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Government gives "green light" for Christmas



The government has announced the new lockdown measures for the country, while highlighting loosened restrictions for the Christmas period as long as the situation remains stable. (Lusa / Luís Forra) Full story P3.

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Marcelo Rebelo de Sousa in the running for President. **P4**

Brits choosing Algarve for 2021 holidays. **P6**

Hilton to open three new hotels in Portugal. **P14**

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Positive results in climate change

Portugal has climbed eight positions, compared to 2019, in the Climate Change Performance Index and was the third country with the highest increase in climate measures, after Sweden and New Zealand.

The Climate Change Performance Index 2021 (CCPI) is a comparative analysis of climate protection in 57 countries (plus the EU), which represent 90 percent of global greenhouse gas

emissions, and is the responsibility of two international organisations; Germanwatch and NewClimate Institute. The list released doesn't yet

reflect the year of 2020 and the consequences of the pandemic however the two organisations said that no country on the list is on a path compatible with the

objectives of the Paris Agreement, signed by almost every country in the World in December 2015. However, they point out that greenhouse gas emissions are

decreasing in more than half of the countries analysed. The EU receives a high rating of climate protection and within this there are seven countries that also stand out positively, one of them is Portugal. In the analysis of the Portuguese classification, the environmental association Zero, which is part of the International Climate Action Network (which cooperates in the publication of the Index), highlights the important rise of Portugal, but warns that the emission of greenhouse gases per capita are still increasing, without a large increase in the use of renewable energy. The Index, published annually since 2005, measures greenhouse gas emissions, renewable energy, energy use and climate policy, and intends to create political and social pressure on countries that don't reach the objectives.



Portugal is one of seven countries in the EU with a high rating of climate protection

THE PORTUGAL News

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Weekly Weather

Mainly wet weekend

It is to be a wet weekend almost everywhere in Portugal this weekend with rain across the country except in the south.

Lisbon

The wet weather is to continue this weekend with the heaviest showers expected on Saturday and temperatures to reach highs of 18 and lows of 12 degrees. From Monday the rain is to continue for the remainder of the week with temperatures falling to highs of 15 and lows of 12 degrees.

The north

There will be a slight chance of some sunny spells on Saturday however rain is expected all weekend and into the following week. Temperatures are to reach daily highs of 15 degrees and nightly lows of 12 degrees while winds are to be predominantly from the south and moderate in speed.

The centre

On Saturday the chance of rain in the centre will be under 50 percent however for the rest of the weekend and the upcoming week, heavy rain is expected with only a slight chance of intermittent sunshine. Temperatures are to reach average daily highs of 12 degrees and nightly lows of 8 degrees.

The south

It is predicted to be mainly dry this weekend in the south with only a slight chance of rain and temperatures to reach highs of 21 degrees and lows of 13 degrees. From Monday the rain clouds are to roll in again for the rest of the week with temperatures then falling to highs of 18 and lows of 10 degrees.



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Government gives “green light” for Christmas

The government has announced the new lockdown measures for the country, while highlighting loosened restrictions for the Christmas period as long as the situation remains stable.

At the end of the Council of Ministers, which approved the measures to be put in place during the state of emergency and will be in place between 00:00 on 9 December and 23:59 on 23 December, Prime Minister António Costa said that the measures relating to the Christmas and New Year period will be subject to evaluation on 18 December to confirm the trend of improvement of the Covid-19 pandemic.

Costa said that the Portuguese people have a “green light” to celebrate Christmas and New Year but warned that if the epidemiological situation worsens, the Government will not hesitate to “put on the handbrake”. “I have to be frank and speak clearly and truthfully to the Portuguese: If things do not continue to go as they have done, if things change radically, if we have an exponential growth of the epidemic again, we will have to apply the handbrake”, said António Costa.

António Costa announced that the Government intends to ease the restrictions during the Christmas and New Year period if the current trend of reducing the transmissibility rate continues. “I do not want to define a red

line here and I want to insist that it is within our reach to have a green light for Christmas through continuing to comply with the rules over the next fortnight in the same way as we have complied in the last 15 days”, he added.

The details of the proposed festive lockdown measures are stated below, although these are subject to change according to the decision of the government on 18 December.

Christmas

- Movement between municipalities allowed between 23 and 26 December

Councils of “extremely high risk”, “very high risk” and “high risk”

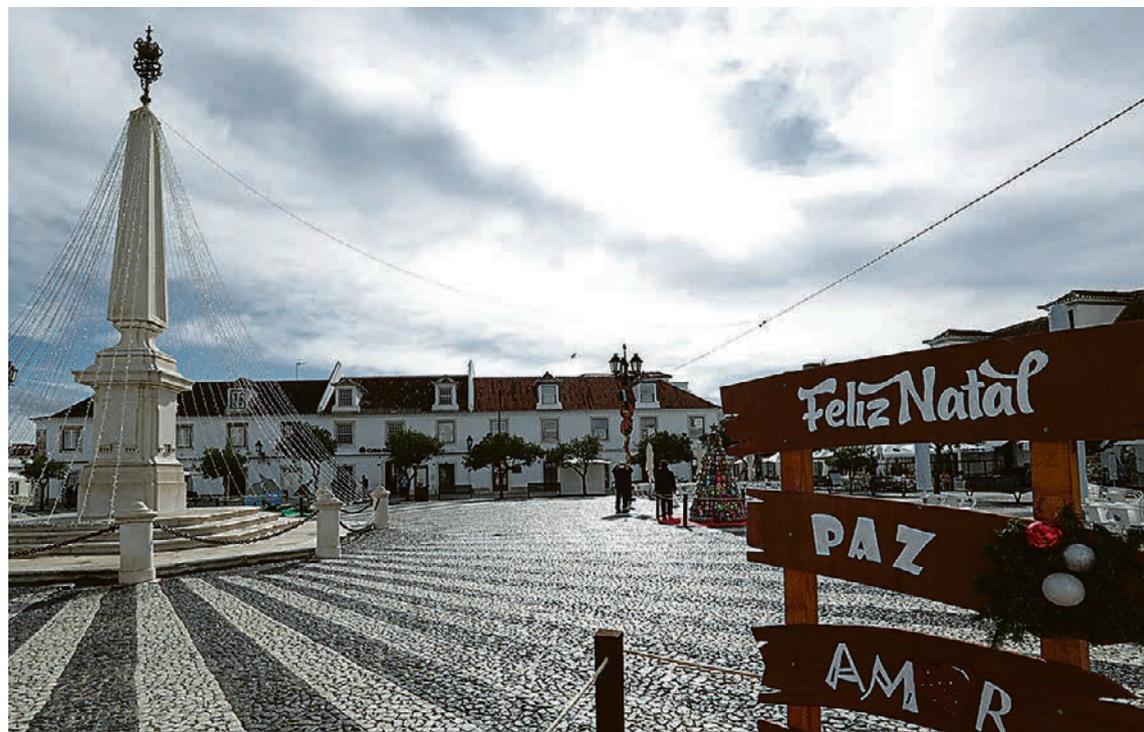
- On 23 December curfew is maintained between 1am and 5am, except “for people who are travelling”.

- On 24 and 25 December the curfew will only be from 2am until 5am.

- On 26 December (Saturday) the public road ban will only come into force at 11pm.

- On 24 and 25 December, and regardless of their location, restaurants may operate until 1am (public access is excluded for new admissions at 00:00) and the closing times for cultural establishments do not apply.

- On 26 December, restaurant establishments may operate, for



Costa has warned that if the epidemiological situation worsens, the Government will not hesitate to “put on the handbrake”.

meals in the establishment, until 3:30pm.

New Year

- Movement between municipalities is prohibited between 00:00 on 31 December 2020 and 5am on 4 January 2021, “except for reasons of health, extreme urgency or other specifically provided for”.
- Public festivities or celebrations

open to the public of a non-religious nature are forbidden on 31 December and 1 January 2021.

- According to the Prime Minister, on New Year’s Eve “gatherings in public of more than six people” are not allowed.

- On 31 December the ban on public transport only comes into force at 2am.

- On January 1, 2021, the curfew enters into force at 11pm.

- On New Year’s Eve, restaurants and similar establishments, regardless of their location, may close by 1am (public access is excluded for new admissions at 00:00).

- On 1 January, in “extremely high risk” and “very high risk” councils, catering establishments and similar establishments may only operate, for meal service in the establishment itself, until 3.30pm.



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Marcelo Rebelo de Sousa officially running for Presidency

“I will not escape my responsibilities”, guaranteed Marcelo Rebelo de Sousa, the current President of the Republic who is also running for the new election scheduled for 24 January 2021, insisting on following the same vision that he had in 2016: “Portugal as a platform between cultures, civilisations, oceans and continents”.



Marcelo Rebelo de Sousa, who will turn 72 on 12 December, is running for the presidential elections for the second time for a mandate of another five years.

The current President, known as the President of the “people and hugs”, announced his decision in the same place where in 2016 his campaign centre had been located, in a pastry shop in Belém. “I am running as a candidate for the Presidency of the Republic, because we have

a pandemic to face, because we have an economic and social crisis to overcome, because we have a unique opportunity to overcome the crisis and change Portugal for the better”, said Marcelo Rebelo de Sousa in the Versailles pastry shop in Belém, Lisbon, with the colours of the national flag behind him.

Marcelo Rebelo de Sousa also defended that Portugal needs to continue to have a President of the Republic “with proximity” to the citizens and who also contributes to a political framework of “democratic pluralism, dialogue and convergence”. Marcelo Rebelo de Sousa is a retired professor of Law, he

was the former president of the PSD party and a political opinion maker on television (TVI) and assumed the leadership of the State on 9 March 2016 after being elected with 52 percent of the votes.

Marcelo Rebelo de Sousa, who will turn 72 on 12 December, is running for the presidential elections for the second time for a mandate of another five years, the maximum that the Portuguese law allows. When submitting his candidacy, Marcelo Rebelo de Sousa became the new candidate among the nine already running for the presidential elections. In addition to Marcelo Rebelo de Sousa, the other candidates are: Ana Gomes, André Ventura, Bruno Fialho, João Ferreira, Marisa Matias, Paulo Alves, Tiago Mayan and Vitorino Silva.

Brief notes on the other eight candidates

Ana Maria Rosa Martins Gomes, 66 years old, is a

lawyer and ex diplomat, having stood out as head of the Portuguese diplomatic mission in Indonesia during the process of the independence of Timor-Leste.

André Claro Amaral Ventura, 37, is a university professor, president of the Chega party and a deputy since 2019, the year in which the party ran for the first time in legislative elections, which he was elected as the only deputy of the party.

Bruno Fialho, 45, exercised the profession of lawyer and is president of the Democratic Republican Party (PDR).

João Manuel Peixoto Ferreira, 42, is a biologist, MEP and councilor at the Lisbon City Council and deputy of the PCP party.

Marisa Isabel dos Santos Matias, 44, is a sociologist and MEP elected by the Bloco de Esquerda since 2009, the party of which she is a leader, integrating the National Bureau and the Political Commission.

Joaquim Paulo Pinto Alves, 51, is a businessman and was a candidate for the Municipality of Felgueiras in 2017 by the Juntos Pelo Povo party (JPP).

Tiago Mayan Gonçalves, 43, is a lawyer and one of the founders of the Liberal Initiative party, currently presiding over its Jurisdiction Council.

Vitorino Francisco da Rocha e Silva (known as Tino de Rans), 49 years old, was a paver and president of the parish of Rans (his native land, in the municipality of Penafiel) between 1994 and 2002, elected on the PS lists. Despite declaring their candidacy, candidates are only formalised after being accepted by the Constitutional Court and after the presentation and verification of a minimum of 7,500 and a maximum of 15,000 signatures of voters, which will have to be submitted until Christmas Eve, 30 days before elections, according to the Republican Portuguese Constitution.

Support to continue until end of year

The government will extend, until the end of the year, the extraordinary payment of the financial contributions to social solidarity institutions that have had social responses suspended because of Covid-19.

The decision was published in the *Diário da República*, and came into force on 10 December, but has effect from 1 October, and alters the ordinance that defines and regulates the terms and conditions for the granting of extraordinary aid to the social and solidarity sector in the wake of the current pandemic.

The government had already extended this support until 30 September, and is now doing so again, maintaining the payment of these financial contributions until 31

December 2020 and also covering social responses of a residential nature.

“The amount of the social security financial co-payment due to the institutions, in the responses that were suspended, remains unchanged, until 31 December 2020, compared to the figure for February 2020, if the frequency recorded is lower than that recorded in that month”, reads the published ordinance.

On the other hand, it is defined

that this extraordinary support is also paid to residential responses to support elderly and disabled people.

With these changes, the government also defines that it will increase the co-payments for day centres with suspended activity where it was necessary to provide such support at home.

This measure also applies to day centres that have already resumed their activity, but “whose adaptation to the context of the pandemic justifies the need for home support”.

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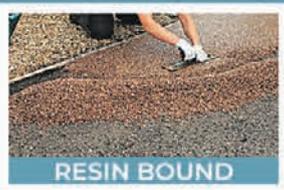
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Brits choosing Algarve for 2021 holidays

Flights to Faro airport are among the most sought after by British tourists who plan to travel in Europe for next year's holidays.

According to a press release from the Associação Turismo do Algarve (ATA) Turismo, the surge in the number of British people looking to the Algarve for

their next holiday has been reported in the most recent study by Skyscanner, a global company dedicated to travel research, which places Faro at the top of the Top 5 searches conducted for European destinations,

followed by locations such as Malaga, Palma de Mallorca and Ibiza, in Spain, and Dalaman in Turkey.

According to the study, following recent news about the arrival of vaccines for Covid-19, UK tourists have been showing an increasing interest in travelling abroad during the spring and summer of 2021. The data for November this year points to a weekly increase of 48 percent in the number of searches carried out, from the UK market, for trips between 1 April and 31 August of next year.

"Although it is premature to draw conclusions, these seem to be promising indicators for tourism and for the Algarve in particular", says João Fernandes, president of Turismo do Algarve.

"Throughout these months, we have been reinforcing the message that the Algarve is a safe destination, fully prepared to welcome its tourists again with the welcome to which they have always been accustomed. That perception is now very present in tourists, namely in the British, so we believe that the Algarve is well positioned to receive these travellers again, as the confidence levels for travel begin to increase", he concluded.



A Skyscanner report has seen a surge in interest in flights to Faro next year from British travellers

Controlled collapse of cliff in Albufeira

The Portuguese Environment Agency (APA) announced a controlled collapse of part of a cliff on Arrifes beach in the municipality of Albufeira (Algarve), after a possible risk of collapse was identified.

Controlled landslides for cliff stabilisation are a preventative practice that allows an increase in the level of safety, "because the stability of cliffs is unpredictable due to the natural variability of these structures," the APA said in a statement.

Cliff collapse is frequent along the Algarve coast, especially in the western Algarve, due to weather conditions and the dynamics of the soil itself. According to the Environment authority, observation of the rocky cliffs and recording of mass movements "are often carried out by land, in routine or specific field outings after storms or heavy rainfall, by sea and by air, with continuous photography of the coast at least once a year".

The Portuguese Environment Agency said that it is also evaluating the intervention in occurrences in recent days, on the beaches of Maria Luísa (Albufeira), Porto de Mós (Lagos) and Salema (Vila do Bispo), in the district of Faro.

The Algarve Hydrographic Region Administration, the Câmara de Albufeira and the Capitania of the Port of Portimão were involved in the operation of the controlled collapse to stabilise the cliff at Arrifes beach in Albufeira.



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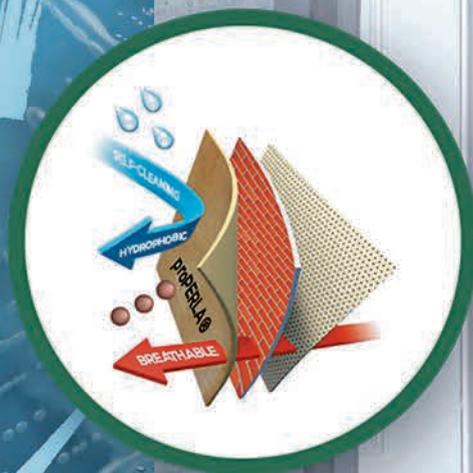



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Helping children this Christmas

At Refood in Faro, there are many letters hanging on their Christmas tree, all with requests from 100 children of families in Faro, which can be collected by the community to fulfil these Christmas wishes.



As well as making food donations, Refood Faro is also working to provide Christmas presents for needy children this year

“Anyone in the community who wants to help us and provide a happier Christmas for these children, can come to us at Refood, take

one of these letters, see the children's wishes and provide one of the requests”, said Carlos Reis, one of the coordinators, to Lusa News Agency in Faro from the

institution, which collects and distributes surplus meals from restaurants, and also those made by volunteers. Refood will “keep in touch” with whoever takes the letter

and once they have the gift it will be stored for later delivery to the children. The idea emerged in lockdown, when the voluntary movement took food baskets to the families' homes and came across children who “were delirious with a box of cereal”, Paula Matias, also coordinator for two years, said to Lusa. Paula Matias said that what has touched her most was the fact that some of the children were very modest in their requests, with some even asking simply for “happiness and health”. “Not only to provide joy to these children, but also comfort to parents, because in the situation they are currently in, they can't, in

any way, give that joy to their children and we try to help, so that they have a more dignified Christmas”, she highlighted. It was through a friend that Catarina Anastácio and Luísa Cabrita learned about the initiative and decided to help by contributing to a “good Christmas, with sharing, food, gifts and happiness”, as Luísa pointed out. “We don't have a lot of money, but we have more than some people and I think we can contribute and give to those who have less” said Catarina. Carina Ataíde is one of the people supported by the institution, she told Lusa that this is the second

Christmas that she has received support. Aware of the difficulties, their two children “already know that it is not possible” to have Christmas gifts. “They don't ask... because they know it's difficult”, she lamented. Assuming that “it is complicated” for a mother to be unable to respond to her children's requests this Christmas season, Carina stressed that the food support she receives allows her to channel the money towards the outstanding things that “are yet to pay”. The orders collected by Refood range from wishes for happiness or a basket of food to toys, musical instruments and second hand mobile phones.

Mediterranean Diet recognition boosting Tavira

The classification of the Mediterranean Diet, as an intangible Heritage of Humanity for the past seven years has benefited the development of sectors such as gastronomy and tourism in Tavira, the mayor told Lusa.



“The Mediterranean Diet is rooted in the habits of Tavirenses and this is reflected in the development of some sectors, namely gastronomy, tourism, culture, sports and education”, said Ana Paula Martins.

After Fado, the Mediterranean Diet was the second Portuguese item to be included in the list of intangible heritage of the United Nations Educational, Scientific and Cultural Organization (UNESCO) on 4 December, 2013, and Tavira was chosen in Portugal as the representative community..

Speaking to Lusa on the

occasion of the anniversary of the classification, Ana Paula Martins considered that it was an “honour” for Tavira to represent Portugal in the candidacy that brought together localities from several Mediterranean countries, but stressed that the distinction brought a “responsibility” to the municipality.

The mayor of Tavira stressed that since 2013, “a safeguard plan has been created that aims to preserve and transmit this millennial experience to current and future generations”, in order to ensure a “priority” of the municipality.

The aim of the plan, she stressed, is the “protection and appreciation of Mediterranean cultures, knowledge and local products, cultural landscapes, traditional cuisines and gastronomies, festivities and the promotion of community health”.

By ensuring the preservation of the Mediterranean Diet and the values associated with it, it is also ensured that “knowledge, creativity, identity and sustainability of the territories and the environment are enhanced”, argued Ana Paula Martins.

The municipality has also been working to take advantage of the “sense of community belonging” to “promote Tavira as a community representative of the Mediterranean Diet”, both inside and outside the country.

“We will continue to stand firm in our mission to defend and spread the essence of this lifestyle. On the occasion of the celebration of another anniversary, it is important to remember that the Mediterranean Diet is a cultural model that incorporates ancient social values and practices”, said the Mayor.

Drought over in Algarve

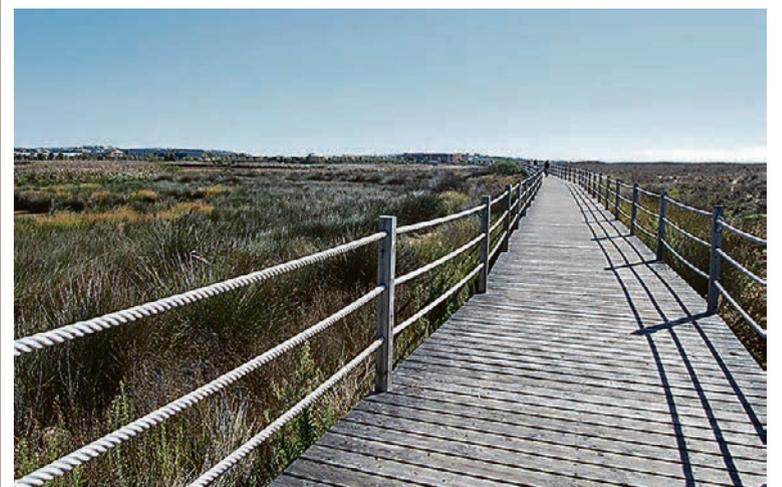
The mainland of Portugal saw the end of the meteorological drought in Baixo Alentejo and in the Algarve at the end of November, but there was a rise in the class of drought in the Minho and Douro region, according to IPMA.

