



# ROCKW



## The Rotary Club of San Francisco West

Meetings: Tuesday mornings, 7:30 a.m., Lakeside Restaurant, Ocean Ave

**JUNE 24th, 2008**

### Welcome Today's Speaker Mike Aguilera



**Mike Aguilera**, communication expert, trainer, speaker, coach. Aguilera helps clients discover the power and impact of motion, voice, and language at an unconscious level of communication. Mr. Aguilera is CEO and founder of [Aguilera & Associates](#). He has created and conducts a series of unique empowering workshops all based around subconscious communication techniques and strategies for instant results. Mr. Aguilera is creator of the [Instant Zone Technique](#), which helps control and channel energy and anxiety into productive use. He has been invited to conduct his workshops at many major companies including Sun Microsystems, Netscape/AOL, HP, Cisco Systems, IBM, PG&E, GE, Lockheed and many real estate companies and associations. Mike Aguilera is a certified [NLP](#) master practitioner and trainer. Mike Aguilera has trained thousands of people worldwide in cutting-edge technologies of accelerated human change and has been a guest on radio and TV programs across the country. Today's topic is "How to be an effective communicator" — a quick-paced, interactive session with our participation.

Dear Joanna,

Thank you for scheduling a [volunteer project at the San Francisco Food Bank](#) for your group. Were looking forward to your support on [Sunday, July 13th from 12:30-3:30pm with 7 participants!](#) If anything changes, please contact us immediately so that we can update your reservation. Even small changes require some adjustment of our production schedule, so we thank you for helping us plan ahead.

Your project will be held at our warehouse [at 900 Pennsylvania Ave](#). Below you will find important information about the project and directions to the facility.

Your volunteer support will mean that thousands of pounds of food will be distributed at meal and pantry programs throughout the city. Thank you for joining the movement to end hunger in San Francisco. We look forward to working with your team!

Sam Marcum  
Volunteer Services Coordinator  
San Francisco Food Bank  
415-282-1907, ext. 244

July 1,  
2008

**Happy new Rotary year! New president Carrie Lee leads a discussion on plans for our club.**

July 8,  
2008

**Peter N. Bretan, Jr., M.D.**, member of the Rotary Club of Novato and founder of [RotaPlant](#) (Rotary transplants), which works to sow the seeds of goodwill in developing countries by providing lifesaving living related kidney transplantation to patients, with concurrent Rotary supported community and humanitarian aid to poverty stricken children and orphans. Dr. Bretan is a urologist with [Marin Sonoma Urology Associates](#). He is a clinical associate professor of urology at the University of California at San Francisco (UCSF). He received his medical degree from the UCSF School of Medicine in 1980, and then completed his urology residency there, and then completed a research fellowship at UCSF studying *The Diagnosis and Imaging of Prostate Cancer*.



