



2017

December

Off for Holidays

Return on January 5th 2018

12/22/17

Joan Fithian Quintana

The Advent of a Global Exchange:

A New Approach to Building Vibrant Communities and Strong Economies

Joan and her husband Jose hosted us at their Sead Gallery in Bryan. She will share more about their life and experiences and about how they are growing a community and sharing that with other small communities that would like to grow their community economically, technologically and educationally

Adventgx
216 W 26th St.
Bryan, TX 77803

979 216 0548
joanquintana@adventgx.com
12/15/17

Geraldine Boyer - Owner

Latin American Glamour Trend

Founded by Geraldine Boyer, Collectivo embraces Latin American talent by hosting collections purely made by Latin American designers, both established & emerging. Collectivo is the first concept store (and location) of its kind in the U.S. Collectivo is located on the second story of the Westheimer Oaks development.

Collectivo
4310 Westheimer Rd. Suite 250
Houston, TX 77005

832-831-8818
gb@collectivointernational.com
12/8/17

El Matha Wilder - Jill of all Trades, Master of Some

The Misconception of Grand Jury Service (Burden of Proof)

The selection and service process of the Harris County Criminal Courts Grand Jury.

El Matha Wilder
2630 Bissonnet #5207
Houston, TX 77005

713-208-0033
elmatha@comcast.net
12/1/17

November

Off-Thanksgiving Holiday

11/24/17

Lee Mayfield, JD, CFP - Financial Advisor

Negotiating for Your Life

Negotiation and reciprocity form the core of our social experience. In spite of this, the average American avoids explicit negotiation whenever possible. Why do people shy away from negotiation? What do they fear about it?

Lee Mayfield will draw upon his experiences in the military, law, and finance to discuss these and other questions, to empower us to take charge of our negotiations.

The talk will center around;

- When to talk and when to walk
- Strategies we overlook
- How to tilt the playing field in our favor
- How we can use negotiation to pursue just outcomes
- Please join us for this discussion.

OWLFA
1601 Westheimer Ste. 140
Houston, TX 77006

713-300-0676
lmayfield@owlfa.com
11/17/17

Kim Mathes- Director of Marketing

Turning a Harvey Crisis into Positive News

Kim will discuss the challenges of crisis communications. Hurricane Harvey dumped more than 50 inches of rain in our community, HCA Healthcare Gulf Coast Division was committed to the care and improvement of human life of more than 2,900 patients. The communications team quickly mobilized to share the positive news stories of each of our hospitals in the most difficult circumstances. www.hcagulfcoast.com

HCA Healthcare/ Gulf Coast Division
3737 Buffalo Speedway, Suite 1400
Houston, TX 77098

832-294-1064
kimberly.mathes@hcahealthcare.com
11/10/17



Eva Archer Smith - Executive Coach/Consultant/Keynote Speaker
Something Old, Something New

Eva will share some brand new brain research about how to stay motivated; and lead us through an exercise using old wisdom to keep us focused in today's changing world.

713-528-7020
eva@evaarchersmith.com
11/3/17

October

Dr. Carisa Le-Petross

Dr. of Radiology and Professor at MD Anderson Cancer Center
Breast Cancer Screening: Where are we today?

Mammography is the test of choice for screening for breast cancer and has been demonstrated to reduce breast cancer mortality. However, some began questioning this test and others feel that we should not be screening for breast cancer due to the concern of over diagnosis with mammography. In subsets of the population such as patients with BRCA mutations, the risk of breast cancer is even higher than the general population and the addition of MRI has been shown in several countries to improve the detection of breast cancer. So, where are we today with these debates?

Come be updated by this expert from MD Anderson Cancer Center.

UT MD Anderson Cancer Center
1515 Holcombe Blvd
Houston, Tx 77030

Cell: 281-220-7655 Office: 713-563-7827
hlepetross@mdanderson.org
10/27/17

Sheryl Lyons - Founder, Culture Spark LLC

Does your company need a spark?

Come hear this dynamic business leader, consultant and engaging speaker talk about her company, Culture Spark.

"I started Culture Spark to help leaders inspire their people to find purpose and belonging in their work. When people love what they do, their lives are more fulfilling, their companies are more successful, and this world is a better place." SL

That's my spark. What's yours?

Culture Spark LLC
10730 Cedar Creek Dr
Houston, Tx 77042-2306

713-822-7560
info@culture-spark.com
10/20/17

Dr. Jan Strickland - Team Action Leader for Texas

"Medical Aid in Dying"

Medical Aid in Dying is the same issue addressed by Oregon's Death With Dignity law -- the law used by Brittany Maynard end her life after she was diagnosed with terminal brain cancer in California. California has subsequently passed a similar law. Dr. Strickland will explain the nuances of this law and what its current acceptance is.

Compassion and Choices
Houston, TX

Jstricklandcandc@gmail.com
10/13/17

Donna Milstein - Donna Milstein Consultant & Physical Fitness Instructor
Active Anti-aging

Come participate in Donna's round two of life hack hints and simple exercises to actively ward off the aging process. You will walk out with a bounce in your step looking and feeling more vital and younger.

Donna Milstein Consulting
1707 1/2 Post Oak Blvd Ste 236
Houston, TX 77056

713-461-1242
donnamilstein@hotmail.com
10/6/17

September

Michael Maskell - Olympian & Instructor

Shooting to be the Best!

Michael is a five-time Olympian for Barbados in International Skeet; his talk will focus on his Olympic experiences.

