



The Rotary Club of San Francisco West



November 13

THE NEWSLETTER

2007

WELCOME TODAY'S SPEAKER ROGER STEINER



The Rotary Foundation's Group Study Exchange (GSE) program is a unique cultural and vocational exchange opportunity for businesspeople and professionals between the ages of 25 and 40 who are in the early stages of their careers. The program provides travel grants for teams to exchange visits in paired areas of different countries. For four to six weeks, team members experience the host country's culture and institutions, observe how their vocations are practiced abroad, develop personal and professional relationships, and exchange ideas. In 2007, Rotary District 5150 exchanged GSE Teams with District 1820 in Hessen, Germany. Speaking at this meeting are **Paul Darmofal**, architect and member, GSE Team and **Roger Steiner**, GSE Team Leader.

Roger Steiner has been a member for 11 years of the Rotary Club of San Francisco, for which he has served on the Board of Directors. Roger is co-chair of World Wide Rotary Day, a luncheon meeting in which members of the San Francisco Consular Corps representing 30 countries attend. He is District 5150 chair for the Rotary Peace Fellows Program at the University of California, Berkeley. Roger works in real estate investing and property management. He is a graduate with an MBA degree from the Stanford Business School, and also holds a MPA degree from UCLA, and a BA degree from the University of Michigan.

HAVE TURKEY WILL TRAVEL -THE TURKEY GIVE-AWAY IS MOVING FORWARD FOR NEEDY FAMILIES IN SAN FRANCISCO.

Next week Nikki Anderson returns to our club with a talk titled **'Tis the season for Radical Self Care. Bring a Guest for this one!**

With the hustle and bustle that comes with the holidays, it's easy to put self-care on the back burner only to wind up frazzled and burnt out by the time the New Year arrives. This typically leads to the inevitable resolution to start the next diet and get back into your exercise routine. This is a dreadful way to start off the New Year — under pressure to catch up so that you can then begin to focus on the other goals you have for 2008.

- How would it be for you to go through this holiday season feeling healthy?
- What if you got to the New Year and actually didn't have to resolve to yet another diet?
- What if your holiday season was easy, relaxing and manageable?

Then what would your New Years Resolutions be? If you want to end 2007 feeling energized and ready for the New Year, come to this enlightening, interactive workshop and learn some basic strategies for making yourself a priority while enjoying the holiday season.

Nikki Anderson specializes in working with professional men and women who are ready to boldly step into a bigger life of choice, empowerment and conscious living. Over the years, Nikki has mentored, counseled, and coached dozens of extraordinary people on how to dare to dream and then explore, identify, and reach their goals. The core of her teaching is to help individuals learn how to dare to dream and then explore, identify, and reach their goals. The core of her teaching is to help individuals learn how to make themselves a priority, create intention in their lives, and feel inspired by the action they are taking toward creating a life of newly defined, attainable success from the inside out.