



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

June 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**

Connie Johnson

Sponsored by loving friend
Charlotte Bravura

On Tuesday, June 15 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 *Connie Johnson*

SPONSOR'S NAME: Charlotte Bravura

Who is Connie Johnson

Connie Johnson has been married to Paul Johnson for 42 years. They met at age 14 and 15 and married at 18 and 19. Remarkably, they met in California but were both born in the same hospital in Akron, Ohio and only three months apart. Together they have two children, David Johnson and Carrie Beth Hunnicutt; and five grandchildren. Connie had a 30-year career in Orthodontics and managed the office of Dr. Joseph W. Gray, Upland for 15 years. She left this career to assist her mother during her struggle with breast cancer that, after a very long struggle, took her life in 2005. Connie is now a Founder, Executive Director and Independent Consultant with Apriori Beauty. She is a member of Baseline Community Church, Assistance

League, Chino Rotary, and BNI. She laughs when she says she is also a member of The Blue Thong Society, since she just isn't ready for those Red Hats! Connie's passion is helping and encouraging others. Her Christian faith is ever strengthened through not only her own experiences, but those of others. Connie was diagnosed with breast cancer in April 2010. She underwent a left breast mastectomy in May 2010 and also experienced some complications that have extended her surgery and treatment. She is presently being treated at City of Hope. She acclaims City of Hope to be better than the Ritz Carlton. She says that every person contributing to her care has been genuinely caring and has provided the highest level of service and medical expertise. Connie initiated the first Southern California Chapter of H.O.W. ~ Helping One Woman. She just saw a simple way to help many women ~ one at a time ~ while enjoying the

the company of friends and encouraging each other. She never thought that she would be a H.O.W. recipient. She wishes to, graciously, accept this honor and thanks every person in her life that has been so supportive and encouraging, especially, during this life changing experience of breast cancer.

Please ask yourself

H.O.W.

can I help?

Past recipient update: (please send comments to the Editor: debmitsch@yahoo.com)

Stephen Jewell's Celebration of Life – Sunday, June 6, 2010.

