

Rotary Club Estoi Palace

Newsletter

Volume 5

July — September
2014

Service Above Self



Estoi Palace
International

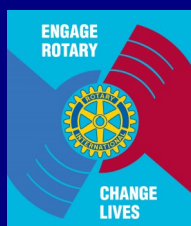


RCEPI Newsletter

Inside this issue:

Presidential Review	1
Salt Pan Visit	2
Charity Quiz Night	3
Paul Harris Award	4
Presidential Handover	4
New Presidents Address	6

Event Schedule Jul-Sep	7
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Estoi Palace
International**

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Presidential Review



How quickly time passes when you are having fun. I cannot believe a year has flown by since I took over as

President at Estoi and wrote in our first Newsletter. It has been an action packed year with two of our projects coming to fruition within months of each other.

In August we were able to hand over to



the Faro Food Bank a refrigerated truck to increase their capacity to deliver fresh food to those in need. In March Nuno Alves from there came along to update us on things and to tell us how the truck had helped improve things for them. We were delighted to be able to present him with a donation of Formula milk, which they needed desperately, with funds raised from donations for bottles of wine.

We continue to support the Food Bank with our monthly donations of milk which we deliver to the Casa do Povo in Estoi, to supplement the monthly food packs supplied to those registered with the Food Bank. The numbers of people registering have increased steadily since the economic crisis began, particularly amongst the elderly. Over 5 years we are close to having provided 30000 litres of milk, which is an achievement we are all very proud of.

The two quiz nights we hold in spring and autumn go a long way to funding this particular project.

With local community support and funds from RI and other international Clubs we were delighted to present the Sao Bras Bombeiros with a belated Christmas present in January. We handed over a brand new, fully equipped ambulance which they were thrilled to receive, as most of their vehicles are 20 years old. We were also able to donate other equipment to



them during the latter part of 2013 to upgrade their apparatus for training and in the ambulances.

(Continued from page 1)

We had some marvellous fund raising events with a Golf Day at Monte Rei in August and this is now an annual event and preparations are in full swing for this year's tournament.



A Burns Night on 25th January saw over a 100 people attending, although a lot of them weren't sure what was going on, it was enjoyed by all nationalities and haggis

certainly an interesting experience for some. This is also set to be an annual event as it was so popular and so enjoyable.



We had a number of fellowship outings learning a bit more about the work of some important industries in our community including a cork factory and salt pans.

We also celebrated our 5th birthday in style with a croquet tournament at the Bella Romao Croquet Club.

Our Club enjoyed great success on the membership front with 10 new members joining us during 2013-14 and 1 more member inducted at

our Presidential handover for the 2014-15 year. Ron Burton's target was 1 new member per Club worldwide, so I think we must have bumped the average up a little bit.

It has been my privilege and pleasure to serve as Club President in such a dynamic Club with people so committed to helping in their local community. We have been able to show what can be achieved by working alongside other Rotary Clubs both locally and internationally and also with other local charities. Our previous Presidents had led the Club from strength to strength and I hope I have been able to continue in their footsteps and I know that our new President, Jim Bell, will lead us onwards and upwards.

RCEPI Visits Tavira Salt Pans



by Rui Simeão. Located in the Ria Formosa Natural Park in Tavira, these salt pans have been in his family for over 150 years.



We were met by our Guide Marianna who explained to us how the water enters the pans from the Atlantic Ocean and how it is filtered to produce

top quality Flor do Sal. Flor do sal is the crème de la crème of salt, and it literally rises like cream, to the

top as the salt is formed.

The business produces 1000 tons of salt per annum of which 40 tons is Flor do Sal. Despite some outlets offering different grades of Flor do Sal, Marianna explained that this is not true as it cannot be graded in that way. The Company exports worldwide to places like Canada and Malaysia and has received numerous awards for their Flor do Sal.

It is labour intensive in the summer months when the salt is ready to be harvested and they employ between 20 and 40 people, whereas in the winter there are just 5 people employed.



(Continued on page 3)

(Continued from page 2)



The most notable differences between sea salt and table salt are in their taste, texture and, of course, processing.

Sea salt is produced through evaporation of ocean water, or water from saltwater lakes, usually with little processing. Depending on the water source, this leaves behind certain trace minerals and elements. The minerals add flavor and color to sea salt, which also comes in a variety of coarseness levels.

Table salt is typically mined from underground salt deposits. Table salt is more heavily processed to eliminate minerals and usually contains an additive to prevent clumping. Most table salt also has added iodine, an essential nutrient that helps maintain a healthy thyroid. Sea salt and table salt contain comparable amounts of sodium by weight.



