



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

Volume 1, Issue 2

May 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

Karen Hansen

Sponsored by loving friend
Noelle Nygard

On Tuesday, May 18, 2010

At 6:30PM

Honolulu Harry's
12206 Central Avenue
Chino, CA 91710

To make individual or group reservations
Call 909-590-0604

Tell them it is for the HOW dinner

Honolulu Harry's provides a wide
menu at an affordable price

Please RSVP to Chapter Co-
Leader Debbie Mitsch

debmitsch@yahoo.com
909-548-9770

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 *Karen Hansen*

SPONSOR'S NAME: Noelle Nygard

Who is Karen Hansen

Karen Hansen was married to a wonderful man named Jack for 39 years. Jack was a wonderful husband, father and grandfather. Jack and Karen have three beautiful children, John Jr., Rob and Christy, and have six grandchildren.

Jack was disabled by Polio, and had not much use of his legs, but that never stopped him from anything. He was a fighter and Karen really helped him to be very independent in many ways, however when he needed help she was right there to help him.

Jack was the Chairman of the property at their church until he died. He transformed $\frac{3}{4}$ acres into a beautiful park. He did this by sitting in the dirt and working with his hands. This was a special gift and greatly appreciated by members of the congregation, in particular Noelle Nygard who worked with projects with him. Jack was a great friend, man of God and a great debater. During

political talks, Karen would always say, with a twinkle in her eye, "Jack get off your soap box!"

On January 6, 2010 Jack entered eternal life after a brief illness. What a wonderful man he was!

Behind a good man is an equally great woman....Karen! She is a very special lady to many people. Karen is somebody everyone would like to have for a friend. She is very neat, talented and special. She also has special musical talents. She holds a Master of Music from Westminster Choir College of Rider University in Princeton, NJ and a Bachelor of Music from the New England conservatory of Music in Boston. Prior to moving to California in 2005, Ms. Hansen was on the voice faculty of Westminster Conservatory in Princeton, NJ for 17 years. She became Manager of one of the extension divisions of Westminster Conservatory and held that position for six years. Ms. Hansen has sung operas, oratorios, and recitals on both the East and West Coast - including appearances with Piccolo Spoleto Festival and Sarah Johnson and Friends Concert Series, both in Charleston, S.C. Karen also teaches voice lessons at the Academy at St. Paul's Lutheran Church in Fullerton.

Ms. Nygard nominated Karen because she is a friend and sister in Christ. She has done beautiful things in her life and helped her life partner through many different experiences and challenges. Karen has gone through a great loss of husband, father and friend. She has handled it with tremendous grace and love. What a lucky man, Jack. Karen is very pretty inside and outside. She is a rare gem and the nicest gal you could meet!

Please ask yourself

H.O.W.

can I help?

Past recipient update:

Susan Jewell just lost her loving husband Stephen. We were fortunate enough to see Stephen at our April H.O.W. meeting. A Celebration of Life is tentatively scheduled for June 6. Please keep Susan in your thoughts and prayers during this difficult time.