Maskell's Shotgun Academy
3788 Savannah Lane
Spencer, IN 47460

812-322-6905
maskellshotgunacademy@gmail.com
www.theshotgunacademy.com
9/29/17



Retreat Weekend - No Speaker

9/22/17

Stephanie Murphy - President, Alpha Space Test & Research Alliance

The Commercialization of Low Earth Orbit

Stephanie will talk about the commercialization low earth orbit and the utilization of the International Space Station National Lab.

Alpha Space Test & Research Alliance
930 Gemini Ave.
Houston, TX 77058

832-915-5400
stephanie.murphy@alphaspace.com

9/15/17

Meagen Smekar - Market Intelligence Manager

An Update on Oil: Macro Trends

Meagen will share an update on macro-economic drivers and their link to oil's outlook.

BP
501 Westlake Park Blvd.
Houston, TX 77002

+1-832-619-2811
meagen.smekar@bp.com

9/8/17

Labor Day Weekend - Happy Holiday

9/1/17

August

Rodney Honerkamp & Jillian Day

Both are Directors, Development for the Houston Zoo

Our Houston Zoo: Then and Now

Our city's Zoo is a jewel within Hermann Park that's become internationally known since we privatized in 2002. We are the largest conservation education organization in Texas and the second-most-visited zoo that charges admission in the nation (only San Diego Zoo has attracted higher attendance in 2015 and 2016). Our contributions to field conservation place us in the top 10 of zoos across the country. Under the direction of our new CEO, we recently completed an exciting strategic plan that will transform our Zoo over the next twenty years. Rodney Honerkamp and Jillian Day, both Directors of Development and members of our Zoo's fundraising team, will share details about where we've been as an organization and where we're heading.

The Houston Zoo
1513 Cambridge St.
Houston, TX 77030

713-533-6716
jday@houstonzoo.org

8/25/17

Angela Coughlin - Author, Psychotherapist, Life coach and Speaker

A Fresh Approach to Transition

The Art of Waking Up

Where do you want to change your life? What big transition is presenting itself to you at this time? Each day we write the story of our lives. Each day we have the opportunity to move our lives to match our desires. Join us for this inspirational talk to explore the unique ways to navigate and implement your transition.

Angela Coughlin LCSW
Houston Therapist
4010 Blue Bonnet, Suite 108
Houston, TX 77025

713-398-5251
www.angelacoughlin.com

8/18/17

Michelle Lenzen - Founder, Humans at Heart

Empowering Students to Solve Problems Using Human-Centered Design

Michelle Lenzen is a teacher, researcher, and writer using design thinking to help others understand the human side of life, marketing, and business. She runs an after school program at YES Prep Northside where she teaches high school students communication skills and creative problem-solving. Through her company, Humans at Heart, Michelle conducts qualitative market research and humanizes brands with words and creative copy.

Humans at Heart
Houston, TX

708-275-5700
michelle@humansatheart.com
www.humansatheart.com

8/11/17



Karina Gonzalez - Owner, Law Offices of Karina Gonzalez, PLLC

Basics of Business Immigration

Karina Gonzalez is a native Houstonian and born from immigrant parents. After obtaining a Bachelors Degree in Anthropology & Hispanic Studies from Rice University, she earned a Juris Doctorate from the University of Houston Law Center. Her legal practice focuses primarily on seeking affirmative immigration benefits for clients.

Karina's immigration career began in law school, where was a member of the Joseph A. Vail Immigration Clinic and a Legal Extern for the Tahirih Justice Center. At these non-profit organizations, she assisted clients with processing Asylum, Withholding of Removal, Special Immigrant Juvenile, U-Visa and Violence Against Women Act cases before various governmental agencies.

After passing the bar exam, Karina's practice shifted, and she began assisting clients with family and employment based petitions (immigrant and nonimmigrant) before the U.S. Citizenship and Immigration Service, the National Visa Center, various U.S. Embassies abroad, and the U.S. Department of Labor. Since obtaining her license almost 7 years ago, Karina has secured appropriate work visas for many clients, obtained green cards for entire families, and successfully applied for U.S. citizenship for qualified applicants.

Law Offices of Karina Gonzalez, PLLC
433 North Loop W., Ste. 260
Houston, TX 77008

713-202-6440
kgonzalez@kg.legal
8/4/17

July 2017

Tina Barr - Director of Admissions

Chinquapin Prep

Tina will speak about Chinquapin Prep, which is a non-profit college-preparatory school for grades six through twelve, primarily serving economically disadvantaged youth from the Houston area. Boys in grades seven through twelve live on campus Monday through Friday, while girls and 6th grade boys are transported daily.

Chinquapin Preparatory School
2615 E. Wallisville Rd.
Highlands, TX 77562

281-426-5551 X151
tbarr@chinquapin.org
7/28/17

Terri Burke

Executive Director of the American Civil Liberties Union Foundation of Texas
Immigrants & Refugees in Texas

Miss Burke's talk will focus on what the ACLU does especially in the area of immigrants and refugees. The ACLU has been working overtime on this specific area since the election. She will share their story.

American Civil Liberties Union Foundation of Texas
Houston State Headquarters P.O. Box 8306
Houston, TX 77288-8306

713-325-7003
tburke@aclutx.org
7/21/17

Fanny Brown

Strategic Gifts Officer

"The Food Bank's Latest Successes and Challenges"

The Houston Food Bank is a non-profit food distributor network that collects and distributes millions of meals a year in the Houston area to needy citizens of all ages. It is part of the Feeding America Network.

