

# Rotary Club Estoi Palace

## Newsletter

Volume 6

October — December

2014

Service Above Self



Estoi Palace  
International

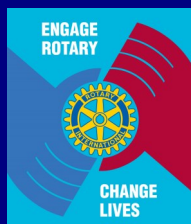


# RCEPI Newsletter

## Presidential Review

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Estoi Palace  
International**

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**F**irst of all, I would like again to welcome all members to the new Rotary Year, 2014/2015.

I was going to say that the year had gotten off to a slow start, but then I reviewed what we have achieved in the last three months and realised, in spite of the Summer and consequent member absences, that we have actually achieved a great deal in a short time.

There were the usual Presidential Handover lunches and dinners across the Algarve in July, with club members attending many of them; there was a gathering of District and Club leaders, also in July, to discuss cooperation in raising funds for our AOA project; we welcomed two new club members, Annelys van der Eijk and Jack Harvey; we were visited by incoming district governor, Abilio Lopes, his wife Isabel Lopes, Jose Coelho, Chair of the District membership Committee, ADG's and past ADG's.

Our own presidential handover took place in one of the glittering ante rooms of the Estoi Pousada (Note to MOC, when can we do that again!) with many guest Rotarians, families and friends.

In August, we held our second Rotary Club of Estoi Palace Golf Challenge at Monte Rei Golf & Country Club, where we raised in excess of €10,000 towards the AOA Project, thanks to the generosity of our main supporter, Blacktower Financial advisors, as well as other sponsors.

Golfers were unfailingly generous at the auction and raffle and feedback from everyone involved, including Monte Rei club management, was very positive.

We will be handing responsibility for organising next year's tournament at Monte Rei to a new 'action team' headed by Gustavo Lima.

In the meantime, the Youth Committee has been busy attending the inauguration of the Tavira Rotary Interact club and working on the possibility of introducing Interact to schools in

the Faro area working with RC Faro.

The club has been privileged to hear from a number of speakers, including Wanda Crawford of ACCA and we have already provided a small measure of support here. We are investigating ways in which we can become more involved with ACCA during the rest of the year and into next year.

Meanwhile, our milk project goes on quietly in the background, led by Kent Ringborn and a number of members who provide assistance with collection and distribution. It is our firm plan to continue this project and to build on the idea of 'hands on' projects. To that end, Robin Wilson and Bruno Costa have met with the Sao Bras do Alportel Camara following a presentation by their representatives, Marlene Guerreiro who is the V.P. of the Camara and two other Camara members, Claudia Martins and Vanessa Sousa, at the club in early August. Robin and Bruno were seeking information on potential ways in which the club can give direct assistance to the Sao Bras community. More information on this will emerge soon.

Sadly, we had a disappointing attendance at the club birthday party at the Belo Romao Croquet Club, partly due to timing as well as cost. We will be reviewing this for next year.

Finally it would be remiss of me not to mention the departure of Claire Larson and Birgitta Holm from the club soon after I took over as President. There is no doubt that there was a fundamental disagreement regarding the AOA Project which led to Claire's resignation. However, I would like to say that during her time at RCEPI Claire made a major contribution to the club and we wish her well in her future endeavours on behalf of Rotary. Birgitta served us well as treasurer for two years and we thank her for her contribution to the success of the club.

There are many other events and projects planned for this year and I hope that everyone will get involved and make a contribution. The success of the club is only as good as the commitment of its members to provide 'Service above self' and to take part in the club's fellowship activities and charity projects. I look forward to an exciting 9 months ahead.

Visit our web site at [WWW.RotaryEstoiPalace.org](http://WWW.RotaryEstoiPalace.org)

## AOA Charity Project

**O**ur new President's wife is a breast cancer survivor and this motivated Jim to suggest that we help the Algarve Oncology Association. A meeting was arranged to assess their needs and to see what could be done that fitted in with Rotary's areas of focus. Fighting Disease was the obvious choice and the incidence of breast cancer in the Faro area is shocking. For every 100000 women the world average incidence of breast cancer is 55.14, the European average is 73.83 and in the Faro area it is 91.6, nearly twice the world average.

