



ROCKW



The Rotary Club of San Francisco West

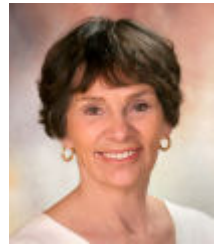
Meetings: Tuesday mornings, 7:30 a.m., Lakeside Restaurant, Ocean Ave

MAY 5th, 2008

WELCOME TODAY'S SPEAKER

CAROL VERNAL

Carol Vernal, member, [Rotary Club of Sonoma Valley](#) and founder and CEO, [Children's Medical Aid Foundation](#) (CMAF), which is dedicated to improving the lives of children in Nepal by providing surgical correction of congenital defects. CMAF helps children born with handicaps and disfigurement avoid the stigma, shame and embarrassment that keep them isolated from school and community. Surgery offers these children with functional and aesthetic benefits, instantly transforming their future for a normal childhood and better life. Carol recently returned home after two months of traveling in remote areas of Nepal. This visit to Nepal was focused on laying groundwork for a 5-bed hospital in Eastern Nepal. While there, she met many fellow Rotarians that are now dedicated to the Itahari Hospital project. The presentation is focused on her experiences in Nepal over the past 5 years since founding CMAF. It will be an educational, informative, and entertaining program about Nepal, its culture and the work of Children's Medical Aid Foundation.



Paces for Polio Walk-a-Thon will be held at San Mateo High School

506 North Delaware St.

San Mateo, CA 94401

Phone: (650) 558-2399

PACES FOR POLIO

SUNDAY MAY 16th - SATURDAY MAY 17TH

10 AM TO 10 AM (24 HOURS)

Come and join District 5150 for an overnight Walk-a-Thon

Participants are encouraged to raise 100 dollars.

Fun Activities, Food, and Live Music

Visit the [Rotary International Channel](#) on



District & Club Key Events *(Click on the Links below)*

- [Rotary @ Work Day - April 25, 2009 - See what our Clubs are doing](#)
- **ALERT** - [Announcing District 5150 College Support System for High School Students](#) - **ALERT**
- [Rotaract News](#)
- [Rotarians help provide service through fellowship, and social networking is one of the many ways Rotarians are connecting online. Visit Rotary International's official social networking pages and join the conversation. Click Here.](#)