Fanny will share with us news on their new kitchen facility, their recent successes as well as current challenges they are facing,

The Food Bank Houston
535 Portwall St
Houston, TX 77029

713-223-3700
www.houstonfoodbank.org
7/14/17

Donna Milstein - Fitness Trainer

"Lose 10 pounds and 10 years in 10 minutes a day"

Donna will teach, demonstrate and lead the group in simple exercises that will improve your posture and balance.

Donna Milstein Consulting
1707 1/2 Post Oak Blvd Ste 236
Houston, TX 77056

713-984-1242
donnamilstein@hotmail.com
7/17/17



June 2017

Happy 4th

6/30/17

Samantha Martinez

Ten Employment Law Principles Every Manager Should Know.

Martinez Firm, PLLC
801 Congress, Suite 250
Houston, TX 77002

713-333-3270
sam@mtzfirm.com
6/23/17

Lee Clough

Importance of Progressive Discipline

Small Business HR Solutions

832-980-3354
kleeclough@gmail.com
6/16/17

Ann Haigh - Residential Mortgage Loan Originator

Purchasing, Refinancing & Cashing out

Republic State Mortgage Company
2121 Sage Road, Suite 140
Houston, TX 77056

713-579-7817
ahaigh@rsmc.net
6/9/17

Member Meeting

Celebration of Gladys's retirement.

6/2/17

May 2017

Memorial Day - Happy Holiday

5/26/17

Alison Weaver - Founding Executive Director,
Moody Center for the Arts, Rice University

The New Moody Center for the Arts at Rice University

Alison Weaver will introduce us to the new Moody Center for the Arts at Rice University, which celebrated its inaugural weekend in late February with more than 2000 visitors. The interdisciplinary center provides a forum for creative partnerships and experimental spaces for both fabrication and exhibition, along with an array of innovative public programming.

Rice University
6100 Main St., MS-480
Houston, TX 77005

713-348-2787
aweaver@rice.edu
5/19/17

Michael Guidry - Curator of the University Public Art Collection

Public Art at the University of Houston

Michael Guidry will talk about and show images of the public art at UH, one of the largest and most impressive university art collections in the country. With more than 500 works, the collection includes regional, national and international artists, including Frank Stella and Carlos Cruz-Diez.

University of Houston
120 Fine Arts Building
Houston, TX 77204

713-743-5315
mguidry2@Central.UH.EDU
5/12/17



Martha Parker - President & Founder, m-erg

Home Ergonomics

Martha Parker will discuss ergonomics in the home, based on photos that members will be asked to send of their home work spaces. Humor encouraged.

Presentation Info:

In-Line Document Holder
Higher Footrest
Forward Leaning Chair
Gooseneck Clamping Device
Strap for Phone
M-ERG_Takeaway - download pdf

m-erg
P. O. Box 88205
Houston, TX 77288

832-532-3095
martha@m-erg.com
5/5/17

April 2017

Ryan Foley, Foley Learning - Consultant, Coach, Keynote Speaker

How to get to the Truth

Whether you're talking with a friend, family member, potential new hire, or business partner, having a few smart communication strategies up your sleeve gives you protection and opportunities that most people routinely miss. After breakfast, you'll be ready to use a few of Ryan's favorite conversational strategies on how to:

1. Know when you might not be getting the truth or the whole story.
2. Considerably improve your chances of getting to the truth.

Ryan is a communication strategist who works behind the scenes to help brilliant individuals be as impactful as possible when they find themselves in the spotlight. An expert in verbal and nonverbal communication strategies, he trains and coaches thought leaders in engaging public speaking, body language analysis, and deception detection. During the recent US presidential debates, Ryan was regularly asked to provide detailed body language analysis for Fox 26 and ABC 13 Houston.

@foylearning (Twitter & Facebook)

832-356-0559
info@foylearning.com
www.foylearning.com
4/28/17

Cassandra Dahnke - Co-founder of The Institute for Civility in Government *Is Civil Discourse Possible?*

The Institute for Civility in Government is dedicated to reducing the polarization of our political and legislative processes by facilitating dialogue, teaching respect, and building civility in both the public and private spheres.

We believe there are two key threats to the effectiveness and efficiency of the governing process in the United States: lack of participation in government at all levels—local, state, and national; and persistent and growing polarization along lines of race, class, religion, age, and ideology. Apathy and antipathy put our nation at risk. Therefore, we strive to educate Americans about their role in civil society, and equip them to participate effectively in it. And we strive to help elected officials, their staff, and their constituents understand that how we govern is as important as the positions we take.

The Institute for Civility in Government endorses no political candidate, and takes no stand on any issue. Our concern is process, not position.

The Institute for Civility in Government
P.O. Box 41804
Houston, Texas 77241-1804

713-444-1254 or 281-782-4454
info@instituteforcivility.org
www.instituteforcivility.org
4/21/17

Good Friday/Easter Break

4/14/17

Members Meeting

Two Truths And A Lie

A fun game that gives us an opportunity to learn more about each other. . . while increasing our ability to detect deception.

4/7/17



March 2017

Kristina McDaniel

Egoscue Method of Pain Management

Egoscue Method is a way of dealing with chronic pain using posture therapy. A proven method that gets to the root of your chronic pain by returning your body to proper alignment, function and balance.

Egoscue Houston
601 Sawyer St, Suite 105
Houston, TX 77007

713-590-3990
3/31/17

Ellen Cohen - City Council Member & Mayor Pro Tem

An Engaged & Effective Citizen

How to be a more engaged and effective citizen

City of Houston
900 Bagby, First Floor
Houston, TX 77002

832-393-3004
districtc@houstontx.gov
3/24/17

Judith Kurnick - Director of Communications

Houston Grand Opera: An Inside Look

Judith will share with us the excitement surrounding Houston Grand Opera and what goes on behind the scenes.