The data indicates that at the end of November there was a general increase throughout the territory in the values of percentage of water in the soil, with a significant recovery in the South Region, in particular in the eastern Algarve.

The institute classifies the drought meteorological index into nine classes, which varies be-

tween “extreme rain” and “extreme drought”

In addition to the drought index, the Bulletin about the weather available on the IPMA website indicates that the month of November was classified as very hot in relation to air temperature and normal in relation to precipitation, according to Lusa News Agency.



There was a significant recovery in the drought index noted in the Algarve and Baixo Alentejo

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Start-ups to develop tourism projects

66 entrepreneurs from 38 start-ups have been selected to begin projects to take advantage of the increase in the tourist demand in the interior of Portugal.



The project intends to boost the local economy of the interior of Portugal through new tourism initiatives.

The programme is promoted by the Creative Territories and Tourism of Portugal and involves a total of 40 mentors. Participants will receive training and mentoring from tourism specialists, entrepreneurs, investors and academics during an online boot camp whose operations centre is in Alvaiázere, in the District of Leiria. According to a press release, the start-ups “were selected among more than one hundred candidates made up of entrepreneurs from all over the country, including some who are run by people who are still students attending university”.

The executive chairman of The Creative Territories, a consulting and entrepreneurship support company that organises the ‘Green Up’ for the Tourism of Portugal programme, explains that “it was planned that the two days of ‘boot camp’ would be in person in Alvaiázere”. However, the evolution of the pandemic in Portugal and the rules of the state of emergency forced the organisation “to ask the 66 entrepreneurs involved and their 40 mentors to remain in their offices and in their homes throughout the action,” says Luís Matos Martins. Luís Matos Martins points out

that the Interior of Portugal “has increased its competitiveness as a tourism region since the beginning of the Covid-19 pandemic, which has validated a historical demand in terms of tourism and restoration, contrary to what happens in traditional tourist areas”. For the Executive President of the Creative Territories, “this competitiveness has to be directed at encouraging people to stay in their regions of origin by helping to accelerate the local economy, creating new opportunities in the tourism sector”, which the ‘Green Up’ programme will help to develop.



News in Brief

Covid jab will be ‘free, optional and administered by SNS’

The Minister of Health has said that the vaccine against Covid-19, which may arrive in Portugal as early as January, will be free, optional and administered by the National Health Service (SNS). Marta Temido spoke to journalists in Lisbon at the end of a meeting attended by the Prime Minister, other Ministers and members of the task force created by the Government to design the vaccination plan.

Snowfall in Algarve

Snow fell in the Algarve last weekend; the recent chilly temperatures dipped to single figures in some places. Pictures on social media showed Foia Peak, in Monchique, the Algarve’s highest point, blanketed in white snow. Several weather warnings were subsequently put in place, particularly in northern and central Portugal due to strong winds in the highlands.

Portugal welcomes 48 refugees

Forty eight refugees from Turkey arrived in Portugal this week, under the UN High Commissioner for Refugees’ (UNHCR) Voluntary Resettlement Programme, bringing the total of those already welcomed in the national territory to 578. According to a Ministerial statement, of the 48 refugees who arrived in Portugal, 28 are Iraqis and 20 Syrians and correspond to 11 families. They will reside in Loures, Almada, São João da Madeira, Lisbon and Braga.

A22 discounts are a “relief”

The Via do Infante Users’ Committee (CUVI) has said that discounts of between 50 and 70 percent on the A22 approved in parliament are a “relief” for users, companies and populations in the Algarve. According to the Committee, while the reduction in the price of tolls will provide some relief, a complete abolition is what is needed. Discounts on the Via do Infante (A22) motorway tolls will start in January, after the social democrat PSD’s proposals to amend the State Budget for 2021 were voted on, November 26.

Lisbon triggers plan to protect homeless from cold

Lisbon has triggered the preventive phase of its plan to protect the homeless from the cold. Lisbon City Council launched the preventive (blue) phase of the contingency plan to protect the homeless from the cold, due to the forecast drop in temperatures. In a statement, the office of the councillor for Social Rights, Manuel Grilo (BE), stressed that there will be a “reinforcement of clothes, hot drinks and easy access to facilities” to shelter the homeless from the cold weather.



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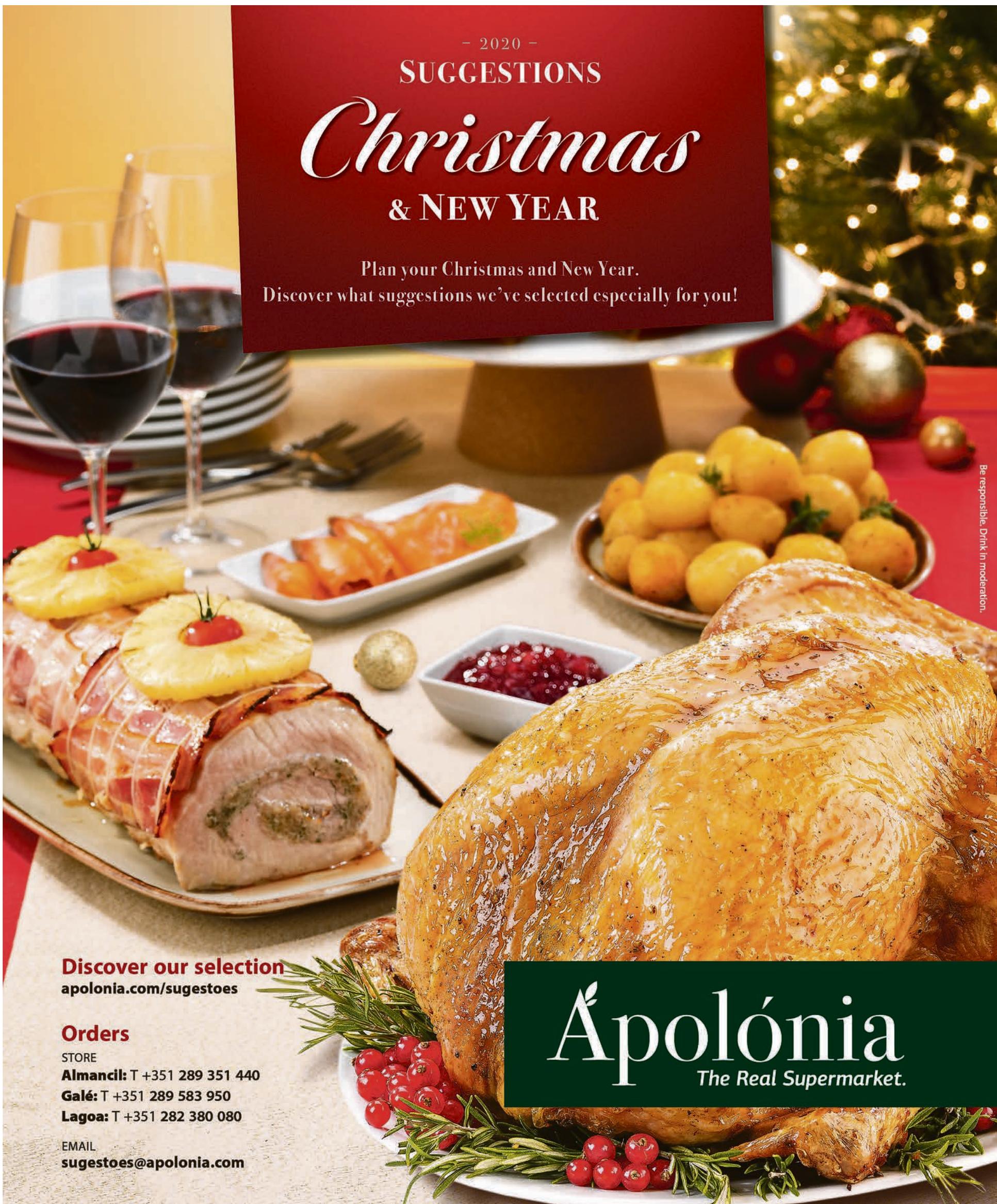
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Ápolónia

The Real Supermarket.

Wine production in the Algarve: a growing market

N Bruno G. Santos

It is estimated that since ancient Greek times wine has been one of our favourite drinks.



Wine production in the Algarve has become an increasingly important part of the local economy.

Produced through the fermentation of grape juice, wine is probably the drink that has brought the most joy to the lunches, dinners and the afternoons of many people around the world. With several variants, be it rosé, be it white or red, while there is a bottle of wine on the table there will certainly be stories to tell and remember. The Last Supper was celebrated with wine and the celebration of the signing of the declaration of

independence of the United States of America was entitled to a toast with Madeira wine, which shows the versatility of the drink, which can either cheer a group of friends or have a serious connotation and terminate contracts that have changed the world. Portugal takes the position of one of the largest wine producers in the world. With wine of all qualities, Portugal produces wines that can please all palates, all over the country and the world. Portugal has wines of

excellence recognised around the world as Port wine, a wine that carries with it an immense history. From the continent to the archipelagos, Portugal has 14 wine regions that produce wine with various characteristics, colours, aromas and smells. Over time, wine is no longer just an essential element to have at a table during lunch, a romantic dinner or simply to cool off in the Summer. Wine has aroused the curiosity of many who proclaim themselves

as experts in the area and search in the most diverse wine cellars for wines with their favourite characteristics. Wine is produced all over the country and in the whole country, it is not only the wine itself but also its production process. In the Algarve region, wine production has gradually grown. The climatic and soil characteristics offer Algarve wines a unique identity. According to Jorge Santos, a sommelier from the Algarve, the juice extracted from the grape is treated using the most modern equipment, which gives the best quality to the final product.

In the Algarve, above all, red, white and rosé wines are produced, each with very specific characteristics. Jorge Santos explained to **The Portugal News**, that Algarve red wines have “ripe fruit aromas”, with balanced flavours and may “age well in the bottle.” Whites, on the other hand, present notes of freshness that, according to the sommelier, combine ‘perfectly’ with local cuisine. The rosés have aromas of red fruits and can either be accompanied with seafood or can also be drunk “fresh on a hot day.”

Wine tourism has grown throughout the country and some vineyards have bet on this tourism, such as Quinta dos Vales, in the municipality of Lagoa, in the Algarve. In an interview with **The Portugal News**, António Francês, director of Quinta dos Vales, admits that the future of the vineyard also involves wine tourism. The bet in this tourist sector involves, for example, the

construction of 32 one bedroom, all with different dimensions, to welcome young couples, without children or “with a small child.” According to António Francês, ‘the Quinta dos Vales project is mainly based on honesty.’ The wines are produced with the help of some professional intervention on the part of the winemakers, because “they are the ones who prepare the wine to reach the level of excellence.”

2020, regarding the quality of the grape, was an “absolutely exceptional year”, but the Covid-19 pandemic changed the plans a little, according to António Francês ‘the surplus concerning what is sold’ is one of the biggest problems of the year 2020, where both white and red wines are in stock without actually being sold. In the municipality of Lagoa, at Quinta da Vinha, Quinta Wines produces a monastic wine and won ‘the gold medal in Brussels’ according to Dinis Gonçalves, the winemaker at Quinta da Vinha. The variety of wine in question is Negramole. Although they were not pioneers in the production of wine of this variety, Cabrita Wines were the first ones to produce Negramole in large volume and to be awarded a prize. Dinis Gonçalves says that everything started with a production of five thousand bottles, now the production is around twenty thousand bottles per year.

Cabrita wines have the most visibility in the Algarve, corresponding to ‘85 percent of sales’, however, the market has been growing and 10

percent of sales are centred in the Lisbon region and 5 percent on exports, according to Dinis Gonçalves.

Like Quinta dos Vales, Quinta da Vinha is not just focused on wine production. It was in 2016 that those responsible for the Quinta created a programme of guided tours, where it is possible to get to know the vineyards, the history of the Quinta and end with a wine tasting accompanied by tapas. The packages are adapted to the customer’s preferences. Sara Silva, president of the Wine Algarve Commission (CVA), told **The Portugal News**, that there are registered in the CVA “45 economic agents, with 38 producers who actively place certified wine on the market.” According to Sara Silva, the CVA, together with the producers, has carried out “important work in the promotion of wines from the Algarve”, whether it is being present at wine fairs or national and international competitions. The demand for the product benefits mainly due to tourism in the Algarve region. Sara Silva emphasises that the demand increases gradually, “following the growth of the region in terms of producers and new brands.”

The president of the CVA management said in an interview with **The Portugal News** that “there are still some myths that have to be demystified”, such as the myths related to the alcohol content of wines, the quality and price of the final product. This work has been done through the training given to the final consumer and, particularly, to those who work in the restaurants. Sara Silva calls for the presence of wines in the hotel industry, as it would bring a lot of visibility to the product.

In general, all those involved in wine production in the Algarve believe in the potential of the final product and hope that the Algarve wine will be recognised and consumed as it deserves.

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Bringing Portuguese design to the USA

The Portuguese decoration design group Covet Group has invested in the direct entry of the DelightFULL and Essential Home brands in the United States, with the opening of offices in Los Angeles and New York and an expansion plan for stores.

The group has entered into partnerships to establish exclusive spaces in stores in five North American cities, Las Vegas (Nevada), Chicago (Illinois), Denver (Colorado), Scottsdale (Arizona) and Montclair (New Jersey), and intends to open five more in 2021, Pedro Gouveia, responsible for the brands in the United States, told *Lusa*. "It is a firmer step in the internationalisation process," Pedro Gouveia said. "Now, our customers have a place where they can go and have content, people who represent the brand and access to the whole experience". The investment in these five stores, where the brands have their own spaces and dedicated people, should generate a turnover of around half a million dollars in 2021, said the official. "We had very courageous partners, who at this time

when retail is not easy for anyone, have taken this step with us," he said, mentioning CAI Designs, Élan Collections and Modclair. "Investing in physical stores at a time when they are in confinement and cutting investment was a difficult obstacle to overcome and on 7 December physical stores are in full operation". The operation of direct entry into the North American market takes place after years of working indirectly, with representations, consignments and availability of design pieces in the online galleries 1stDibs, Lightology and Lumens. "This investment, whether in stores, in NYC and LA offices, represents the fundamental step in the internationalisation of the brand in the USA", said Pedro Gouveia, "now directly, starting to interact with the market from the country itself, moving our operations definitively for the territory".

Some negotiations for the next openings are already in the final stage and may open in January 2021. "Our goal is to put Portuguese design in the world and spread what are our qualities and our footprint", described Pedro Gouveia. All pieces, decoration and lighting, are produced in Portugal with Portuguese artisan techniques, something that is very attractive to North American customers. "We have our production and the possibility of customizing any piece, we have managed to make the client's dream true, always adapted to our mid-century style and always respecting our codes and languages", described Pedro Gouveia. Being luxury items, with a price level that is not usual in the Portuguese panorama, the United States represents the most valuable market for brands. "A large part of our future

growth lies in the possibility of the customer having a piece that can be unique in the world". Pedro Gouveia explained that customers are divided into residential (60 percent) and hospitality and real estate projects (40 percent), with the Marriott and Hilton chains among commercial customers. Pedro Gouveia also highlighted the importance of the Portuguese-American communities, which are vehicles for promoting the Portugal brand and seek to support Portuguese brands in the United States. "I believe that this operation is a matter of 'awareness', of brand positioning", he considered. DelightFULL designs luxury lamps and lighting pieces in a mid-century style. Essential Home offers pieces of furniture with historical and cinematographic references from the 1930-1960 period.



DelightFULL designs luxury lamps and lighting pieces in a mid-century style.

Advertiser's Announcement

Top London Chef will prepare your Christmas lunch

In a first time offer, Gaspacho & Migas, Lagoa, have invited a top London Chef George Tannock (The Fat Duck, The Capital Hotel, Sexy Fish) to pre-prepare a typical English Christmas menu for you.

The menu has been carefully created using the very best ingredients. Everything will be pre prepared and ready for you to simply put in the oven or reheat.

You'll be able to have the wonderful festive smell of Christmas without the stress of shopping, preparing, cleaning and leftovers. As all you'll need to do is follow the clear instructions on how to add the simple yet professional touches to your Christmas meal on the 25th.

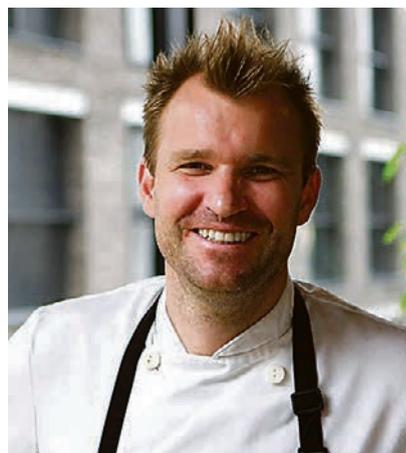
So if you want to spend more time enjoying Christmas than cooking for Christmas this is the choice for you.

Menu:

Starter: Smoked Salmon with Celeriac Volute & Hazelnuts
Followed by: Roast Turkey Ballotine Sausage Meat, Sage, Bacon and Apricot Stuffing
 Crispy Roast Potatoes and Rosemary

Salt Brussels Sprouts,
 Chestnuts & Bacon Spiced
 Braised Red Cabbage
 Carrots with Parsley Béchamel
 Cranberry Clove Sauce
 Turkey Gravy

Dessert: Stem Ginger & Clementine Profiteroles,
 Dark Chocolate and Brandy Sauce



Top London Chef George Tannock will be pre-prepare a typical English Christmas menu for you.

2 people minimum order

Christmas lunch has never been so simple, or as delicious. Pre booking is essential, and numbers are strictly limited. The deadline for orders is 18 December. However, Gaspacho & Migas may stop accepting orders before this date if the number of orders reaches the limit of its capacity. Your order should be placed as soon as possible. Preferably, by email to: take.away.gaspachomigas@gmail.com or alternatively by phone to 282 039 183, between 10am and 10.30pm from Monday to Saturday.

In your order, you must provide your name, contact number, email address and full delivery address if you prefer the order to be delivered at home (Lagoa council area). Deliveries on 24 December will be made until 6pm. Address for pick up orders: Gaspacho & Migas Restaurant - Madre Teresa de Saldanha Street (in front of GNR de Lagoa).

If you want a stress-free Christmas lunch prepared by a top London Chef, don't delay placing your order. The total cost is €37.50 per person, IVA included.

New wing at HPA Gambelas



A new wing on the 2nd floor of the hospital has opened, commemorating the 11th anniversary of the HPA Gambelas.

An additional 1,200 m² provides; "more quality and functionality, but above all, more satisfaction for our patients and our employees", said a spokesman for Grupo HPA.

"Despite the difficulties we have all experienced during these past few months, it was possible to complete a project that was already 2 years old, and which we believe will enable us to offer better quality services, which

is our greatest aspiration."

This new wing will have a small surgery theatre and a new zone for special endoscopic techniques and exams in Gastroenterology, Pulmonology and Urology, including a New Cancer and Gynaecology / Obstetrics Units who have both tripled their reception and treatment capacity.

These alterations have allowed the hospital to create a new Inpatient Unit for Gynaecology / Obstetrics, with Puerperium, Maternity, Delivery Room and Recovery, in addition to a new wing of private rooms.

Advertiser's Announcement

Making Space

This year has seen us all spending more time at home and thinking how to make the most of our outside space, for leisure or for work.

The Decking Dave team can offer some great solutions.

Decking & Pergolas

A deck adds a new dimension to a home, maximising your living space. It may be a simple open terrace deck or perhaps incorporate a shady pergola or complete roof, to relax in the height of summer, to dine or entertain.

Decking comes in a range of materials from pine to more enduring hardwoods or composites, to suit almost any situation or budget. If you have a large garden, a sun-bathed pool terrace, a quaint courtyard, a small patio with potential or a balcony with a view, Decking Dave can make the most of your outside areas.

Garden Studios

Many of us have been working from home during these difficult times, and this is likely to become the norm for those not required to be at a company

office. Working from home can offer advantages to employer and employee alike, in terms of time flexibility, streamlined resources and reduced overheads.

It's important that a home workspace allows you to focus in a comfortable and calm environment. This may not be possible within the home itself, and in such circumstances the value of a garden office or studio comes into its own. Our office studios are bespoke, built to suit your needs, and to similar specifications as a quality timber home, as Construction Manager, Claudiu Croitoru, explains: 'Our wood constructions have insulated cavity walls for thermal & acoustic insulation, and provide a natural environment ideal for work or relaxation. We've built numerous small studios as well as several with their own WC/bathroom and kitchenette facilities for complete independence.' So, if you need some extra space. Call Decking Dave!

