



**Wilton Rotary Drummer**  
Wilton, Connecticut USA District 7980  
[www.wiltonrotaryclub.org](http://www.wiltonrotaryclub.org)



**October 7, 2016**

**Editor: Bill Meehan**

**Vol. 36, No. 14**

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If you picture Bud's presidency in terms of the track at Belmont Park, you can see Bud coming out of the first turn, setting a fast pace, only slightly wheezing, while galloping down the back stretch ahead of the pack. Maybe that doesn't work for you. Then, let's say Bud kicked off the 2d quarter of his Presidency, joined by fifteen Rotarians and speaker Dr. Thomas Woodman, at Marly's.

**Announcements:**

- Carnival Results - A new algorithm is being used to compute the final returns for the Carnival. The algorithm, highly recommended by the Florida Board of Election Overseers, is capable of bringing greater clarity to Carnival returns. Bud assured that the re-count of wrist band hanging chads is in process. A final number is promised soon.
- Peter won the club raffle (Or is it a game of skill?) only to forget to pick the joker. The pot now exceeds \$100.
- Bud announced that the best Holiday Party ever is being carefully planned. Details will be released before New Year's.
- Richard announced there is plenty of space still available for crafters at the Memorial Day Craft Fair.

**Upcoming Events:**

10/20 - Board Meeting

10/22 - [Stop Hunger Now!](#)

10/23-27 - Wilton Restaurant Week

10/24 - [World Polio Day](#)

10/31 - Wilton Halloween Parade

11/11 - Veterans' Day Procession and  
Memorial Service

**Program: Dr. Thomas Woodman Neurofeedback Brain Core Therapy**

Dr. Tom Woodman gave the 20 minute version of his 90 minute presentation on current trends in health care. Unfortunately, the news is not all good. Diagnosed cases of depression, concussion, autism, learning disorders and anxiety have significantly increased. Studies link increased prenatal stress to disorders that appear a dozen years later. Other studies indicate that physical stimulation of children up to age four predicts brain development many years later. The common thread running through these trends seems to be brainwave dysregulation. The good news is that neurofeedback therapy is showing promise as a drug-free treatment for fibromyalgia, depression, anxiety, migraine and insomnia. More information concerning Dr. Woodman and neurofeedback therapy is available at [www.NorwalkBrainCore.com](http://www.NorwalkBrainCore.com).

***NEXT MEETING – Friday, October 14, 2016 – 12:15 at Marly's***