twist

**N** Daisy Sampson

Nestled within the Quinta do Paraiso resort in Carvoeiro, Trattoria Oliveira offers diners a quiet and relaxed environment to enjoy Italian and Mediterranean flavours.

This unassuming and warm restaurant welcomes you in with a beautifully lit garden, where the centre piece is an ancient olive tree taking centre stage and providing shade during the day and a sense of comfort during the evening.

Our waiter Andre guides us into the main dining room, filled with autumnal colours and soothing lighting, making it an easy place to get comfortable as we are served a selection of dishes from the menu which includes all the pasta, risotto and pizza dishes expected at an Italian restaurant and also fish, meat and chefs specials. The prices in the restaurant are reasonable, with pizzas starting at under €10 and starters from as little as €2.90 and the choice is good with fish, meat and vegetarian options also available.

We began our meal with the mixed appetiser platter to share, and there was certainly more than enough for two hungry people on the beautifully presented

platter, stacked with cured meats, bruschetta and vegetables, easing us into the full Italian feeling and demonstrating that this really is the perfect place to come with friends and family to enjoy an informal meal where you can really roll your sleeves up. As we had asked our waiter Andre and Chef Vitor to bring out a selection of their favourites, we were pleasantly surprised to then be presented with a warm bowl of garlic mushrooms before the chefs suggestion of the prawn risotto. The risotto was cooked to perfection, rich and creamy with succulent prawns, bringing a real depth of flavour and the ideal choice on a crisp autumn evening. While pizza and pasta are firm favourites on the menu, Chef Vitor wanted

to also highlight the Mediterranean inspired dishes, and the star of the show had to be the sea bream served elegantly with new potatoes, courgette, cauliflower and a green pea puree. The balance of the seasoning with the delicate fillet of fish worked perfectly and this fish dish had to be one of the highlights of the evening.

Next up we were treated to an oven roasted lamb shank, marinated in red wine and served with vegetables, a dish that Andre says is one of the most popular with the international guests who frequent the restaurant on a regular basis.

Other meat choices on the menu include a chicken piri-piri (we are in Portugal after all!), Portuguese steak and grilled fillet steak while fish lovers can choose

from golden bream fillet with chop suey vegetables and noodles or grilled tiger prawns. Children are also not left out with smaller portions of pizza and pasta available alongside chicken nuggets, fish fingers and grilled chicken breast for those who are not yet ready to venture onto the main menu and with prices starting under €6. After such a feast it was time for a small break with a seat in the gardens under the twinkling lights before on to the final round of delicious desserts. Andre served up a moist and light homemade Tiramisu and a perfectly proportioned chocolate petit gateau, both beautifully presented and served with ice cream and coffee to finish. Restaurant Trattoria Oliveira may be tucked away from the main town of Carvoeiro

but it is worth seeking out to find reasonably priced, good quality food, perfect for family and friends to enjoy together.

Trattoria Oliveira is currently open for breakfast and dinner, for further information or to make a reservation, please call 282 099 669.



sea bream served elegantly with new potatoes, courgette, cauliflower and a green pea puree.



Light homemade Tiramisu and chocolate petit gateau.



Garlic mushrooms.



The mixed appetiser platter to share.

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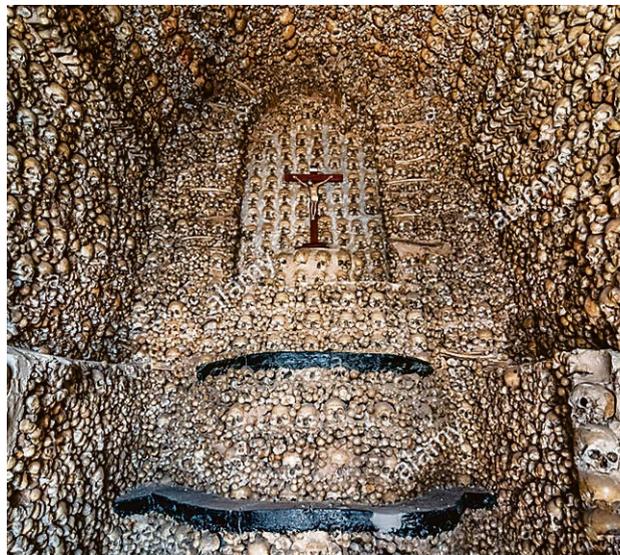
# Discovering places that people may not know about in Portugal

**N** Cristina da Costa Brookes

Have you ever stumbled upon a place in Portugal that is truly unique? Have you been taking a cliff walk and found caves and rock formations that are never mentioned in the tour guides or historical landmarks in cities that seem to have been forgotten? In this new section, The Portugal News will be bringing you articles covering all the places that people may not know about. Our journalists are out and about discovering all that the Algarve and Portugal has to offer but if you have a suggestion then please feel free to contact us so that we can share all of these hidden gems with our readers. Simply email us at [info@theportugalnews.com](mailto:info@theportugalnews.com)

## The Chapel of Bones or Macabre Bone Chapel

If you are interested in the slightly more macabre side of history and tradition then a visit to one of the Chapels of Bones in Portugal should be on your list of hidden gems.



Chapel of Bones Alcantarilha

An intriguing and fascinating historical artifact is the largest Chapel of Bones which is open to visitors, is in Évora, and was built by a Franciscan monk. It is based on the Ossuary of San Bernadino alla Ossa in Italy. The legend details that the bones belonged to soldiers who died in

battle or were victims of the plague, in reality, however, they came from people who were buried in Évora's cemeteries and they needed to make more space. The number of skeletons used to decorate the chapel were counted and came to roughly 5,000 that are arranged in various ways. The writing over the door when you enter the chapel

translates to "We bones that here, waiting for yours" which is haunting but really reminds visitors of the temporality of the material world and the futility of life. What is even more creepy is that an adult and child corpse have hung in the Chapel of Bones since roughly the 17<sup>th</sup> century, with some saying that these skeletons are those of sinners which is why they could not be buried.

Although this chapel is perhaps the most famous of its kind in Portugal, there are other examples to be found in the Algarve that are less well known and far less frequently visited, these being in Lagos, Faro and in Alcantarilha. One of the strangest attractions in the Algarve but a worthy visit is to the Chapel of Bones in Alcantarilha as it provokes nothing more than sheer curiosity.

It gives off such an eerie and chilling feeling when you stand in that small chamber and see real life

human bones lining the chapel walls as decoration. It is a relatively small room and the bones and skulls make the room appear even smaller, almost closing in on you – any claustrophobic's nightmare and definitely not for the faint hearted. Attached to the side of Alcantarilha's parish Church we can find this macabre chapel, home to 1,500 bones and skulls, most likely taken from a nearby cemetery and their bodies were kept there because it was seen as them being closer to God. It is covered with bones and skulls which some people say are friars who died in the region, however there is no hard evidence to support this. Built in the 16<sup>th</sup> Century, the Chapel of Bones is small and definitely one of the country's less well-known chapels. It is completely free and definitely something curious to go and see and ponder your own mortality if you are nearby. Overall, this is a morbid but enamouring piece of history and well worth a visit.



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# Wonder Water Woman



Kim  
Schiffmann

This week I want to introduce to you one of my all time favourite female surfers, and while some of you might already know her, I thought it would be nice to give everyone the chance to find out more about this real life Wonder Woman.

While the names of professional surfers are not as widely known as, for example, those of footballers or basketball players, the name Bethany Hamilton may ring a bell. The Hawaiian born athlete started surfing at the humble age of eight, and only a year later, when Bethany was nine years old, she got her first sponsorship, landing her on the radar as promising young talent in the surf world. She initially became famous though, not for her talent or her skill (which she had a ton of), but for her story. In October of 2003, on Halloween to be exact, Hamilton, 13 at the time, went for a morning surf on a beach on the island of Kauai, Hawaii archipelago, when a 14ft (4.3 metres) tiger shark bit off most of her left arm and a good chunk of her surfboard. Luckily, her

best friend at the time, Alana Blanchard, and Alana's father were with her in the water and helped the shocked and badly injured young girl to paddle out of the water and then tried their best to stop the bleeding until they arrived at the hospital. By the time Bethany made it to the hospital she had lost two thirds of her blood. She spent about a week in recovery before she was released. The rising surf star's career seemed to have taken a turn for the worst, but instead of finishing her story as a failed athlete and victim of an exceptionally unfortunate shark attack, she did not stop there, and now her story is one of hope, determination and courage. 26 days after the attack, Bethany was back out there in the water, doing what she loves and adapting to her new circumstances. And quite successfully too. Within 2 years she got her first national

title. She is now one of the most respected surfers in the world, and was even the first female to ever compete in the Rip Curl Cup in Padang Padang, Indonesia and in 2016 she beat a six-time world surf champion in a WSL (World Surf League) event. In 2017 she was finally included in the Surfer's Hall of Fame. Today Bethany Hamilton is so much more than just a world class female surfer. She is a bestselling author of her autobiography, a motivational speaker and has her own foundation, Friends of Bethany. She organises different retreats several times a year for young women and men who also experienced traumatic limb loss, she teaches them how to surf and gives them postural training that shows them how to keep their spines aligned as their body compensates for the loss of an arm or leg.



## Beach of the Week

### Praia da Bordeira

This breathtaking, 3 kilometre long beach can be found on the west coast of the Algarve in the sleepy little village of Carrapateira, Aljezur. Through this mostly deserted stretch of sand runs a river that ends in the ocean and sometimes creates small lagoons that are occasionally home to wild sea otters.

Surfers, beach lovers and travellers are all drawn to this scenic beach, which also has a bar right on the sand and a restaurant nearby

that is very popular with locals. Along the cliff tops you can find plenty of parking and wooden walkways that lead you down the rocky landscape and onto the beach. Visitors are asked to stick to the wooden paths in order to preserve the natural fauna in this area.

For anyone that does not want to walk up and down a cliff, there is another parking lot on beach level, although the view from the top is something you should not miss out on if you plan on visiting.



## Surf Lingo



A Wipeout - Wipeout in surfing refers to a surfer falling off his board while on a wave. Most surfers will try to avoid this by gracefully jumping off their boards, but sometimes there is just nothing that can be done. A bigger and more powerful wave will usually cause a worse wipeout. The WSL (World Surf League) even gives out an award for the worst wipeout of the year.

# Olivia's travels

**N** Jake Cleaver

A little birdie told me that there was a 1,000 year old olive tree living at Natura Garden Centre on the way into Vale do Lobo, and on a rainy morning I was passing by and decided to investigate.