For more information, please call 289 149 476 / 916 526 363, email: info@deckingdave.com, or visit: www.deckingdave.com



Hilton to open three new hotels

Hilton has announced their plans to double its portfolio in Portugal and open three new hotels, representing a total investment of around €60 million.

The new hotels will open in Cascais, in the Azores and in the traditional Portuguese city of Porto and will be known as the Legacy Hotel Cascais, Curio Collection by Hilton (will open next year), the DoubleTree by Hilton Lagoa Azores (expected to open in early 2022) and Hilton Porto Gaia (expected to open in summer 2021).

According to Rus

Tourism News, Patrick Fitzgibbon, Senior Vice President, Development, EMEA, Hilton, said: "With more than 24 million visitors last year, Portugal is perfectly positioned to capture pent up consumer demand as international travel returns. The new hotels represent a significant investment and we are working closely with exceptional partners to bring new properties to some of Portugal's fastest growing tourism destinations, including Hilton's first hotels in the Azores and Cascais."

Residency Registration for British Nationals



Dennis Swing
Greene

Even in the year of the pandemic, many British nationals continue to seek out Portugal as a popular destination.

The UK government has multiplied notices to UK citizens who reside in Portugal to have their documentation in order by 31 December. Currently, there are more than 50,000 British nationals residing in Portugal, ranking Portugal in sixth place behind Spain, Ireland, France, Germany and Italy. Official data in 2019 from the Portuguese Immigration and Borders Service (SEF) indicated there were 34,358 UK citizens officially residents in Portugal. SEF officials explain that from January to October 2020, a further 6,469 new Residency Permits were issued to UK nationals for a total of 40,827 current residents. Since 2016, the year of the Brexit referendum, 19,384 Britons registered in Portugal. Up until last October, the increase reached 111%.

The British embassy in Lisbon recognises that there are, in fact, many more Britons living in Portugal than the official figures would indicate. By the end of the year, many more are expected to register officially with SEF. What is certain is that now all will have to deal with the new bureaucracy necessary to remain in the country in January 2021 and beyond. At this point, the embassy also does not have definitive record of the number of British nationals who have already completed all the necessary steps.

Portuguese bureaucracy

At the top of the concerns of the British in Portugal are upcoming changes. One of the reasons for the aggressive advertising campaign to ask British citizens to take care of all necessary documentation is also due to Portuguese bureaucracy. There may be delays in scheduling services as well as problems in accessing services due to the pandemic. The embassy clarifies that Portugal does not oblige UK nationals to apply for a new residency status according to the current agreement. However, as there are many who are still unregistered, it is important that everyone needs to become compliant to protect their rights after the transition period at the end of December. In October, the

embassy, in partnership with SEF, launched a joint campaign asking the British living in Portugal to register where they reside by the end of the year.

Driving licences

You can drive in Portugal with a UK driving licence until it expires. You must register your address in Portugal with IMT services within 60 days of settling in Portugal. The IMT online (Instituto da Mobilidade e dos Transportes - IMT) allows for the exchange of a UK licence for a Portuguese one. Even if you are unable to affect the exchange immediately, British citizens have 90 days after 1 January, so no road test should be necessary.

Healthcare

Another concern is access to the Portuguese National Health System. Coverage may be dependent on your residency status. If British nationals are registered as residents in Portugal, they should have full access to the Portuguese National Health Service (Serviço Nacional de Saúde, SNS).

Passports

British embassies are no longer involved if a passport expires. Renewal is now carried out online. The embassy warns that British citizens living in Portugal that they must have a valid passport after 1 January 2021.

Implementation

The British Government has posted a dedicated website called "Living in Portugal" (gov.uk/livinginportugal or sef.pt/en). The embassy indicates that the Portuguese Government is responsible for implementing the Exit Agreement. British citizens are accountable for ensuring that they have their documentation in order before the end of the transition period.

Dennis Swing Greene is chairman and International Tax Consultant for euroFINESCOs.a. www.eurofinesco.com



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Intermarché: a box of surprises to be discovered

Anne and Franck started in Alenquer, Lisbon in 1999, with their first supermarket, but quickly realised that the south of Portugal would have a lot more to offer. When they took over the management of Intermarché de Lagos, four Intermarché stores in the Algarve (barlavento, Lagos, Lagos Avenida, Alvor and Aljezur), they fondly remember the first supermarket in the south of Portugal: the Intermarché de Lagos. And much has changed since they first walked through those doors. “We work to create a cohesive image, so we remodelled the entire building, always with the goal of providing the best conditions of comfort to customers, without forgetting the employees”, they said. The last remodeling was completed in 2017, which is when they also introduced a FNAC into the same space. Additionally, they transformed the back offices, break rooms and dressing rooms, always with the aim of providing the best conditions for the people who work with them, so that they in turn will always be welcoming and with a smile on their face.

It wasn't always easy. “We learned from difficult moments, because in the beginning we started with more difficult supermarkets and then we bought the Lagos supermarket, which at the time was already known as one of the best and from 2007 when we entered here we began to open the other stores. After some less easy adventures we established roots here”, said Anne Saintemarie. At Intermarché, the business model is also very interesting. Despite being a franchise, there is a very well established communication between

the owners and the central office. Every week, the owners take two days to go to the central supermarket to decide the commercial strategy together with the other owners of the other Intermarché's. This model has many advantages, mainly because it allows owners to present problems that have been raised in their own supermarkets, or to find solutions, ultimately bringing the brand closer to the final consumer. Intermarché, started as a French company, and at the moment they have more than 250 supermarkets distributed across the country.

Anne explains better: “It's like a franchise, but we have more independence. Each owner has to go to the centre weekly to participate, give feedback on what is going on and we will influence the professionals who are in our area. That is the difference from pure franchising and Intermarché franchising. This is super relevant because everything is dealt with on the ground”.

There are no big results, without big dreams. “Our vision is to bring something fundamental, which is to eat better and with sustainability. We have the possibility to carry out our project at each point of sale, the centre gives us some guidelines, but leaves us open to making our dream come true”, said Anne.

Shopping at Intermarché can also be an exciting experience. We can find new surprises around each aisle. In fact, happy customers are what anyone who works in the food sector should aspire to. Here in Intermarché, this is exactly what we are able to find. “Most of the surprises work very well; people are looking for these kinds of things. They are looking for sushi that is

Anne and Franck Saintemarie are a couple of entrepreneurs who in 2007 decided to embark on their journey to the Algarve. For the past 13 years they have been contributing daily to improving sustainability levels in different areas: economic, social, environmental and human, which they consider to be their duty as independent professionals in the food sector.

being made on the premises, looking for a pizza that they are able to see people making - what they see there is what they take home, there is no mystery around it”, said Anne. In addition to these, we can find much more, including orange juice and smoked salmon which are fresh and have an unmistakable taste.

Some more examples of surprises that we are able to find while we are walking around Intermarché Lagos, include peanut butter and nutella that can be made by each one of us, using the small machine that Intermarché has provided for us, organic products in bulk, which is something that is not usually found because organic products are usually sold in plastic packages. In addition, when we end our supermarket shopping we find the solidarity kiosk in front of the cashier desks.

What is the solidarity kiosk? It is a space that exists for only three weeks, in which other small traders have the opportunity to sell their own products in order to increase their visibility for free, that means that the person who will sell their products isn't obliged to pay to the Intermarché owners for being there. This can help lots of traders who take advantage of this opportunity. Anne gives an example of a man who usually sells caramel in fairs. “He used to sell caramel at fairs”, said Anne. However, as we all know, fairs are not currently allowed because of the pandemic and due to the possibilities of spread the virus in that kind of space/event. So this man, like many others, was unable to sell his products like he usually did



before. For this reason, he decided to be present for three days at the Intermarché supermarket, and it was a success! So, currently the man has a space for him to sell his product in the solidarity kiosk. For Anne, this is not an act of charity. “We do it because we need to, we need the people around us. Caramel is made by this man, nowadays it is no longer made, and it makes us feel nostalgic for what we ate before. The idea is to help others, while others help us, we all live together, we share the same country and we must promote the circular economy. This is our role”, she said.

Additionally, Intermarché's commercial strategy always takes sustainability issues into account, it is impossible to escape this central theme that involves more than one area: ecological, social, economical and human.

Related to social sustainability: “We know that we are able to do it and we do it as far as possible. We help associations (such as Fonte da Vida – an Association in Lagos) that supports needy families. Also we try to have a circular economy. Without having a huge budget to

give, we try to help in whatever way we can, like when some food from the take away is left, we have only two options, we can give it to an association that supports people in need, or we can throw it in the trash. Of course, it is our responsibility to choose the first. We, like any entrepreneur, have a greater ability to get in touch directly with people that need our help”, she said.

For the owners of the company, Anne and Franck Saintemarie, their mission is not just about providing food. Of course, that is their primary main goal, but after that they always try to contribute to increasing green options, in the human valorisation of their staff, as in betting on a circular economy in which they prioritise their involvement in the community, establishing that 20 percent of its products must be local products. For this reason, sustainability is the most fundamental pillar of their business. Furthermore, all these choices help to make a supermarket that has been designed specifically for the customer in mind.



What does 'Oil-rich' mean, Daddy?

"The only officials present were American and Saudi," tweeted the Saudi Arabian foreign minister, Prince Faisal bin Farhan Al Saud, but he was lying.

N Gwynne Dyer



Saudi Arabia's Crown Prince Mohammed bin Salman bin Abdulaziz meeting with US Secretary of State Mike Pompeo - EPA/Bandar Aljaloud

Israeli Prime Minister Binyamin Netanyahu really did fly in to Saudi Arabia to spend a few hours with Crown Prince Mohammed bin Salman and US Secretary of State Mike Pompeo.

We owe this knowledge to that indispensable journalistic resource, the flight-tracking websites. They revealed that the private plane Netanyahu usually charters for secret visits abroad departed from Tel Aviv and flew to Neom in Saudi Arabia, taking off for the return

flight three and a half hours later. Once upon a time this would have been headline news around the world. 'US superpower and oil-rich Saudi Arabia get together with embattled Israeli leader to carve up the Middle East', or something along those lines. Whereas today this 'summit', if you can call it that, barely gets noticed. Netanyahu is indeed embattled, but it's corruption charges he's fighting, not a foreign enemy. Pompeo is a soon-to-be-unemployed politician polishing up his CV for a senatorial nomination

in 2022 or the Republican presidential nomination in 2024. Prince Mohammed bin Salman is still effectively the dictator of Saudi Arabia, but that no longer cuts much ice in the rest of the world. The meeting was meaningless. Some of this collapse in relevance is temporary. Netanyahu will eventually go to jail or retire, but Israel will still be the dwarf superpower that bestrides the Middle East militarily. Pompeo and his employer will soon be out of office, and the United States will recover some of its former

position as a 'world leader', at least for a while. But Saudi Arabia will never be back as a mover and shaker. The decline is permanent, because 'oil-rich' is a phrase destined to become as obsolete as 'carbon copy'. The oil revenue of the Arab producers has fallen by more than two-thirds, from \$1 trillion in 2012 to only \$300 billion this year, and it's never coming back up. The decline so far has been driven mostly by a steep fall in oil prices – demand rose steadily but oil production persistently rose faster – but now an absolute collapse in demand looms as well.

As the climate emergency deepens, motor vehicles (which account for half of all oil use globally) are switching to electricity instead. Britain and France are now committed to end all sales of new cars with internal combustion engines by 2030, which means in practice that nobody there will buy a new petroleum-fuelled car after 2025. Many other countries have or are debating similar measures.

So what happens to a country like Saudi Arabia, where four-fifths of the government budget comes from oil revenues? Budget-

cuts are already happening, of course, but revenues will continue to fall. Moreover, the population in almost all the oil-producing Gulf states is still growing fast. At some point these two lines on the graph will intersect in a politically destabilising way. If Saudi Arabia and the smaller Gulf oil-states go on spending vast amounts of money on weapons, ostensibly to protect themselves from Iran, the lines will intersect a little sooner, but in any case it's just a matter of time.

The extraordinary stability of these states – not a single change of regime in the six 'oil-rich' monarchies of the Arabian peninsula in the past fifty years – has been based entirely on the ability of the traditional rulers to buy the acquiescence of their subjects. Once the wealth goes, so does the stability. The Arabian peninsula has been briefly a major centre of power only twice in world history: once in 632-661 CE, after which the capital of the early Islamic empire moved to Damascus, and once from 1973 to the present – but not for much longer.

Even the unity of Saudi Arabia itself, which was imposed by force less than a

century ago, may not survive the transition. The dominant power centres of the post-oil Middle East will be exactly where they were for most of the past thousand years: Turkey, Iran and Egypt. And at no time in the last thousand years have any two of those three powers been able to cooperate for long.

They do have some things in common: Islam (although in two different and generally hostile versions), relatively modern, semi-industrialised economies (Turkey most, Egypt least), and around 100 million people each.

But they are divided by language (Turkish, Arabic and Farsi have nothing in common except loan-words), distance (the capitals are more than 2,000 km. apart), and by history and politics. Egypt occasionally got conquered by one of the other two, but that doesn't count as collaboration.

So it might be argued that the 'Middle East' itself is about to disappear as a meaningful concept. No great loss, really.

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

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ARE YOU A UK NATIONAL LIVING IN PORTUGAL
AND STRUGGLING WITH YOUR RESIDENCY ?

IOM through the UKNSF project is providing practical support to the at-risk UK nationals and their family members with regularisation procedures in Portugal to secure their residency rights under the UK-EU Withdrawal Agreement.

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Cinema

New this week

Greenland

Stars: Gerard Butler, Morena Baccarin, Roger Dale Floyd and Scott Glenn.

Genre: Action, Drama, Thriller

Director: Ric Roman Waugh

Rating: PG13



Plot: A family fights for survival as a planet-killing comet races to Earth. John Garrity (Gerard Butler), his estranged wife Allison (Morena Baccarin), and young son Nathan make a perilous journey to their only hope for sanctuary. Amid terrifying news accounts of cities around the world being leveled by the comet's fragments, the Garritys experience the best and worst in humanity while they battle the increasing panic and lawlessness surrounding them. As the countdown to global apocalypse approaches zero, their incredible trek culminates in a desperate and last-minute flight to a possible safe haven.

Cinema Listings

NOS Forum Algarve - Faro

Pinocchio; Listen; Salma's Big Wish (VP); Honest Thief; Frozen 2 (PV); Miss; Black Panther; Captain Marvel; Toy Story 4 (PV); Superintelligence; The best is yet to come.

NOS Mar Shopping - Loulé

Greenland; Roald Dahl's The Witches; Honest Thief; Salma's Big Wish (PV); Toy Story 4; Superintelligence; Captain Marvel; The Incredibles 2; Jiu Jitsu; Dragon Rider; Black Panther; Frozen 2 (PV).

Gran-Plaza NOS - Tavira

Black Panther; Frozen 2 (PV); Honest Thief; Salma's Big Wish (PV); Superintelligence; Toy Story 4; Captain Marvel; Horizon Line; Paulette; Ava; Effacer l'historique; The reports on Sarah and Saleem.

Algarcine - Portimão

Miss; Salma's Big Wish; Trolls: World Tour (VP); Listen.

Algarcine - Lagos

Listen; Trolls: World Tour (PV); Miss; Salma's Big Wish (PV); Ordem Moral.

Algarcine - Olhão

Listen; Miss; Trolls: World Tour (PV); Honest Thief.

Cineplace - Guia

Superintelligence; Pinocchio; Salma's Big Wish (VP); Come Play; Roald Dahl's The Witches; Honest Thief; Trolls: World Tour (PV); Listen; Horizon Line; Miss; The best is yet to come.

Estação Viana Shopping - Viana do Castelo

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

Cineplace Loures Shopping

Superintelligence; Pinocchio; Salma's Big Wish (PV); Come Play; Roald Dahl's The Witches; Honest Thief; Trolls: World Tour (PV); Listen; Horizon Line; Miss.

Cineplace Leiria Shopping

Superintelligence; Pinocchio; Salma's Big Wish (VP); Roald Dahl's The Witches; Honest Thief; Trolls: World Tour (PV); Vivarium; Horizon Line; Come Play; Listen; Miss.

Cineplace Riosul - Seixal

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

Forum Viseu

Black Panther; Frozen 2 (PV); The best is yet to come; Horizon Line; Salma's Big Wish (PV); Listen; Frozen 2; Toy Story 4; Captain Marvel.

(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

David Fonseca. 22 and 23 December at the Maria Matos theatre in Lisbon. Tickets cost between 17 and 20 euros and can be purchased on www.ticketline.sapo.pt

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

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 'Aljezur International Choir' on Facebook.

Algarve's Jazz Orchestra and Ana Lains.

18 December at Auditorio Duval Pestana in the Centro Cultural de Lagos. Tickets cost 10 euros and can be purchased on www.ticketline.sapo.pt

Theatre

Alice and the other side of History.

3 until 18 December at O lugar de cabo ruivo in Lisbon. Tickets cost 25 euros and can be purchased on www.ticketline.sapo.pt

Agatha Christie's Mousetrap.

Running from 3 to 24 January at Teatro Armando Cortez in Lisbon. Tickets cost 18 euros and can be purchased on www.ticketline.sapo.pt

"Os Tres Virtudes" translated as "The three virtues".

Running from the 4 to 20 December at Casa das virtudes in Faro. Tickets cost 7.50 euros and can be purchased on www.ticketline.sapo.pt

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

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

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, everythingisnew.pt, FNAC, Worten and El Corte Inglés.

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 meobluticket.pt and you can make reservations on 1820 as well as the Altice Arena ticket office, FNAC and Worten.

Other Events

'Lisboa dos meus amores' art exhibition. 3 December until 6 January in Lisbon. For more information please check out welcometoartlis-bon.pt or call 966225934.

Andre Garcia Pimenta. Book author and book pop up running until 19 December. Taking place at Biblioteca Municipal José Mariano Gago in Olhão. For more information and to book please email biblioteca@cm-olhao.pt or call 289700130.

Exhibition of local arts and crafts. Running from the 9 December until 3 January (open Tuesday to Sunday) from 10:30am until 4:30pm at artes@spa in Caldas de Monchique in the main square. For more information please call 961571984.

CCDR Algarve presents exhibition called "Contentores de Historia".

Running until 18 December at Praca da Liberdade in Faro. Free entry.

Impressive Monet & Brilliant Klimt.

Exhibition running from 2 December until the end of February at Reservatorio da mae d'Agua das Amoreiras in Lisbon. Tickets cost 15 euros and can be purchased on www.ticketline.sapo.pt

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

Botanical Garden.

Running for the duration of December in Lisbon. Tickets cost 7.50 euros and can be purchased on www.ticketline.sapo.pt

Live statues.

18 December from 2:30pm until 5:30pm and 19 December at 9am until 12pm dotted around Lagoa (Mercado municipal rua and rua 25 de abril and rua jardim 5 de outubro). 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

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

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 Officios in São Brás de Alportel. More information on www.cm-sbras.pt or by calling 289 840 000

Lisbon Week.

Dance, virtual tours, interviews, podcasts, music. For more information: 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 municipe@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

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

Christmas

Natalândia - Christmas at Lagos Zoo.

Running from the 5 to 27 December. Residents get 50 percent off and Santa Claus will arrive at 11am on the 5 December. For more information please call 282680100 or check out their website to book your ticket at www.zoolagos.com

Christmas concert by Dell'Acqua with Coral Ideias do Levante.

13 December at the principal Church of Lagoa. Free but a ticket is required which can be acquired at the box office of the Centro Cultural Convento S. Jose in Lagoa or call 282380434 for further information about the tickets.

Vila Vita Christmas market

on the weekends of the 12th and 13th of December and the 19th and 20th of December. 10am until 7pm and free entrance for the whole family. The V-Life Shops and the Piazzeta at the resort, overlooking their beautiful Swan Lake, will take on the magic of Christmas and delicious food and beverage stalls - the latter including the traditional 'Gluehwein' and homemade hot chocolate. The weekend will be packed with live entertainment for the entire family, as well as stylish shopping options including luxury Christmas hampers, seasonal decorations and more. For more information, please email customerservice@vilavitaparc.com

Portuguese Symphony Orchestra

Christmas concert. 15 December at 7:30pm at Cineteatro in Loule. For more information, please call 289400878.

NOTE: Events are correct at the time of going to press and according to information given to The Portugal News. However, events may be cancelled, delayed or fail to live up to their billing. Please send your events to events@theportugalnews.com by midday on the Monday before publication. 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)

Amazing random facts that I didn't know

With the weather wet and cool, and everyone confused and struggling to cope with the Covid-19 epidemic, I thought maybe some light-hearted random, but supposedly true facts, might take people's minds off current events for a short time!