Houston Grand Opera
510 Preston St.
Houston, TX 77002

713-546-0240
3/17/17

Phyllis Pittman - President & CEO

CMedEd: Providing Cutting Edge Info On Many Cancers

CMedEd is a state of the art cancer ed resource that bridges the educational gap between patients and healthcare professionals on over 120 cancer topics.

Pittman Communications/CMedEd
3555 Timmons St. Suite 655
Houston, TX 77027

713-871-3110
p@pittmancommunications.com
3/10/17

Member Meeting

How Can We Be Helpful?

Discussions at each table on how we can be helpful to each other with business challenges.

3/3/17

February 2017

Susan Latimer, DDS - Dentist, General & Cosmetic

Maintaining Your Whitest & Biggest Smile

Susan Latimer has her dental office on Bissonnet, marked by the big white tooth in front of the building.

She leads a balanced life, is very progressive in her techniques and approach and is totally patient oriented in her practice. She will be discussing her experiences and how to get the most from your smile.

Latimer Dental Arts
2226 Bissonnet
Houston, TX 77005

713-522-3600
slatimer@latimerdentalarts.com
www.latimersmilesources.com
2/24/17

Dr. Margaret Spitz

Cancer Risk... What, Who and Why?

This distinguished cancer researcher has earned numerous prestigious awards including being tapped by Pres. Barack Obama to serve on the National Cancer Advisory Board. She is a leader in cancer research worldwide and is sharing her time with Praeclarus to enlighten us on the latest in the world of cancer research. Currently a professor at Baylor College of Medicine, she has a 27 year history on the faculty of MD Anderson Cancer Center.

Baylor College of Medicine
Houston, TX

832-859-6218
spitz@bcm.edu
2/17/17



Pam Gruber - SNSDE

What I have learned since coming to America

Pam Gruber SNSDE has enjoyed a full life of travel and people experiences. She came to the USA from the UK in 1965 as a TWA flight Hostess. In 1975 Pam joined Mary Kay Cosmetics and took a \$65 beauty case into a \$13 million a year business. She believes that with a positive attitude, willingness to work and a respect for one's fellow man, anything is possible.

This immensely fascinating lady is willing to share with us the highlights and lessons she learned on her road to success. On top of all her accomplishments she is married to, and mother of, "Deli Men." (her son is Ziggy)

Retired

5100 San Felipe St Unit 146E
Houston, TX 77056

713-412-7112
donnamilstein@hotmail.com
2/10/17

Member's Only Meeting

El Matha Wilder - Consultate

Size Does Matter

BIG LIFE... living large in smaller spaces. . . El Matha and John spent a year preparing for their move to scale down. All items that were important to them were kept. How did they decide to do the move in 2 steps? How did they decide what to keep and what to discard? How can this process be accomplished without going crazy?

El Matha Wilder
2630 Bissonnet #5207
Houston, TX 77005

713-208-0033
el@elmatha.com
2/3/17

January 2017

Megan Lynn McCarty - MA, LPC--S

Emotional Eating

Megan has a true passion for helping people achieve their wellness goals. Her clients achieve opportunities for significant personal growth striving to eliminate the societal stigma often associated with professional mental health services.

In her work she maintains the important premise that preventive health care is not limited merely to physical health. Overall wellness includes mental, physical and spiritual health in tandem.

Morph Counseling Services
1425 Blalock, Suite 107
Houston, TX 77055

281-450-6065
morphcounseling@gmail.com
1/27/17

Michelle Mason - Director of Communications

Go Red: Staying "Heart Healthy"

Michelle will be speaking to us about the importance of staying "heart healthy".

American Heart Association
10060 Buffalo Speedway
Houston, TX 77054

832-918-4046
michelle.mason@heart.org
1/20/17

Lindsey Drouet

Finance/Admin Supervisor, Harris County Office of Homeland Security & Emergency Management (HCOHSEM)

The Workings of the HCOHSEM

Ms. Drouet will give an over view of the operations of this agency and the importance of the work to Harris County residents.

Harris County Office of Homeland Security & Emergency Management
6922 Katy Road
Houston, TX 77024

713-426-9581
lizeth.hernandez@oem.hctx.net
1/13/17

Member's Only Meeting

Carole Wright

Sneak Preview

Carole will be sharing pics of the next chapter of her life.

1/6/17



December 2016

Happy Holidays - No Meeting: Happy Holidays. Off until Jan 6, 2017
12/30/16

No Meeting: Happy Holidays
12/23/16

Dixie Friend Gay - Artist
Wings

Dixie will talk about her new work. She will be doing an installation in the Houston Library.

Dixie Friend Gay
1901 W 14th St.
Houston, TX 77008

832-868-7435
dixiefriendgay@gmail.com
www.dixiefriendgay.com
12/16/16

David Kaplan - Mars Scientist, NASA
Reliability: At Pluto, On Mars And Around the Earth

Through stunning photos and videos of the flyby of Pluto, the Curiosity rover's exploration on Mars, and the operations of the International Space Station in orbit around Earth, David will look at issues concerning reliability at NASA.

NASA
ehneeld@outlook.com
12/9/16

Members' Meeting
El Matha will be leading a game of Holiday Trivia! Please bring a check or enough cash for a \$25 donation to go to the top winning team's Non-profit.
12/2/16

November 2016

No Meeting: Happy Thanksgiving
Date: 11/25/16

Lisa Bixler, AIA, Leed, Ap, CAPS
Architect and Aging in Place Specialist
Creating Comfortable, Attractive Spaces to Carry Us Through All Stages of Life

Lisa, an aging in place specialist and licensed architect, will talk about how incorporating aesthetic elements into practical solutions enhances the environment itself but also the quality of life for those who use the space.