I was told she was actually 1,100 years old and that was her in the corner. It turns out I was just in time as well - as she was set to move to her new home in Cascais the following week. Who would have thought of a tree moving? After all, they are the ultimate hermits. They like to lay down roots and bloom where they are planted. It's like they know intuitively what George Harrison tries to tell us in his song 'The Inner Light' - 'The further one travels the less one really knows'. I rushed over to look at her, she was a giant and very beautiful. I was delighted to see the face of an old lady in her trunk. Can you see it too? Or is it just me? I do tend to see 'faces in places', but if you look carefully you can see her eyes, nose and even see that she is smiling but hasn't got very

many teeth left.

'Olivia' (as I like to call her) must be quite wise by now as she's a millennium and a bit years old. She must have seen a thing or two as, quite unusually for a tree, she's not only been around a long time - she's also 'been around'. She used to live in the Alentejo until, owner of Natura Jean-Claude Defrance, rescued her, as he does with so many others, as when olive trees get passed a certain age they become less productive and instead of being allowed to retire in peace they are quite often cut down for firewood so that they can make way for the youngsters that they put in a line and that can be easily driven over with a machine that shakes off all their olives. The problem with this is that lots of animals make their homes in trees and get shaken off as well. Jean-

Claude recalls that 10 years ago when he picked up our old lady Olivia (buying her for the same price that the land owners would get for firewood - so as not to encourage people to remove them) she had a mongoose and a rabbit living in her. A curious combo. I mean, don't mongoose eat rabbits? Talk about living in the dragons lair. So saved from becoming firewood she's been living happily at Natura for a decade and even though this must seem just a hair's breadth in her time. In our time, she's been there quite a while and the staff have become quite attached to her. Alas, she was sold three years ago, and her time to move was coming up fast. But how on earth do you move a tree? The answer is not on earth - she has to take to the sky. Jean-Claude very kindly let me

know when she was set to leave and I went back the next week and watched the very impressive operation where they used a crane to remove some youngsters (just 600 year old) first. After they had been carefully dug up around them, they were hoisted out of the ground and levitated until they made a gentle landing on the truck set to escort them to their new home on somebody's private land up near Lisbon. Then came the moment everybody was waiting for, the staff of Natura all stopped what they were doing and came to bid farewell to Olivia. After a few false starts, she is 11 centuries old after all, we can cut her some slack - which is what they did. They rearranged the ropes so they weren't too tight in any



Olivia's face.

one place. Then 3, 2, 1, and this magnificent, majestic and massive tree lifted off and was carefully placed on the back of the truck to be taken, let's hope, to her final resting place. I hope she made it to her new home alright as it's not nice to have to uproot and start again at such an age. I hope that she's settling in nicely and since it's possible for olive trees to live up to 3,000 years, or more - I hope she will outlive us all.



# Portuguese book scoops prize for Children's Literature

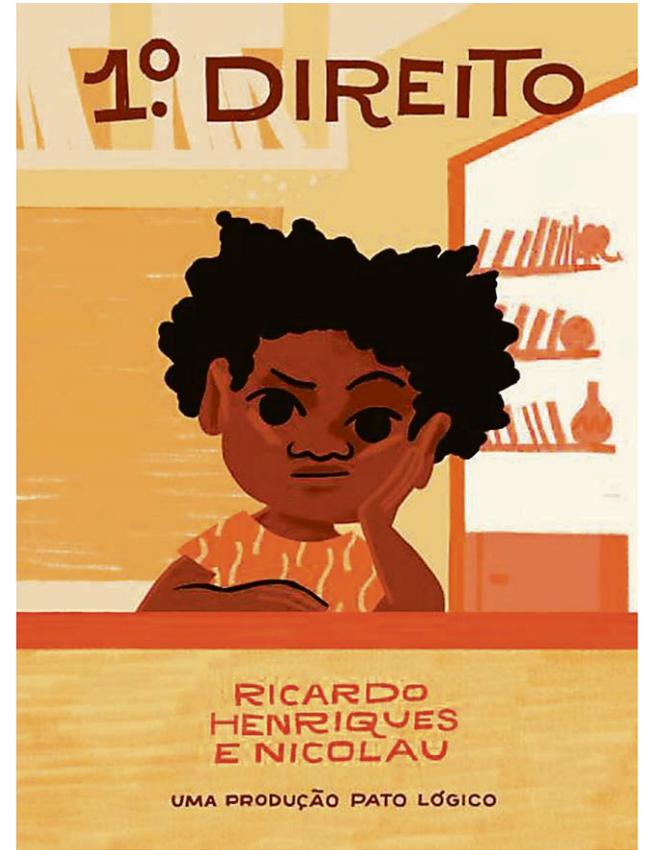
"1.º Direito" translated as "First Floor Right" by Nicolau Fernandes and Ricardo Henriques, edited by the Portuguese Pato Lógico, was distinguished as one of the five best illustrated books of the year, in a Chinese children's literature competition.

According to a statement released by the organisers of the fair, "First Floor Right" was one of two foreign books to be distinguished with the Chen Bochui prize, which takes the name of the Chinese writer and translator of children's literature and is promoted by several Shanghai entities, linked to the editing and promotion of reading. After evaluating 250 books from 15 countries and regions, the competition's jury stressed that many of the award-winning works describe how young people are dealing with the problems and feelings

created by the covid-19 pandemic. "First Floor Right", about a young woman who is locked in the house and entertains himself by observing the people living in the building opposite, was released last May, during the period of confinement. "It was a happy coincidence at an unfortunate moment in our lives," the author, Ricardo Henriques, told Lusa. "People have seen in this book a portrait of this moment that we are living in," added the editor of The Logical Duck, André Letria. The original goal of "First Floor Right", sponsored

by the Portuguese Society of Authors, was to explain to a younger audience the importance of artists' work and "how sometimes this is a little invisible," illustrator Nicolau Fernandes told Lusa. The book was inspired by the film "Rear Window", with Nicolau Fernandes even using the colour palette of the film directed by Alfred Hitchcock in 1954, in brown and orange tones. In addition to calling Graça the protagonist, "in honour of Grace Kelly", the main actress of the film, alongside James Stewart, Ricardo Henriques also included a tribute to the art director Hal Pereira,

Hitchcock's usual collaborator, and descendant of Portuguese Sephardic Jews. Ricardo Henriques believes that the Chen Bochui prize could open China's doors to the "1st Right". The author's first book for The Logic Duck, "Sea", is being translated into Chinese by Shandong Science and Technology Press Co Ltd. André Letria was surprised by the award, remembering that the protagonist of the book is a black girl watching a multicultural street. "We are curious to see what the reaction will be like in China," says the editor.



## The review

### Holiday SOS- by Ben Macfarlane

This book revolves around Dr. Ben MacFarlane, the UK's flying doctor.

He is a doctor who works in "repatriation." He assists people in returning to Britain who find themselves in a medical emergency/situation. He is sent by the insurance company to collect the 'patient' in question. He is allocated a case, he reviews the patient file, packs the required equipment/medication and then sets off to collect them.

'Holiday SOS' is all about his endeavors. We get to follow the doctor around as he flies to all sorts of locations, in an aim to help people out of their holiday emergencies. His stories vary from funny, crazy, unexpected and full of drama.

What started out as a way to earn extra money soon be-

comes a full-time job with the added bonus of travelling and all the perks that come with that lifestyle.

You cannot help but be amazed at what happens to other people on holiday.

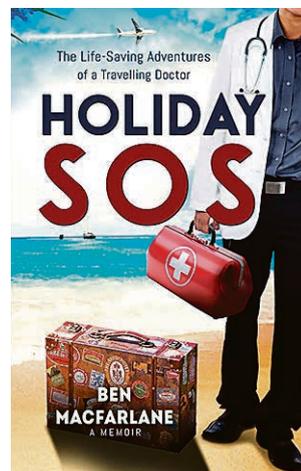
We get a glimpse into the banter between doctors, nurses, office workers and his relationship with his boss Jackie.

Although 'Holiday SOS' is humorous at times there are more serious stories in the book.

The book shows both the good and bad side of repatriations through the authors' eyes.

If you have never given any thought to what could happen when you are on holiday then this book is an eye opener. You may never travel without insurance as a result.

I managed to read this book quickly. Although this is not the type of book, I would normally read I found it interesting and informative and would recommend you add this book to your reading list.



### Mad, Bad and Dangerous to Know- Ranulph Fiennes

With winter approaching some of you may have a list of books that you might enjoy in the comfort and warmth of your homes. I would add this book to that list.

Fiennes has travelled to the most treacherous and inaccessible places on earth. He has faced death more than once. He has written many bestsellers. He has raised millions of pounds for charity. Among other things he is a real-life explorer and mountaineer. He also been awarded on OBE. He is a hero to many people.

We as the readers are privileged to be able to enjoy his adventures and once in a lifetime experiences. This book only

covers his trips up to around 2008. So, I would recommend you read some of his subsequent books for more of his wonderful stories.

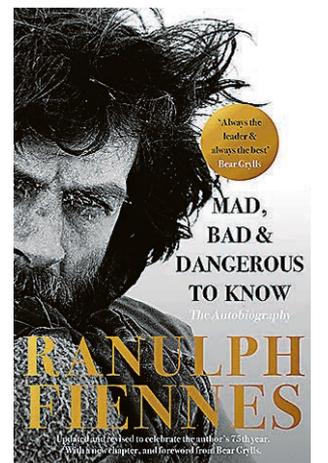
In this book he goes into detail how he led expeditions and how he became the first person to travel to both poles on land. His description of his attempted solo and unsupported walk to the North Pole makes for riveting reading. Some of the other highlights of the book include the frostbite incident and the ascent of Eiger.

He pushes his body to the utmost limits and I found him courageous and interesting.

The book also affords you a glimpse into his

marriage to Ginny and family life. This is a rare opportunity to understand a different side of this well-known explorer.

This book keeps you engrossed and is a page turner. This book is well written and I highly recommend reading this book especially if you are interested in the outdoor and adventures. Do yourself a favour and read some of his other books after this one.



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Sandra Pereira

# Horticultural pick-me-ups to help your mood

Boost your mood with some indoor and outdoor gardening activities.



Looking after plants can connect us to an inner desire to nurture and care.

While uncertainty over the future has left many of us dazed, confused and in the doldrums, gardening

veterans as well as beginners may take some comfort from activities that are easy to do, clear the mind and can give you something to look forward to in the weeks and months ahead...

## Move your body

If you're fed up with TV workouts and all-too-familiar walks, make yourself a list of gardening to-dos that require the equivalent in physical exertion.

It might be cleaning the greenhouse, sweeping the patio and tidying away pots, half an hour of weeding mixed with another task such as raking and bagging leaves, digging, strimming or hoeing.