N Marilyn Sheridan



King George I declared all pigeon poop to be property of the Crown in the 18th century in England

I am a naturally inquisitive person, and if I come across a word I don't know I look it up, and I can't stop myself googling any new or amazing facts I come

across. For instance - and many people may already know this, the letter 'E' is the most common letter in the alphabet, used in over 11 percent of words in the English language!

And the least used? Yes, it's 'Z', with an estimated frequency of use at 0.07 percent. And how about this fact, The letter "A" doesn't appear in a written number until you reach one

thousand, (well that's if you don't count the "AND" in numbers like "four hundred AND twenty" for example,) and the letter "M" doesn't make an appearance until the word "million".

Another amazing random fact, the first oranges ever were from southeast Asia, and weren't orange at all - they were in fact green, even when fully ripe. The name 'orange' comes from the Arabic name 'naranj' and is close to the Spanish word for orange, naranja', and then the Portuguese word 'laranja'.

Here is another totally random fact, in England, pigeon poop is property of the Crown. This was because pigeon poop could be used to make gunpowder. Because of this,

King George I declared all pigeon poop to be property of the Crown in the 18th century (I assume it has since been rescinded).

How about this fact, In Russia, beer was classified as a soft drink until as recently as 2011, when anything with less than 10 percent alcohol was classified legally as a soft drink.

Another random fact, Italy has 34 native languages in use today. Surprisingly, most of these different languages are not, in fact, dialects of Italian as you might have thought, but apparently they have evolved independently from common Latin.

I read recently that Soviet Cosmonauts had taken shotguns to space with them. This wasn't to fight off any capitalist aliens

they might encounter in space...It was in case they returned to Earth and had the misfortune to land in Siberia, so they could fend off hungry bears.

And this is the most bizarre, and I assume true fact. Two stealth nuclear submarines once bumped into each other by accident. Well, I don't think they actually made serious contact - that could have been a total disaster - but in 2009 in the Atlantic Ocean, two stealth-cloaked nuclear submarines (one from France and one from Britain) 'bumped' into each other out of sheer coincidence. They were both cloaked so well from each other that neither submarine could detect the other, even when they were only a couple feet apart!

Winner, winner chicken dinner

Although not actually in lockdown conditions, like many others, I am spending more time than usual at home and trying to restrict outings to a minimum.

As a consequence, like many others, I am spending more time than I would like in the kitchen.

During the first lockdown, I baked, having dug out my long forgotten and dusty recipe books

for something easy. I am not a big fan of cooking, some would say lazy, but failures figure high on my list of attempts. Cakes that don't rise, fruit sinks to the bottom, I miss some vital ingredient and substitute something else that doesn't work, misjudge the heat and burn things...need I say more.

But a couple of weeks ago I stumbled on a recipe purported to be 'easy

chicken with an onion and garlic sauce'. My husband was pleasantly surprised that it wasn't a frozen dinner when it appeared on his plate, despite my attempt to sabotage it by using crème fresh instead of heavy cream (apparently an acceptable substitute), it was a success...and the good news is, I might even try it again!

Marilyn Sheridan



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John (A Tribute) by Ian Carfrae

Ian Carfrae has just released a new song called John (A Tribute) which is to celebrate John Lennon.

John Lennon was tragically killed on the 8 December 1980 which is now 40 years ago and like many fans, Carfrae was saddened by the news and realised how much John Lennon's music had affected him.

Following this, Carfrae wanted to write a song about John and his message of love and peace. The song takes inspiration from the legend John Lennon's song 'Imagine' and has been sat in a drawer for 40 years as at the time Carfrae was very busy performing, but now

the well written song has been resurrected for all to enjoy.

The song has a special message with the lines of "John....it wasn't all in vain, you left the words and they'll be heard again." And "Prematurely you found your final peace of mind, Peace is still our quest in life, and love for all mankind." The lyrics are beautiful and powerful and come at an important time as the year comes to end and we can all reflect on what matters most. The

pandemic has been difficult for everyone and this song reminds us that love and being compassionate is the most important thing to be able to get through challenging times.

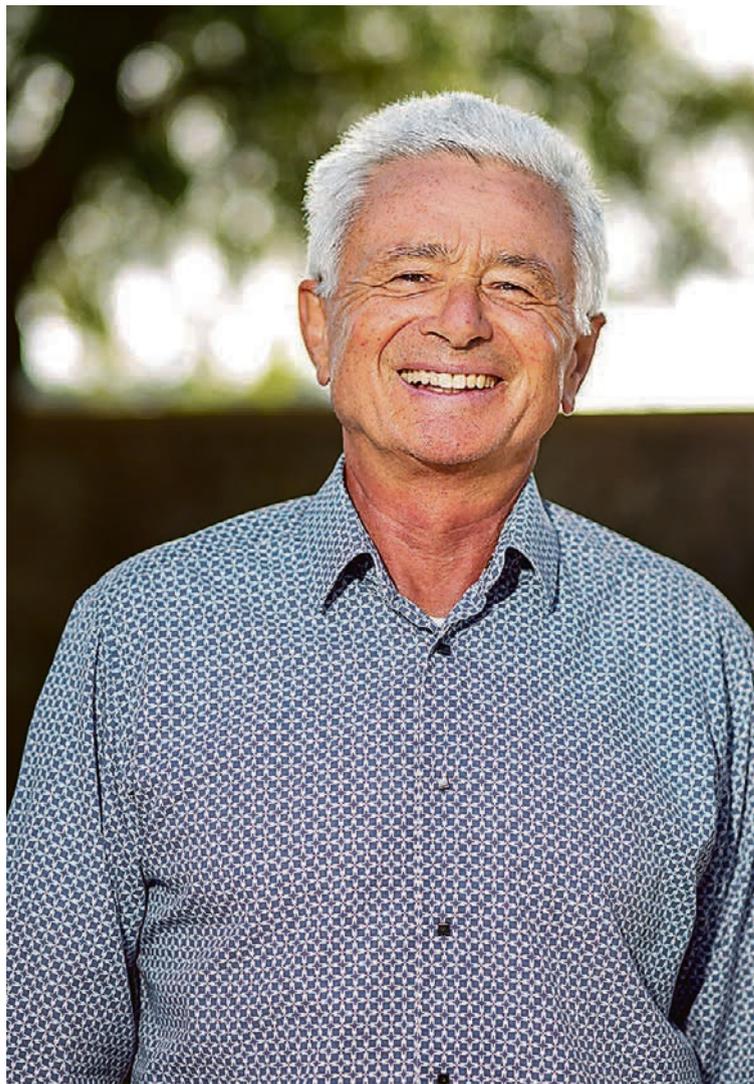
This exclusive tribute is available on Ian Carfrae's official website and you can listen to the sample and buy the song on <https://handlebarmusicproductions/buy-john-lennon-tribute-song/> Handlebar productions will also be launching original compositions on their website <https://han->

handlebarmusicproductions/ which will have jazz and jazz-related arrangements and sheet music on this website. You can subscribe to receive updates as to when their launch will be. They wish to provide the best music service whereby they will focus on early jazz, traditional jazz and Big Band. Additionally, you can speak to them directly about original arrangements or arrangements that you cannot find on the website.

Cristina da Costa Brookes

The secrets of wine production

What most wine-experts don't even know



Question 1 – To start things off, please introduce yourself.
KHS – My name is Karl Stock, I am the founder and manager of Quinta dos Vales, one of the leading wineries here in the Algarve. In 2006 I decided to say goodbye to the money-driven business world of my past, and instead I decided to focus on my two passions, wine and art.

That is how Quinta dos Vales was born, and these days we are the most awarded and renowned winery in our region. It has been a long journey but I put the right team around myself and was resolute about approaching wine production in an honest way.

Question 2 – What do you con-

sider to be the most important secret of wine production?

KHS – It may sound like a cliché but the most important factor in wine production is authenticity. A good wine is made out in the field, not in the lab. The idea behind wine production is to nurture and guide the production process, but always allowing nature to lead the way. But unfortunately this is financially challenging, so these days this approach is the exception rather than the rule. It's a lot easier to add substances which enhance flavours or reduce ageing requirements of a wine, the financial advantages are easy to understand.

To give a simple example, when you purchase a Fanta, you know that the flavour doesn't originate from actual oranges, but you are aware of this. Whereas when you buy a wine, you hope and expect the opposite, namely that you are tasting a product that comes from nature. A wine which has not been manipulated in the lab is called a natural wine, but producing a natural wine is exponentially more costly which is why it is now a rarity.

Question 3 – Can you give some examples of this?

KHS – Sure, the easiest example is ageing time. Almost all natural red wines needs years of ageing before they are ready for enjoyment, tannins simply require that prolonged period of micro-oxidation to become round and palatable. Hence the saying "aged like fine wine".

But there's a simple short-cut available, named "Gum Arabic", an extract from the Acacia tree. Add this to a young red wine and all of a sudden it tastes rounded, smooth and full-bodied.

But without a doubt, the example that makes me smile the most is when a young red wine has that recognisable red berry flavour. This flavour can and does develop in natural wines, but this takes years to develop, and before the age of 3-4 years is barely noticeable. So what can give young red wines this pronounced flavour? Berries, actual red berries that are dried, crushed and poured into the wine. This is a common practice, and fully permitted, even in organic wines, as long as the berries are produced organically.

Question 4 – How is it possible that experts are unaware of this?

KHS – Well, it depends on their area of expertise. All wine producers are fully aware of this, it's no secret in those fields. But many, if not most, "experts" who focus on the sensorial aspects of wine do not learn enough about actual wine production. So when we read about the incredible red berry flavour of a wine that's only 1-2 years old all we can do is smile, because without a doubt we know which field this flavour came from, and there are definitely no grapes in that field. I don't discourage anyone from drinking industrial produced wines, I sometimes drink them myself. But when I choose to

drink one I do so knowingly, and don't think of comparing it to a natural wine, because it's simply a completely different world.

Question 5 – So if you are so clearly stating that producing a natural wine is financially the wrong decision, why continue?

KHS – We are fortunate in the sense that wine production was never intended to be profitable for Quinta dos Vales. We produce a completely authentic wine because this is a passion project for me, and it is what I believe in. When I decided to enter the wine world I was aware of this fact, and knew that if I wanted to make a wine that I can be proud of, I would need to make a profit elsewhere. Which is why we have focussed so strongly on wine tourism, the profits generated there allow us to make no compromises in our wine production.

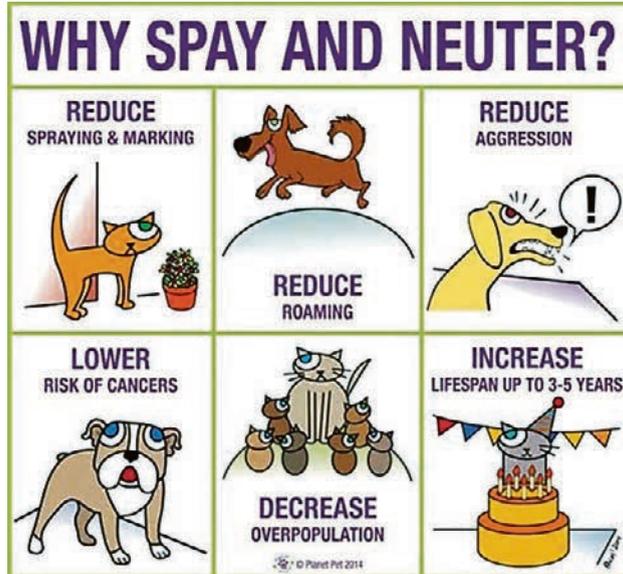
However, having said that, there are of course benefits to this stubborn approach. 2020 was a catastrophe for almost all sectors of our business, but one great positive was our mail order business. Not only did we have a record year in shipping wine all over Europe and the rest of the world, but more important than that is the rate of repeat business. Once people make their first purchase with us, they're almost guaranteed to order again. This encouragement and positive feedback leads back to what we've always preached, quality and authenticity.
<https://www.quintadosvales.pt>





Long term benefits and advantages of sterilisation/castration

A long-term benefit of spaying and neutering is the improved health for both cats and dogs.



aggressiveness towards other males, especially when fighting for females;

- The ritual of territory marking with urine and possessive or dominant behaviours also tends to diminish;

- It reduces anxiety and the habit to run away or to attack other animals, people or even furniture;

- It spares the animal some instinctive reactions related to the reproductive system, for example, the males stay much calmer. It avoids testicular tumours, perianal hernias, tumours of the hepatoid glands, perianal gland tumours, prostate tumours and cysts, among others.

However, it is necessary to emphasise that sterilisation does not change anything in relation to territorial defence or aggressiveness caused by fear. In other words, the sterilisation does not leave the dog less or more fearful, nor does it intervene with its 'instinct to guard'.

By neutering your dog or cat you can help them live a happier, healthier and longer life. If you have more than one pet in your household, all the pets will generally get along better if they are sterilised.

Please realise kittens can

become pregnant as young as 3 months of age! The benefits of early age neutering are numerous, kittens and puppies can be safely sterilised as young as 8 weeks of age.

Sterilise Our Strays

Did you know that leaving two cats and their offspring un-sterilised for a 10 year period can amount to between 2 million and 80 million cats! These are serious numbers!

Allowing two dogs and their offspring to breed over a 10 year period can result in 589824 dogs being born!

What is the True Benefit of "Trap Neuter Return" (TNR)?

Is it curbing cat over-

population? Is it helping members of our community with colony cat issues? Is it reducing the number of shelter cats euthanised every year? Yes, it is ALL of that, and more!

TNR reduces the suffering of colony/feral cats caught in an endless cycle of reproduction. One cat at a time, TNR dramatically improves the quality of life and increases the life span of free roaming cats.

One before and after look at a TNR'd colony shows cats who are visibly healthier. As fighting and the stress of bearing and raising multiple litters a year comes to a stop, the cats begin to gain body weight and even their fur

looks sleeker. SOSAA volunteers who have been feeding colony cats in their back yard or neighbourhoods for years, have managed to stop and reduce a skyrocketing population down to a manageable colony. You may not have the time or resources to go out and trap feral cats, but you can help change the life of a colony cat forever by donating. It costs €55 to stop a female cat having to raise another litter of kittens.

We clip all our cats ears, the tip of the left ear is clipped under anaesthesia. It is an internationally recognised sign of a spayed cat.

It has been proven that sterilised dogs and cats tend to live longer. It is the best and most efficient weapon against the indiscriminate reproduction and consequent overpopulation of dogs and cats.

In females:

- It eliminates the possibility of contracting cancer of the ovaries or the uterus (the number one cause of death amongst unspayed females);
- It prevents pyometra, an inflammatory process of the uterus that, if not treated in

time (the treatment includes sterilisation), can lead to the death of the animal;

- It prevents pseudocyesis, commonly known as psychological pregnancy or false gestation/phantom pregnancy, which is a common hormonal disturbance in females; In female dogs, sterilised before their first heat (approximately at six/seven months) the risk to develop breast tumours is practically zero.

In males:

- It contributes to reduced

Help and SPAY A STRAY:

A donation of €55 will allow us to sterilise one female cat and partially pay for a female dog and help curb the epidemic of uncontrolled breeding and number of unwanted and abandoned animals. Please donate and make a contribution towards creating a better future for a dog/cat.



To donate

Animal Aid Associação Protetora dos Animais – SOS Algarve Animals
Charity Number/NIPC: 510205372
Email: info@sosalgarveanimals.com
Website: sosalgarveanimals.com

Bankinter, Almancil, PT SWIFT: BKBKPTPL
IBAN: PT50 0269 0188 00203 518627 03



Pro Golfers supporting Animals through 'The Frankie Foundation'

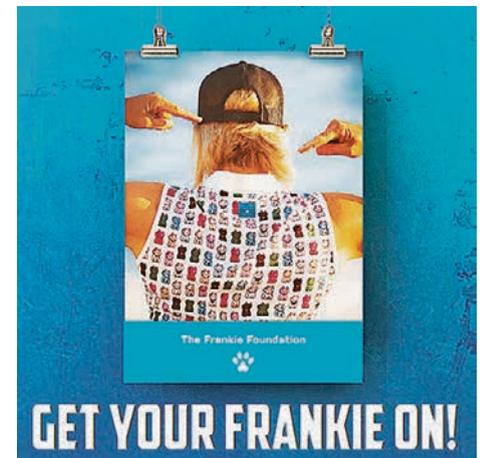
Elisabeth Esterl is a former German number one golfer, Ladies European Tour Winner and also a Solheim Cup player. Not only does 'Liesl' now run her own successful clothing brand 'Esterl Golf', she is also extremely active in animal welfare through her charity The Frankie Foundation.

Together with partner Neil Webb, also a former golf pro, the couple raise both awareness and money for animals in need throughout the Algarve.

Frankie was a rescue kitten from Tavira adopted by the couple who were heartbroken when he unfortunately passed away in an accident on 4 September 2019. He was only one year old. In his memory the couple founded The Frankie Foundation.

The connection to SOS Algarve Animals came when a Podengo puppy saved by SOS, now called Freddie, was adopted by Liesl and Neil. Since then the relationship between the charities has grown and through sales of the companies animal print golf polos, Esterl Golf donates 20% of the proceeds of its Frankie Foundation Collection to help sterilize, feed and train animals in need.

The charity has also sponsored a special training for shelter dogs from the APAR shelter in Moncarapacho with Dog trainer Nuno Nunes in Tavira to help the animals to become calmer and more suitable for adop-



'Frankie Foundation' Ladies Golf Polos with Liesl modelling.

tion. The charity also feeds street animals with the money raised.

If you would like to know more about Esterl Golf, its products or, the Frankie Foundation you can contact either Liesl or Neil directly through their website at www.elisabethesterl.com and the Frankie Foundation Facebook page can be found at @frankiefoundation.

Please do consider supporting animal welfare causes in the Algarve. It's so needed and so very worthwhile.

The Portugal News would like to rectify a mistake in the name of the charity featured in edition 1606. The name of the featured charity is SOS Algarve Animals. We apologise for any confusion.

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.

Why should you rent your property in 2021

After a hectic year, we have reached December...and things are looking sunny here in the Algarve. This positive outlook is not exclusive to the region - with more developments with the Covid-19 vaccine, people are ready to return to normal.

That includes booking a holiday to celebrate. So, now is the time for property owners to consider their rental proposition. In order to capitalise on the upcoming surge in bookings that we expect, SandyBlue wants to share some things to consider for 2021 and how we can help.

Your rental strategy

Whether you have ever rented a property before or not, our team realises that every property is different. A strategy that works for one villa, might not work for another. We always begin our owner partnerships by talking through all legal documentation and necessities. We will admit, this would be daunting for

anyone...but we are there every step of the way.

Once this is done, the fun can begin. For our team, we really do have the greatest time visiting new properties and coming up with ideas to start attracting guests. Having a team of experts including property managers, housekeeping teams, villa specialists and guest experience managers, means owners can remove the pressure from themselves. We also help procure any extras that will amplify the potential of the property, before creating marketing campaigns targeted at thousands of guests.

Why you should think about renting your property right now

We have seen a huge rise in enquiries for 2021 for dates across the year, with the bookings calendar already filling up for multiple properties. Starting the process now, means your property listing could be



Villa Zeus - For Sale

live within a month of an initial conversation. Trends we have seen towards the end of 2020 are only going to grow as we enter the New Year and restrictions begin to ease across the globe. From the rise of guests booking longer stays in the Algarve to increased enquiries across Europe, adapting to these changes right now is made easier with a trusted villa rental specialist partner.

Realise your properties potential

When it comes to sales and marketing strategies, these are often all planned out and ready to go for the New Year. It is the right time to get your property on the radar and involved in the New Year push to maximise rental potential. At SandyBlue, 2021 will be a great year of working with fantastic property owners, both new and existing!



Villa Stargazer - For sale

the villa rental specialists

vale do lobo | quinta do lago | the golden triangle

SandyBlue

📞 289 392 236

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Pub.

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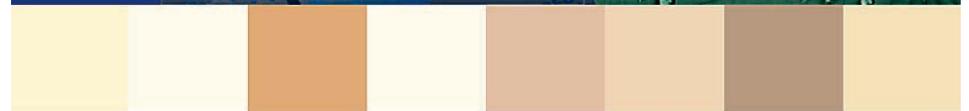
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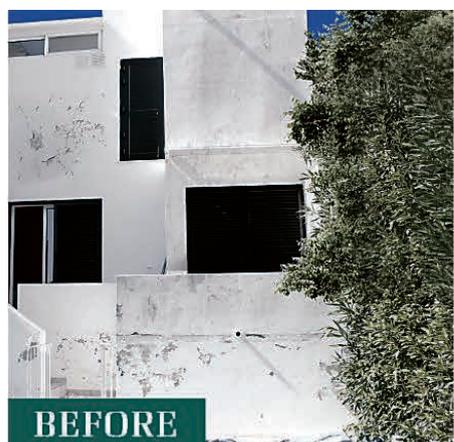


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	<p>4</p> <p>Primer application (1 Coat)</p>	<p>5</p> <p>proPERLA® façade coating application (2 Coats)</p>	<p>6</p> <p>Final cleaning of all areas</p>	

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Can you see the forest for the trees?

