



## **Wilton Rotary Drummer**

**Wilton, Connecticut**

[www.wiltonrotaryclub.org](http://www.wiltonrotaryclub.org)



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**Editor: Karen Strickland**

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**President Luis Garcia presided over the meeting, with 23 members and two guests (Laura Holleran and Susan Betsworth) in attendance.**

### **Announcements**

Pat Russo said the Thanksgiving baskets will be packed for delivery to Social Services.

Next collection from Rotarians will be \$\$ for children in need over the December holiday season. President Luis said that in lieu of our usual grab bag, club members are asked to bring a \$20 donation or a \$20 Stop & Shop gift card which can be distributed by Social Services so that families can buy presents or food. \$200 from Fun N Fines now through the end of December will also be allocated for this cause.

President Luis read an email from John Lemke saying that his prostate surgery had been successful, he has gotten a clean bill of health and is resting comfortably.

Holiday Party is scheduled for Dec. 11 at Richard Kent's home starting at 6:30 PM (thank you, Richard, for hosting once again). Sign up sheet will be emailed to everyone by Wendy with instructions on cost and what to bring. Mark your calendars!

No meeting next Friday due to Thanksgiving weekend.

### **Program**

Author Beth Lambert discussed the book she has written about chronic illness in children and the causes for this recent phenomenon. Several conditions such as autism, food allergies, asthma, and ADHD have had dramatic rises in young children, and can be traced to a variety of environmental and lifestyle factors. Two major causes are a compromised immune system and a dysfunctional gastric tract due to exposure toxins in our daily life, overuse of pharmaceuticals, inappropriate vaccines, lack of exercise and sun, and poor diet. Parents need to get informed, make changes and work with health care providers to explore alternative treatments.

***Have a Happy & Safe Thanksgiving Holiday! See you at the next meeting, Dec. 3<sup>rd</sup>.***