Research suggests raking the lawn for half an hour burns around 120 calories, while someone weighing around 9st can use up 150 calories in 30 minutes of digging or 165 calories in non-motorised mowing, according to studies by Harvard Medical School. These tasks will not only get you out into the fresh air, but will help tone muscles and make you feel you've done something useful as you see your garden transformed into a much tidier space.

## Plan ahead

If you want to have something to look forward to, plan ahead, whether it's designing a new border in a sketch pad (from the comfort of your own home), planning what veg

you're going to grow in your allotment – bearing in mind the elements of crop rotation – choosing a colour scheme for an existing border, or even earmarking plants for a balcony garden.

## Boost home working with a nature break

Environmental psychology, notably Attention Restoration Theory, offers insights into the benefits of plants for human wellbeing, according to Damien Newman from gardening-for-health charity Thrive. "Scenes of plants and nature are restorative and help us overcome mental fatigue, enabling us to resume tasks that require directed attention," he says.

"A key part of Attention Restoration Theory is the idea of being away, where a setting provides a psychological change of scene and having plants in our work environment offers that. Looking at plants also provides an element of fascination that requires little mental effort, where the mind wanders and opens to reflection."

Looking after plants can connect us to an inner desire to nurture and care, adds Newman. "Nurturing

plants is purposeful and gives us a sense of control. As well as connecting with natural cycles that are bigger than ourselves, it's an investment in the future that gives us hope."

## Add houseplants to your working space

Having plants on your desk can combat stress too, Thrive reports.

A Japanese study found that three-minute breaks to look at a small plant when fatigued helped reduce stress among office workers. Each plant used in the study, ranging from cacti to succulents, was chosen and cared for by the worker. The study concluded that if employers encouraged staff to have such nature breaks, the mental wellbeing of their workforce would improve.

## Sleep well

When it comes to getting a peaceful night's sleep and releasing your body from tension, lavender might be the answer. If you're stressed or having trouble sleeping, the healing effects of lavender can be significant, says J Parker's. This beautifully scented plant can be grown both outdoors and indoors as long as it receives adequate light and plenty of fresh air.

PA/TPN

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# Living lovely

Exuberant colour and joie de vivre are the decor signature of interior designers Russell Whitehead and Jordan Cluroe, aka 2 Lovely Gays.

And the couple are on mission to help us share their joy and style, and create homes that not only reflect our personalities and taste but also help us live more happy, authentic lives. “If you’re going to fulfil your potential, you need a home that facilitates this – a space filled with the wonder of you,” declare the duo, who reveal their dazzling design secrets in their new book, *Making Living Lovely: Free Your Home With Creative Design*. “We’re not here to make you change everything you own and buy all-new to create a ‘look’. Far from it,” say Whitehead and Cluroe reassuringly. As for where to start, they suggest: “Just ask yourself three simple questions: How do I want to live? What do I need around me? What gives me decorative joy? These may seem ridiculously obvious things to think about before you design your home, but

they’re often ignored. “We want you to invest time in yourself and take a moment to consider what works and what doesn’t, so you can find your own way. Our hope is to make you feel confident in making your own choices and executing your creativity in your own time. No pressure, just happy homes!” Here, they share seven steps to joyful decor and creating a home that’s truly yours...  
**1. Interiors are without gender**  
 “Think about colours in terms of the feelings they evoke and the way they interact in a space, rather than allowing yourself to be dictated by social stereotypes. “Colour is neither masculine or feminine, nor are soft finishes ‘female’ and hard ‘male’. We’re so over the ‘pink is for girls and blue is for boys’ thing. It’s reductive nonsense. Throughout history, the gendering of colours has fluctuated endlessly. Our home is predominantly pink and we love it, so there!”

**Live lovely:**  
 Colour can be evocative and a wonderful starting point for a design. Think of it as positive force and explore its impact on your interiors. For instance, if you love grey then feel happy and confident in that, if you’re passionate about pink, embrace that and run with it. Put simply: choose shades that make your heart sing.  
**2. Play with pattern**  
 Interior designers use pattern to add decorative flair and layers of luxury, explain the partners, because it bridges the gap between function and decoration. “The function of pattern is to add depth and beauty, bring connection and create joy,” says Cluroe. “If you have identified a pattern which brings back fond memories, creates new ones or simply lifts your spirits, then it’s worth adding into your design. (Our dog wallpaper was inspired by our dog, Buckley).”

**Live lovely:**  
 When used with confidence, a pattern draws you in to a space and gives your room depth and impact, so it’s important to think about where you want to put it. Don’t just throw it into the mix with abandon; it deserves more of your time. Their top tip: if you’re undecided, test pattern out in small doses, such as for cushion covers.  
**3. Focus the function**  
 Spaces which just don’t work are a headache, but the pair say a little work spent on focusing on the function of a space will



Russell Whitehead and Jordan Cluroe, aka 2 Lovely Gays.

go a long way to solving and refining it. One approach they suggest is measuring a space and then drawing out your ideas, so you can work out exactly how you’d like to use the room. On your diagram, play around with the position of key pieces of furniture, to avoid making any costly mistakes. If it’s open plan, the space may need zoning, so it’s openness has a purpose. Remember that a space can perform many different functions, but only one or two well. Once you know what you want each room to do, you can choose the right finishes and objects to enhance that.  
**Live lovely:** Transformational design features, such as a desk area in their own home, give focus to an open-plan area. Defining individual zones within a room, with furniture, lighting or a wall treatment, makes it easier for it to be successfully multifunctional at different times of day.  
**4. Get your curve on**  
 So many of the spaces we inhabit are angular, with strong lines and hard edges – so every now and then, allow yourself to break it up, they suggest: “Curves are the ultimate rule-breakers, offering a touch of the unexpected and bringing organic shapes into your home.”

With roots in the Art Deco era, curved shapes are a classic that keeps coming back, so don’t be afraid they are a passing fancy. If you’ve embraced the idea of thinking outside the box with your design, they are a great way to push the boundaries.  
**Live lovely:**  
 They’re fans of being a bit of a ‘home rebel’, someone who’ll love throwing caution to the wind and

choosing sculptural shapes not necessarily for function, but because they’re fun and pleasing to the eye. “From chairs and lights, to beds and even kitchen units, bring on the curves,” they urge. *Making Living Lovely: Free Your Home With Creative Design* by Russell Whitehead and Jordan Cluroe is published by Thames & Hudson.

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# Algarve Recovery Centre for Wild Animals

**N** Paula Martins

Have you ever found an injured wild animal and you didn't have a clue about what to do? Since 2009, RIAS has taken in more than 18,000 (at risk) animals, with a very good recovery rate. RIAS is located in Olhão, but receives animals from all over the Algarve and the south Alentejo.



RIAS has the conditions to help injured animals to recover and return to their natural habitat.

**R**IAS is a Recovery and Research Centre of Wild Animals, located in the wonderful Parque Natural da Ria Formosa and is the only one in the Algarve and one of the few in Portugal. With the help of volunteers, employees and many donations, RIAS has the facilities to help injured animals to recover and return to their natural habitat. "Our recovery rate is 49 percent and that's a good number, we can't forget we sometimes have animals

that come to us that have already died. When we find, for example, a seagull on the beach, we don't know how many days it has been there", explained Vera Marques, responsible for the department of environmental education. In addition to recovering animals at risk and giving a huge contribution to animal research; RIAS also tries to take an active role in environmental education. Inside the education room where she received me they also do "activities with schools

and kids from homework club groups", she said. However, it is not just children who can visit RIAS. Everyone (children and adults) can visit it, even if it is not to deliver an animal, the Parque Natural da Ria Formosa, where RIAS is located, is open and has free entrance for residents of the Algarve, with proof of residency.

#### What can I do if I find an injured wild animal?

Firstly, "we ask if the person is able to pick up the animal,

some animals are difficult to handle. Then we give some advice", she said. Avoid any noise, use a towel to take it and afterwards put the animal into a cardboard box with small holes, if it's possible", are some of the suggestions given on RIAS' website.

"From the moment a person is able to take the animal; they can bring it to us directly in the RIAS centre, or leave it at the nearest police station. We have a deal with guardians of nature and they pick up these animals twice a week and bring them to us", she explained.

However, if the person could bring the animal directly to RIAS as soon as possible, it will make the animal more likely to survive and avoid its suffering for more days. Sometimes, "we have people who bring us the animals even from Portimão and Lagos, which makes us feel grateful, we try to point out that the quickest way for the animal to start being treated is to bring it here to avoid suffering for several days, but we also understand how difficult it is to come from so far", she said.

#### All wild animals have a space at RIAS

RIAS receives all type of wild animals. Vera Marques

said: "we have more than 100 seagulls at the moment, seven vultures and also we have a bonelli's eagle, rooks, storks and owls", are some examples. Related to mammals, we have a badger and bats. Also reptiles - chameleons, snakes (not very common) and sometimes they come to us without any wound, but instead because people only are afraid. Then we evaluate and release it", she explained.

#### This Christmas offer an animal support

"Every year, RIAS and CERVAS (Ecology, recover and surveillance Center), together promote a Christmas campaign with the goal of helping both centers. Instead of buying a usual physical gift, "we appeal to the charitable side of people. With the Christmas campaign we try to offer people some more creative ideas that support our causes".

The money from donations will cover food and medical care for an individually species. So, you can choose what kind of species you want to sponsor", she said. Then when the animal is well and ready to return to its natural habitat, the person

will be told and sometimes it may even be the person who sets the animal free and back to Nature, whenever this is possible. Being a Sponsor and to support a species can only cost as little as €20. From taking wild animals when found, volunteering, donations and sponsorship - there are many ways to help.

#### PETS FOR ADOPTION



**ZARA** is a 4-year-old, medium-sized and very affectionate female. She is a bit overweight, but with daily walks (that she adores) she will lose the extra pounds quickly. Email [cadelaclorlota.comp@gmail.com](mailto:cadelaclorlota.comp@gmail.com) to meet Zara (Lagos).



**PIRATA** is 10 years old and loves walks, snacks and cuddle time. He is medium-sized and very friendly. He would prefer a home all for himself. Please email [cadelaclorlota.comp@gmail.com](mailto:cadelaclorlota.comp@gmail.com) to meet him (Lagos).



**Oscar**, 11kg, 6 yrs old, vaccinated, sterilized, neg for Leish, tickfever & heartworm. Loves walkies & travels well in cars. His current foster care finishes at end of November. Consider foster or adoption. Contact: Susan (SBAH) 00351 918435448

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# Should I take vitamin D?