Planet earth has seen better days. We all know that by now. This is why we, here at The Portugal News, think it is so important to highlight people and projects that help get our planet back on its feet, with creative, out of the ordinary and most of all, sustainable ideas.

 Kim Schiffmann



Mossy Earth goes to the areas that have been destroyed by the flames of forest fires in Portugal and replants different native species.

Natalie Fox is one of those people. She is a surf and yoga teacher in the Algarve, who has just finished her master's in sustainability, a topic she is very passionate about.

While I was talking to her, I learned a lot about what sustainability actually means and how difficult it is to achieve results in this area, as it is much more

than one simple issue. It is a web of many issues that all depend on each other and to reach the goal of sustainable living, would mean to change the way our world works.

Natalie explains to me that "traditionally, education and subjects have been compartmentalised, where you have science or maths or psychology. But when it came to the 70's and the 80's and more modern

approaches to the problems that we are facing in the world, scientists realised that we needed to be able to go across subjects, to be able to understand these increasingly complex issues. "For instance climate change, is so complex, and nobody has got the answer of how we are going to solve that, but at least with sustainability we know that we need to be able to go through the public,

through behaviour, through policy change and also through financial systems that need to change as well."

To make this easier to understand, Natalie suggests looking at something called "Doughnut economics". It is a visual model shaped like a doughnut, hence the name, showing the balance needed between social and planetary boundaries. Scientists have created a projection about what would happen if we were to continue to use resources the way we are doing currently and that is why every year now we have earth overshoot day, which is the day on which we have used up all of the resources within the year that is sustainable. This year, due to the pandemic and lockdowns, earth overshoot day happened on 22 August, during the years before that it would usually be around the end of July or at the beginning of August.

For Natalie's master's degree in sustainability, she had to do a work placement. She said she

"wanted to learn more about the process of carbon off-setting and what we could do to reduce carbon emissions." She went to work with a social enterprise based in Portugal, called Mossy Earth, which is focused on rewilding, by not only planting trees but also increasing biodiversity. "If we are to focus on creating more natural reserves that has to include biodiversity. This is the building block of life, things that are different interacting with each other." She also mentioned that "this is where you start to get into politics in Portugal and the eucalyptus plantations, which is monocropping, and that just ravages any sort of natural ecosystem in those areas and the surrounding areas."

More or less everyone that lives in Portugal already knows that eucalyptus trees are also an issue when it comes to fires, so Mossy Earth goes to the areas that have been destroyed by the flames and replants different native species. Natalie tells me that their latest project though is to basically do the same thing underwater.

In cooperation with a SeaForester, their mission, according to their website, is "to restore the forgotten forests in our ocean" by testing different kelp seeding methods along Portugal's coastline, from Viana do Castelo, to

Peniche, Sines and Sagres. "They are reforesting underwater, in the sense of seaweed and kelp, which are amazing at sequestering carbon. The ocean produces at least 50 percent of the oxygen we breathe, so it's really integrated into the carbon cycle. Mangroves, sea grass meadows and kelp forests are the three big marine ecosystems that are really important for sequestering carbon, but they are also being decimated way quicker than, for example, rainforests."

Pollution and rising sea temperatures, among other factors, have caused the collapse of many marine ecosystems, and because the deteriorating underwater environments are out of sight for most people, far too little attention is being paid to them. On SeaForester's website I read that seaweed, one of the fastest growing plants in the world, can actually reverse the acidification of our oceans, reduce coastal erosion and build up fish populations, all while capturing carbon five times more efficiently than tropical forests.

"In terms of planetary boundaries, the biodiversity loss, air pollution, climate change and land conservation could all be tackled with rewilding and renaturing projects, it is a really good way to cover a number of issues with just one solution," says Natalie Fox.



Rewilding not only takes place on land, it is also important to rewild the sea bed.



Kelp restoration trials are taking place along the coast of Cascais by Mossy Earth.

Ana Luísa Amaral wins Book of the Year



Cristina da Costa Brookes

The Portuguese writer Ana Luísa Amaral has been recognised by the association of bookstores of Madrid with the Book of the Year award, in the area of Poetry, by the publication in Spain of "What's in a name".

The announcement was made on the page of the Asociación de Empresarias y Empresarios del Comercio del Libro de Madrid – Gremio de Librerías, within the framework of the annual awards, which distinguish fiction, essay, poetry, comics and illustration. The Spanish writer Juan José Millás, author of "Let no one sleep", received the Leyenda 2020 Career Award. The book "What's in a name", by Ana Luísa Amaral, edited in Portugal by Assírio & Alvim, was published in Spain by Sexto Piso. "In these times of uncertainty and anguish that we live in, from walls and windows, the poetry of [Ana Luísa] Amaral welcomes us into this warm and familiar neighbourhood, which exists between two countries (Portugal and Spain), and offered us name

and words in a so-called foreign language, but that is not. Thank you and congratulations", said the Spanish jury.

The awards, created in 2000 by the bookstores of Madrid, also distinguished Elvira Lindo, in the area of fiction, by "A corazón abierto", and Irene Vallejo, in the rehearsal area, for "El infinito en un junco". In the field of illustration Kitty Crowther won, for the album "Madre Medusa", and, in comics or 'comic', Juanjo Guarnido and Alain Ayroles, for "El Buscón en las Indias". Published in 2017, in Portugal, "What's in a Name" transfigures "the small everyday acts in poetic moments of great voltage, vitality and depth", writes The Sixth Floor, in the presentation of the work, on its website, comparing Ana Luísa Amaral to the American Emily Dickinson and the Nobel Prize in Literature Wislawa Szymborska,

from Poland.

Assírio & Alvim, for its part, underlines the "strangeness of English in the title", as an expression of the "ambivalence of the relationship, that poetry has always lived, between the thing (ours, of the world) and its appointment, pointing to the multiplicity of meanings" that is in the work. "In it, in complicity, the daily life and the cosmic, the poetic and the political, the commove and irony, the amazement and indignation - in a sense, the word and the life", concludes Assírio & Alvim.

Born in Lisbon in 1956, Ana Luísa Amaral, poet, essayist, playwright, author of children's books and translator of authors such as John Updike, was also professor of English and American Literature and Culture at the Faculty of Letters of the University of Porto. She holds a PhD in Emily Dickinson's poetry and her



research areas are Comparative Poetics, Feminist Studies and Queer Studies. Her work has been translated and published in several languages and countries, having obtained several awards,

such as the Correntes d'Escritas Literary Prize, the Giuseppe Acerbi Poetry Letterario Prize and the Grand Prize of Poetry of the Portuguese Writers Association.

The review

Home Stretch- Graham Norton

Graham Norton is one of the UK's best loved broadcasters. This is the authors third book and the first one I am reading by him.

'Home Stretch' is set in 1987. The core of the book is about grief and how it can have a devastating impact on a person and the people around him. But ultimately it's also about acceptance.

A small Irish community (near Cork) is preparing for a wedding for two young local adults. They have just left school and are celebrating with a group of friends.

The friends head home from the beach the night before the wedding when tragedy strikes. A car accident kills three of the friends, the other three survive.

The ramifications of the accident are felt throughout

the small town.

The driver of the car, Connor Hayes survives. The accident not only impacts him but his parents and sister. He is forced to leave his hometown in shame. He eventually ends up in New York (after Liverpool and London). He tries to forget his past and find a new home for himself. Connor is also a young gay man and the book chronicles his struggles and the homophobia he experiences.

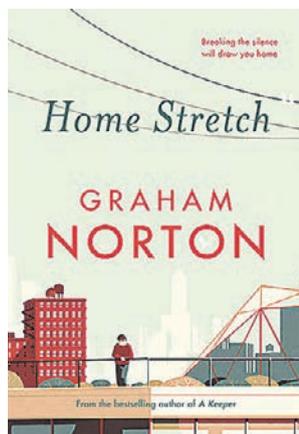
The main characters are memorable but I think the beauty of this book lies in how real the story feels.

The book is set from 1987 to 2015. It also tracks the changes to Irish society during the book.

Although the book is

filled with sadness and melancholy, I think there is a bit of hope that human spirit can eventually triumph and lead you on the right path. Even if it takes a while

This is not an easy read but if you finish reading the 'Home Stretch' you may find it rewarding.



The Thursday Murder Club- Richard Osman

Richard Osman is the creator of the TV show Pointless and a British celebrity, I was immediately intrigued to read his crime fiction debut novel. Don't let the fact that he is a celebrity put you off from reading this book.

This book revolves around Elizabeth, Joyce, Ibrahim and Ron, 4 unlikely friends who are all in a luxury retirement village. They are close to eighty years old. They meet every week and discuss unsolved crimes. They call themselves the Thursday Murder Club. They are still sharp for their ages and like to keep their minds active. The club works through old crime cases together and this is what bonds the unlikely amateur detectives.

When two murders occur in the area, they cannot

resist using their detective skills and find themselves in the middle of a real life case. They work with the police to help catch the killer.

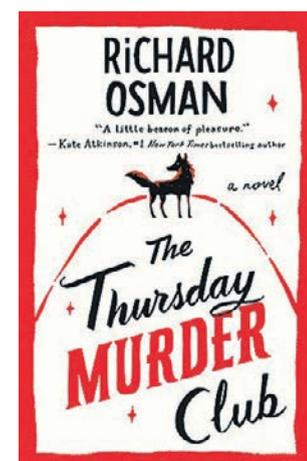
The main characters are all different and this is part of the charm of this book. They have the usual age related problems such as medical issues, physical decline, loneliness and loss but they are still all keen and able to use their age to their advantage. The story is told from multiple points of view including parts of Joyce's diary entries.

As a fan of crime fiction, I have read many books that are quite intense and adrenaline pumping. Even though this book is not one of those I still enjoyed reading it.

I found this book charming and delightful, unusual

and funny.

I hope this is the start of a series with these characters and would be happy to read the next instalment in their adventures.



Sandra Pereira

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We look forward to reading your books and introducing your work to our readers.

Moinhos de Gavinhos

N Cristina da Costa Brookes

Moinhos de Gavinhos is a hilltop located in Figueira de Lorvao in the municipality of Penacova, in Coimbra and has the most incredible views and is home to 14 windmills.



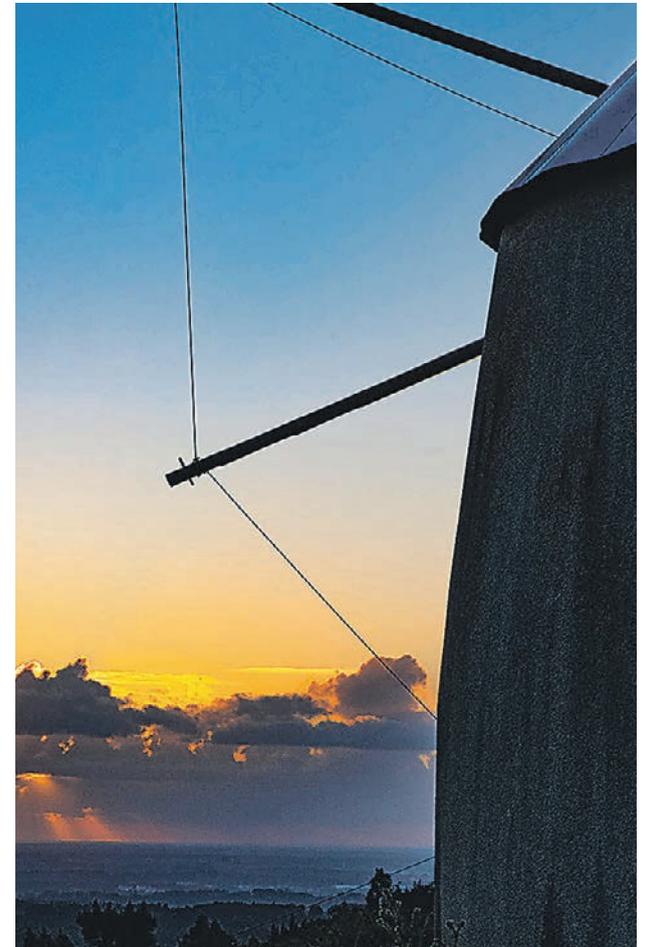
beautiful photos that were captured by a couple of our readers who visited the area and managed to take some wonderful drone footage and take a startrails photo which is a continuous photo of 30 second exposures added together and the result shows how the stars appear to move around the pole star during the night.

The windmills are part of the culture of the municipality of Penacova. Many years ago, they represented an important source of wealth and livelihood of the population. Near the site there is also a small football pitch, picnic tables, a tap, grills, a bar open only on weekends and a children's playground.

Overlooking, the beautiful village of Penacova, the group of Gavinhos windmills is definitely a special place. It is a great place to visit because of its nature "it is a land of rivers, streams, viewpoints and mills". Although it is isolated and partially abandoned its panorama is fantastic in the company of the windmills and an image of the Immaculate heart of Mary, which seems to bless the work of the mills.

Three of the mills are still in working condition but only one actually works today, by one of the only millers in the village. These windmills ground corn, wheat and rye, for many years and supplied the region and distributed bread to many

other regions and although abandoned they have been a preserved heritage site for future generations. It is a region often visited by national and foreign tourists who, transfixed by its charming beauty, come here to photograph and film the scenery.



These isolated windmills overlook

Penacova and the Mondego river and it is a landmark worth visiting simply for its beautiful sunrise and sunset views. For a little bit of historic context, these windmills were used to make flour and if you decide to stay past the sunset, the night sky view is superb and makes for a romantic night of star gazing.

This hidden gem is perfect for taking photographs and just enjoying its views. It also leads to a nearby trail, so is great for walking or hiking as the landscape is wonderful for couples or adventurers alike.

We have included some

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Surfing in the Olympics

N Kim Schiffmann

The 2020 Olympics in Tokyo were supposed to mark the entry of surfing into the most established sports competition in the world.



Many surf fans were excited to see their favourite athletes in action on screens all around the globe since it was considered to be included in the 2020 Summer Olympics back in 2015. A year later, the unanimous vote of the Committee opened the doors for the world's best surfers to come and show their sport to millions of spectators. Among the newly included sports were also baseball, softball, karate, skating and climbing. Sadly, the long wait for the spectacle continues, since the event that was planned to start at the end of July 2020,

was postponed to 2021 due to reasons we are all well aware of by now. There were two options on where to make the surfers compete. Option one was the ocean, but option number two, a wave pool, was revolutionary and had many arguments going for it. A wave pool is, as you would expect, a pool in which special machines, built for this purpose, create an artificial wave. I am sure many of you know this concept from water parks, and while the idea is more or less the same, the surf version is more powerful and had to be able to create a different wave shape for it to

be surfable. Kelly Slater, known for being "The Greatest Surfer of All Time", revealed his first prototype wave pool in 2015. The goal was to finally be able to surf the perfect wave, over and over, in the same spot without having to think about all the environmental factors that play into this sport. Usually, when surfing in the ocean, you have to consider the swell direction and size, wind direction and speed, direction of the beach, the period, the tides and in most places you also have to think about whether the crowds are going to affect your session. All these factors are constantly

changing, making it difficult to find the perfect wave. Luckily once you know how to read the surf forecast and know what numbers you are looking for, you can open up one of the many tools on the internet that tell you where and when the surf is good. Additionally some beaches also have a camera installed and you can look at your potential surf destination from the comfort of your own home. Surfing a wave pool though, eliminates all of these factors. You can decide how big and fast you want your wave to be, and repeat the same wave as often as you want. They became a huge success and in 2016 the WSL (World Surf League) even acquired a majority stake in the Kelly Slater Wave Company. If you want to experience this first hand though, you have to reach deep into your pocket. To rent the Surf Ranch for one day will cost you about 50.000 US Dollars. Luckily for us, there are other places out there that

offer a similar experience for a more affordable price. I spoke to Julen Alegria, a surf instructor who used to work at NLand Surf Park, in Austin, Texas and I asked him what he believes the benefits of a wave pool are. "Imagine it like a skate park, like on a ramp. You can always work on the same trick in the same spot. In the ocean every wave is different and it takes a long time to practice one manoeuvre. I have a couple of friends that are city surfers, as I call them, they mainly surf in pools and don't have much experience in the ocean. They have trouble with the timing and the position, two very important things to consider when you are trying to get a good wave, but when they are in the pool and surf there, they are very skilled." I wanted to know if he thought the Olympics should be held in a pool instead of the ocean, because it would give surfer the opportunity to show off their skills under

the exact same conditions, like you would know it from almost any other sport. He said "In my opinion, I would not agree for it to be in a pool, it is a completely different type of surfing. You already know everything about the wave and surfing is also about being able to read the ocean and predict the waves." This is a skill that takes time and practice to develop. "In the ocean you have to see each section of the wave and in a matter of seconds you have to already know what manoeuvre you are going for." The Olympics had a similar opinion and in 2018 they decided to hold the event at Shidashita beach, located just outside Tokyo. The event will have a waiting period of 16 days, which means that the contest can be held anytime in those 16 days, depending on when there are favourable conditions. Although rumour has it though, that the Kelly Slater Wave Company is currently building a wave pool in Japan.

Beach of the Week

Right next the historical town of Lagos lays one of the longest beaches in the area, Meia Praia.

In the middle of a normal summer, when all other surrounding beaches are tightly packed, you can always rely on Meia Praia to have space left for a more relaxed beach day. Especially in times like these, this is a big plus.

Along the four kilometre long stretch of golden sand you can find different restaurants and bars, and parking is plentiful and close by. No long walks carrying sandwiches, water and umbrellas are required to enjoy a day by the sea here.

The beach is also a pop-

ular water sports destination and equipment for jet skiing, kite surfing and windsurfing can be rented here.

Meia Praia (half beach

in English) is considered to be one half of the stretch of sand that starts in Lagos and reaches all the way to Alvor and is divided by the Ribeira de Odiáxere.



Meia Praia, Lagos

Surf Lingo



Line-up : The Line-up in the surf world, refers to the area just behind the breaking point of the waves, where the surfers gather and line up to await their turn. The line-up is dictated by a hierarchy, where locals usually get to cut the queue to go first and then it depends on who is positioned closest to the break.

Silvana Di Liberto- Italian Singer

Silvana Di Liberto is a multilingual Italian singer, who was born and grown up in Sicily.

N Cristina da Costa Brookes



Due to her adventurous spirit she decided to leave her comfortable life to begin a new reality together with her French soul twin when she was 21. Due to health problems that have completely changed her life, she now lives on the border of Spain in the last town of Andalusia before arriving in Portugal. She chose to move to Ayamonte for the climate and surroundings such as the nature, the light and the tranquil way of life, which I think we

can all relate to in the Algarve. Silvana also told me that because she can sing in five different languages, along with different styles of repertoire, it allows her to work between both Spain and Portugal. We delved deeper into her career as a musician and her hopes and dreams for the future. I first asked her what inspired her to become a musician and she told me: "music has always been inside me but it was actually my brother Marcello, who really piqued my interest because he bought so many different records.

"I also grew up in a musical environment through school life and I listened to many different genres including Rock and British and American Pop groups". From a young age, Silvana went to work as a dancer and singer for a fashion show agency and she had a representative that really started her career in singing professionally in Italian. I then went on to ask her what kind of an artist would she classify herself as and she told me a "Jazz artist as it's what comes most naturally to me",

she followed this by saying that "this genre gives me the freedom to improvise and have deep emotion which is inexplicable but in my opinion, this feeling is fundamental in being able to perform." She is really inspired by Ella Fitzgerald, Ray Charles, Louis Armstrong, Tina Turner, James Brown, Riccardo Cocciante, Queen, Michael Jackson, Georges Brassens and Tom Jobim because they are all artists that have a very unique style that sets them apart from other artists. Despite loving Jazz, her favourite type of music is classical as she finds it soothing and a remedy to the soul as it helps her to concentrate.

In terms of performing, she told me about when she lived in Barcelona "I have been lucky that several agencies have given me the opportunity to sing at different luxury hotels, tourist point resorts, cruises and exclusive passenger boats, with an audience of all nationalities and with a contract between 3 to 4 months". Silvana has also entertained at cocktail galas, aperitifs, openings, congresses, conferences, private parties, village party and senior centres. "While in recent years, I have acted in various parts of the provinces of Huelva and Portugal (Monte Gordo, Vila Real, Altura, Cabaña de Tavira, Tavira and Albufeira) for hotels, restaurants, beach bars, pubs and cultural events." I asked her out of all the places you have sung at what has been a true highlight in your career and she told me that "for New Year's Eve I was contacted to sing at a private event for an hour



and an agency told me later if I could bring a few musicians. I did not find anyone willing, although there were all expenses paid. So that night I arrived there with my backing track and the agency were annoyed because it didn't make sense that no one would accept the proposal. By chance there was an older man who was listening to our discussion and he told us that he would accompany me on the keyboard of the other band that was next to me. With the approval of the agency, when we went there, just to play the first notes, I cried because of how skilled that mysterious man was. When we finished, he told me that it had been an honour and I said the same and the agency told me that the old man in his time had been a great and important teacher."