Members and guests had a stroll around the salt pans, which are currently being cleaned out after the winter months, in preparation for the salt production during the summer months.

The visit was followed by lunch at a local restaurant where we were able to enjoy their specialties of monkfish rice and piri piri chicken.



Fundraising Quiz Night

We held our biannual spring quiz night on Friday, 2nd May, at A Floresta Restaurant in Almancil. €1,182 were raised to support the club's ongoing milk project at the Casa do Povo in Estoi in partnership with the Faro Food Bank.

Quiz master for the evening was our President Shirley Dunne. Competition was fierce among the nine quiz teams attempting to answer a wide range of trivia questions. It was a close result with only 4 points separating the top 3 teams.

The fifty-seven participants enjoyed a two course dinner in lovely surroundings provided by Virgilio and his team at A Floresta.

Rotary Club Estoi Palace International would like to thank our sponsors for the evening: IBC Security,

ipainters, Cardoso Drain Cleaning, Rockyconstroi and CIS Bureacrtic Services. We would also like to thank the following companies for donating raffle prizes: Lennons Bar and Grill, Lemon Tree Restaurant, Camillos Restaurant Almancil, CA@SA, Ultimate Look Hairdressers, Natalia Mobile Massage, Estetica Beauty Salon, AquaAlgar, and Kates Cakes for all their support.

We look forward to seeing you at the next one in October.



Paul Harris Award for RCEPI



Rotary Club Estoi Palace International was honoured to be recognised by Rotary International for its commitment to and active support of the worldwide work of Rotary in the prevention of disease and humanitarian care.

original goal was to create a club of professional and business men for friendship and fellowship. Harris soon came to realise that Rotary needed a greater purpose and the potential Rotary had. While Harris served as president of the Chicago Rotary Club in 1907, the club initiated its first public service project and this transformed Rotary into the world's first Service Club

Paul Harris awards recognise individuals, both Rotarian and non-Rotarian, who meet the high professional and personal standards set out by Harris. This award was primarily to recognise the club member's donations towards helping to achieve the elimination of Polio worldwide which whilst much reduced is still affecting many people in the three nations where it is still endemic.

In a letter from the Chairman of The Rotary Foundation Trustees, D. K. Lee, to the club members he congratulated them on their support for the Rotary ideals of giving to help others. In recognition of their financial support the club has been awarded the 100% Paul Harris Fellow Club banner, only the second club in Portugal to receive this recognition. The club will now be added to the worldwide list of such recognised clubs.

In 1905, Harris organized the first Rotary Club "in fellowship and friendship" with three clients, Silvester Schele, Gustavus Loehr, and Hiram Shorey. His



members of Estoi Palace Rotary with the awarded banner

RCEPI Presidential Handover

Our Presidential handover took place on the 1st of July.



had just arrived at The Pousada and seen our Rotary sign.

Rotarians and guests gathered for a pre lunch drink and saw an impromptu banner exchange as a visiting Rotarian and his wife, from New Hampshire,

The Exchange was followed by a flag ceremony featuring, RI Coordinator for Zone 17 Chris Garner,

Assistant District Governor Abilio Lopes, past District Governor Joao Paulo Sousa and our incoming President Jim Bell.

We were fortunate to be able to hold our lunch in the Grand Salon where 54

Rotarians and guests sat down to an excellent lunch in wonderful surroundings.

We were delighted to welcome Rotarians from various



(Continued from page 4)

Algarve Clubs including, Almancil, Faro, Loule,



Olhao, Silves and Tavira. Claire Larson, who had attended the District Governors' Handover, presented Shirley with 5 certificates that she and our Secretary

Pauline had received at that event. 4 of these were in relation to membership as we had brought in the most new members in our District during 2013-14 and achieved the highest growth rate and highest retention rate. We were also honoured to receive A Significant Achievement Award for our contribution via Community Service to the underprivileged in our local area.

After lunch outgoing President, Shirley Dunne gave a review of her year and thanked her Committees for all their hard work and all they had achieved during the year.



Shirley then passed the chain of office to Jim Bell and gave him his pin.

Jim gave a speech outlining his plans and aspirations for the coming Rotary Year emphasizing that he wants all the members to be involved in these plans.

He then pinned his President Elect, Robin Wilson.

Jim's first official duty was to welcome and pin Annelise van der Eijk our first new member of this Rotary year.



Shirley was delighted to receive a bouquet of flowers to thank her for her efforts during the 2013-14 years and a show of appreciation from those present.