As researchers look at whether vitamin D can help guard against Covid-19, here's more reasons to top up on the sunshine vitamin.

**V**itamin D is known to play a vital role in a range of functions, and is key for keeping our bones, teeth and muscles healthy.

There's now also growing interest in whether it could help protect against Covid-19.

Scientists from Queen Mary University of London are launching a new trial to investigate whether vitamin D protects against the virus, as there's already evidence that it might reduce the risk of respiratory infections, with some recent studies suggesting people with lower vitamin D levels may be more susceptible to coronavirus.

"Vitamin D deficiency is more common in older people, in people who are overweight, and in black and Asian people – all of the groups who are at increased risk of becoming very ill with Covid-19," says lead researcher Professor Adrian Martineau.

It's estimated that roughly one in five people have low vitamin D levels, according to the NHS, which is hardly surprising when we get most of it from sunlight on our skin –

hence why vitamin D is often dubbed the 'sunshine vitamin'.

"Making sure you're getting enough vitamin D is likely to really benefit your bone and muscle health in the long term," explains nutrition scientist Bridget Benelam from the British Nutrition Foundation (BNF). "Vitamin D is also involved in supporting our immune system, something we're all really aware of in light of the coronavirus pandemic. No vitamin can prevent or cure Covid-19, but if you're not getting enough vitamin D, increasing your intake, alongside a healthy diet, can help keep your immune system working as well as possible."

And dietitian Dr Carrie Ruxton, from the Health & Food Supplements information Service, notes: "Vitamin D is vital because it contributes to the uptake of calcium by bones and teeth and helps regulate blood levels of calcium and phosphorus."

So, whatever the outcome of the Covid-19 trial, vitamin D is already known to be crucial for optimal health. Here's four reasons why it's important to make sure you get enough vitamin D...

## 1. Stronger bones

Vitamin D helps regulate the absorption of calcium and phosphorus, so a lack of the vitamin can lead to poor calcification of the skeleton. The BNF explains that prolonged vitamin D deficiency in children leads to rickets, which can cause bone pain, poor growth and bone deformities including bowed legs, curvature of the spine, and thickening of the ankles, wrists and knees, and fractures.

While rickets was for a long time virtually wiped out in the UK, due to fortification of foods and improved diets, in recent years, cases are again being reported. In addition, while osteoporosis in adults isn't directly caused by vitamin D deficiency, the vitamin can help manage the disease, says the BNF.

## 2. Stronger muscles

In adults, vitamin D deficiency can lead to osteomalacia, which causes aching bones and muscles plus muscle weakness, which can make standing and walking difficult.



## 3. Better teeth

Because of its role in regulating the absorption of calcium, vitamin D also helps keep teeth strong, says the BNF.

## 4. Improved immunity

A 2019 University of Edinburgh study suggests low levels of vitamin D may lead to an increase in immune responses potentially linked to a raised risk of

autoimmune conditions, such as multiple sclerosis.

"There are vitamin D receptors on many immune cells," says Ruxton, "suggesting that it has a widespread role in optimal immunity – an important point as we face a continuation of the Covid-19 crisis, just when the winter flu and cold season approaches."

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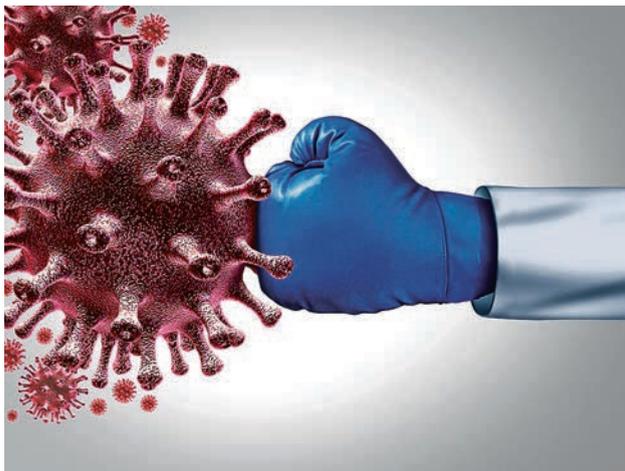
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# Ways you might be secretly sabotaging your immune system



Winter always gets us thinking about doing our best to ward off bugs and colds – and this year, immunity is on our minds more than ever.

**T**he immune system is a lot more complex than we often give it credit for – a fascinating network of cells, organs, proteins and tissues with a very important job: to protect the body from outside invaders, like bacteria, viruses and parasites. It's working away in the background continuously and many different factors play a role in how it functions, including number of things in our day-to-day lifestyles.

While avoiding bugs (with good hand-washing, etc) is one of the single most important things for keeping winter bugs at bay, our own habits and lives can also play a part in supporting our immune system – as well as possibly doing it no favours at all. Here's five ways you might be sabotaging your immune system...

## Smoking

It's common knowledge smoking has a harmful

effect on many different areas of the body, and the delicate balance of the immune system is no different.

"Smoking increases inflammation in the body, which can eventually lead to chronic inflammatory disorders, such as heart disease, asthma and arthritis" explains Emily Rollason, senior nutritionist at Holland & Barrett. "Smoking can also reduce absorption and usage of certain nutrients that are beneficial for immune system support, such as Vitamins B12, C and D; in fact, it's well known that smokers have higher requirements for these nutrients."

Rollason says quitting smoking is not only beneficial for your heart and lungs, but also vital to ensure your body can make a good recovery when it encounters a winter bug. Speak to a healthcare professional if you are looking to quit, as they can talk to

you about ways they can support you through the process.

## Not getting enough sleep

Missing out on good quality sleep is something that affects us in more ways than we realise.

"Getting the right amount of sleep is extremely important, particularly when it comes to the adaptive immune response," says Rollason.

Rollason explains that the adaptive response is basically when the body stores a 'memory' of any previous invading pathogens, in order to help fight it off again in the

future. The cells required for these processes are regulated and activated during sleep.

"The body follows a natural internally regulated sleep and wake cycle, known as the circadian rhythm, and there's evidence to support that many cells in the immune system also follow this rhythm, with certain cells peaking during nocturnal sleep," Rollason adds. She adds that our bodies also burn lots of energy when combating or recovering from illness, so sleep is really important in helping to fight off any bugs you encounter throughout the day. PA

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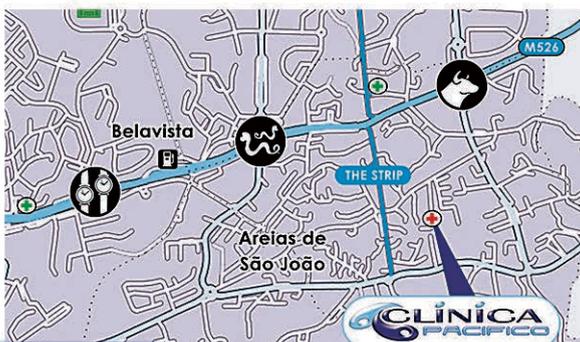
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# Renovated 3 bed villa on the outskirts of Carvoeiro

Excellent opportunity to buy a renovated south facing, 3 bed 2 bath detached, single storey villa, with heated pool set on a 1090m<sup>2</sup> fenced plot surrounded by well-kept, mature landscaped and irrigated gardens that offer a lot of privacy.

**T**his villa is located in a very quiet area on the Vale do Milho estate, (no associated condominium fees), within walking distance (10+15min) of the Centeanes beach, the Vale do Milho golf course and a good selection of restaurants & shops and only 3km (5-minute drive) to the centre of Carvoeiro village, major supermarkets, Tennis club & fitness centre and various schools such as the Algarve Nobel school.

It comprises of; an entrance hall, open plan equipped kitchen, living room, 3 bedrooms with fitted

wardrobes, 2 bathrooms (1 of them en-suite), a patio with 3 storage rooms, one of which serves as a laundry room. From this patio we access the roof terrace which offers a panoramic view and a distant sea view, a perfect place to enjoy the sunset.

All rooms of the house lead directly to outside terrace and the pool area.

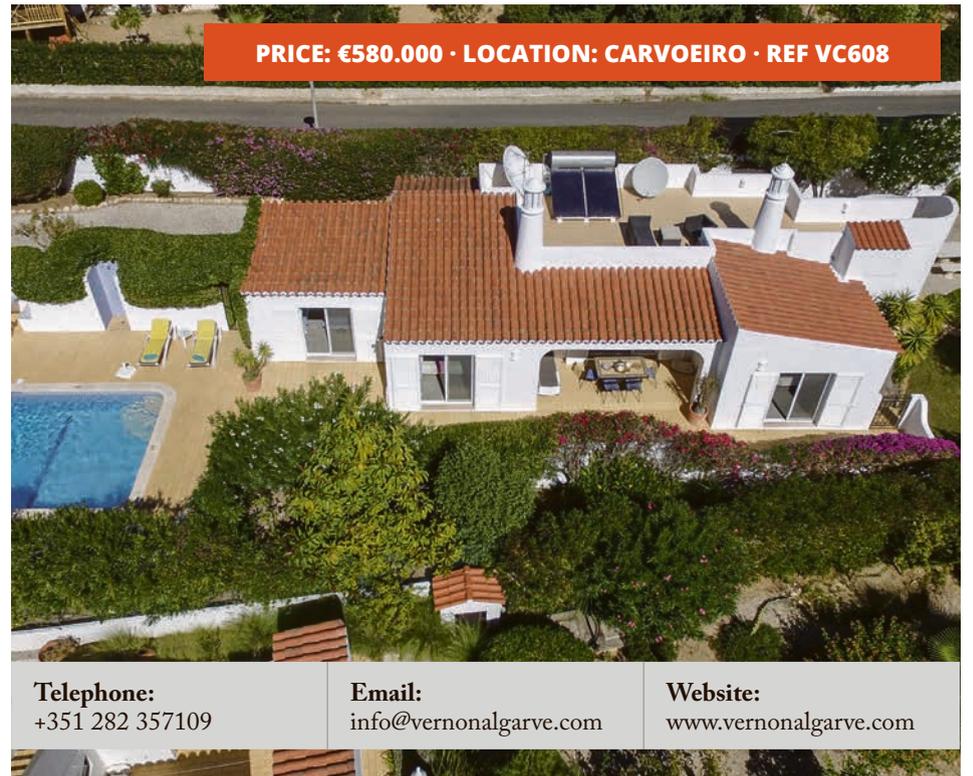
A covered terrace leads off from the living room, the ideal spot for al fresco dining, and there are two B.B.Q. areas, one in the garden and another by the pool.

The villa is sold furnished

and is equipped with air conditioning in all rooms, solar panels, wood burning stove in the living room, heated pool with cover, double glazing, aluminium shutters, mosquito nets, and elite TV sat.