I asked this enthusiastic musician what she is currently working on and she told me that she has just finished an Electronic music track, providing voice and lyrics in collaboration with Bravísima Social Radio in Spain. While through social networks, (YouTube) with my friend Emanuele Di Bella, we will do covers to revive the true jewels of the Italian song. I think that now we artists are reinventing ourselves and thanks to technology it brings us closer than ever to all types of audiences,

in these difficult times that we have to live. In conclusion, I hope that people do not get used to streaming all their lives". We talked a bit about the pandemic and how it has affected so many jobs, including hers as a musician, because her work has decreased significantly since September and consequently a lot has been cancelled or postponed. The cultural sector and more specifically the music sector has been hit very hard as events are what artists would use to make money. In terms of her hopes for the future she told me she has projects that she hopes will be fulfilled although she is convinced that due to the pandemic the cultural industry sector will need years to recover but she is trying to be optimistic. I asked her on that note of being optimistic what would she would say to aspiring singers who want to have a career in music and she told me "a singer is not built overnight, you will need to study and listen to all kinds of music styles as it will make you more knowledgeable of what is out there but also to be original and to try and have a repertoire that is different to others so that you have a choice to where you can go to work. Finally remember that you will have to work hard as this profession is a real lottery."



A tasty moment to share with someone you love

N Paula Martins

Ciao baby, which in English means “hello and good bye”, is a pizzeria and Trattoria restaurant run by a family from southern Italy, which according to owner Bella de Rose and her son Renato, is based on the traditional recipes that her grandmother used to make.

Located in the heart of Alvor, in the Algarve, we can find Ciao Baby Trattoria – Pizzeria. If you like pizza, or if you are a pasta lover, this is the best place for you to have dinner. Inside the restaurant or with take-away options, Ciao Baby is a hit with everyone who visits. In spite of being a pizzeria, let me say that it is wrong to think that there are no other types of food available, instead this is a place that

will be fascinating to lovers of any culinary types. We ate Pasta Mare Costra, a dish for two, which was made up of spaghetti with mixed seafood covered with pizza dough and baked in the oven. The dish has seafood, including prawns, clams, mussels, etc and for anyone who loves seafood, it is an excellent choice. Believe me, it is worth going there just to try it out this dish alone. And it doesn't end here! The tastiest dish that we

truly loved was the starter of Gamberi Fritti, we will certainly come back to try it again, it was delicious! Gamberi Fritti is fried spicy garlic prawns, and they were honestly the best fried prawns that I ever eaten in my life and are also available by takeaway which is also amazing. Quality and quantity is the motto that the restaurant follows. That is, all dishes are served in order to guarantee a quality of class and at the same time with large quantities that make everyone leave the restaurant satisfied.

A cozy environment

This is a perfect place to go as a couple, with the family or with a group of friends. Everyone is received by Renato and Bella who welcome us with all the friendliness and hygiene care that pandemic times require. So we can feel very comfortable and secure. When we sit at the restaurant table, we can be fascinated by the picturesque décor that makes us feel closer to Italy, without losing the taste of Portugal that is maintained through the very typical tiles in the room. Also at the restaurant's entrance, we are welcomed with two flags, one Portuguese and another



Gamberi Fritti - fried spicy garlic prawns with fresh crusty bread.

Italian, making the perfect mix between these two wonderful European countries.

What can we eat?

At Ciao Baby we find a vast menu: the famous garlic bread, thin-crust pizzas, pastas, but also fish and meat dishes and risotto. Choosing is difficult, due to the various options. In Ciao Baby we are also able to find gluten free pizzas and vegetarian dishes. There is no good food, without good wine and Ciao baby also offers good wine options to accompany the meal. The option we chose at dinner was the house wine which at Ciao Baby is an extraordinary wine, Quinta dos Passarinhos. This wine goes well with pasta and seafood. Additionally, they have options of Italian and Portuguese bottles of wines.

To finish the meal with something sweet

If you still have enough space. You can choose from some delicious fresh desserts, such as tiramisu, gelato, panacota, frutti di bosco, mousse di cioccolato or profiterols.

Eat while giving

During the pandemic that we are going through, many restaurants suffered declines

in their revenue, Ciao Baby wasn't an exception. However, this didn't prevent the restaurant from working to help those in need this Christmas with the Christmas Giving initiative which supports Castelo de Sonhos, in Silves. Until 19 December, when buying any pizza of your choice book using code “charity” for dining in or take away. For every pizza purchased €2 Euros will be donated to Castelo de

Sonhos Christmas Hamper Project. A charity initiative filled with Christmas spirit which will allow people in need to have a Christmas meal.

Ciao Baby Trattoria – Pizzeria is currently open for dinner, take-away, and also works with Glovo for delivery, from Monday to Friday from 6:30 pm to 9:30 pm. For further information or to make a reservation, please call 282 047 280 or 964 191 836.



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How to give your houseplants a festive makeover

Add baubles, lights and funky containers to make your houseplants the stars of the show this Christmas.



Looking at ways to throw your houseplants into the spotlight this festive season? Perhaps you haven't got room for a tree and want to make an alternative statement,

or maybe you just want to give your plants a chance to shine. "You can quickly transform your existing plants to make them feel part of the celebrations," says Rebecca Stanton, stylist at Dobbies Garden

Centres, which has seen a rising demand for new varieties of houseplants. Whether you're part of the growing urban jungle club or have just a few statement plants on display, it's easy to

give them a merry makeover by adding fairy lights, simple decorations or just repositioning them, says Stanton. Here, she shares her top tips to give your houseplants a stylish festive twist.

1. Regroup your greens

A quick and easy way to make a dramatic display is to gather up houseplants that might usually live in separate rooms of your house and group them together, either in the middle of the dining table or on a hallway side table.

For a uniform look, plant up in matching pots in a shade that ties in with the rest of your Christmas scheme. Add fresh foliage around the pots with pine cones and candles in various sizes to add height and interest. This is a luxe contemporary look which will cast a magical glow.

Rather than repotting the plants, buy pots which will fit the plant with its existing pot, meaning that when it's time to take down the decorations you can simply pop them out and return them to their usual home.

2. Add some sparkle

Twinkling fairy lights instantly add magic and they are the ideal way to bring some sparkle to houseplants. Drape lights around branches and foliage as you would do with your traditional tree, making sure that the set is suitable for your plant.

Avoid anything too heavy that the plant won't be able to comfortably hold the weight of. Choose battery operated fairy lights so you don't have to worry about placing plants near a power source, the battery pack is easy enough to subtly hide below the top of the pot. If you are looking for an



alternative tree with eco credentials that won't take up too much room, the Araucaria (also known as a Norfolk Pine) looks like a mini tree. Unlike the cut variety though, you can keep it all year round as it can go outside through the summer months then brought back in each Christmas.

3. Wrap it up

Wrapping paper doesn't need to be saved for concealing gifts. Instead, use it to dress your plants and their pots, rather like giving your houseplants Christmas jumpers! Create a cone like shape around your houseplant to give it a speedy transformation, simple, sleek and stylish, it's cost effective too.

4. Frame your plant

As well as adding decorations to existing houseplants, you can frame plants to give them a festive look. A wire frame planted over a miniature Christmas tree with added lights will add a Scandinavian vibe. Choose one which is small enough to be easily portable, so you can use it to bring festive cheer to various parts of your home, from the dining table to your home office desk.

5. Add festive accessories to terrariums

Self contained and mess-free, terrariums can be easily

updated so they become part of your festive decor. Wrap a ribbon around bottle shaped containers, pop in a few mini baubles or add a lightweight set of warm white micro lights within the glass dome. The trick is to not over complicate, as terrariums look best styled more simply to avoid detracting too much from the plants on display inside.

6. Keep it green

One of the easiest ways to lift a room is the addition of some greenery. Consider a large plant such as Fiddle leaf fig (*Ficus lyrata*) which can grow to more than 6ft and is sure to make a statement. An all year round star of the show, it might even be an alternative Christmas tree of choice for unconventional decorators.

Mix up plants of different sizes, from cheese plants (*Monstera*) and overhead hanging plants like Curly Spider, or String of Pearls. For an organic look, accessorise plants with natural colours and materials like wood and rattan. To go the extra green mile, frame windows with a garland of fresh foliage and string lights.

A celebration of all things green, your living space will feel like a cosy indoor garden oasis.

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Fuss free festive style

For TV's Sophie Robinson, Christmas is a chance to get creative and let your style ideas shine

“I absolutely love Christmas because it's such a wonderful opportunity to really ramp up the colour at home, and literally change rooms overnight,” declares interior designer and colour expert, Sophie Robinson. Mum of one Robinson, who combines her design career with TV appearances on shows like 60 Minute Makeover and The Great Interior Design Challenge is adamant the ‘deck the halls’ ritual should be a pleasure, not a pain. “People get totally hung up on trends and bothered about perfection. Why? You're not aiming for a look to suit a department store or hotel foyer. I want my home to look stylish, fab, fun and zingy colour is the easiest way to achieve that,” she says.

While she always indulges in a bit of a seasonal splurge on new baubles and accessories, Robinson also delves into her treasured collection of decorations, gathered over the years and full of memories. “I love a homely vibe, so I always hang up Fifties style baubles from my grandmother, glorious hanging snow globes, my favourite glamorous, rainbow coloured sequin encrusted baubles and, of course, all handmade efforts made by my eight year old son, Tom,” says the home style guru, who's teamed up with Habitat on this festive campaign. Here, Robinson reveals some easy-to-create looks to transform your home for Christmas...

Create a colour-popping tree

Make a tree festive and fabulous with bright, beautiful baubles. “My golden rule when

creating a strong colour story is to focus on just three hero colours,” says Robinson. “I've used pink, turquoise and orange, as they're a trio of complementary shades which give the look an element of cohesion.”

Alternatively, she says: “Mix multi coloured baubles with a selection of plain ones, maybe in red or pink, which is one of my favourite combos. Simply adapt the colour theme to your taste.”

Colour craze: “If you love to go full-on with brights then ignore the ‘less is more rule’ and pile on the decorations but do introduce some natural elements to help ground the look,” Robinson advises. “The rich dark green of a real Christmas tree makes the perfect foil to all the bold colour and will really make bright colours zing!”

Bring on the baubles

“To keep a scheme organic and edgy, don't be overly matchy,” she warns. “And definitely don't ever match your baubles to your decor - that would be a design crime!”

Let baubles roam free

“Think outside of the box with your decorating and don't limit baubles to the tree. Use them for small scale festive features around the house,” Robinson urges. “I arrange them in odd numbers, and if I use them with other ornaments or accessories, I make sure there are a variety of heights for interest. “Look for those neglected spots like a table in the hall, a dull corner of a room, which will look great with an injection of colour. Or just bring seasonal spirit to a guest room and arrange a small

display on a bedside table. “Hang a selection of baubles on a string or wire line,” she suggests. “It's a wonderful way to dress a window, or you can achieve a beautiful ‘double’ effect by hanging them across a mirror, above a table, or along a stair banister.”

Focus on the foliage

“For me, Christmas is a time where we get to up our game with a little opulence, and yet also cherish the humble things like home-made decorations, which you make yourself or are your children's cherished efforts,” says Robinson. “Fuse together luxury with the handmade and you have one of my favourite festive looks. It just takes a little imagination and you can really create a look that's unique to you.”

“My Mum always went foraging for foliage and branches to decorate the house at Christmas, and I've kept the same tradition,” adds Robinson. “What's great is that this is so in tune with the trend for reflecting nature and greenery in our rooms.”

Branch out: For a modern update, create a striking focal point with a swathe of fir branches tied with string, she suggests. Embellish with sprayed gold leaves and baubles, and interweave fairy lights for a striking display.

Use adhesive wall strips to secure to a wall or hang from picture hooks. This decoration will look brilliant suspended over the table, especially if you use transparent fishing line, which will be barely visible and look as though it's floating in the space.

Transform a table

Continue the foliage theme, says Robinson, by snipping some smaller branches and



If you love to go full-on with brights then ignore the ‘less is more rule

laying them down the centre of a table as a basis for a centerpiece. “This needn't be elaborate, in fact the simpler the better, as the table will be busy with crockery and glasses,” she adds.

“Simply weave lengths of satin ribbon inbetween the fronds and stems, and then pop in a few shimmering baubles so they nestle in the greenery. Candlesticks interspersed at intervals will complete the look.”

Dining details: Pimp up a place setting by popping a bauble in a bowl or beside a plate. Add to the effect by tying individual baubles to the chair backs. Use ribbon to tie a miniature bauble around each napkin and attach a gift tag bearing each guest's name.

Serve up some style

“For a final flourish, spray some large leaves and sprigs of foliage gold, to up the opulence,” says Robinson. “These can be added to

your displays, or used to embellish gift wrapped presents. “Gold looks particularly ‘wow’ against dark colours

like black and green, and a glittering bauble adds that extra special finishing touch.”

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Artist spends isolation recreating famous artwork with her dog

When an artist found herself isolated at home during the pandemic, she spent the time dressing up her dog to recreate famous artwork, gaining thousands of fans in the process.



Michael Conrad Hirt's 1642 piece Portrait of Anna Rosina Marquart

Eliza Reinhardt, 25 from Texas, and three-year-old Finn took part in the Getty Museum Challenge in May, which invited art lovers to recreate a work of art using objects they found at home. However, the pair found they enjoyed it so much, they have done it every weekday since – recreating

many famous pieces and gaining legions of fans for their work. Among the works Ms Reinhardt and her dog tackled was Hieronymus Bosch's *The Garden of Earthly Delights*, in which the artist's hellscape was recreated with the help of a range of toys and some cardboard costumes. Another was Henry Fuseli's 1781 work *The Night-*

mare. In her version, Ms Reinhardt lies across a bed while being overlooked by a demonic incubus – in this case played by a rather more placid-looking Finn. In a show of his versatility, Finn also wears an elaborate and aptly-named ruff with a bonnet in a reworking of Michael Conrad Hirt's 1642 piece *Portrait of Anna Rosina Marquart*. The duo now also sell postcards and calendars of their work.

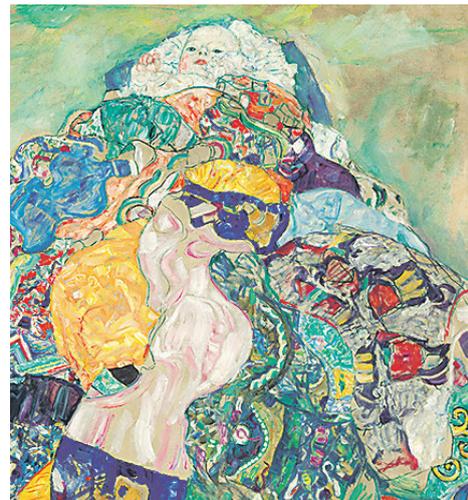
Ms Reinhardt became a "full-time dog mother" to three-year-old Finn after she lost her job in March. She had been working at a museum and interning at a gallery, but with both forced to close she wanted to find a way to channel her creativity. She told the PA news agency: "Finn is quite the wild energetic boy, and we lived in a loft – it was not ideal for him. "It's hilarious to see how serious he takes it," she said. "He will sit on top of little tiny stools, and he has a big butt and he's kind of a funny shape and he will just wedge himself up there and wait patiently.

He let me put a moustache on top of his nose. He does absolutely anything." Finn takes artistic direction, and during one particularly difficult pose, she said she printed out the art to show him what he needed to do. "I vividly remember he wasn't doing it right so I printed out the picture and showed it to him and I was like, Finn you need to look like this," she said. "And I took the picture, and he did it. And I was like, there's no way that registered with you, but it must have." Recreating the poses takes several hours a day,

with one – Bosch's hell – planned the night before, and requiring 12 hours of work to finish. The pair have built up a community around their work, which Ms Reinhardt said has helped her deal with being in isolation for so long, as she is deemed high risk. She said: "Finn demands to do it every day. I don't think I can stop ever because he is upset. I have my studio upstairs and he will sit in the place where we usually take it and he'll just stare." Despite coming from a family of artists, Ms Reinhardt discovered her

creative outlet after she hit her head on a door handle when she was 18 and suffered significant memory loss. "I tried everything in college to try and find something I liked, and I finally found art when I was a junior," she said. After self-publishing a volume of their earlier work, she is now hoping a publishing house will take on a second volume. "I can't imagine not doing this with him, although I know it will have to end eventually," she said. "It is just seeing how far we can push it before it gets old."

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Keeping fit and well into older age

Super fit gran Diana Moran is living proof that exercise and healthy living can make a big difference in later life.

Tahir Masud, a professor of geriatric medicine and president of the British Geriatrics

Society, points out that keeping up good levels of physical activity can reduce the risk of dementia and depression by up to 30%, type 2 diabetes by 40%, and cut the chances of getting certain cancers, such as breast and colon cancer, by 20-30%.

Here, Moran and Masud outline seven the best ways for older people to keep fit and healthy.

Keep active

One of the most important things about looking after yourself as you get older is making sure you're as active as possible, stresses Masud, who says older people should aim for 150 minutes of moderate intensity physical exercise per week, like walking, jogging or cycling, with a particular emphasis on maintaining strength and balance. Moran's Keep Fit And Carry On DVD, which she's proud to say she home filmed herself during lockdown, is designed to get older people moving gently. "I'm very, very aware of how exercise in moderation (I'm not talking about going to the gym and pump-

ing iron and all that business) is important to maintain your good health," she says.

Minimise sedentary time

If managing proper exercise is too much, Masud says people should at least try to get up a bit more frequently if possible, rather than being too sedentary for long periods. "You shouldn't just sit in front of the TV without getting up regularly," he says. "If you're watching a programme for an hour, you should get up a few times, even if it's to make a cup of tea."

Avoid 'bad' things

It's an obvious one, but just because smoking and drinking haven't killed you yet doesn't mean they won't get you in the future. "Older people need to reduce smoking and excessive alcohol," says Masud. "There's lots of evidence that if you want to stay healthy as you get older, you've got to cut back on those particular things."

Good nutrition

Masud says the NHS Eat Well Guide gives a good outline of what your diet should look like as you get older. "The important things are to cut back on carbohydrates and sugar, but what's stressed is

that an adequate amount of protein, for example eggs, meat, fish, and pulses, is really important," he says. "If you don't have enough protein, you've got an increased chance of becoming frail, which causes problems such as falls and other issues."

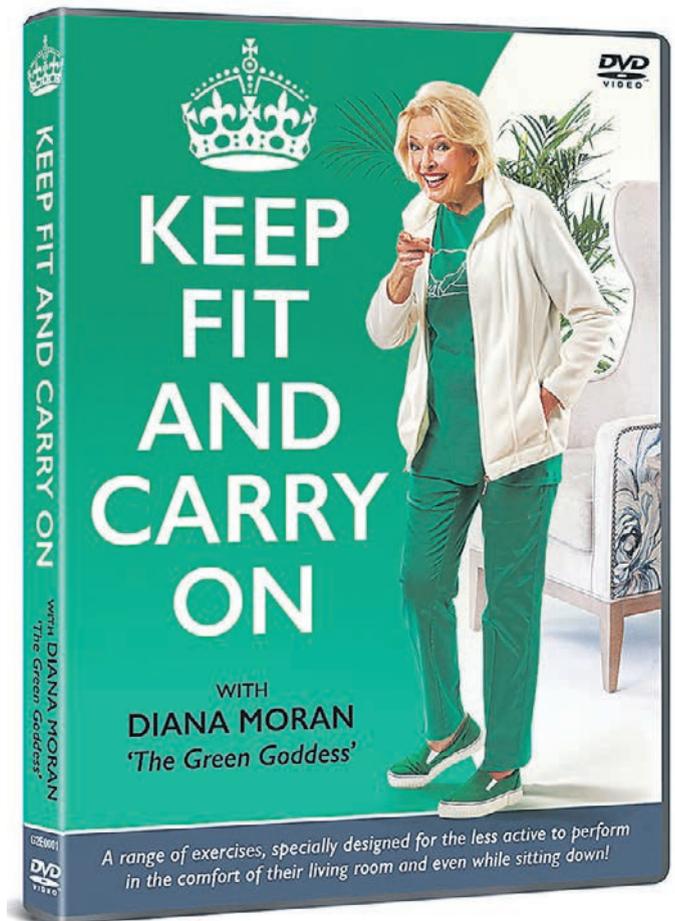
In addition, everyone (at any age) needs to try to eat five portions of different fruit and vegetables a day, and plenty of fibre.

Stay connected

"Loneliness isn't a good thing for your future health," says Masud. "And as you get older, if you get socially isolated and lonely, it can increase the risk of heart disease, depression and dementia."

Although the brain isn't technically a muscle, it still needs 'exercising' like one. "If you don't use it, you'll lose it," explains Masud. "You start developing cognitive impairment and losing your memory."

