



2018

December

OFF For The Holidays

Next meeting January 11th, 2019

12/28/18

OFF For The Holidays

Next meeting January 11th, 2019

12/21/18

No Morning Meeting - Holiday Party...

Holiday Party at Phyllis Pittman's Home. Praeclarus Members and a Guest .

6pm - 9pm

2325 Mimosa Dr.

12/14/18

Nancy, El Matha & Irene

The Grinch that stole Christmas and other holiday nonsense

The game afoot! Bring your thinking Santa Hat and your knowledge of Holiday Trivia. Bring a check for \$25. which will be made out to the winning teams favorite cause.

2630 BISSONNET ST
HOUSTON, TX 77005

713-208-0033
elmatha@comcast.net

12/7/18

November

Anne T. Hale, PhD

Market Analytics: Bringing the Voice of the Customer into the Organization

Dr. Hale is recently retired from Pfizer Pharmaceuticals and is establishing a market analytics consulting practice. She will discuss market research and analytics in the context of her two decades in the pharmaceutical industry. And she will explain how her current consulting practice helps companies adapt to the changing analytic environment.

3931 Law St.
Houston, TX 77025

halean57@gmail.com

11/30/18

OFF for Thanksgiving

11/23/18

Sarah McMurray - Director of Care Solutions

The Role of the Geriatric Care Manager

What does a geriatric care manager do and how can they benefit your family? Sarah will discuss the role of a geriatric care manager in finding the right solutions to help people age with dignity.

Evergreen Private Care
16818 N Eldridge Pkwy
Tomball, TX 77377

713-447-633

11/16/18

Nasiya Ahmed, M.D.

Geriatric Medicine

Dr. Ahmed specializes in Internal Medicine, Geriatrics, Hospice and Palliative Medicine. Her practice focuses on adults 65 and over, and she accepts Medicare exclusively. Dr. Ahmed will discuss the issues and challenges that are unique to a geriatric practice and the benefit to older adults of having a geriatric specialist.

Village Physicians
9090 Gaylord, Suite 200
Houston, TX 77024

832-930-7877
www.villagephysicians.com

11/9/18



Members Only Meeting

Fabulous Finds and Favorite Things

This will be a fun sharing session of the things we love. Bring a list to share of the things that give you joy — products, shops, websites, places, activities, you name it.

11/2/18

October

Mary McIntire - Member

Hot Houston Restaurants

A personal take on some of the best and most interesting new and established restaurants in town. Input from other members on their favorites

713-962-5016
maryb@rice.edu

10/26/18

Ellen Cohen - Houston City Council Member & Houston Mayor Pro-tem

Houston's Today & Its Future

As Ms. Cohen's 9-year city council service nears its end, she will reflect on changes in Houston and the outlook for its future.

Houston City Council
P.O. Box 1562
Houston, TX 77251

832-393-3004
valerie.luna@houstontx.gov

10/19/18

Jim Blackburn - Professor of the Practice in Environmental Law

Environmental Law

Post-Harvey, Civil and Environmental Engineering, Rice University

108 Mechanical Lab
6100 Main St. MS 317
Houston, TX 77005

713-348-4246
Eblackbur@rice.edu

10/12/18

Dr. Bob Stein - Lena Gohlman Fox Professor

Midterm Elections

Political Science Department, Rice University
202 Herzstein Hall, 6100 Main St. MS24
Houston, TX 77005

713-348-2795
stein@rice.edu

10/5/18

September

Arline Worsham - Clinical Ethicist

Texas Medical Center and Children's Memorial Hermann Hospital

Medical Ethics

Arline will review the meaning of medical ethics today at Memorial Hermann health care system. She will be discussing some of the current challenges with illustrations from some of her cases.

Memorial Hermann Hospital System

9/28/18

Lynn Loughney - Board Director, Compassionate Houston

Compassionate Houston

In 2015, the Mayor and city council designated Houston as a City of Compassion. Compassionate Houston is a collaborative, humanitarian organization formed by Houstonians to celebrate and nurture compassionate culture in the greater Houston area. Lynn Loughney is a member of the Board of Directors and will speak to us about the organization and its work.