The AOA are in desperate need of a new mobile breast screening unit with up to date equipment to increase the number of women they can screen annually. Currently the Algarve is the only area in Portugal that does not screen women from 45 year upwards, which is the EU recommended age.

The cost a new unit is very high 525.000 euros and in order to achieve this we will need the support of the Rotary Foundation with a Global Grant and for all the Rotary Clubs in the Algarve to come together to raise funds and assist in achieving this Grant. We also want to work with the other charities, organisations and individuals in the Community to help raise the money required. With a Global Grant, 30 % of the funds required have to come from International sources outside of Portugal and these funds need to be managed by a dedicated International Rotary Partner. RC Grapevine Texas who helped with the grants in relation to the refrigerated truck for the Faro Food Bank and the new fully equipped ambulance for the Sao Bras Bombeiros has offered to help again in this role.

The AOA is currently in the process of tendering for the provision of a new mobile unit with mammogram and Digital breast tomosynthesis (DBT) technology plus the necessary data centre to go with this. This will take around 4 months.

When funding is in place it will take 6 to 12 months for the mobile unit to be constructed. During that time staff will undergo training to work with the new tomosynthesis technology. The old data centre will be prepared so it can be migrated over to

the new one and the old software will be updated.

Sustainability of a new unit will be provided by the AOA's current contract with ARS Algarve (Algarve Regional Health Administration), which pays for every woman



screened, and this allows the AOA to pay, doctors, technicians and equipment maintenance.

It is proposed that the old mobile unit is refurbished, and used either as a backup or in a new, independently financed, screening program.

This is going to be a long term enterprise, but we have already received pledges of support from other Rotary Clubs and charities in the Algarve and further afield, so we are confident that in the future that we can make this a reality.

The key statistics	
<b>4,500</b>	Around 4,500 new breast cancer cases every year in Portugal
<b>1 in 10</b>	1 in every 10 Women will develop breast cancer in their life-time
<b>11 to 13</b>	Every day 11 to 13 women are diagnosed with breast cancer
<b>1,500</b>	every year 1,500 women die of breast cancer
<b>4</b>	every day 4 women die of breast cancer
<b>90%</b>	Around 90% of breast cancer cases are curable, as long they are detected in an early stage, and with the right treatment



## 2nd Charity Golf Event—Monte Rei



On Saturday, August 30<sup>th</sup>, Rotary Club Estoi Palace International (RCEPI), together with Black Tower Financial Management Group, and supported by

Golfino, Europe's leader for fashionable golf wear, Caetano Toyota, who provided the hole-in-one prize, Medal Insurance and, of course, Monte Rei Golf and Country Club, hosted their Annual Charity Golf Challenge. The Monte Rei Golf & Country Club is the most prestigious golf facility in the Algarve, and the only Jack Nicklaus Signature course in Portugal. The club put on an outstanding display of hospitality and the course itself was in superb condition.

Golfers were treated to a BBQ lunch which was followed by an auction, including the flag from the 18<sup>th</sup> hole of the British Open held this year at Royal Liverpool Golf Club and signed by Luke Donald, and some excellent wines from the winery, Quinta do Barranco, near Tunes thanks to the

generosity of Rui Virginia, an honorary member of RCEPI and proprietor of the vineyard.

The winner of the men's' stableford competition was Peter Keeping who was presented with the trophy by Antonio Rosa of Black Tower.



The ladies' winner was Rosanne Smith, seen here being presented with the ladies' trophy by Manuela Robinson from Black Tower's office in Almancil.

Other prizes included 2<sup>nd</sup> and 3<sup>rd</sup> place mens' and ladies'; a nearest the pin competition on four par three holes and finally a 'beat the pro' competition on hole 5, which was also the hole designated for the hole in one prize of a Toyota Yaris hybrid, which unfortunately no one won this year.

Proceeds from the day were over €10,000 which will go to support the

Algarve Oncology Association (AOA). Altogether over 70 golfers participated in the tournament.

The Rotary Club Estoi Palace, who organised the event would like to thank all our sponsors and also Monte Rei G & CC's David Shepherd, Director of Golf, for helping to organise and run the event.