The long drive way offers ample parking space.

This property is in good condition and is being used as a holiday home and rental investment due to its quiet location, proximity to all amenities, it is the perfect option for those who want to move over or have a vacation home or even for rental / investment.



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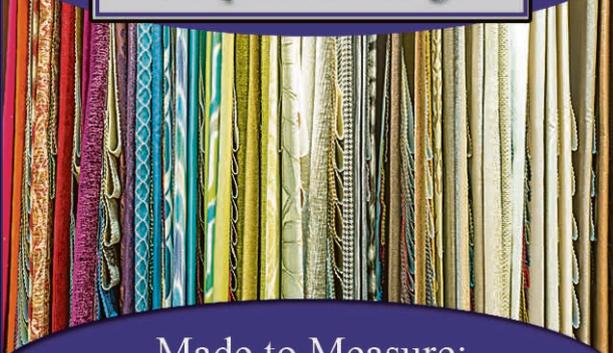
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## Letters to the Editor

### An Institutionalised Monstrosity

'You've got your mother in a whirl. She's not sure if you're a boy (falsetto) or a girl (baritone).'

SIR, David Bowie's ditty of the 1970's was thought to be amusingly gauche in a society which enjoyed attending circus Freak Shows that featured bearded ladies, the bearers of Beardsley-like sexual organs and hermaphrodites. Homosexual macho men were tolerated, especially among the nobility, but "sissies" were scorned, lesbian sex thought to be a disgraceful aberration and successful transsexuality an improbability.

The film (2015) *The Danish Girl* (A Garota Dinamarquesa) set in the Copenhagen of the 1920s portrayed the agonies of undergoing such surgically assisted transformation (now commonly called a gender bender) and its associated social stigma.

21st century liberalism now reverses the attitudes of fifty years ago; but the application of such transformation to children still remains to many both uncertain and unacceptable. This was emphasised in the editorial of the weekly journal B.I. SOL of 14 November which opened a Pandora's box with the subject of corporal mutilation being arranged by parents or guardians for those aged less than 21 (or 18 or 16 or 14 depending upon how a country's laws relate to the "age of consent").

If it is considered immoral for the sexual organs of minors to be surgically altered, then other mutilations such as the rites of circumcision (male

and female), castration, tonsillectomy and the disfiguration of tattooing should be regulated by a minimum of close scrutiny by a national health authority before a licence is given for operative performance.

If he were alive, Dr. Kinsey would be hard pressed to present a logical treatise to justify the cruelties and abominations which are everyday realities of the millennial society.

ROBERTO KNIGHT Cavaleiro.

### The truth (editor: or facts) about Avocados in the Algarve

SIR, Reference is made to the three, or so, articles on avocados you published earlier this year, and particularly the article by Mr J. Mourinho of today. In these articles several statements are made that are correct, but many are half-truths or scientifically incorrect.

Avocados are, by and large, bad for the environment because they use huge amounts of irrigation water (about 280 ltr for 1 kg of avocados; whereas oranges only need about 110 ltr). Avocados also need large amounts of chemical fertilizer which is, often, leached out contaminating the groundwater. It is true that avocados need limited pesticides and herbicides, but it is not true that, when Mr Mourinho states, "avocado trees restore the organic matter by themselves". If we compare the environmental impact of avocados, citrus and carob trees, the latter species, native to the Mediterranean, is vastly superior.

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

Indeed, the plantations create quite a lot of employment including trickledown effect on the economy. But most work is nowadays done by foreign workers (and not by Portuguese) who will, sooner or later, cause major social problems.

The treatise on the water cycle, irrigation and dam building is opaque and woolly. The truth is simple: there is plenty of water in the Algarve, but most of it is wasted because of very bad designs and management. In the citrus/avocado area of Silves, I estimate the irrigation efficiency to be about 40 percent, whereas, with correct designs and management it should be about 90 percent.

An issue that is rarely mentioned, but pivotal, is the funding of new plantations. Just about all new plantations are established with huge EU subsidies. If the avocado plantations follow the same pattern as the orange plantations, then, within three years, we will see many abandoned plantations with plenty of fruits on the ground as the EU subsidies usually last for three years, and many farmers just abandon the plantations after the subsidies cease. The wastage of public funds is enormous.

PROF DR ENG WILLEM C. BEETS  
Agriculture and Environment Expert

## SATURDAY 28/11/20

## BBC One

- 06.00 Breakfast.  
10.00 Saturday Kitchen Live.  
11.30 Nigella's Cook, Eat, Repeat.  
12.00 Football Focus.  
13.00 BBC News; Weather.  
13.15 Live Snooker: UK Championship.  
16.00 Final Score.  
17.20 BBC News; Weather.  
17.40 Pointless Celebrities.  
18.30 The Hit List.  
19.15 Strictly Come Dancing.  
20.30 Michael McIntyre's The Wheel.  
21.30 Blackadder II.  
22.05 BBC News; Weather.  
22.25 Match of the Day.  
23.30 The NFL Show.  
00.20 **FILM:** Westworld (1973).  
01.45 Weather for the Week Ahead.  
01.50 BBC News.

## BBC Two England

- 06.45 Wild & Weird.  
07.00 All Over the Place: Asia.  
07.30 The Dengineers.  
08.00 Blue Peter.  
08.30 The Woman Who Swims with Killer Whales: Natural World.  
09.30 Robot Wars.  
10.30 12 Puppies and Us.  
11.30 **FILM:** High Society (1956).  
13.15 **FILM:** Swallows and Amazons (2016).  
14.45 Britain's Lost Waterlands: Escape to Swallows and Amazons Country.  
15.45 Flog It!  
16.00 Live Snooker: UK Championship.  
17.00 Rugby League: Super League Grand Final Highlights.  
17.45 **FILM:** Nativity! (2009).  
19.25 Attenborough and the Empire of the Ants.  
20.30 **FILM:** Earth: One Amazing Day (2017).  
22.00 **FILM:** Monsoon (2019).  
23.20 Snooker: UK Championship.  
00.10 Snooker: UK Championship Extra.

## 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 John and Lisa's Weekend Kitchen.  
12.40 James Martin's American Adventure.  
13.15 ITV News and Weather; Weather.  
13.25 ITV Racing: Live from Newbury.  
16.00 Ninja Warrior UK.  
17.00 The Cube: Mo Farah.  
18.00 ITV News and Weather.  
18.30 Catchphrase: Catchiest Moments.  
19.30 The Chase Celebrity Special.  
20.30 I'm a Celebrity Get Me Out of Here!  
21.35 **The Jonathan Ross Show.**  
22.35 ITV News and Weather; Weather.  
22.55 Tyson Fury: The Gypsy King.  
00.00 Ideal World.

## Channel 4

- 06.00 Frasier.  
06.50 The Big Bang Theory.  
07.50 The Simpsons.  
10.40 World Chase Tag - USA.  
11.45 Four in a Bed.  
14.20 Extreme Cake Makers.  
14.55 Heston's 70s Feast.  
15.55 Jamie's Italian Christmas.  
17.00 George Clarke's Old House, New Home.  
18.00 A Place in the Sun.  
18.30 Channel 4 News.  
19.00 Formula 1 Bahrain Grand Prix Qualifying Highlights.  
20.30 Britain's Most Historic Towns.  
21.30 **FILM:** Assassin's Creed (2016).  
23.40 **FILM:** Arrival (2016).  
01.45 Ramsay's Kitchen Nightmares USA.

## BBC Four

- 19.00 Francesco's Italy Top to Toe.  
20.00 Full Circle with Michael Palin.  
21.00 The Valhalla Murders.  
22.35 Operation Iceberg.  
23.35 The Bridge.  
01.35 Full Circle with Michael Palin.  
02.25 Francesco's Italy Top to Toe.

## SUNDAY 29/11/20

## BBC One

- 06.00 Breakfast.  
07.55 Match of the Day.  
09.00 The Andrew Marr Show.  
10.00 Politics England.  
10.30 Sunday Worship.  
11.00 Homes Under the Hammer.  
11.30 Bargain Hunt.  
12.20 Songs of Praise: Young Chorister of the Year.  
13.00 BBC News; Weather.  
13.15 FA Cup Final Score.  
15.50 Escape to the Country.  
16.50 Blue Planet II.  
17.50 BBC News; Weather.  
18.15 Countryfile.  
19.25 Strictly Come Dancing: The Results.  
20.10 His Dark Materials.  
21.00 Small Axe: Red, White and Blue.  
22.20 BBC News; Weather.  
22.50 Match of the Day 2.  
23.50 Defending Digga D.  
00.50 **FILM:** Coriolanus (2011).

## BBC Two England

- 06.05 A to Z of TV Gardening.  
06.50 Countryfile.  
07.45 Glorious Gardens from Above.  
08.30 Life in a Cottage Garden with Carol Klein.  
09.00 Landward.  
09.30 Beechgrove Repotted.  
10.00 Saturday Kitchen Best Bites.  
11.30 Hairy Bikers' Best of British.  
12.30 David Attenborough's Natural Curiosities.  
13.00 Live Snooker: UK Championship.  
17.15 Flog It!  
18.00 Match of the Day: The FA Cup.  
19.10 Inside the Factory.  
20.10 Dragons' Den.  
21.10 The Trials of Oscar Pistorius.  
22.55 Live at the Apollo.  
23.40 Snooker: UK Championship.  
00.30 Snooker: UK Championship Extra.

## 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!: DC Superhero Girls.  
08.30 Scrambled!: How.  
09.05 Scrambled!: Teen Titans Go!  
09.25 ITV News.  
09.30 Best Walks with a View with Julia Bradbury.  
10.00 Love Your Weekend with Alan Titchmarsh.  
11.55 All Around Britain.  
12.50 Griff's Great Australian Adventure.  
13.20 ITV News and Weather; Weather.  
13.30 **FILM:** Kindergarten Cop (1990).  
15.35 The Chase.  
16.35 Winning Combination.  
17.35 ITV News and Weather.  
18.00 5 Gold Rings.  
19.00 Tipping Point: Lucky Stars.  
20.00 Who Wants To Be A Millionaire: The Million Pound Question.  
21.00 I'm a Celebrity Get Me Out of Here!  
22.35 ITV News and Weather; Weather.  
22.50 Tyson Fury: The Gypsy King.  
23.50 ITV Sport Stories.  
00.15 Ideal World.