LBK Architecture
5100 Westheimer Rd, Suite 200
Houston, TX 77056

713-425-3076
lisa@lkbarchitecture.com

Date: 11/18/16
Roberta Konicki - Founder, Select Athletics Group
The Sport & Business of Cheer

Roberta will discuss the sport of competitive cheerleading including: background and evolution of competitive cheerleading, the big business of cheer, and the photography book project leading to the creation of "The Sport of Cheer".

Select Athletics
Houston, Texas

713-244-4783
roberta@selectathletics.com
Date: 11/11/16

Members' Meeting
Member: Eva Archer-Smith
The Neurobiology of Conversations

Eva just recently completed a extensive course on the neurobiology of conversations. What does this mean?? Simply stated, it's the science of how we can talk to each other in a way that makes us feel good or feel bad. Eva will share insights from what she has learned with our group.

Date: 11/4/16

October 2016

Lisa Rebori - Vice President of Collections
Today's Houston Museum of Natural Science

Lisa will discuss the challenges of acquiring world class collections and some of the unusual experiences such as accompanying Lucy, the world renowned mummy to Houston.

Houston Museum of Natural Science
5555 Hermann Park Dr.
Houston, TX 77030

713-639-4670
lrebori@hmns.org
Date: 10/28/16

Horacio Licon - VP of international investments and trade,
Greater Houston Partnership
The impact of trade on Houston & beyond

Greater Houston Partnership
701 Avenida de las Americas, Suite 900
Houston, TX 77010

713-844-3600
hlicon@houston.org
Date: 10/21/16



Dr. John Boles - William Pettus Hobby Professor of History

"How Jefferson Calmed the Passions of Presidential Politics"

Dr. Boles will outline the origins of national politics in the U.S., with particular emphasis on the role played by Thomas Jefferson. Dr. Boles's book on Jefferson is at the press.

History Department, Rice University
MS 42 P.O. Box 1892
Houston, TX 77251-1892

713-348-5546
boles@rice.edu
Date: 10/14/16

Members' Meeting

Member: Mary McIntire

Recent Restaurant Finds

Member discussion of favorite restaurants.

1016 Barkdull St
Houston, TX

713-962-5013
maryb@rice.edu
Date: 10/7/16

September 2016

Sissy Farenthold - Former Texas State Legislator, Candidate For Governor

Sissy Farenthold's View of the World

A newspaper article last year read: "Frances "Sissy" Farenthold, 88, is still fighting."

She gained fame in the early 70s as a Texas House member who ran an unsuccessful campaign for governor. Her work on feminism and social justice has received international acclaim. She lives in Houston (in the Lamar Tower) and helps run an interfaith chapel. To view an interactive website on Sissy see www.raportcenter.org/farenthold

2929 Buffalo Speedway, #1813
Houston, TX 77098
Date: 9/30/16

No Meeting - Retreat Weekend

Kemah Boardwalk - Retreat Weekend

Date: 9/23/16

Leah (White) Elliott

Music Scene in Houston from a Performer's Perspective

Our guest will be Leah Elliott, formerly known as Leah White. She's just begun her newest venture, a doctor's consulting firm. However, she'll mainly be discussing her hobby with us - performing music in Houston! she's a talented signer/songwriter and has won numerous awards. she's an absolute blast!

Date: 9/16/16

Landry's vision for greater Houston

Kemah Boardwalk and Landry's vision for greater Houston

HOUSTON, TX — As Senior Vice President of Sales at Landry's, Inc., Nicki Keenan is responsible for leading the sales and marketing efforts for a dynamic and versatile portfolio of assets for the Landry's Hospitality Division, Private Dining for the Restaurant and Entertainment Destination Group, and Gift Card Sales Department. The private dining and gift card sales initiative spans over 500 restaurants coast to coast representing over 51 unique concepts.

The Landry's Hospitality Division is comprised of the Westin Houston Downtown, Kemah Boardwalk Inn, the San Luis Resort, Spa & Conference Center, the Galveston Island Hilton Resort and Holiday Inn Resort on the Beach in Galveston. The casino portfolio includes Golden Nugget Resort & Casinos located in Las Vegas, Laughlin, Atlantic City, Biloxi and the newly opened Golden Nugget Lake Charles.

Keenan joined Landry's, Inc. in 2005, after serving as Director of Sales & Marketing for the Woodlands Resort from 1999 to 2005 and Regional Vice President of sales and marketing for Patriot American Hospitality Management from 1996 to 1999.

Educated at the University Texas Permian Basin, Keenan began her hospitality career with Omaha Hotel, Inc. in 1982. Her love and experience for the hospitality industry flourished with Omaha Hotel, Inc., where she held the position of Corporate Vice President of Sales overseeing over 20 hotels for the company based in Omaha, Nebraska.

In 2014 Keenan was awarded Top 25 Business Women of Houston from the National Women's Council. She is an active member with the Greater Houston Partnership and serves on the Executive Committee and Board of Directors for the Greater Houston Convention & Visitor's Bureau.

ABOUT LANDRY'S, INC.