For more information about the upcoming AOA project, contact [info@rotaryestoiipalace.org](mailto:info@rotaryestoiipalace.org) or visit our web site at [www.RotaryEstoiPalace.org](http://www.RotaryEstoiPalace.org)





## 6th Birthday Party for RCEPI

On September 6<sup>th</sup>, we celebrated the Club's 6<sup>th</sup> Birthday with a fellowship outing at the Bela Romao Croquet and Country Club just west of Tavira.

Members arrived around 3:30 in the afternoon and, coached by croquet club professionals; we enjoyed several games of what is known as 'golf croquet'.



Our afternoon of croquet was following by an amazing 'Persian Feast' prepared by Chef Sarah Byrne, which included: Persian Overnight Slow Roasted Lamb; Black Eyed Bean Tahini Hummus; Roasted Rosemary Garlic



Potatoes; Harissa Vegetarian Keftas & Minted Soured Cream; Zahtar & Cilantro Yoghurt Flat Breads; Refreshing Orange Blossom & Red Onion Salad ; Summer Vegetable couscous w/almonds, apricots & currants and Yoghurt cucumber Raita.

## More Equipment for the Bombeiros

On Thursday the 4<sup>th</sup> of September, President Jim Bell and Past-President Shirley Dunne were invited to the Bombeiros headquarters in Sao Bras to see and to present equipment that had been purchased with the IVA refund from the ambulance that had recently been provided by Rotary funds.

The Bombeiros Commandant, after consulting with his team-leaders, had decided to purchase hats and boots that are more fireproof than the ones they had previously, plus 10 new breathing masks. Most of the fire fighters who died last year were killed

by smoke inhalation and these new masks will provide much better protection against toxic fumes.

As well as other dignitaries, the President of Sao Bras Camara, Vitor Guerreiro, was also present and he and the

President of the Bombeiros Association thanked RCEPI and all the other Rotary clubs who had contributed to this project, for the huge amount of help and support that has been provided to the fire fighters of Sao Bras. Vitor Guerreiro also commented that it was projects like this that exemplify the growing cooperation of the community of Sao Bras and that the further integration of the community, whether local by birth or local by preference, would be a significant achievement of his teams term in office.



## More Dictionaries

**O**n Friday the 12 Pauline on behalf of Estoi Rotary International presented 32 Portuguese/English dictionaries for students at Escola Poeta Emiliano da Costa Estoi.

The presentation was made in the library to librarian Cidália Teixeira. This is the third year books have been presented to either students or the library



## Visitors

**R**CEPI is pleased to receive many visiting Rotarians. Some come only once whilst on holiday but others come back often, as often as their schedules allow and we thought it might be nice to feature some of them here in the Newsletter



Norman Dunning is a regular visitor to RCEPI lunches. He is currently a member of RC Wantage.

Wantage is a small, historic market town situated in the Vale of White Horse district of Oxfordshire, UK..

They tell us "We are a friendly, medium-sized club of about 40 members, both male & female, living or working in Wantage & its surrounding area"

Here is a nice letter from Brian Davis of RC Carmarthen in Wales.



Dear RCEPI

Please find attached a photo of your banner being delivered to President Phil of our club by yours truly. I have told our members about my very pleasant visit to your club and I think you may well have a little group of three or four of us come to visit you in the autumn if that is acceptable. It shouldn't cause you any inconvenience since we would arrange our own accommodation etc. Anyway, I will write to you nearer the time should it look like happening.

Kindest regards      Brian

## New Members

**W**e welcome two new members to Rotary Club Estoi Palace International in this edition.



### Annelys van der Eijk

I was born in Amsterdam, seen many countries with my father who was a sea captain and as a child we went to visit him during the summer months. Maybe that is why I lived, in Spain, Portugal, France, Holland, France and Portugal again.

My working life included, working in my parents hotel, helping my husband in his Pharmaceutical business, having a beauty parlour and becoming an art therapist at university. Right now, my life is a bit turned over because after arriving in Portugal my husband died after three years last November.