And lonely older people may have a higher risk of heart disease simply because having more reasons to socialise means you're more likely to get out and about, which means keeping your body and brain more active. Getting out and about also reduces the risk of obesity, which can affect the heart too.



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Simple secrets to a healthier Christmas

Ah, Christmas. It's the most wonderful time of the year, but equally the most disastrous for your waistline, liver and stress levels.



Between the thousands of Quality Street, visits from the in-

laws, gallons of booze and a mammoth roast dinner to fork your way through, it's no wonder we usually enter

January feeling hungover, burnt out and ready to splurge on whatever gym membership or wellness cure claims to restore some semblance of vitality. But December doesn't have to be a calorie-laden blowout, as keeping the decadence in check is easier than you might think. Leading fitness and nutrition experts give their top tips on how you can have a healthy Christmas this year, without missing out on the festive fun.

Keep it real

With January looming on the horizon, it's tempting to get a head start and kid yourself you'll be hitting the gym every morning. You might be off work for a week, but let's face it - amongst all the festive drinking and killer Christmas TV, the likelihood of you sticking to your plan is pretty low.

As the weather in the winter months can be unpredictable, it's good to stay flexible about how you'll be getting a sweat on. Perhaps the roads are too icy for a run? Or the gym is closed because of Covid-19? "Christmas is the perfect time to take to the living room instead with a free YouTube workout video" says Sealy.

Swap your drinks for lower-calorie alternatives

During the festive season, it can be tricky to keep track of what you're drinking - one drink turns into many, and before you know it, you've polished off a whole bottle. "Many of us are unaware of just how much sugar and how many calories there are in some of our favourite alcoholic beverages," says Elliott Moore, lifestyle health adviser for Bupa UK, and it can easily add up. "A pint of lager for example, contains the same amount of calories as a slice of pizza."

As well as staying conscious of your drink count, Moore advises switching to low-calorie mixers with spirits, plumping for a spritzer instead of white wine and avoiding the sugar-laden cocktails completely. It's important to pace yourself and stay hydrated too. "For every unit of alcohol you drink, it takes your body

around one hour to digest it, so be mindful of how fast and how much you're drinking and try to space your drinks out."

Consider these dinner table swaps

If you're on chef duty this Christmas, think about making a few simple switches that can slash your all-important calorie count, without sacrificing the taste. "As a general rule, if you're trying to limit your calorie intake, avoid anything deep fried, battered or covered in pastry," says Moore. "Swap crisps and salted nuts for popcorn, raw nuts or olives, and instead of serving sausage rolls or pigs in blankets, why not try smoked salmon blinis or prawn skewers instead?"

Poach your turkey

Not everyone is a fan of eating turkey on Christmas day, but white meat is secretly your best friend as it's an excellent source of protein, and turkey in particular is very lean - plus, it's particularly low in saturated fat.

Don't scrimp on the sprouts and cranberry sauce

"Sprouts are so underrated," says Moore, "they really are little nutrient powerhouses." Loaded with important vitamins and minerals including B vitamins, vitamin C, vitamin K, iron and magnesium, they can help to give that all-important winter boost. "Try roasting them alongside some traditional chestnuts for an added sweetness, as these are another surprising source of vitamin C." Cranberry sauce is another healthy guest pleaser. "Berries are packed with nutrients - brightly coloured foods are often super rich in antioxidants - and cranberries boast an impressive array of vitamins and minerals, including vitamin C, which is good for skin health, and iodine, to help support your metabolism." Make your own cranberry sauce to avoid pre-packaged versions high in added sugar, and give it a splash of orange juice for an extra charge of sweetness and vitamin C.

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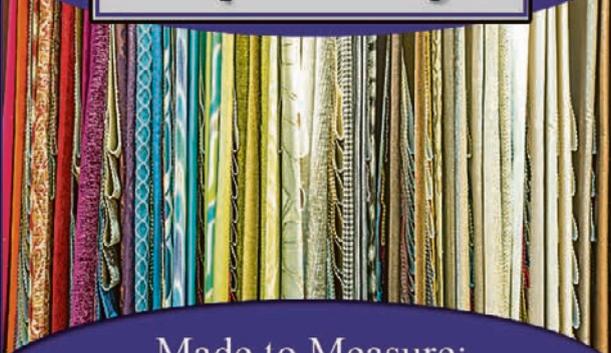
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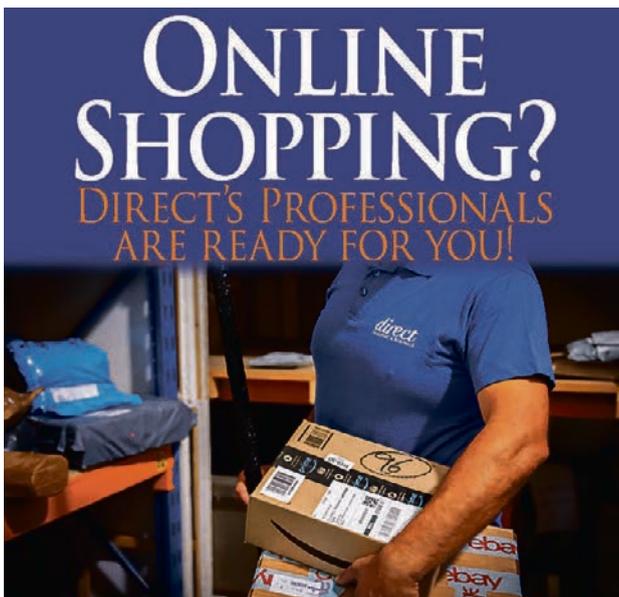
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BBC One

- 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 Bargain Hunt.
14.00 Money for Nothing.
14.45 **FILM:** The BFG (2016).
16.30 Final Score.
17.10 BBC News; Weather.
17.30 Pointless Celebrities.
18.15 The Hit List.
19.00 Strictly Come Dancing.
20.35 Michael McIntyre's The Wheel.
21.35 Blackadder II.
22.05 BBC News; Weather.
22.25 Match of the Day.
23.30 The NFL Show.
00.20 **FILM:** Three Summers (2017).

BBC Two England

- 06.45 Wild & Weird.
07.00 All Over the Place: Asia.
07.30 The Dengineers.
08.00 Blue Peter: Young Sports Personality Winner Revealed!
08.30 DIY Deadly with Steve Backshall.
09.00 Waterhole: Africa's Animal Oasis.
10.00 Robot Wars: Battle of the Stars.
11.00 Britain's Christmas Story.
12.00 Best Christmas Bakes Ever.
12.45 The Hairy Bikers Home for Christmas.
13.30 Debbie Reynolds: Talking Pictures.
14.00 **FILM:** Half a Sixpence (1967).
16.20 Astaire and Rogers Sing George and Ira Gershwin.
16.30 Flog It!
17.30 Winter's Weirdest Events.
18.00 A Merry Tudor Christmas with Lucy Worsley.
19.00 **FILM:** Whisky Galore! (2016).
20.30 Dad's Army.
21.00 **FILM:** The Untouchables (1987).
22.55 **FILM:** The Hill (1965).
00.55 **FILM:** The Unknown Girl (2016).

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 at Christmas.
11.40 John and Lisa's Christmas Kitchen.
12.40 ITV News and Weather; Weather.
12.50 Midsomer Murders.
14.45 **FILM:** Back to the Future Part III (1990).
17.00 Celebrity Supermarket Sweep.
18.00 ITV News and Weather.
18.30 Celebrity Catchphrase.
19.30 The Chase Celebrity Special.
20.30 It'll Be Alright on the Night.
21.30 The Jonathan Ross Show.
22.30 ITV News and Weather; Weather.
22.50 Gary Barlow's Night at the Museum.
23.50 Not the Robbie Williams Christmas Show.

Channel 4

- 06.00 The Big Bang Theory.
07.30 Heineken Champions Cup Rugby: The Big Tackle.
08.30 Superhero Tri: At Home Winter Wonderwheels.
09.00 World Chase Tag - USA.
10.00 The Simpsons.
11.55 Extreme Cake Makers.
12.30 Live Heineken Champions Cup Rugby Union.
15.15 Heston's Ultimate Feast.
16.15 Channel 4 News.
16.30 Formula 1 Abu Dhabi Grand Prix Qualifying Highlights.
18.00 Scotland: My Life in the Wild.
19.00 Jamie: Keep Cooking at Christmas.
19.30 Jungle Mystery: Lost Kingdoms of the Amazon.
20.30 Britain's Most Historic Towns.
21.30 **FILM:** The Shape of Water (2017).
00.00 **FILM:** Split (2016).

BBC Four

- 19.00 All Aboard: The Great Reindeer Migration.
21.00 The Valhalla Murders.
22.30 The Shadows at Sixty.
23.30 Sir Cliff Richard at the BBC.
00.35 Top of the Pops: 1990.
01.35 All Aboard: The Great Reindeer Migration.

SUNDAY 13/12/20

BBC One

- 09.00 The Andrew Marr Show.
10.00 Politics England.
10.30 A Very Country Christmas.
11.30 Sunday Worship.
12.00 Bargain Hunt.
13.00 BBC News; Weather.
13.15 Songs of Praise.
13.50 Nadiya's American Adventure.
14.50 Escape to the Country.
15.50 Garden Rescue.
16.35 Money for Nothing.
17.05 Blue Planet II.
18.05 BBC News; Weather.
18.30 Countryfile.
19.30 Strictly Come Dancing: The Results.
20.10 His Dark Materials.
21.00 Small Axe: Education.
22.10 BBC News; Weather.
22.40 Match of the Day 2.
00.00 The Women's Football Show.
00.30 **FILM:** Mrs Brown's Boys D'Movie (2014).
02.00 Weather for the Week Ahead.
02.05 BBC News.

BBC Two England

- 09.00 Life in a Cottage Garden with Carol Klein.
09.30 Landward.
10.00 Saturday Kitchen Best Bites.
11.30 Rick Stein's Cornish Christmas.
12.00 Britain's Christmas Story.
13.00 Royal Recipes.
13.05 The Hairy Bikers Home for Christmas.
13.50 **FILM:** Great Expectations (2012).
15.50 **FILM:** The Young Victoria (2009).
17.25 Flog It!
18.10 **Golf: World Tour Championship Highlights.**
19.10 Dragons' Den: Pitches to Riches?
20.10 Mortimer & Whitehouse: Gone Christmas Fishing.
21.10 The Christmas Misadventures of Romesh Ranganathan.
22.10 **FILM:** The Godfather (1972).
01.00 Heroes.

ITV London

- 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.
12.55 Love Your Garden.
13.20 ITV News and Weather; Weather.
13.30 **FILM:** The Secret Life of Pets (2016).
15.10 **FILM:** Shrek (2001).
16.55 ITV News and Weather.
17.20 **FILM:** The Grinch (2018).
19.00 Who Wants to Be a Millionaire: The Million Pound Question.
20.00 I'm a Celebrity... A Castle Story.
21.00 Des O'Connor: The Ultimate Entertainer.
22.00 ITV News and Weather; Weather.
22.15 It'll Be Alright on the Night.
23.10 Coronation Street: 60 Unforgettable Years.
00.30 I'm a Celebrity... A Castle Story.
01.20 Ideal World.
03.00 Motorsport UK.
03.50 ITV Nightscreen.

Channel 4

- 09.00 The Simpsons.
09.30 Sunday Brunch.
12.30 The Simpsons.
13.55 **FILM:** Lemony Snicket's A Series of Unfortunate Events (2004).
16.00 Christmas in New York: Inside the Plaza.
17.00 Channel 4 News.
17.30 Formula 1 Abu Dhabi Grand Prix Race Highlights.
20.00 Jamie: Keep Cooking at Christmas.
21.00 Escape to the Chateau.
22.00 Gogglebox.
22.55 The Red Shadows.
00.05 **FILM:** Mother! (2017).
02.10 The Last Leg.
03.05 Four in a Bed.

BBC Four

- 19.00 Nature's Weirdest Events.
19.10 Iceland: Land of Ice and Fire: Natural World.
20.10 Billy Connolly: A Scot in the Arctic.
21.00 The Last Igloo.
22.30 The Sky at Night.
23.30 Horizon: Jupiter Revealed.
00.30 Holst: The Planets with Professor Brian Cox.
02.00 **FILM:** My Week with Marilyn (2011).

MONDAY 14/12/20

BBC One

- 09.15 Morning Live.
10.00 Homes Under the Hammer.
11.00 Animal Park Christmas Special.
11.45 Saved on Camera.
12.15 Bargain Hunt: Christmas Traditions.
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 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 Still Open All Hours.
20.00 EastEnders.
20.25 The Vicar of Dibley.
21.05 Panorama.
22.05 BBC News at Ten; Weather.
22.50 Angels of the North.
23.45 Have I Got a Bit More News for You.
00.30 The Graham Norton Show.
01.15 Weather for the Week Ahead.
01.20 BBC News.

BBC Two England

- 09.00 BBC News at 9.
12.15 Politics Live.
13.00 Head Hunters.
13.45 The Hairy Bikers Home for Christmas.
14.30 **FILM:** Scott of the Antarctic (1948).
16.15 The Snow Wolf Family and Me.
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: 2008.
22.45 Newsnight.
23.25 Weather.

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 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Ainsley's Food We Love.
20.30 Coronation Street.
21.00 The Real Full Monty: On Ice.
22.30 ITV News at Ten; Weather.
23.15 Death Row's Women with Susanna Reid.

Channel 4

- 09.00 Everybody Loves Raymond.
09.30 Frasier.
10.30 Ramsay's Kitchen Nightmares USA.
11.25 Channel 4 News Summary.
11.30 Junior Bake Off.
12.30 Steph's Packed Lunch.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 A Place in the Sun.
17.00 Come Dine with Me.
17.30 Chef vs Corner Shop.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Food Unwrapped's Festive Feast.
21.00 Inside Poundland: Secrets from the Shop Floor.
22.00 The Undateables at Christmas.
23.05 Newquay: 24/7 Party People.

BBC Four

- 19.00 Villages by the Sea.
19.30 The Joy of Painting: Winter Specials.
20.00 Christmas University Challenge.
20.30 The Art Mysteries with Waldemar Januszczak.
21.00 **FILM:** The Lady in the Van (2015).
22.40 Alan Bennett's Diaries.
23.40 Civilisations on Your Doorstep.
00.40 The Ice King: John Curry - Storyville.
02.05 The Joy of Painting: Winter Specials.
02.35 The 80s with Dominic Sandbrook.

TUESDAY 15/12/20

BBC One

- 09.15 Morning Live.
10.00 Homes Under the Hammer.
11.00 Animal Park Christmas Special.
11.45 Saved on Camera.
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 Antiques Road Trip.
17.15 Pointless.
18.00 BBC News at Six; Weather.
19.00 The One Show.
19.30 EastEnders.
19.50 Holby City.
20.30 My Family Christmas Special 2002.
21.00 MasterChef: The Professionals.
22.00 BBC News at Ten; Weather.
22.45 We Are Who We Are.

BBC Two England

- 06.30 Animal Park Christmas Special.
07.15 Antiques Road Trip.
08.00 Sign Zone: DIY SOS: The Big Build.
09.00 BBC News at 9.
12.15 Politics Live.
13.00 Head Hunters.
13.45 **FILM:** King of Kings (1961).
16.20 The Snow Wolf Family and Me.
17.20 Flog It!
18.00 Richard Osman's House of Games.
18.30 Strictly: It Takes Two.
19.00 Inside the Christmas Factory: Mince Pies.
20.00 Great British Christmas Menu.
21.00 QI XS.
21.15 Industry.
22.05 TOTP2 Christmas.
22.45 Newsnight.
23.25 Weather.
23.30 Hospital.
00.30 **FILM:** Their Finest (2016).

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 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
19.00 Emmerdale.
19.30 For the Love of Britain.
20.00 How to Spend It Well at Christmas with Phillip Schofield.
21.00 The Real Full Monty: On Ice.
22.30 ITV News; Weather.
23.15 Queens of the Street.

Channel 4

- 09.00 Everybody Loves Raymond.
09.30 Frasier.
10.30 Ramsay's Kitchen Nightmares USA.
11.25 Channel 4 News Summary.
11.30 Junior Bake Off.
12.30 Steph's Packed Lunch.
14.10 Countdown.
15.00 Find It, Fix It, Flog It.
16.00 A Place in the Sun.
17.00 Come Dine with Me.
17.30 Chef vs Corner Shop.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 **The Great British Bake Off: The Winners.**
21.00 Inside KFC at Christmas.
22.00 The Year that Changed Love.
23.00 Gogglebox.
00.05 Jo Brand's How to Stay Sane in a Mad World.

BBC Four

- 19.00 Christmas University Challenge.
19.30 The Joy of Painting: Winter Specials.
20.00 Yes, Prime Minister.
21.00 Thatcher: A Very British Revolution.
22.00 Great Speeches.
22.15 Diary Days.
22.20 Favourite Things: Margaret Thatcher.
22.50 Mark Kermode's Christmas Cinema Secrets.
23.50 Stuffed: The Great British Christmas Dinner.
00.50 The Valhalla Murders.
02.20 The Joy of Painting: Winter Specials.
02.50 Thatcher: A Very British Revolution.

WEDNESDAY 16/12/20

BBC One

- 09.15 Morning Live.
- 10.00 Homes Under the Hammer.
- 10.55 Animal Park Christmas Special.
- 11.45 Saved on Camera.
- 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 Antiques Road Trip.
- 17.15 Pointless.
- 18.00 BBC News at Six; Weather.
- 19.00 The One Show.
- 19.30 Vicky McClure's Dementia Choir at Christmas.
- 20.00 The Repair Shop.
- 21.00 MasterChef: The Professionals.
- 22.00 BBC News at Ten; Weather.
- 22.45 Match of the Day.

BBC Two England

- 09.00 BBC News at 9.
- 11.15 Politics Live.
- 13.00 Head Hunters.
- 13.45 Nigel Slater's 12 Tastes of Christmas.
- 14.15 Robert Mitchum: Talking Pictures.
- 14.50 **FILM:** Holiday Affair (1949).
- 16.15 The Polar Bear Family and Me.
- 17.15 Flog It!
- 18.00 Richard Osman's House of Games.
- 18.30 Strictly: It Takes Two.
- 19.00 Inside the Christmas Factory.
- 20.00 Great British Christmas Menu.
- 21.00 **FILM:** The King's Speech (2010).
- 22.50 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 Tenable.
- 15.59 ITV London Weather.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 19.00 Emmerdale.
- 19.30 Coronation Street.
- 20.00 Paul O'Grady's Great British Escape.
- 20.30 Coronation Street.
- 21.00 Gordon, Gino & Fred: Desperately Seeking Santa.
- 22.00 ITV News at Ten; Weather.

Channel 4

- 09.00 Everybody Loves Raymond.
- 09.30 Frasier.
- 10.30 Ramsay's Kitchen Nightmares USA.
- 11.25 Channel 4 News Summary.
- 11.30 Junior Bake Off.
- 12.30 Steph's Packed Lunch.
- 14.10 Countdown.
- 15.00 Find It, Fix It, Flog It.
- 16.00 A Place in the Sun.
- 17.00 Come Dine with Me.
- 17.30 Chef vs Corner Shop.
- 18.00 The Simpsons.
- 18.30 Hollyoaks.
- 19.00 Channel 4 News.
- 20.00 Sarah Beeny's New Life in the Country.
- 21.00 Christmas at Highclere Castle.
- 22.00 First Dates at Christmas.

BBC Four

- 19.00 Christmas University Challenge.
- 19.30 The Joy of Painting: Winter Specials.
- 20.00 Wartime Farm Christmas.
- 21.00 Lucy Worsley's Christmas Carol Odyssey.
- 22.00 Top of the Pops: Christmas Hits.
- 23.30 The Sound of TV with Neil Brand.
- 00.30 Make! Craft Britain.
- 01.30 The Joy of Painting: Winter Specials.
- 02.00 The Art Mysteries with Waldemar Januszczak.
- 02.30 Wartime Farm Christmas.

THURSDAY 17/12/20

BBC One

- 09.15 Morning Live.
- 10.00 Homes Under the Hammer.
- 11.00 Animal Park Christmas Special.
- 11.45 Saved on Camera.
- 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 Antiques Road Trip.
- 17.15 Pointless.
- 18.00 BBC News at Six; Weather.
- 19.00 The One Show.
- 19.35 EastEnders.
- 20.00 Nadiya's American Adventure.
- 21.00 MasterChef: The Professionals.
- 22.00 BBC News at Ten; Weather.
- 22.45 Blackadder II.
- 23.15 The Young Offenders Christmas Special.
- 23.45 Newscast; Weather.