Compassionate Houston
3501 Chevy Chase Dr.
Houston TX 77019

Lynn.Loughney@gmail.com
9/21/18

Katharine McGee - Author

What's involved in producing a New York Times bestselling novel?

Katharine will discuss the business of publishing, how a book is made and what it's like being a full-time novelist.

Ekatiebmcgee@gmail.com
9/14/18



Members Only Meeting

State of the Club

Please join us for a discussion of Praeclarus 2018. The board will be giving an update on the our current status.etc. Treasury, Membership, and Programs, as well as, voting on a possible, board recommended, by-law change based on the work of our Ad Hoc Committee.

9/7/18

August

No Meeting

Off For Labor Day

8/31/18

Ashley Tuttle Garza - Owner

Wellness: Empowered Self Care

When you hit a "roadblock" using traditional medicine and you're not improving. What to consider?

Tres Amigas Wellness
14919 Chadbourne
Houston, TX 77079

713-504-1030
agarza713@yahoo.com
8/24/18

Kathryn Hall - urator at Houston Center for Contemporary Craft

Current Exhibits at HCCC

Kathyn will talk about the mission of Houston Contemporary Craft Center and its current exhibits as well as the artist residency program

Houston Center for Contemporary Craft
848 Main St.
Houston, TX, 77002

713-529-4848
khall@crafthouston.org
8/17/18

Melissa Noriega - VP of Policy and Partnerships at BakerRipley

What BakerRipley Does For Our Community

BakerRipley continues to assist many in our community from Hurricane Harvey destruction. Eleven months after the hurricane new people surface weekly asking for help. Melissa will tell us the different facets of help provided. But BakerRipley is MUCH more. Melissa will give us an overview of the many services that BakerRipley provides to Houston.

Baker Ripley
mnoriega@bakerripley.org
8/10/18

Business Meeting

How Can We Assist You With a Business or Personal Challenge?

Each table will have this discussion and everyone, that wants to, can raise a business or personal issue.

8/3/18

July

Members Meeting

Angela Odensky - Programs Director

Members Meeting: Summer Reading Recommendations

Bring your favorite summer reading books or a list of favorites to share and discuss.

7/27/18

Aparna Shewarkmani - Attorney

Sindh's History

Indian partition and Sindhi diaspora, particularly as it related to Hindu families that lived in Pakistan at the time of partition.

Lewis Brisbois
24 Greenway Plaza, Suite 1400
Houston, Texas 77046
7/20/18

Dr. Rupal Mathur - Physician

The Ketogenic Diet: Fact vs. Fiction

Dr. Mathur will discuss the science behind the ketogenic diet and how it can be used as part of a lifelong weight loss and/or wellness plan. She will also clear up common misconceptions about the diet and its safety profile.

Lifelong Weight Loss
3100 Wesleyan St #253
Houston, TX 77027

713-299-1634
info@lifelongweightloss.com
Website: www.lifelongweightloss.com
7/13/18



No Meeting

No Meeting off for Independence Day

7/6/18

June

Emily Collins - Community Manager

Introduction to Overture

OFF-SITE BREAKFAST! This week we'll be meeting at Overture Tanglewood, located 504 Bering Dr., Houston, TX 77057, at Bering Dr. at Chimney Rock, just North of Woodway, near Barnaby's Cafe.

Emily will be giving us a tour of her beautiful facility, which are luxury apartments for 55 and better. Breakfast will be provided there. Please arrive between 7:15 and 7:30. The program should start around 7:50.

Overture Tanglewood
504 Bering Dr.
Houston, TX 77057

713-782-8000
overturwMgr@greystar.com
6/29/18

Jacqueline Journey - Television Producer, Author, Actress, & Filmmaker

The Diva's in the Details

Jacqueline is an award-winning filmmaker and television producer who has created thousands of hours of original programming seen in all corners of the globe. She is formerly COO of Carolco Pictures and is now founder and CEO Of Journey Entertainment and has continued to create great entertainment and great relationships throughout her industry. Her book "The Diva's in the Details", shares her no nonsense strategies on how she was able to take her dreams and make them reality.

