



Exchange Hotline

Exchange Club of
Sugar Land Newsletter
March 15, 2016
Volume 21, Number 18

Publisher

The Exchange Club of Sugar Land

4800 Sugar Grove Blvd. Suite 100
Stafford, TX 77477

www.ecsl.org

Weekly Meetings

Wednesdays, 7:00 a.m.

Sweetwater Country Club
Palm Royale Blvd.
Sugar Land, Texas

Officers 2015-2016

President:
Kevin Barker

President Elect:
Carlos Perez

Secretary:
Farha Ahmed

Treasurer:
Leo Weinberg

Immediate Past President:
John Robson

Board of Directors

Doug Brinkley
Duyen Le
Clinton Chapman
Vernon Hunt
Matt Jackson
Nick Landoski
Scott McClintic
Rod White

Photographers:
Sue Lockwood
Amy Mitchell
Greg Kramer

Webmaster: Charlie Braun
website@ecsl.org

Newsletter: Sue Lockwood
newsletter@ecsl.org



Neurotherapy at Fort Bend Women's Center

Vita Goodell, Executive Director, **Joshua Brown**, LCSW, BCN, Neurofeedback Mentor/Trainer and **Shay Shaikh**, Wellness/Stability Counselor demonstrated bio-feedback by connecting electrodes to volunteer Exchangite **Chris Breaux**.

Vita Goodell, Executive Director of the Fort Bend County Women's Center, informed Exchangites of a new program being implemented at the center called Neurotherapy. **Josh Brown** and **Shay Shaikh** presented an example of how Neurotherapy works with audience volunteer Exchangite Chris Breaux.

Biofeedback/Operant conditioning of brain wave pattern (EEG) is a non-invasive tool for self-regulation. The subject sees his/her brain wave patterns on the computer and learns to regulate them. It takes between 30-40 sessions, but a video showed marked improvement in the subjects treated.

Neurofeedback has been proven effective with ADHD and Epilepsy. It has promising research and strong clinical evidence with headaches traumatic brain injury (TBI) symptoms, insomnia, anxiety, depression, substance abuse relapse prevention, chemotherapy "Brain Fog" and pain disorders.

Photos by Sue Lockwood



Thank you **Cookie Joe's Dancin' School** for your generous donations to The Exchange Club of Sugar Land, Child Advocates, Champions Kids Camp, Hope for Three and Star of Hope. **God Bless Texas** was a fun event and your "tiny dancers" were wonderful.



Our Youth of the Month **Paige Budney** from Kempner High School was introduced by ECLS member Julie Fournier. Paige's parents Barbara and Steve and sister Chloe accompanied her.





A BIG THANK YOU TO ALL OUR COMMITTEE CHAIRS WHO WORKED HARD TO MAKE THIS THE BEST SPAGHETTI DINNER EVER!

- Spaghetti Chair.....Rod The Storyteller White**
- Spaghetti Co-Chair.....Lynn Krauss**
- Honorary Chairs.....Congressman Pete Olson & Nancy Olson**
- Auctioneer.....Commissioner James Patterson**
- Badges of Courage.....Mary Jo Salvaggio
- Beverages.....Farha Ahmed
- Children’s Area.....Carlos Perez
- Corporate Sponsorship.....Jim Lockwood
- Decorations.....Nora Sim
- Entertainment.....Tran Pham
- Exchange Club Info Table.....Dave Kiger
- EXPO Hall.....Morris Lasris
- Finance.....Leo Weinberg
- Kitchen/Food Service.....Paul Barnett
- Live/Silent Auction.....Sue Sanchez, Jaime Williams, Jeri Krauss
- Bid4Real.....Mark Kingston, Brittany Reed
- Marketing/Program.....Charlie Braun
- Photographers.....Greg Kramer & Mary Favre
- Publicity Relations.....Sue Lockwood
- Raffle/Dinner TicketsHal Marshall
- Sauce Teams.....Doug Brinkley
- Sauce Team Judges.....Matt Jackson
- Setup/Breakdown.....Vernon Hunt, Brad Porter
- Signage.....Harish Jajoo
- Volunteers.....Doug Earle

Upcoming Events



Exchange Club Social

Brick and Mortar Restaurant at Gallery Furniture

99 Grand Parkway location in Richmond, March 16, 2016

5:00 – 7:00 pm Please RVP to Sue Sanchez

sweetsue@windstream.net

Service to Seniors

April 1, 2016, 10:00–11:30 am

5th Street Community Center, Stafford TX.

Contact cookiejoedance@hotmail.com



The Texas Louisiana District Convention

Embassy Suites Houston Galleria - June 10-12

It is a great opportunity to meet Exchange Members from different clubs in the district. Exchange Club of Sugar Land will pay your registration fee. Contact: Kevin Barker,

Kevin.Barker@texanacenter.com



The National Exchange Conference July 13-17 at the Hyatt Regency Houston

The Exchange Club of Sugar Land will be hosting the Hospitality Suite Friday July 15, 2016. We need Exchangites to volunteer to assist with serving food drinks. It is a great time to meet Exchangites from around the country. This is our convention, here in Houston. There are many areas in which you can help. Please contact **District President Mike Reichek** mike@reichekfinancial.com

National Conference Registration Drawing: For a chance to win a Registration Package, plus your Hotel for 4 nights for a \$10 ticket go to www.tlqcd.org

	WIN a Trip to the Houston 2016 National Exchange Club Convention July 13 - 16, 2016 ~ Hyatt Regency	No. 000001	No. 000001	WIN a TRIP to the Houston 2016 National Exchange Club Convention <i>Power Press Supply</i>	Name _____
	1st Prize - 1 Convention Package plus 4 nights at the hotel (travel NOT included) 2nd Prize - 2 Tickets to the Opening Night Event 3rd Prize - VIP Transportation to and from Airport				
	1 for \$10 ~ 3 for \$25 ~ 10 for \$80 Drawing will be held May 1, 2016				Phone _____