BBC Two England

- 09.00 BBC News at 9.
- 12.15 Politics Live.
- 13.00 Head Hunters.
- 13.45 David Niven: Talking Pictures.
- 14.30 **FILM:** The Bishop's Wife (1947).
- 16.15 The Polar Bear Family and Me.
- 17.15 Flog It!
- 18.00 Richard Osman's House of Games.
- 18.30 Strictly: It Takes Two.
- 19.00 Inside the Christmas Factory.
- 20.00 12 Puppies and Us.
- 21.00 New Elizabethans with Andrew Marr.
- 22.00 QI XL.
- 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 Tenable.
- 15.59 ITV London Weather.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 19.00 Emmerdale.
- 19.30 2020: The Year That Changed Britain - Tonight.
- 20.00 Emmerdale.
- 20.30 The Martin Lewis Money Show: Live.
- 21.00 The Savoy at Christmas.
- 22.00 ITV News at Ten; Weather.
- 22.45 Des O'Connor: The Ultimate Entertainer.

Channel 4

- 09.00 Everybody Loves Raymond.
- 09.30 Frasier.
- 10.30 Ramsay's Kitchen Nightmares USA.
- 11.25 Channel 4 News Summary.
- 11.30 Junior Bake Off.
- 12.30 Steph's Packed Lunch.
- 14.10 Countdown.
- 15.00 Find It, Fix It, Flog It.
- 16.00 A Place in the Sun.
- 17.00 Come Dine with Me.
- 17.30 Chef vs Corner Shop.
- 18.00 The Simpsons.
- 18.30 Hollyoaks.
- 19.00 Channel 4 News.
- 20.00 Snackmasters: Dominos.
- 21.00 Taskmaster.
- 22.00 Celebrity Crystal Maze.

BBC Four

- 19.00 Christmas University Challenge.
- 19.30 The Joy of Painting: Winter Specials.
- 20.00 **FILM:** Far from the Madding Crowd (2015).
- 22.00 Dusty Springfield at the BBC.
- 23.00 Dusty.
- 23.25 **FILM:** Tamara Drewe (2010).
- 01.10 The Joy of Painting: Winter Specials.
- 01.40 The Last Igloo.

FRIDAY 18/12/20

BBC One

- 09.15 Morning Live.
- 10.15 Homes Under the Hammer.
- 11.15 Animal Park Christmas Special.
- 12.00 Bargain Hunt: Christmas Gifts.
- 13.00 BBC News at One; Weather.
- 13.45 Father Brown.
- 14.30 Impossible.
- 15.15 Escape to the Country.
- 16.00 Money for Nothing.
- 16.30 Antiques Road Trip.
- 17.15 Pointless.
- 18.00 BBC News at Six; Weather.
- 19.00 The One Show.
- 19.35 A Question of Sport.
- 20.05 Richard Osman's House of Games Night.
- 20.35 EastEnders.
- 21.00 Have I Got 2020 News for You.
- 21.30 Mrs Brown's Boys Christmas Special.
- 22.00 BBC News at Ten; Weather.
- 22.45 The Graham Norton Show.

BBC Two England

- 09.00 BBC News at 9.
- 13.00 Head Hunters.
- 13.45 The Hairy Bikers Home for Christmas.
- 14.30 The Hairy Bikers.
- 14.45 **FILM:** The Importance of Being Earnest (2002).
- 16.15 The Polar Bear Family and Me.
- 17.15 Flog It!
- 18.00 Strictly: It Takes Two.
- 19.00 Simply Nigella: Christmas Special.
- 20.00 Waterhole: Africa's Animal Oasis.
- 21.00 **FILM:** The Happy Prince (2018).
- 22.35 Corin Redgrave on Oscar Wilde's De Profundis.
- 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 Tenable.
- 15.59 ITV London Weather.
- 16.00 Tipping Point.
- 17.00 The Chase.
- 18.00 ITV News London; Weather.
- 19.00 Emmerdale.
- 19.30 Coronation Street.
- 20.30 Midsomer Murders.
- 22.20 ITV News; Weather.

Channel 4

- 09.00 Everybody Loves Raymond.
- 09.30 Frasier.
- 10.30 Ramsay's Kitchen Nightmares USA.
- 11.25 Channel 4 News Summary.
- 11.30 Junior Bake Off.
- 12.30 Steph's Packed Lunch.
- 14.10 Countdown.
- 15.00 Find It, Fix It, Flog It.
- 16.00 A Place in the Sun.
- 17.00 Come Dine with Me.
- 17.30 Chef vs Corner Shop.
- 18.00 The Simpsons.
- 19.00 Channel 4 News.
- 20.00 George Clarke's Amazing Spaces: Winter World Tour.
- 21.00 Celebrity Gogglebox 2020.
- 22.00 8 Out of 10 Cats Does Countdown Christmas Special.
- 23.05 **FILM:** The Inbetweeners Movie (2011).

BBC Four

- 19.00 Christmas University Challenge.
- 19.30 Cigar Box Blues - The Makers of a Revolution.
- 20.00 Top of the Pops: 1990.
- 21.00 The Sound of TV with Neil Brand.
- 22.00 The Story of A Fairytale of New York.
- 23.00 Country Christmas.
- 23.40 Carole King and Friends at Christmas.
- 00.40 Top of the Pops: 1988 Christmas Special.
- 01.40 The Story of A Fairytale of New York.
- 02.40 Cigar Box Blues - The Makers of a Revolution.

📺 Pick of the Week

Sunday, 13 Dec

Golf: World Tour Championship Highlights (BBC Two, 6.10pm)



Eilidh Barbour introduces the best action from the World Tour Championship in Dubai, the

prestigious final event of the season, to determine the European Tour's number one player. This year's likely contenders included Tommy Fleetwood, seeking to be crowned Europe's top golfer for the second time in four years. The Englishman came close in 2019, when he arrived at this tournament as one of five players with the chance to clinch that honour – but lost by one stroke as winner John Rahm of Spain also took the overall No.1 spot.

Monday, 14 Dec

The Vicar of Dibley in Lockdown (BBC1, 8.55pm)



As lockdown drags on, Geraldine really needs a haircut – in fact, she's so desperate, she'll even let a friend

do it. Unfortunately, they are rather more used to working with animals, so the results may leave her wishing she'd just kept growing it. The vicar also get the chance to spend time with some of the children from the local primary school, which she can hopefully use to help them sort out which miracles were performed by Christ and which were the work of magicians Dynamo and Penn and Teller.

Tuesday, 15 Dec

The Great British Bake Off: The Winners (C4, 8pm)



Peter was recently crowned the 2020 winner in a particularly heartwarming final, but a two-part special is

going back in time to celebrate the other bakers who have lifted the cake-stand trophy. We're starting at the beginning with a celebration of the first five winners, including Edd and Nancy, who was one of the show's most surprising champions. The episode relives their time in the tent, from their first challenges to their final showstopper, and reminds us of some of their highs – and lows.

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News



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Tel: **965 885 071**

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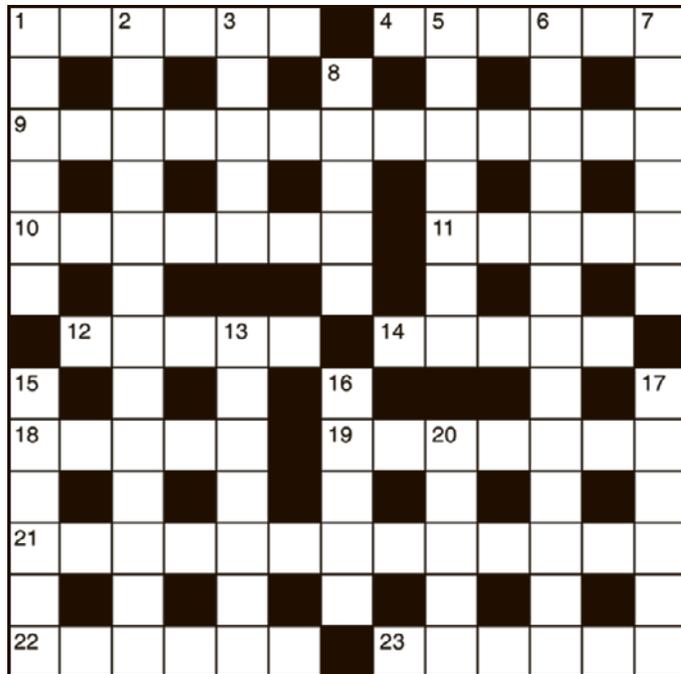
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Last week's cryptic crossword solutions

Across: 7 Exodus; 8 Bureau; 10 Learner; 11 Belle; 12 Rock; 13 Watch; 17 Greed; 18 Prop; 22 Knave; 23 Trainer; 24 Models; 25 Robust.

Down: 1 Declare; 2 Romance; 3 Turns; 4 Put back; 5 Realm; 6 Ruler; 9 Ornaments; 14 Ordeals; 15 Bran tub; 16 Spirits; 19 Skimp; 20 Hardy; 21 Major.

CRYPTIC CROSSWORD

ACROSS

- Once erect I state my piece (6)
- Reorganised Delhi's defence (6)
- Induce to become religious? (4,2,7)
- Royal symbols from Algeria (7)
- A duty we no longer owe to the church (5)
- Fit girl given body-building exercises (5)
- Instruct in art, perhaps (5)
- Broadside of some colossal volume (5)
- Seating is never enough with such chairs (7)
- Unlikely to keep out of trouble long? (8,5)
- Possibly run and see to make certain (6)
- It's used to lift – or bring down (6)

DOWN

- Governors help schoolboys with their lines (6)
- What I should have done, if I were in your position! (7,6)
- Everything unqualified (5)
- It's worn with one's arm inside (7)
- It just goes to show how time passes, currently speaking (8,5)
- Engine gives out before the French come up (6)
- A lighthouse casts it across the vessel (5)
- He's slow but sure (7)
- Land in the States (6)
- Signs in at the women's hostel (5)
- Maintain there's some body in the beer (6)
- Brown as pie, perhaps (5)

QUICK CROSSWORD

ACROSS

- Pedestal (6)
- Signal fire (6)
- Trouble (13)
- Overburden (7)
- Fat (5)
- Intimidate (5)
- Attain (5)
- Consume (3,2)
- Detergent (7)
- Backdated (13)
- Buy back (6)
- Torment (6)

DOWN

- Jail (6)
- Disabled (13)
- Overwrought (5)
- Incident (7)
- Stooping (13)
- Required (6)
- Stop (5)
- Censure (7)
- Dread (6)
- Compass (5)
- Mourn (6)
- Surpass (5)

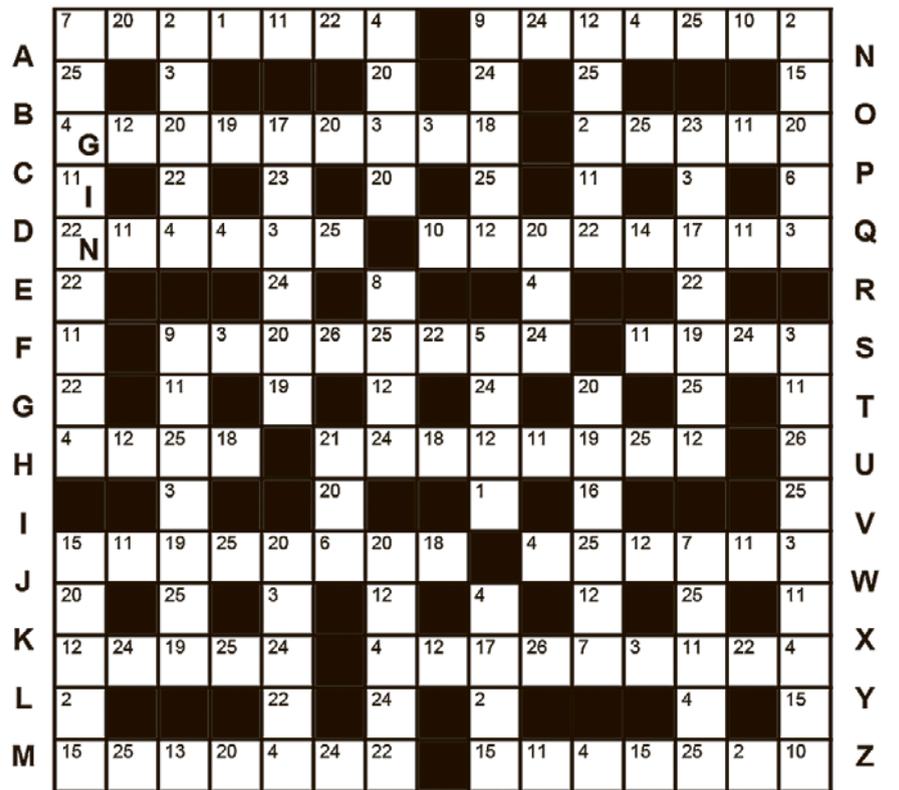
Last week's quick crossword solution

Across: 7 Broken; 8 Winded; 10 Titular; 11 Drool; 12 Itch; 13 Scent; 17 Rigid; 18 Lido; 22 Feast; 23 Angelic; 24 Expire; 25 Defend.

Down: 1 Abstain; 2 Contact; 3 Reply; 4 Binding; 5 Idiot; 6 Adult; 9 Practical; 14 Distort; 15 Wielded; 16 Concede; 19 Offer; 20 Happy; 21 Agree.

CODEWORD

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



SUDOKU

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

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

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

Last week's Codeword Solution

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

Last week's Solutions

Medium

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

Hard

3	2	8	9	7	6	4	5	1
5	9	6	1	3	4	2	8	7
4	7	1	8	5	2	3	6	9
7	1	2	4	9	8	5	3	6
6	5	3	7	2	1	9	4	8
9	8	4	5	6	3	7	1	2
1	3	7	2	8	5	6	9	4
8	6	9	3	4	7	1	2	5
2	4	5	6	1	9	8	7	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 15.
Now your turn: Puzzle 606
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= 17
A = C > B
ABC ÷ 2

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

A farewell to Peter Alliss

N Neil Conolly

“Well, well, well.” The King is dead. He passed away unexpectedly, yet peacefully, at his home in Surrey in England.

A complex combination of being irreverent, whimsical, witty, mischievous, humble, grandiose, poorly educated yet with a wonderful linguistic talent, is how I would describe Peter Alliss.

There are so many interesting stories about the man that make up the fabric of his career, he could make watching golf on a Thursday afternoon the most watchable and amusing television.

For example, talking about Carol Vorderman from Countdown he once said, he was watching her the other day and he “got ‘aroused’.... 7 letters, not bad for somebody that left school at the age of 15”. With his commentary colleagues laughing hysterically in the background, the master of timing knew when to say something and when to leave a space.

His induction into the World Golf Hall of Fame is the stuff of legend, where he stood for 15 minutes, talked about his life, his love, and losing his virginity.

He was the largest baby ever to be born in England at 14 pounds 11 ounces, and he quipped “his mother didn’t ride her bike for seven months after his birth”. As a teenager he ‘bordered on beautiful’ - his words - yet was able to deliver this phrase with a self-humility and an understanding that he was mocking himself at the same time.

He played in eight Ryder Cups, won over 30 times on the European Tour, raised over

£7,000,000 for disadvantaged children requiring wheelchairs. A hugely generous man with his time and a wonderful friend of the game.

The tributes have been pouring in from all over the world describing this man who was able to, as Kipling said; “walk with Kings nor lose the common touch.” He famously had personalised number plates on his car which read “PUT 3” which referred to his condition of the yips which put paid to his professional playing career. The irony was that it was on his Rolls Royce.

People flocked in their thousands to try and get tickets for An Audience with Alliss, where he would walk on stage, park himself in a very comfortable leather seat and talk about golf, life and humour for up to four hours. Rarely has someone looked more comfortable in front of an audience or behind a microphone than Mr Alliss.

John Cleese has said of his passing, “The most sane and comforting voice I ever heard. I always thought that I could cope with the ending of the world if Peter was commentating on it.” Such was his reach, I’m not sure John Cleese plays golf.

He worked last month on the Masters’ coverage, and passed away at age 89. For some reason his humour became a little more risqué after lunch, his commentating colleagues put that down to a cheeky burgundy used to wash down whatever was on his plate.



He famously had personalised number plates on his car which read “PUT 3”

A proud and jocular Brit, I remember him commentating at the Open when it was last held Royal St Georges. The cameras had zoomed in on a huge storm which was about to come over the English Channel, he said, “Ah well, there’s good news and there’s bad news, the bad news is that it’s coming this way and is going to affect the tournament, the good news is that the French currently have it.” I grew up watching Peter commentate on pro-celebrity golf, as a golf starved teenager,

to be able to watch Seve, Trevino, Watson and Crenshaw play with celebrities, normally at Glen Eagles, was heavenly.

Quintessentially British, without doubt the greatest ever golf commentator, and it could be argued no one has surpassed him in any other sports.

If you want to remember him just go onto YouTube and watch his Hall of Fame speech. It will be well worth 15 minutes of your time.

Bezuidenhout secures Sun City victory

Christiaan Bezuidenhout secured back to back European Tour wins on home soil following a five shot victory at the 110th South African Open.

The 26-year-old began his final round with a five shot advantage over Welshman Jamie Donaldson, who cut the deficit to two before the turn as the South African struggled to make an impact on the scoreboard at Gary Player Country Club.

But Bezuidenhout regained his form on the back nine to sign for a 69 and finish on 18 under par overall to seal his third European Tour title of the season.

“It’s unbelievable to stand here with an Open win,” Bezuidenhout said. “It’s any South African golfer’s dream to win a national tournament. It’s unreal.

“I fought hard today, the front nine things didn’t

really go my way and I just dug deep to come out with a win today.

“That was massive (birdieing the tenth, 11th and 12th). I have to say, the second putt on 11 was huge and obviously the putt on 12 was a bonus, I just tried to get it close inside a couple of feet and made it.

“I knew I had to make pars coming in and I did it. I’m really, really chuffed to stand here as a winner.”

Donaldson sealed second place at 13 under, with South African Dylan Frittelli two shots back in third and compatriot Dean Burmester in fourth at ten under.

JC Ritchie birdied the last to move into solo fifth at nine under, German Marcel Siem, Hennie Du Plessis and Zimbabwe’s Scott Vincent were one stroke further behind in a tie for sixth while Frenchman Julien Guerrier and Scot Connor

Syme rounded off the top ten at seven and six under par respectively.

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José Mourinho receives 'Innovation in Sports' award



José Mourinho has picked up the award for Innovation in Sports at the annual Web Summit which was held online this year

Football coach José Mourinho, who is currently at Tottenham, was awarded the 'Innovation in Sport' award during Web Summit 2020, in a distinction delivered by Prime Minister António Costa.

“I am very proud because an event as incredible as the Web Summit is being held in my country. As a Portuguese, especially as a Portuguese living abroad, I am used to being very proud of Portugal, but knows this is much more than that. Thank you very much for giving me this award, which I obviously accept”, said José Mourinho. “The greatest gift is not the trophies, but the inspiration given to a generation of young people, showing that it is possible

to achieve everything with work, dedication and faith in themselves”, said António Costa, in a message that preceded the conversation between José Mourinho and Andrew Hill, editor of the daily Financial Times. “Portugal is a country with the most successful coaches in football. This year we rewarded José Mourinho, the boy from Setúbal and a football lover, who became one of the most innovative and talented coaches in the history of the game”, said António Costa, remembering the 25 titles

won by the 'Special One' in 20 years of his career. The innovation award, won last year by former striker Ronaldo Nazário, world champion in Brazil in 2001, recognises “people and organisations that have successfully incorporated technology in the pursuit of excellence”. The Web Summit is considered one of the biggest technological summits in the world and this year took place completely online, with “an estimated audience of 100,000” people, after having started to be held in Lisbon four years ago.

Rafael Reis to ride for Efapel

Cyclist Rafael Reis will be riding for the Efapel team for the next two seasons, the Portuguese team announced, while highlighting the skills of the 28-year-old.

“Rafael Reis, considered a prodigy in the time trial, will debut in the new season wearing the colours of the professional cycling team Efapel and will stay until 2022. He is a strong name that will integrate into the restructuring of the group that is led by Rúben

Pereira”, said the team in a statement.

At 28, the Palmela cyclist is, according to his new team, “a powerful cyclist”, with particular recognition in time trials, and is considered to be perhaps, the greatest Portuguese specialist to be on the national squad.

“When assessing the cyclist's honours, the year 2014 stands out, when he was ranked fourth in the U-23 World Championship against the clock, being just 18 seconds from being world champion. 2016 followed, where 10 victories which made him the cyclist of the year in Portugal, having won that same year the Grand Prix JN”, the note highlights.

Rafael Reis, who this season represented Feirense and has already worn the yellow jersey

in the Volta a Portugal on two occasions, said he was “very happy” for the opportunity to represent Efapel. “I hope it will be a successful year for us. We have a very high quality team and we will certainly be able to fulfil the desired objectives”, he added.

The cyclist began his career in 2013, at the Italian Ceramica Flaminia-Fondriest, having also passed through Tavira (2014-2015), W52-FC Porto (2016 and 2019) and the Spanish Caja Rural (2017-2018).

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