



H.O.W. Motto

One woman giving \$10.00 can buy another woman lunch.

Ten women giving \$10.00 can buy another woman's groceries.

One hundred women giving \$100 can make a real difference in another woman's life

Southern California Chapter

August, 2010

Helping One Woman (H.O.W.) was founded by two women in Fresno, CA in April of 2008. They wanted to get together once a month to have dinner at a local restaurant and catch up with what was going on in each others' lives.

They also had an idea of how they could make a difference in another woman's life and help their community at the same time.

Each month, every chapter selects a local restaurant for their "girls' night out" where women can get together to socialize with women whom they know and meet women whom they don't know. Meeting the women whom they don't know creates opportunities to develop new friendships, contacts and support. But something very special happens during this dinner as well.

During the dinner every woman puts a \$10.00 gift into a clear glass bowl; towards the end of the dinner, at least two of the women attending count the money in the bowl and then present it to a nominated recipient.

Recipients are women or a member of a woman's family who are going through a time of irreplaceable loss. They are randomly selected from nominations by the attendees that have been placed in a basket.

The evening concludes by presenting a monetary gift to one woman. The gift is unconditional and the recipient can use her gift however she chooses.

But the monetary gift is only a small part. The "priceless" gift is the emotional and physical support of seeing women who have never even met the recipient being there...for them. Some of these recipients have gone on to start their own H.O.W. Chapters, others become a support to another woman going through what she has gone through and there are women who have rallied groups to walk, run and help fight for other women's well being.

That moment when that gift is given changes every woman in attendance. Perspectives change, attitudes change, and communities become stronger. If you help just one woman you have also helped one family and you have helped one community.

In today's world, time and money are precious commodities and H.O.W. gives women a way to maximize both.

H.O. W.
~ Helping One Woman ~
Southern California Chapter
Invites you to join us for dinner
In Honor of Our Recipient

Jessica W. Holt
Sponsored by Joan Patterson

On Tuesday, August 17, 2010
At 6:00 PM

To make individual or group reservations
Call 909-803-8777
Tell them it is for the HOW dinner
Paisano's
provides a wide menu at an
affordable price

Please RSVP to Chapter Leader
Joan Patterson
Calljoan4homes@aol.com
951-204-1864

PLEASE FORWARD THIS
INVITATION TO THE MANY
WOMEN YOU KNOW WHO WOULD
LIKE TO
HELP ONE WOMAN

Learn more about H.O.W. at
www.helpingonewoman.org



In Honor of Recipient *Jessica W. Holt*

SPONSOR'S NAME:

Who is Jessica W. Holt ?

Shortly before graduating high school (2000), Jessica W. Holt was accepted to the University of La Verne to pursue her lifelong dream of teaching, however "love" got in the way and Jessica decided to marry her high school sweetheart and relocate to Fort Carson, Colorado. During this time, Jessica attended community college and became pregnant with the *love of her life*, her 1st son, Joseph "Joey" Jonathan Holt (2002). Shortly after Joey made his debut, Jessica (355lbs) realized that she was in a physically and emotionally abusive relationship and needed to escape. At this time, Jessica, a now single mother, was expecting another bundle of joy, however God had other plans; Joshua Julian was born full term, stillborn (2003). Devastated, Jessica lost her Faith in the Lord and fell into a terrible tailspin of grief (2004). Jessica, on state aid, turned to Joey as her salvation; they spent every waking second together. Jessica realized that she wanted more for her son, she worked 3 jobs to pay the bills and spent her spare time promising Joey that one day she would provide him all of the luxuries life could offer. With the motivation of providing for her Son, Jessica climbed the corporate ladder and became very successful in a very short amount of time. By 2005, Jessica was officially divorced, life began to level out. Jessica spent all of her spare time with *Joeybear*; coaching his baseball games, baking, painting and just being a Mommy. Life felt complete for Jessica and Joey when Jeffrey Dean Holt, was born (2006).

As a full time- working-single- mommy of two Jessica felt accomplished. During Fall 2008, Jessica experienced a dream that would alter her life forever. Jessica, regained her Faith in God, dedicated her children and became part of an amazing Church family. In September 2008, Jessica was laid off. For the next year, Jessica made some pretty unforgettable memories with the *loves of her life*, (*Joey and Jeffrey*). Jessica ran into a long-time, long-lost friend of the past, Joe Rowlette (June 2009). Jessica and Joe knew that the stars must have been perfectly aligned for this relationship to spark and sure enough, there were fireworks. No longer a single-mom, Jessica and Joe were able to give Joey and Jeffrey what they had always desired, a Daddy. Camping, fishing and testosterone filled the air and life was like a dream. With the fulfillment of happiness in their hearts, Jessica and Joe knew life could not get any better. In the early morning hours of November 5, 2009, Joey was rushed to the hospital in an ambulance with flu like symptoms, while in transit, Joey looked over to Jessica and said "I love you Mama, hold my hand". Moments later, Joey suffered a heart attack, as a result of complications of H1N1 Influenza, and was unable to be revived. As Jessica, sat beside the *Love of Her Life*, absorbing his lifelessness, she held steadfast to her Faith in the Lord and thoroughly questioned the reasoning behind Gods plan. She wondered if she would be strong enough to take another breath.



Following the days, weeks and months after Joey's death, Jessica has spent endless hours researching the very disease that stole her son. In hopes that another person will never have to walk a day in their shoes, Jessica and her mother Wendy have organized *The Joey Holt Foundation for FLU Awareness*, to educate everyone on the severity of the FLU and the absolute importance of being vaccinated EVERY year. In an effort to maximize their impact, Jessica (completely consumed by Joey's cause) has aligned with the American Lung Association, Flu Busters, Families Fighting Flu, CPCA, CDPH & CDC on several campaigns & has been approached by an Academy Award-Winning-Producer/Director to participate in a documentary that reveals truth & common misconception of inoculation, (slated for the big-screen fall 2011). Today, Jessica praises the good graces of the Lord above for each and every moment she shares with her "*Sunshine*", Jeffrey Dean. She also recognizes that her "heart will be broken forever" and uses the pain of her losses to fuel her passion for the well being of all humanity.

Please ask yourself

H.O.W.

can I help?

Past recipient update:

Betsy Tucker was the recipient for July. We had a great meeting. Thanks to everyone who came!