## Channel 4

- 06.00 The Big Bang Theory.  
07.30 The Simpsons.  
09.30 Sunday Brunch.  
12.30 The Great British Bake Off: The Final.  
13.45 Live International Rugby Union.  
16.00 **FILM:** Ice Age (2002).  
17.30 Channel 4 News.  
18.00 Escape to Barbados.  
19.00 A Place in the Sun.  
20.00 Escape to the Chateau.  
21.00 Formula 1 Bahrain Grand Prix Highlights.  
23.00 Rugby Union: Autumn Nations Cup Highlights.  
00.00 **FILM:** Sweet Country (2017).

## BBC Four

- 19.00 Crossing England in a Punt: River of Dreams.  
20.00 Galapagos - Islands of Change: Natural World.  
21.00 Scotland: Rome's Final Frontier.  
22.00 **FILM:** Balloon (2018).  
00.05 Top of the Pops: 1990.  
01.05 Secret Knowledge: Walter Scott's Castle.  
01.40 Scotland: Rome's Final Frontier.  
02.35 Galapagos - Islands of Change: Natural World.

## MONDAY 30/11/20

## BBC One

- 09.15 Morning Live.  
10.00 Homes Under the Hammer.  
11.00 Claimed and Shamed.  
11.45 Night Force.  
12.15 Bargain Hunt.  
13.00 BBC News at One; Weather.  
13.45 Doctors.  
14.15 Impossible.  
15.00 Escape to the Country.  
15.45 Money for Nothing.  
16.30 The Repair Shop.  
17.15 Pointless.  
18.00 BBC News at Six; Weather.  
19.00 MOTD: FA Cup Third-Round Draw.  
19.30 The One Show.  
20.05 EastEnders.  
20.30 The Vicar of Dibley.  
21.00 Anton Ferdinand: Football, Racism & Me.  
22.00 BBC News; Weather.  
22.45 Angels of the North.  
23.25 Have I Got a Bit More News for You.  
00.10 The Graham Norton Show.  
00.55 Weather for the Week Ahead.  
01.00 BBC News.

## BBC Two England

- 09.00 BBC News at 9.  
12.15 Politics Live.  
13.00 Live Snooker: UK Championship.  
15.20 Politics Live: Scottish National Party Leader's Speech Special.  
16.05 Live Snooker: UK Championship.  
17.15 Flog It!  
18.00 Richard Osman's House of Games.  
18.30 Strictly: It Takes Two.  
19.00 Mastermind.  
19.30 Only Connect.  
20.00 Nigella's Cook, Eat, Repeat.  
20.30 University Challenge.  
21.00 Hospital.  
22.00 The Noughties: 2006.  
22.45 Newsnight.  
23.25 Weather.  
23.30 Snooker: UK Championship.

## ITV London

- 09.00 Lorraine.  
10.00 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News; Weather.  
14.00 Dickinson's Real Deal.  
15.00 Winning Combination.  
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 Ainsley's Food We Love.  
20.30 Coronation Street.  
21.00 I'm a Celebrity Get Me Out of Here!  
22.25 ITV News at Ten; Weather.  
23.10 Tyson Fury: The Gypsy King.  
00.05 All Elite Wrestling: Dynamite.

## 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 Escape to the Chateau: DIY.  
17.00 Kirstie's Handmade Christmas.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 Christmas at Chatsworth House.  
21.00 A Very Royal Christmas: Sandringham Secrets.  
22.00 Gogglebox.  
23.05 Page Three: The Naked Truth.  
00.10 The Truth about Amazon: How to Shop Smart.

## BBC Four

- 19.00 Fred Dibnah's Age of Steam.  
19.30 The Joy of Painting.  
20.00 Britain's Lost Masterpieces.  
21.00 Mary Beard's Shock of the Nude.  
22.00 Locked In: Breaking the Silence - Storyville.  
23.15 Robert Burns - The People's Poet.  
00.45 The Joy of Painting.  
01.15 Fred Dibnah's Age of Steam.  
01.45 Britain's Lost Masterpieces.  
02.45 Locked In: Breaking the Silence - Storyville.

## TUESDAY 01/12/20

## BBC One

- 09.15 Morning Live.  
10.00 Homes Under the Hammer.  
11.00 Claimed and Shamed.  
11.45 Night Force.  
12.15 Bargain Hunt.  
13.00 BBC News at One; Weather.  
13.45 Doctors.  
14.15 Impossible.  
15.00 Escape to the Country.  
15.45 Money for Nothing.  
16.30 The Repair Shop.  
17.15 Pointless.  
18.00 BBC News at Six; Weather.  
19.00 The One Show.  
19.30 EastEnders.  
19.50 Holby City.  
20.30 Business on the Brink: Panorama.  
21.00 MasterChef: The Professionals.  
22.00 BBC News at Ten; Weather.  
22.45 We Are Who We Are.  
00.30 Weather for the Week Ahead.  
00.35 BBC News.

## BBC Two England

- 09.00 BBC News at 9.  
12.15 Politics Live.  
13.00 Live Snooker: UK Championship.  
17.15 Flog It!  
18.00 Richard Osman's House of Games.  
18.30 Strictly: It Takes Two.  
19.00 Celebrity Antiques Road Trip.  
20.00 Great British Christmas Menu.  
21.00 QI XS.  
21.10 Industry.  
22.00 Live at the Apollo: Christmas Special.  
22.45 Newsnight.  
23.25 Weather.  
23.30 Snooker: UK Championship.  
00.20 Snooker: UK Championship Extra.

## ITV London

- 06.00 Good Morning Britain.  
09.00 Lorraine.  
10.00 This Morning.  
12.30 Loose Women.  
13.30 ITV Lunchtime News; Weather.  
14.00 Dickinson's Real Deal.  
15.00 Winning Combination.  
15.59 ITV London Weather.  
16.00 Tipping Point.  
17.00 The Chase.  
18.00 ITV News London; Weather.  
19.00 Emmerdale.  
19.30 For the Love of Britain.  
20.00 How to Spend It Well at Christmas with Phillip Schofield.  
21.00 I'm a Celebrity Get Me Out of Here!  
22.25 ITV News; Weather.  
23.15 Great Art.  
00.10 Monster Carp.  
01.00 Ideal World.

## Channel 4

- 09.05 Everybody Loves Raymond.  
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 Escape to the Chateau: DIY.  
17.00 Kirstie's Handmade Christmas.  
18.00 The Simpsons.  
18.30 Hollyoaks.  
19.00 Channel 4 News.  
20.00 The Great British Bake Off: Best Bits.  
21.00 The Truth about Amazon: How It Took Over the World.  
22.00 Naked Attraction.  
23.05 Taskmaster.  
00.10 **FILM:** 120 BPM (2017).  
02.40 Ramsay's Kitchen Nightmares USA.  
03.30 Couples Come Dine with Me.  
04.20 Car S.O.S.

## BBC Four

- 19.00 Fred Dibnah's Age of Steam.  
19.30 The Joy of Painting.  
20.00 The 80s with Dominic Sandbrook.  
21.00 Thatcher: A Very British Revolution.  
22.00 The Falklands Play.  
23.30 The Valhalla Murders.  
01.05 The Joy of Painting.  
01.35 Fred Dibnah's Age of Steam.  
02.05 Thatcher: A Very British Revolution.

**WEDNESDAY 02/12/20**

- BBC One**
- 09.15 Morning Live.
  - 10.00 Homes Under the Hammer.
  - 11.00 Claimed and Shamed.
  - 11.45 Night Force.
  - 12.15 Bargain Hunt.
  - 13.00 BBC News at One; Weather.
  - 13.45 Doctors.
  - 14.15 Impossible.
  - 15.00 Escape to the Country.
  - 15.45 Money for Nothing.
  - 16.30 The Repair Shop.
  - 17.15 Pointless.
  - 18.00 BBC News at Six; Weather.
  - 19.00 The One Show.
  - 19.30 Still Open All Hours.
  - 20.00 The Repair Shop.
  - 21.00 MasterChef: The Professionals.
  - 22.00 BBC News at Ten; Weather.
  - 22.45 The Rap Game UK.
  - 23.45 Step into the Ring.
- BBC Two England**
- 09.00 BBC News at 9.
  - 11.15 Politics Live.
  - 13.00 Live Snooker: UK Championship.
  - 17.15 Flog It!
  - 18.00 Richard Osman's House of Games.
  - 18.30 Strictly: It Takes Two.
  - 19.00 Celebrity Antiques Road Trip.
  - 20.00 Great British Christmas Menu.
  - 21.00 Harlots.
  - 22.00 QJ XL.
  - 22.45 Newsnight.
  - 23.25 Weather.
  - 23.30 Snooker: UK Championship.
- ITV London**
- 09.00 Lorraine.
  - 10.00 This Morning.
  - 12.30 Loose Women.
  - 13.30 ITV Lunchtime News; Weather.
  - 14.00 Dickinson's Real Deal.
  - 15.00 Winning Combination.
  - 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 Paul O'Grady's Great British Escape.
  - 20.30 Coronation Street.
  - 21.00 I'm a Celebrity Get Me Out of Here!
  - 22.25 ITV News; Weather.
- Channel 4**
- 09.05 Everybody Loves Raymond.
  - 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 Escape to the Chateau: DIY.
  - 17.00 Kirstie's Handmade Christmas.
  - 18.00 The Simpsons.
  - 18.30 Hollyoaks.
  - 19.00 Channel 4 News.
  - 20.00 Sarah Beeny's New Life in the Country.
  - 21.00 **Surviving Covid.**
  - 22.30 First Dates.
- BBC Four**
- 19.00 Fred Dibnah's Age of Steam.
  - 19.30 The Joy of Painting.
  - 20.00 Winterwatch 1963 - The Big Freeze.
  - 21.00 Great Barrier Reef.
  - 22.00 Inside Cinema: Guilt-Free Pleasures.
  - 23.00 Some Dog Owners with Jokes.
  - 23.30 Make! Craft Britain.
  - 00.30 Dan Cruickshank and the Family That Built Gothic Britain.
  - 01.30 The Joy of Painting.
  - 02.00 Fred Dibnah's Age of Steam.
  - 02.30 Great Barrier Reef.