Jim began as a charter member of Rotary Club Estoi Palace International in 2008 and is an experienced Rotarian who will continue to lead the Club forward.

New Presidents Address



It is a privilege to be taking over as President of The Rotary Club of Estoi Palace

International, now in its 7th year of operation.

In that time we have seen our membership grow and diversify, our reputation within our Rotary District and beyond increase

substantially and most importantly of all, our service activities have had a real impact on peoples' lives in the local area in which we operate.

The club has been guided through this growth by a number of highly motivated people, both within the club leadership, as well as among ordinary members. My aim is to continue to build on our success.

Rotary is much more than just a conduit for service and charity, it is a way of life for many people around the world. The beauty of the organisation is in its ability to build strong bonds of friendship across its membership. Fostering this friendship is a vital part of motivating Rotarians to volunteer time, effort and expertise in order to make life better, healthier and more productive for those less privileged than ourselves.

At our club Assembly, I made a statement about fellowship, not as an end in itself, but as a means to get everyone involved in carrying out the aims of the club. It is worth repeating here:

"This club believes that fellowship is an important aspect of being a Rotarian. Each member can best enjoy this relationship by participation in club activities, as well as inclusive social events which build mutual respect and a sense of teamwork.

It is only through Fellowship and a committed involvement in Rotary that we as Rotarians can maintain and continue to accomplish the "Four way Test"

The statement actually came from Rotary

International's guide for developing a club strategic plan and surely, as a guiding principle, it reflects many people's motivation (including mine) for joining Rotary in the first place.

We are lucky to live (and serve) in an amazing part of the world, even as we try to address some of its problems. Many of us spent many years driving businesses forward and some of us continue to do so. Rotary offers us the chance to use our expertise but take a more altruistic, measured approach to life, whilst making friends with likeminded people.

That is why myself and the Club Council aim, as much as possible, to have the membership take the lead in developing the club's programmes through the next Rotary year, without abrogating our governance responsibilities. We will be available to help and to guide and occasionally to lead, but we expect to be brought solutions rather than problems to consider at our meetings.

We have some excellent talent coordinating club committees next year and every single member is part of one of these committees. Both Community Service and Admin chairs will be invited to attend all Council meetings, of which there will be one every two months.

It is hoped that everyone will make a contribution and feel empowered to make a difference to both the club and its service goals, whilst actively engaging in club social activities.

This year's Council - Jim Ditheridge, Ian Lowe, Robin Wilson, Shirley and I - have lots of ideas. We hope that you will commit fully to helping us deliver them.

Finally, I would like to extend my thanks to Shirley for guiding me through my year as Incoming President. I look forward to her continued assistance and support as we move into another exciting period in the club's development and I look forward to working with the team that you, the members, have elected.

Upcoming Events

July - September

1st July 2014	RCEPI Presidential Handover 12:30 Pousada
8th July 2014	Meeting at Estoi Palace 13:00 Speaker will be Kent Ringborn and the topic will be “My Cruise Ships and Why”
15th July 2014	Meeting at Estoi Palace 13:00 Personal Presentation by Anita Lima
22nd July 2014	Meeting at Estoi Palace 13:00 Speaker - Tom Willis and his topic will be “Holidays for Special Needs Children”
29th July 2014	Meeting at Estoi Palace 13:00 Speaker - Wanda Crawford and her topic will be “ACCA Children's Charity”
5th August 2014	No Meeting this week - Summer Recess
12th August 2014	Meeting at Estoi Palace 13:00 Personal Presentation by Manuela Almeida
19th August 2014	No Meeting this week - Summer Recess
26th August 2014	Meeting at Estoi Palace 13:00 Details to be confirmed
30th August 2014	RCEPI Annual Charity Golf Day - Monte Rei Golf & Country Club For more details click to contact our Secretary
2nd September 2014	Meeting at Estoi Palace 13:00 Personal Presentation by Isobel Correia
9th September 2014	Meeting at Estoi Palace 13:00 Details to be confirmed
16th September 2014	Meeting at Estoi Palace 13:00 Details to be confirmed
23rd September 2014	Meeting at Estoi Palace 13:00 Details to be confirmed
30th September 2014	Meeting at Estoi Palace 13:00 Details to be confirmed

As event scheduling can change at the last minute. Please click [here](#) for the very latest RCEPI event information

For anyone wanting to know more about any of our events or to register for participation, please contact via e-mail the Secretary at SECRETARY@ROTARYESTOIPALACE.ORG

If you wish to attend one of our meetings please let our Master of Ceremonies know by sending an e-mail with your details to MOC@ROTARYESTOIPALACE.ORG