Classification: **Art Therapist**



### John (Jack) Harvey

Married to a Portuguese National with one Daughter now 18 and currently at Bristol University in the UK. (also have a Son and Daughter from first Marriage)

I left normal education and joined the Royal Air Force in Technical Signals. When I left the RAF after 12 years, I formed a Haulage

Company, which folded due to the 3-Day week Recession and a 'dodgy partner'. This was followed by a number of jobs before going full time into the Security business in 1975.

In those early days I was active in local Community as a voluntary helper in a Psychiatric Hospital, also trained as a part time Marriage Counsellor (now Relate) and was an active member in local Amateur Theatre. Joined The Masons in 1996 in the UK and then joined an English Masonic Lodge here in Portugal of which I am still an active member.

I have now been in the Security Business since 1975 and have formed and run three (3) Security Companies in Portugal, all of which are still active and successful.

Classification: **Retail and Wholesale SALES - Technical**



## Rotarians Visit Farol Island



On Saturday, September 27th, members of the Rotary Club Estoi Palace International, together with members from Almancil International Rotary Club, friends and family, took the ferry from Olhao to visit the town of Farol on Ihla da Culatra in the barrier islands off Olhao.

Culatra is the most visible of the barrier islands, due to its tall white lighthouse. The Portuguese word for a lighthouse is farol. Lighthouses in Portugal are owned by the navy or Marinha de Portugal and are operated by the navy's lighthouse directorate, Direção de Faróis.

All lighthouses in Portugal are open to the public every



A ex sea captain looking wistfully out to sea

Wednesday afternoon all year round, but as we arrived on a Saturday we could only enjoy the lighthouse from the ground.

Portuguese sailors launched the European age of discovery, exploring the far corners of the globe and for 600 years Portuguese ships have been finding their way home using their lighthouses, so it is little wonder that they are considered treasured cultural icons today.

Farol itself has a cluster of houses and lovely boardwalks throughout the community. There are a number of beach bars and small cafes dotted about the village, most of which were getting ready to close for the



season. However, the larger restaurant A do João remains open year round and we went there to enjoy a lunch of mixed seafood, fresh vegetables and salads.

The beaches were quiet, but the sea temperature was still an acceptable 22°C and a few late holidaymakers were enjoying

a swim in the crystal clear waters during our visit. At the same time local fishermen were casting their lines into the surf in the hope of catching something fresh for dinner.



There are no cars on the island, making it a safe spot for family pets, and there were any number of dogs and cats out for walks and enjoying the sunny afternoon with us.

As our ferry pulled out late in the afternoon one Rotarian was heard to say: "Who knew we lived so close to paradise. Farol Island, no cars, no stress, deserted sandy beaches, in a beautiful climate." It seems some of us will be going back for another visit soon.

## Upcoming Events

### October — December

7th October 2014	Meeting at Estoi Palace 13:00 There will be a personal presentation from member Isabel Correia
14th October 2014	Meeting at Estoi Palace 13:00 Speaker will be Stephanie Wood who will talk to us about her book and a “Heathy Diet”
21st October 2014	Meeting at Estoi Palace 13:00 There will be a personal presentation from member Manuela Robinson
28th October 2014	Meeting at Estoi Palace 13:00 Speaker will be Natacha Nowack who will talk about Mobility Activity Exchange
4th November 2014	Meeting at Estoi Palace 13:00 Official visit from the District Governor, Antonio Mendes, who will present his objectives and ideas for his year in office.
11th November 2014	AGM Meeting at Estoi Palace 13:00 No Visitors Please
18th November 2014	Meeting at Estoi Palace 13:00 Speaker will be Dra Maria Isabel Neves who will talk about “Food supplements and Vitamins”
25th November 2014	Meeting at Estoi Palace 13:00 Speaker will be the ex President of Estoi, Snr J. Brito, who will present to us “My Estoi”
2nd December 2014	Meeting at Estoi Palace 13:00 There will be a personal presentation from member Annelys v.d. Eijk
9th December 2014	Meeting at Estoi Palace 13:00 Speaker to be confirmed
16th December 2014	Meeting at Estoi Palace 13:00 Christmas Party with Crackers and Hats. Family, Guests and Santa welcome
23rd December 2014	<b>No Meeting</b>
30th December 2014	<b>No Meeting</b>

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](mailto: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](mailto:MOC@ROTARYESTOIPALACE.ORG)