**THURSDAY 03/12/20**

- BBC One**
- 09.15 Morning Live.
  - 10.00 Homes Under the Hammer.
  - 11.00 Claimed and Shamed.
  - 11.45 Night Force.
  - 12.15 Bargain Hunt.
  - 13.00 BBC News at One; Weather.
  - 13.45 Doctors.
  - 14.15 Impossible.
  - 15.00 Escape to the Country.
  - 15.45 Money for Nothing.
  - 16.30 The Repair Shop.
  - 17.15 Pointless.
  - 18.00 BBC News at Six; Weather.
  - 19.00 The One Show.
  - 19.35 EastEnders.
  - 20.00 DIY SOS: The Big Build.
  - 21.00 MasterChef: The Professionals.
  - 22.00 BBC News at Ten; Weather.
  - 22.45 Question Time.
- BBC Two England**
- 09.00 BBC News at 9.
  - 12.15 Politics Live.
  - 13.00 Live Snooker: UK Championship.
  - 17.15 Flog It!
  - 18.00 Richard Osman's House of Games.
  - 18.30 Strictly: It Takes Two.
  - 19.00 Live Snooker: UK Championship.
  - 20.00 12 Puppies and Us.
  - 21.00 New Elizabethans with Andrew Marr.
  - 22.00 Mock the Week.
  - 22.30 The Mini Mash Report.
  - 22.45 Newsnight.
- ITV London**
- 09.00 Lorraine.
  - 10.00 This Morning.
  - 12.30 Loose Women.
  - 13.30 ITV Lunchtime News; Weather.
  - 14.00 Dickinson's Real Deal.
  - 15.00 Winning Combination.
  - 15.59 ITV London Weather.
  - 16.00 Tipping Point.
  - 17.00 The Chase.
  - 18.00 ITV News London; Weather.
  - 19.00 Emmerdale.
  - 19.30 Buyers Beware: Shopping Cons Revealed
  - 20.00 Emmerdale.
  - 20.30 The Martin Lewis Money Show: Live.
  - 21.00 I'm a Celebrity Get Me Out of Here!
  - 22.05 ITV News at Ten; Weather.
  - 22.50 The Jonathan Ross Show.
- Channel 4**
- 09.05 Everybody Loves Raymond.
  - 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 Escape to the Chateau: DIY.
  - 17.00 Kirstie's Handmade Christmas.
  - 18.00 The Simpsons.
  - 18.30 Hollyoaks.
  - 19.00 Channel 4 News.
  - 20.00 Ugly House to Lovely House with George Clarke.
  - 21.00 Taskmaster.
  - 22.00 Celebrity Crystal Maze.
- BBC Four**
- 19.00 Fred Dibnah's Age of Steam.
  - 19.30 The Joy of Painting.
  - 20.00 **FILM: High Society (1956).**
  - 21.45 A Little Later.
  - 22.00 Imagine - Tracey Emin: Where Do You Draw the Line?
  - 23.20 What a Picture: Mary Whitehouse.
  - 23.50 Inside Cinema: Guilt-Free Pleasures.
  - 00.50 Thomas Chatterton: The Myth of the Doomed Poet.
  - 01.20 Fred Dibnah's Age of Steam.
  - 01.50 The Joy of Painting.
  - 02.20 Mary Beard's Shock of the Nude.

**FRIDAY 04/12/20**

- BBC One**
- 09.15 Morning Live.
  - 10.00 Homes Under the Hammer.
  - 11.00 Claimed and Shamed.
  - 11.45 Night Force.
  - 12.15 Bargain Hunt.
  - 13.00 BBC News at One; Weather.
  - 13.45 The Customer Is Always Right.
  - 14.15 Impossible.
  - 15.00 Escape to the Country.
  - 15.45 Money for Nothing.
  - 16.30 The Repair Shop.
  - 17.15 Pointless.
  - 18.00 BBC News at Six; Weather.
  - 19.00 The One Show.
  - 19.35 A Question of Sport.
  - 20.05 EastEnders.
  - 20.30 Richard Osman's House of Games Night.
  - 21.00 Have I Got News for You.
  - 21.30 The Royle Family.
  - 22.00 BBC News at Ten; Weather.
  - 22.45 The Graham Norton Show.
  - 23.30 God Save the Queens.
- BBC Two England**
- 09.00 BBC News at 9.
  - 13.00 Live Snooker: UK Championship.
  - 17.15 Flog It!
  - 18.00 Richard Osman's House of Games.
  - 18.30 Strictly: It Takes Two.
  - 19.00 Live Snooker: UK Championship.
  - 21.00 **Waterhole: Africa's Animal Oasis.**
  - 22.00 Top of the Pops: The Story of 1988.
  - 22.45 Newsnight.
  - 23.15 Weather.
  - 23.20 Snooker: UK Championship.
- ITV London**
- 09.00 Lorraine.
  - 10.00 This Morning.
  - 12.30 Loose Women.
  - 13.30 ITV Lunchtime News; Weather.
  - 14.00 Dickinson's Real Deal.
  - 15.00 Winning Combination.
  - 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 Griff's Great Australian Adventure.
  - 20.30 Coronation Street.
  - 21.00 I'm a Celebrity Get Me Out of Here! Final.
  - 22.35 ITV News; Weather.
  - 23.25 Harry's Heroes: Euro Having a Laugh.
- Channel 4**
- 09.05 Everybody Loves Raymond.
  - 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 Escape to the Chateau: DIY.
  - 17.00 Kirstie's Handmade Christmas.
  - 18.00 The Simpsons.
  - 19.00 Channel 4 News.
  - 20.00 Grayson's Art Club Exhibition.
  - 21.00 Gogglebox.
  - 22.00 The Last Leg.
  - 23.05 Back.
  - 00.40 **FILM: Ender's Game (2013).**
- BBC Four**
- 19.00 The Truth About Christmas Carols.
  - 20.00 Top of the Pops: 1990.
  - 21.00 The Sound of TV with Neil Brand.
  - 22.00 Barbra Streisand: Becoming an Icon 1942-1984.
  - 23.00 Bette Midler: The Divine Miss M - Imagine.
  - 00.15 Girls in Bands at the BBC.
  - 01.15 Kate Bush at the BBC 1979.
  - 02.00 Top of the Pops: 1990.
  - 03.00 The Truth About Christmas Carols.

**Pick of the Week**

**Saturday, 28 Nov**

**The Jonathan Ross Show (ITV, 9.35pm)**

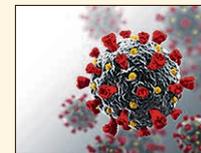


Matt Lucas joins the host to share what it was like hosting The Great British Bake Off. There

is also an interview with comedy power couple Jon Richardson and Lucy Beaumont who star in sitcom Meet The Richardsons on Dave. Dancing on Ice and Don't Hate The Playaz star Lady Leshurr also pops by for a chat, as does artist Grayson Perry. He is back on Channel 4 this coming Friday with Grayson's Art Club Exhibition, which takes viewers behind the scenes at Manchester Art Gallery for the preparation of an exhibition of work produced on Grayson's Art Club.

**Wednesday, 2 Dec**

**Surviving Covid (C4, 9pm)**



At the start of the year, nobody foresaw how 2020 would pan out. Who could have predicted that we'd spend

much of the time under some kind of restrictions that kept us socially distanced, or that thousands upon thousands would be killed by a virus we'd never heard of? Thankfully the majority of us have remained fit and well, but this feature-length documentary tells the stories of four people who haven't been so fortunate. Cameras chart their lives over a six-month period after they arrival for treatment at London's King's College Hospital.

**Friday, 4 Dec**

**Waterhole: Africa's Animal Oasis (BBC2, 9pm)**



Filmed in collaboration with the Mwiba Wildlife Reserve in Tanzania, this three-part

documentary reveals the importance of waterholes to the African ecosystem. At the beginning of the dry season, a new waterhole is dug by the programme's crew, enabling Chris Packham and biologist Ella Al-Shamahi to get up close to the animals using it. Before long, they're able to observe the many different thirsty species dropping by, and figure out which of them - if any - are willing to share.

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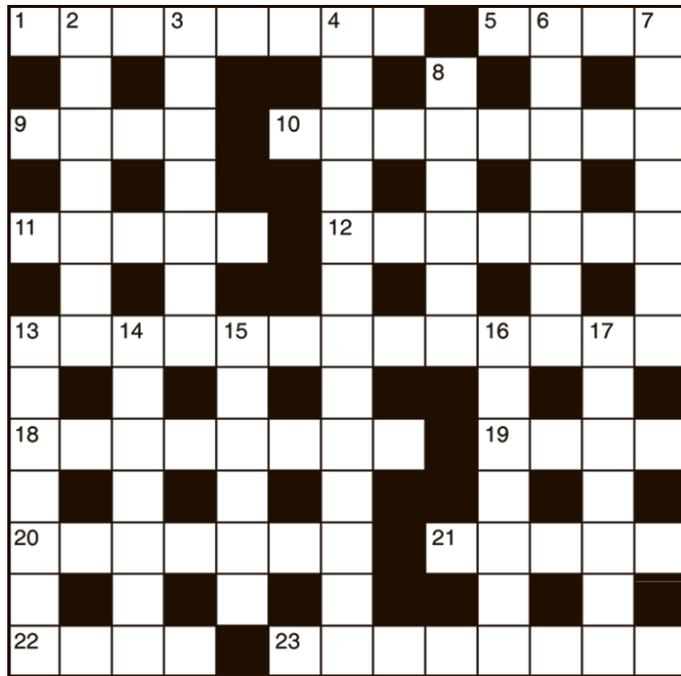
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**Last week's cryptic crossword solutions**  
 Across: 7 Take exception; 8 Prompter; 9 Else; 10 Daunts; 12 Extent; 14 Heater; 16 Strive; 18 Omen; 20 Tiresome; 22 Ruling classes.  
 Down: 1 Fair game; 2 Vermin; 3 Exit; 4 Tearless; 5 Street; 6 Bows; 11 Strategy; 13 November; 15 Tennis; 17 Resist; 19 Maud; 21 Roll.

## CRYPTIC CROSSWORD

### ACROSS

- Mother will hang about and waste a doctor's time (8)
- Continent, as I am to start with (4)
- Give out when it's time to come back (4)
- Fit as a lithe cat may be (8)
- Entangle wool and express displeasure (5)
- Bitterly continues a row with the French (7)
- Paper clip, perhaps, to keep things secure (5,8)
- It's quite fair to sing about wine (8)
- Look for support in return (4)
- One particular about their fare (7)
- Suitable tobacco for Oliver? (5)
- Ties for position (4)
- They're important to one's standing as a rider (8)

### DOWN

- Charitable minister almost nutty over royalty (7)
- Limits in rents, perhaps (7)
- Amusement for which I rent men a tent, perhaps (13)
- Prepared scheme – for winning a game of tennis? (3,4)
- One charging a couple of hundred to the employer (7)
- Aircraft at the end of the flight in the sky (6)
- Have the company of constables on a ship (7)
- One of those self-expressive types (7)
- Begin to put the plan down on paper (3,3)
- Authorise a rising Middle East nation (7)
- Balances used in eleven supermarkets (5,2)

## QUICK CROSSWORD

### ACROSS

- Clumsy (8)
- Unhearing (4)
- Fail (4)
- Inclination (8)
- Sum (5)
- Apparent (7)
- Judgment to execute (5,8)
- Check (8)
- Inform (4)
- Put on trial (7)
- Fundamental (5)
- Neat (4)
- Reputation (8)

### DOWN

- Offensive (7)
- Moment (7)
- Couturier (5,8)
- Exaltation (7)
- Tiredness (7)
- Admit (6)
- Latent (7)
- Pledged (7)
- Terrible (6)
- Take out (7)
- Vocation (7)

**Last week's quick crossword solution**  
 Across: 7 Inexhaustible; 8 Rehearse; 9 Tube; 10 Physic; 12 Strain; 14 Origin; 16 Remiss; 18 Foil; 20 Ethereal; 22 Jurisprudence.  
 Down: 1 Untether; 2 Excess; 3 Lair; 4 Assessor; 5 Victor; 6 Club; 11 Contempt; 13 Instance; 15 Gallie; 17 Market; 19 Opus; 21 Haul.

