

ACCA's 5th Annual Charity Bike Ride

Readers are invited to participate in one of three rides being organised by ACCA and to help underprivileged children in the Algarve by raising a minimum of €50 sponsorship.

The event takes place on 25 May and there is a choice of routes to suit all riders, levels of fitness and ability; a 75km-ride starts at 8am, a 50km-ride at 9am, and a 25km ride starts at 9.30am.

It is organised by ACCA – Helping Children in Need in the Algarve - in association with the 'Hilton in the Community Foundation'.

The event will commence and conclude at the Conrad Algarve

in Quinta do Lago.

After the rides, participants can enjoy a delectable culinary treat, compliments of the Conrad. There will also be a fabulous raffle where stunning prizes can be won.

For more info or to RSVP: info@accakids.com, or call Wanda Crawford: (+351) 919 617 995 or Paul Beesley (+351) 913 226 954.

There will be bikes to rent from Megasport and 50% of all rentals will go to ACCA, please contact: 289 393 044 or rentabike@megasport.pt.

For more on ACCA, see: www.accakids.com

Spring Race raises generous sum for Portimão firefighters

A 'Spring Race' organised by the Portimão voluntary fire-brigade took place on Sunday (11 May) and raised €2,200, which will be put towards purchasing new equipment for the city's firemen and women.

More than 200 of the 440 people who had enrolled took part in the event, which was held for the first time.

Two different circuits were organised for the participants, one a six-kilometre walk and the other a ten-and-a-half run, from the fire station to Portimão Marina and back.

The warm-up was given by local Fitness Club entrepreneur Beto Jacques (pictured) and members of his team.



New Members Invited for the Summer Quiz Season

The Goldra Quiz Group is an unofficial club including full- and part-time residents and visitors who get together every five or six weeks through the summer for a fun quiz evening and supper. They meet on Saturday evenings on the terrace of Christopher and Roberta New's house near Alcantarilha Station and supper is supplied by volunteers within the group so there are virtually no costs associated with running the events. The result is that although the entry fee is only fourteen euros and numbers are strictly limited to 24 players, a typical evening raises around four hundred euros all of which goes straight to the animals. The 2014 summer quizzes will be run May thru October.

The quiz, a combination of general knowledge, pictures and music – all using pre-prepared answer sheets - is compiled by quizmaster Chris and all marking is carried out by his wife and resident marker "Robbie the Robot"! There is therefore no

tedious swapping of answer sheets between teams and consequent disagreements over marks – though that is not to say that queries never arise!

Supper, taken half way through the evening, is always a highlight and Robbie and Pam, with generous contributions from a number of other volunteers always produce a magnificent home-cooked menu. There is a choice of main course and a selection of sweets and it is no surprise that the quiz is known for being the one with the best food in the Algarve!

The Group's first summer quiz night for 2014 will be on Saturday 31 May at 7.30pm and there is still room for a few new players. So if you would like to join in the fun, either as an individual or as a small group assured that virtually all monies raised go straight to the animals contact Chris on 917764885 or christophernew@sapo.pt. Pre-booking is absolutely essential as everyone has to be part of one of the teams!

Running for children and animals in need in the Algarve

Both the 2014 Brighton and London Marathons had runners in them to raise money for underprivileged children and animals in need in the Algarve.

The Brighton Marathon was run by Alex Kenney from Almancil to raise funds and increase exposure for children of both the Pirilamos and Gaivotas homes of the Santa Casa de Misericórdia de Albufeira, through the Amigos das Crianças (www.

amigosdascrianças.org), a project of the Peta Birch Community Association (www.petabirch.org).

Eleanor Blanche from New Zealand ran the London Marathon, with all sponsorship funds going to the Peta Birch Community Association. Eleanor was running in memory of her sister Peta Birch, who died tragically last year, and to support the charity set up in her name to continue her work to support children

and animals in the Algarve.

Both runners managed to raise just over €3,000 from sponsors all over Portugal, the UK and New Zealand, and visited the Pirilamos home to hand over the donations and meet the children. Part of these funds will be

used to pay for the children to attend summer camps, as well as fund other essential supplies and dental and optical care.

Thank you to all that sponsored Alex and Elly! For more information contact info@petabirch.org.



Seminar: Nutrition and your Second Brain

Not many people realise they have two brains. Yes, you read that right. Have you ever had a "gut feeling" about something or someone, or "the feeling of butterflies" in your stomach? This is actually your brain in the stomach talking to the brain in your head.

You have a second brain in your bowel, and your second brain has more to do with your health than you ever imagined. When it comes to your moods, decisions and behavior, the brain in your head is not the only one doing the thinking.

There is much to learn about how your digestion affects how you feel and vice versa, so Carin Carli, an experienced lifestyle and detox coach from "Your Wake up Call", together with Kirsten Hooze Hellum, intestine expert from 'Inside & Out' have organized a seminar to draw attention to how your lifestyle affects your digestion and how your second brain affects

your well being.

During the informative 'Belly Brain Seminar' Kirsten and Carin will teach you how your digestive system works, how nutrition can give, but also take energy, how lifestyle choices affect your health and your mood. They will give guidelines and tools on achieving a healthy gut for a better energised life.

Carin is also available for a free lifestyle consultation in which you will understand your own personal health goals and how to approach them.

The seminar will be held on Wednesday 21 May 2014 from 10am to 1pm at the Hilton in Vilamoura.

The seminar costs €17.50 per person and includes a healthy smoothie, loads of information, practical tools and special discount promotions. Numbers are limited so please book.

Sign up by sending an email to carin@yourwakeupcall.nl or call (+351) 968 202 296

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