



## 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

September 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

*Shelley Ryan*  
Sponsored by loving friend  
Debbie Wilson

**On Tuesday, Sept 21, 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](mailto:debmitsch@yahoo.com)  
909-548-9770  
Or Connie Johnson

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

**Learn more about H.O.W. at**



# In Honor of Recipient *Shelley Ryan*

SPONSOR'S NAME: Debbie Wilson

## *Who is Shelley Ryan?*

Born and raised in Chino, Shelley's parents were teachers in Chino. She married her Don Lugo High School sweetheart and they have been married now for 27 years. They live in Chino still today with their four boys.

Shelley and her husband were foster parents for ten years. After adopting four of the boys that lived with them they had no more room to foster! Shelley went to work for Hillview Acres Children's Home in Chino where they had fostered their boys from in 2007. She is currently Development associate and enjoys raising funds and community relations for this great organization.

Shelley was diagnosed with breast cancer in May and underwent a lumpectomy to remove the cancer. However, a rare blood disorder prohibits her from doing any further treatments for the cancer.

Her husband has just been diagnosed with Scleroderma and is beginning to see a specialist for this auto immune condition.

Debbie Wilson, Educational Director at Hillview Acres works with Shelley and admires her for her work with the fostering program and her strength during this difficult time.

Hillview Acres Children's Home began in 1929 as an orphanage in Ontario, CA. Today, it is a residential treatment center for severely abused and neglected children. Since its inception, Hillview has provided a safe haven for over 2,500 abused children, and today it remains on the cutting edge of residential group care.

For more information visit  
[www.hillview.org](http://www.hillview.org)

Please ask yourself

*H.O.W.*

can I help?