## CODEWORD

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

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

## SUDOKU

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

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

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

### Last week's Codeword Solution

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

### Last week's Solutions

#### Medium

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

#### Hard

5	8	4	2	3	7	1	9	6
9	2	7	1	4	6	3	8	5
6	3	1	5	9	8	4	7	2
3	4	2	9	1	5	8	6	7
1	9	6	8	7	2	5	3	4
8	7	5	4	6	3	2	1	9
2	6	3	7	5	1	9	4	8
7	5	9	3	8	4	6	2	1
4	1	8	6	2	9	7	5	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 divisable by any one digit number, 2,3,4,5,6,7,8 or 9 finishe

with 1, 3, 7 or 9;  
 • Any number divisable by 5 finishes with 5.  
 For example:  
 Let's crack ABC code when:  
 1) A, B and C are numbers between 1 and 9, included.  
 2) A+B+C = 10 (the sum of A plus B plus C is 10).  
 3) C > A > B (Number C is larger than number A which is larger than B).  
 4) ABC ÷ 4 (The three digit code is dividable by 4).

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When the code, ABC is dividable by 4, then C, the third digit can be 2, 4, 6 or 8.  
 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 46.  
 Now your turn: Puzzle 70  
 ABC is the three digit Vincicode number, in which A, B and C are numbers between 1and 9, included. Find the code ABC where :  
 A+B+C= 8  
 B > A = C  
 ABC ÷ 7

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

# Number crunching

**N** Neil Conolly

Who would have thought that Bernhard Langer would steal the headlines from Bryson Dechambeau on the final day of the Masters; and yet at the ripe old age of 63, he did exactly that and beat the youngster in a completely different fashion around the golf course.

**T**he German became the oldest player ever to have made the cut, beating Tommy Aaron's record. Langer, the two-time Masters champion, has made six of the last eight cuts at Augusta, a feat hardly recognised yet incredibly newsworthy. Bernard got to play with two of the longest hitters on the Tour at the weekend; Rory McIlroy and the aforementioned Bryson Dechambeau. Known for his sharp focus on the golf course, Langer found himself spectating and watching these two fabulous exponents of the long ball and realising that he had to snap out of it and concentrate on his own game. In his final round he

had to hit 2 three woods and six rescues into par fours. A factor which didn't go unnoticed by his playing partners who marvelled at the German's ability to grind a score and compete at the highest level at age 63. He knew that he wasn't going to be able to contend for the green jacket this year and he wasn't surprised that he could compete and make the cut; "it's all about the putter" he says. If it's warm or hot he can shoot par or below, if it's cold then he has very little chance. So with that game plan in mind he goes out and does his very best with every single golf shot. Playing the angles, taking his chances and hopefully holing a few putts. I think the best example of

how differently the game can be played is the way the 3rd hole was covered by the two players. Bryson pulled driver out and hit the green, Langer hits a rescue lay up, then hits a great shot into the green and holes the birdie putt, well Bryson three putts for par. Dechambeau outdrove his German counterpart by 768 yards over the course of the 18 holes they played, yet Langer bettered the American by two shots when the cards were handed in. Amazing really. Another delightful subplot for the weekend's golf, was that the admiration went both ways. Whilst Bernhard was in awe of the distance his playing partners were hitting the ball, they reciprocated this feeling watching him plot his way around the golf course, calculating every angle to his advantage and executing each shot as if his life depended on it. It goes to show that distance isn't everything, never has been and never will be. Accuracy and precision has always been Bernhard Langer's hallmark, there are many stories to back this up. My personal favourite is when the German was asked



Bernhard Langer

in an exhibition on the driving range to hit the ball over the numbers 200 yards away, Bernard with a slight grin inquired which number particularly did the spectator want him to hit the ball over. That story is 35-years-old, and nothing has changed.

Does he believe he can make a few more cuts, definitely, so long as the putter behaves itself. Which rounds itself nicely towards the players I tend to coach who have been known to come into the Academy saying my irons play okay, if

only I could sort my driver out. With little mention or focus given to the short game. There are definitely lessons to be learned here such as age proofing your game by having a strong 100 yards to the hole game. It's not sexy but it does work.

## Hansen seals maiden victory

Joachim B. Hansen claimed his first European Tour title with a composed bogey free round of 67 on the final day of the 2020 Joburg Open.

The Dane had entered day four a shot behind Wilco Nienaber and with the duo clear of the rest of the field, a two horse race soon developed at Randpark Golf Club.

The local favourite turned in 32 to open up a three shot lead heading into the back nine but Hansen displayed nerves of steel as he birdied the tenth, 12th and 14th to fight his way back to the top of the leaderboard at 19 under.

Nienaber got a remarkable break as his ball stayed dry on the par three 17th but he could not take advantage, and Hansen parred his way home to win by two shots and become a European Tour champion in his 146th appearance.

South African Shaun Norris carded a closing 66 to finish at 16 under, with another home favourite in Brandon Stone, Canada's Aaron Cockerill and England's Steve Surry six shots off the lead.

There were tears in Hansen's eyes after he holed the winning putt to complete a long journey to European Tour victory ten years after turning professional.

He graduated from the European Challenge Tour in 2012 and 2015 but had a breakout year in 2018, claiming two Challenge Tour victories en route to becoming the first Dane to top the Rankings since Thomas Bjørn 23 years earlier.

The 30-year-old had his best year to date on the Race to Dubai in 2019 as he finished in the top 50 on the Rankings presented by Rolex and, after securing an impressive top ten in the Rolex Series at the BMW PGA Championship last month, he is now a winner, making it a Danish hat-trick in 2020 after Rasmus Højgaard's brace of victories.

"It's quite emotional," he said. "This is what we work for, you know? The family watching back home."

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# Portuguese darts player José de Sousa wins Grand Slam

On 24 November, darts player José de Sousa won the Grand Slam 2020 in Coventry (England) and became the first Portuguese player to win a major event at the Professional Darts Corporation (PDC).



Jose De Sousa who played with no fear in his first ever TV final, averaging 99.95 and hitting 15 180's in a 16-12 win over James Wade.

**S**ousa defeated PDC's seventh ranked player, James Wade, in the final and won a prize of £125,000 (140,000 Euros), as well as climbing to 16<sup>th</sup> place in the ProTour ranking. This is the best result ever of the 46-year-old Azambuja native, who only two years ago, after winning the ProTour card, dedicated himself to the sport full-time. "It was a big difference in my life. Five years ago, I was sitting on the sofa watching these players on TV and wishing one day I could come here and play with them. And look at me! I

won the Grand Slam! A dream come true. It's fantastic," said José de Sousa in a statement to the PDC broadcast moments after lifting the trophy. Sousa qualified for the Grand Slam 2020 by winning the European Darts Grand Prix in October, and finished the group stage of the tournament played in England in second place, with two wins (5-4 against Polish Krzysztof Ratajski and 5-1 to England's Lisa Ashton) and a defeat (5-2) to England's Michael Smith. After beating Dave Chisnal 10-7 in the round of 16, he crossed paths with the PDC Order of Merit fourth place

again, but this time he beat Michael Smith 16-14.

In the semi-finals, the player, who has represented Phioenixdarts since August, defeated the renowned Australian player Simon Whitlock 16-12.

Known on the circuit as the Portuguese 'The Special One', for his brilliant career over the last two years, José de Sousa has thus won the first televised event in his career, joining the European Darts Grand Prix won in October in Germany and the Players Championship in Barnsley and Dublin in 2019.

## Ronaldo simply the best?

Juventus striker Cristiano Ronaldo is the only Portuguese nominee for the 'The Best' awards, included in the list of 11 candidates in the category of best footballer of 2020, released by FIFA.

Ronaldo shares the nomination with Thiago Alcântara (Bayern Munich / Liverpool), Kevin De Bruyne (Manchester City), Robert Lewandowski (Bayern Munich), Sadio Mané, Mohamed Salah and Virgil van Dijk (all from Liverpool), Kylian Mbappé and Neymar (both Paris Saint-Germain), Lionel Messi (FC Barcelona) and Sergio Ramos (Real Madrid).

Alisson Becker (Liverpool), Thibaut Courtois (Real Madrid), Keylor Navas (Paris Saint-Germain), Manuel Neuer (Bayern Munich), Jan Oblak (Atlético de Madrid) and Marc-André ter Stegen (FC Barcelona) are all nominated for the best goalkeeper award.

The award to distinguish the best coach will be decided between the candidates Hans-Dieter Flick (Bayern Munich) - who won the Champions League -, Julen Lopetegui (Seville) - winner of the Europa League -, Marcelo Bielsa (Leeds United), Jürgen Klopp (Liverpool)

and Zinedine Zidane (Real Madrid).

The 'The Best' awards ceremony, which was initially scheduled for September, but was postponed due to the covid-19 pandemic, will take place on 17 December, in an exclusively virtual event, FIFA announced.

The 11 categories of 'The Best' awards, male and female, will be elected by 'captains' and coaches from all over the world, alongside supporters and media representatives from countries around the globe.

Voting will take place until 9 December.

Argentine Lionel Messi and American Megan Rapinoe were awarded in 2019 as the best players in the world, while German Jürgen Klopp and Englishwoman Jill Ellis were elected the best coaches.

Messi won the sixth trophy for the best footballer in the world (2009, 2010, 2011, 2012, 2015 and 2019), surpassing Portuguese Cristiano Ronaldo, who has a total of five (2008, 2013, 2015, 2016 and 2016/17) and who last year saw him being voted in to third place, behind the Argentine and Dutchman Virgil van Dijk.

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