Landry's, Inc., wholly owned by Tilman J. Fertitta, is a multinational, diversified restaurant, hospitality, gaming and entertainment company based in Houston, Texas. The company operates more than 500 high-end and casual dining establishments around the world, including well-known concepts such as Landry's Seafood, Bubba Gump Shrimp Co., Rainforest Cafe, Morton's The Steakhouse, The Oceanaire, McCormick & Schmick's Seafood, Chart House, Saltgrass Steak House, Claim Jumper and Mastro's Restaurants. Landry's also operates a group of signature restaurants, including Vic & Anthony's, Grotto, Willie G's and others. Landry's gaming division includes the renowned Golden Nugget Hotel and Casino concept, with locations in Las Vegas and Laughlin, Nev.; Atlantic City, N.J.; and Biloxi, Miss., and Lake Charles, La.. Landry's entertainment and hospitality divisions encompass popular destinations including the Galveston Island Historic Pleasure Pier, Kemah Boardwalk, Aquarium Restaurants and other exciting attractions, coupled with deluxe accommodations throughout the Houston and Galveston area, including the luxurious San Luis Resort, Spa & Conference Center on Galveston Island.

Landry's
713-386-8055
ENKeenan@ldry.com
Date: 9/9/16



August 2016

Lovie Olivia - Visual Artist

DeMystifying the Mask

Lovie is going to present on her art works on African American women and the LGBTQ community. "With my recent body of work I plan to continue to push boundaries and comingle materials and techniques as well as explore stories of powerful women."

www.lovieolivia.com
justlovie@gmail.com

Date: 8/26/16

Benny Billings - Owner, Jabez Akitas
Head Valet, St Regis, Houston, Tx

Westminster Dog Show & The Akitas Breed

Benny Billings, our longtime friend and Head Valet at the St. Regis, will be sharing his story of how he came to love Akita dogs. His interest in this beautiful breed began years ago in parallel with his career at the St. Regis.

His #1 Akita, Faith, recently won Best Of Opposite Sex at the 140th Westminster Dog Show, 2016. and beat the No. 1 & 2 dogs in the U.S. to win back-to-back honors (in one weekend) including her first Best Of Breed awards at only 18 months at the Houston Dog Show.

281-436-7541
benlamarbillings@yahoo.com
www.JabezAkitas.com

Date: 8/19/16

Joyce Tucker

Stem Cell Therapy Restored my Mobility

For anyone with chronic pain or a debilitating physical condition, you must hear Joyce tell her story. A Houston Biotech company, Celltex, is leading the US into the future of Regenerative Medicine. They gave her hope of walking without a brace and then delivered results. Stem Cell therapy has given her a new lease on life.

Bring a friend or relative that you would like to help. This therapy could turn their life around. An informative brochure will be handed out to those present. Joyce is a friend and neighbor of Donna and Jo Reid.

Celltex
CoFounder: Dr. Stanley Jones
2401 Fountain View Dr. #416
Houston, TX 77057

713-590-1000
www.celltexcorp.com
joycetucker2000@gmail.com
Date: 8/12/16

Deborah Kainer - Member

Film Review: Your Mother Should Know

Deborah will present some background information about Angie McCartney's, and her daughter Ruth McCartney's, work on their new documentary called "Your Mother Should Know". Angie McCartney is the step-mum of Paul McCartney and Ruth is his step-sister.

Pantheon Producers LLC; Bento Ventures LLC
3942 Hartfield Rd.
Round Top, TX 78954

713-504-2657
deborah.kainer@gmail.com
Date: 8/5/16

July 2016

Amy M. Goff - Major Gifts Officer

National Domestic Violence Hotline - An Overview

We will learn about the history of the organization, it's Current Collaboration with the National Football League, and the Initiatives they are working on with the U.S. Congress.

National Domestic Violence Hotline
P.O. Box 161810
Austin, TX 78716

512-685-6237
agoff@ndvh.org
www.thehotline.org
www.loveisrespect.org
Date: 7/29/16

Lillian Petty - Program Designer for Health Planning

What's Next?

Lillian's work in Population Health Planning, Prevention and Wellness Program Design and Evaluation Strategies for large populations has been utilized world wide. Her career with Schlumberger began in 1980 and continued until her recent retirement.

She will share what's next in her life and the passions she continues to pursue with her daughter, grandchildren, family and world of friends. Living close to Galveston Bay, she will be rejoining Praeclarus as a flex member so she can keep connected to our group,

917-207-0954
Impetty1@earthlink.net
Date: 7/22/16



Angela Odensky, J.D.

Estate Planning is a Woman's Issue

Angela Odensky is an Estate Planning and Elder Law Attorney in Houston, Texas. Prior to becoming an attorney, she worked in medical editing at the Texas Heart Institute, where she assisted doctors in publishing their research. She worked closely with doctors and understands that the ever-changing landscape of health care can puzzle even the most savvy consumers.

Angela began her law career in litigation, but found that she was more comfortable solving problems before they began. She started her Estate Planning and Elder Care practice because she realized there is a large population of people who need help both protecting their families' futures with estate planning and planning for potential long-term care with Medicaid planning. www.odenskylaw.com

The Law Office of Angela Odensky, PLLC
5300 N. Braeswood, Ste 344
Houston, TX 77096

713-344-0730
angela@odenskylaw.com
Date: 7/15/16

Member's Meeting Hope & Irene

Tech Talk

Time for a little Tech Talk... Come prepared to share your recent tech finds. This can be anything technology driven that makes your life easier to explore or manage. Examples might include products you use in your home, apps or bands that you manage your health with or www.info sites that you just can't live without!

Love it or not, technology is driving our lives in many ways. Embracing the tools that we all use can be enlightening for everyone.

Date: 7/8/16

No Meeting / 4th of July

Date: 7/1/16

June 2016

Candice Shy Hooper - Author

Women Who Influenced the Civil War

Lincoln's Generals' Wives: Four Women Who Influenced the Civil War - for Better and for Worse. You know the old adage: behind every great man, there is a great woman, but as with most things in life, it's a lot more complicated than that. Until now, accounts of American Civil War have for the most part neglected the extraordinary and influential lives of Jessie Frémont, Nelly McClellan, Ellen Sherman, and Julia Grant, the wives of Abraham Lincoln's top generals. They were their husbands' closest confidantes and had a profound impact on the generals' ambitions and actions. Candice Shy Hooper shows how the wives' views of Lincoln impacted their husbands, and ultimately, the course of the Civil War.

www.candiceshyhooper.com
Date: 6/24/16

Dr. Eugene Lou - Owner, Board Certified Orthopedic Surgeon

What Cryo-therapy can do for you

The newest luxury wellness spa in town, Thrive Drip Spa, offers whole body cryo-therapy. Yes, their full body CryoChamber freezes your body (neck down) at -160 F degrees for just minutes for an amazing array of benefits. Included are pain management, muscle recovery, weight loss, and an immediate boost to your immune system and metabolism. Come hear the owner explain all this as well as their IV Therapy.

My 75 year old brother, who lives in Dallas, has done this several times a week for the past 2 years with amazing results. We now have a beautiful, modern place in Houston to go for these sessions.

Thrive Drip Spa
1014 Wirt Rd Suite 210
Houston, TX 77055

832-977-0480
www.thrivedripspa.com
Date: 6/17/16

Christine Swanson - Film Director

Buffalo Soldier Girl

The story of a woman who, disguised as a man, enlisted and fought with the African American Post Civil War era as a 'Buffalo Soldier.'

The project will be directed by Christine Swanson for production company, Pantheon of Women from a screenplay by Sarah Bird. Pantheon of Women, is the film production company founded by Alicia Goodrow, Donna Fujimoto Cole, and Deborah Kainer.

Christine Swanson
Director/Screenwriter/Professor
Cswanson44@gmail.com
Date: 6/10/16

Member's Meeting

Donna Milstein - Member

Appreciation!

At this member's meeting we will have a chance to show our appreciation for each of our fellow members. Be thinking of ways you appreciate knowing each of our members and be ready to share that (anonymously).

You will not ever have to divulge your authorship. It's done on post it notes with a sheet of paper on each person's back. Each participant will then be able to take their sheet home and revisit it from time to time remembering how appreciated they are.

This is an exercise in gratitude used by Fortune 500 Board of Directors.

713-552-1242
donnamilstein@hotmail.com
Date: 6/3/16



May 2016

No Meeting - Memorial Day

Date: 5/27/16

Katherine Cabaniss

Judge, 248 District Court, Harris County, Texas

Challenges of a High Profile Case

Katherine will share an overview of a local high profile case, what she experienced individually and as Judge.

Date: 5/20/16

Micki Fine

M.Ed, L.P.C.

Mindfulness: Finding Ease and Balance in the Midst of Life's Challenges

Micki Fine is the founder of Mindful Living and has taught Mindfulness-Based Stress Reduction since 1994. She is credentialed as a Certified Mindfulness Teacher from the University of Massachusetts Medical Center. Micki teaches mindfulness in her private psychotherapy practice, at Rice University and the Jung Center. She is also the author of the book, The Need to Please: Mindfulness Skills to Gain Freedom from People Pleasing and Approval Seeking.

Micki Fine, Ed, L.P.C.
3701 Kirby Drive, Suite 890
Houston, TX 77098

713-702-6845
Mickil@livingmindfully.org
Date: 5/13/16

Jo Reid, Member

Realtor, John Daugherty Realtors

Memories From Your Closet

Praeclarus members are ask to bring along to breakfast ONE small item from their closet and will have ONE minute to share a brief memory about it.

Examples: Did you wear to a special event? Was it the most expensive item you could afford at that time? Is this a precious gift from a close friend or family member?

John Daugherty Realtors
520 Post Oak Blvd. #600
Houston, TX 77027

713-582-6150
JoReid@JohnDaugherty.com
Date: 5/6/16

April 2016

Aloma Marquis

Assistant Professor of Art
Stephen F. Austin University

Ministering to Incarcerated Women: Meeting Their Special Needs

Aloma Marquis a former Praeclarus member, who at the time of her membership was one of only a few women FBI agents in the US. Aloma left the FBI after a number of years. She moved outside Houston and chose to return to college at Stephen F. Austin University (SFA). She always had a passion for fine art and chose to complete her MA and MFA in painting and drawing. She began teaching at SFA soon after.

Aloma's most recent way of giving back to the community is by helping incarcerated women within the Texas prison system. Her on-site program introduces women to their artistic potential painting and creating their own art.

Contingent Faculty, Department of Fine Art
Stephen F. Austin University
810 11/2 N. Mound St. #4
Nacogdoches, TX 75962

936-414-2405
zoelacy@gmail.com
Date: 4/29/16

Chuck Still - Executive Director, MATCH

Our New Community Theater-MATCH

MATCH, Midtown Arts & Theater Center is our new community arts theater. Many different arts groups will call MATCH home.

MATCH
3400 Main St.
Houston, TX 77002

713-325-5372
chuck@matchouston.org
Date: 4/22/16

Farah Killidar - CEO World Affairs Council Houston

World Affairs Council Houston

The World Affairs Council Houston is a forum where citizens, world leaders, policy makers and scholars exchange ideas and inspire action. It is a network of students and community leaders who share a passion for international affairs and a commitment to education.

World Affairs Council Houston
P.O. Box 920905
Houston, TX 77292

713-522-7811
Date: 4/15/16



Rabbi Pamela B. Silk - Associate Rabbi

Having It All

Challenges facing women today trying to balance demands from the workplace, kids, a spouse, etc. and still have some time for oneself.

Congregation Emanu El
1500 Sunset Blvd.
Houston, TX. 77005

713-529-5771
RabbiPBS@emanuelhouston.org
Date: 4/8/16

Mary McIntire & Jennifer Gigliotti

Dean of Glasscock School of Continuing Studies,
Rice University Jennifer is Associate Dean

*Glasscock School of Continuing Studies
From Early Literacy to Master of Arts in Teaching
How the Glasscock School Serves our Region's Teachers, Counselors and Students.*

Rice University
P.O. Box 1892, MS-550
Houston, TX 77251

713-348-4765
maryb@rice.edu
Date: 4/1/16

March 2016

Good Friday

Date: 3/25/16

Gerald Tobola - Owner - Copper Shade Tree gallery

Looking at American Craft

Copper Shade Tree Gallery
102 Schumann Lane
Round Top, TX 78954

979-249-4127
www.coppershadetree.com
Date: 3/18/16

Ashlet Tagle - Director of Individual Giving

Highlights of Houston Ballet

She is going to share information about some exciting upcoming productions, as well as community outreach programs.

Houston Ballet
601 Preston St.
Houston, TX 77002

713-535-3274
atagle@houstonballet.org
Date: 3/11/16

Member's Meeting

Darlene Walker - Member

What's New in Affirmative Action.

Date: 3/4/16

February 2016

Vicki Rizzo & Mauri Oliver - CEOs, More Than You Can Imagine

Meet More Than You Can Imagine!

More Than You Can Imagine is a wonderful store located on Westheimer near Kirby. Come and hear how this mother-daughter team manages this gem in our shopping community!

More Than You Can Imagine
2817 Westheimer
Houston, TX. 77098

713-668-8811
mauriannoliver@gmail.com
Date: 2/26/16

Katy Caldwell - Executive Director, Legacy Community Health

Legacy's Impact in Our Community

Katy Caldwell is the Executive Director of Legacy. Legacy provides health services and has experienced exponential growth in the past few years. Come and hear about the important work of Legacy, and its impact in our community!

Legacy Community Health
1415 California St.
Houston, TX. 77006

832-548-5000
kcaldwell@legacycommunityhealth.org
Date: 2/19/16



Patty Block - CEO, The Block Group

Finding Your Voice: Powerful Communication Techniques for Business Women

Patty Block empowers women in business. Through The Block Group, she advises women on building their business and their brand. You won't want to miss her insights!

The Block Group
713-826-0302
pwbblock@theblockgroup.net
Date: 2/12/16

Member's Meeting - Susan Bischoff

Susan Bischoff will lead a members-only book discussion like no other! Hear about Maggie Galehouse's recommendations, and get your summer reading list started early!

Date: 2/5/16

January 2016

Richard Blakely, MD - Chief Medical Officer for MHMD

"How Doctors Came to Think of Themselves as Gods... and What We're Doing About It!"

Richard Blakely, M.D., has served in various capacities including that of Chief Medical Officer for MHMD, the Memorial Hermann system-wide physician organization, for the past eighteen years. He is Board Certified in Internal Medicine and practiced General Internal Medicine for nearly twenty-five years before joining the Memorial Hermann Healthcare System in 1997 as a Medical Director. Within MHMD, Dr. Blakely works closely with others in MHMD and Memorial Hermann leadership roles to enhance the value of physician practices and to collaborate with the Memorial Hermann System in improving quality and efficiency of care. He helps lead the current process of transforming MHMD into a clinically integrated, accountable care organization including patient-centered medical home practices, bringing independent physicians together in a common commitment to evidence-based medical practice, quality measurement and reporting across the continuum of care. Dr. Blakely received his undergraduate degree at Rice University and his Doctor of Medicine degree at the Baylor University College of Medicine, Houston, Texas. He completed his internship at Ben Taub and Jefferson Davis Hospitals, and his residency at the University of Texas Medical School at Houston.

Memorial Hermann Hospital
Houston, TX

Richard.Blakely@memorialhermann.org
Date: 1/29/16

Bonnie Berube (Member) - Registered Dietician

"Ask the Dietician"

Bonnie will answer any and all questions you may have on dietary topics, food trends, and nutrition in general. SEND in your Questions in advance of this Friday meeting to Bonnie's email listed below.

BLB Consulting
713-927-3476
bberube@blbconsulting.com
Date: 1/22/16

Susan Distefano, MSN, RN, NEA-BC Senior Vice President & Chief Executive Officer Children's Memorial Hermann Hospital

Susan Distefano serves as the Chief Executive Officer of Children's Memorial Hermann Hospital, a 340-bed care quaternary children's hospital with obstetrical services. Under Distefano's leadership, the hospital expanded The Fetal Center with specialists in high-risk pregnancies and expanded women's services to better serve the Greater Houston community.

Distefano has spent much of her career working in a range of leadership roles in healthcare. Prior to being named CEO of Children's Memorial Hermann Hospital, she served as the senior vice president of patient care services and Chief Nursing Officer at Texas Children's. Before joining Texas Children's Hospital, Distefano was a research officer at Memorial Hermann-Texas Medical Center (TMC), where she oversaw clinical research studies in close collaboration with The University of Texas Office of Research.

Memorial Hermann Health System
Susan.Distefano@memorialhermann.org
Date: 1/15/16

Member's Meeting

Special presentation on Middle Eastern history and current conflicts.

Date: 1/8/16

Happy New Year

Date: 1/1/16