Carolco Pictures, Inc.

561-309-3408
JJ@Jacquelinejourney.com
6/22/18

Esta Kronberg, MD - Dermatologist

The Latest and Greatest in Cosmetic Dermatology. Dr. Kronberg will discuss new trends in cosmetic dermatology.

Esta Kronberg, MD
7500 Beechnut St #228
Houston, TX 77074

713-771-8941
esta@estakronbergmd.com
6/15/18

Lacy Fox & Bery Crispin - Founders, A Sacred Choice Funeral Homes

Changing Trends of the Funeral Business

A Sacred Choice was founded in August of 2017 by three partners, Rev. John Onstott, Bery Crispin, and Lacey Fox. Before launching this unique and groundbreaking funeral organization, all three partners worked at Geo. H. Lewis & Sons; John was the President and CEO, Bery was the Assistant Vice President, and Lacey, the Senior Funeral Director. They have a combined 60 years of experience in funeral service.

They have listened over the years to what people have said about funerals. As the cremation rate rises so do memorial services. Brick and mortar funeral homes with high fixed costs ponder how to recoup lost revenue present in traditional funerals. The desire for expensive caskets and packages providing things under the heading of "personalized service" is not as appealing. We assist families through a low basic cost, taking no profit on merchandise or accepting commissions provided by third parties such as florists, caterers or newspapers. The goal of A Sacred Choice is to be completely transparent and to educate the public.

Bery and Lacey will speak about the changing trends of the funeral business, what a funeral director is legally required to take care of, the actual cost of merchandise, and the mission of the business.

A Sacred Choice
4740 Dacoma St., Ste. A
Houston, Texas 77092

713-637-4933
laceyfox@asacredchoice.com
6/8/18

Lynda Daniel & El Matha Wilder

The Early Days of Praeclarus

With all the recent discussion of changes to the club, Lynda and El Matha will talk about its history, how we got where we are, and what changes have been attempted in the past.

5300 N. Braeswood #344
Houston, TX 77096

713-344-0730
angela@odenskiylaw.com
6/1/18



May

Memorial Weekend - No Meeting
5/25/18

Suchi Pahi, CIPP/US

The ABCs of Data Privacy and Cybersecurity

Suchi is an attorney with extensive experience in effectively managing incident response, regulatory compliance, and regulatory investigations. She advises clients on breach response, regulatory compliance requests, and collaborates with clients to evaluate data transfer, storage, and collection implications in various data privacy and security frameworks. She is a Fellow of the Internet Law and Policy Foundry, and passionate about working with companies across industries to help them protect privacy and secure their data.

Suchi will give a brief overview about the basics of data breaches, regulatory compliance and preventative care, and financial implications in the domestic and international arena. Questions are always welcome, and spirited discussion even more so!

281-686-0893
5/18/18

Darrell Cornelius - Owner

Healthy Hearing

Sometime within the next year either you or someone close to you will need hearing aids. Receiving early treatment has the potential to literally transform your life and arrest and even reverse hearing loss. Darrell Cornelius will help demystify this burgeoning field of information for you and answer all your questions.

Best Hearing Aid Solutions
510 Bering Drive
Houston, TX 77057

713-322-8315
darrell@besthearingaidsolutions.com
5/11/18

Angela Odensky - Programs Director

Programs We'd Like to See

This members meeting will focus on getting speakers to share with us their stories and expertise. It is also about how to use the programs to invite new members in and expand our group.

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

713-344-0730
angela@odenskylaw.com
5/4/18

April

Members Only Meeting

Jo Reid & Angela Odensky - Ad Hoc Committee Members

Update on the Membership Committee

For the members-only meeting, we will be discussing the work of the new membership committee: why the board felt it was necessary and what we are trying to accomplish. We will be gathering input from the group.

4/27/18

Samir J. Foteh - Adjunct Professor

Doing Business in the U.S. vs. Middle East

Samir is currently in Houston and teaches in the Law Center at University of Houston and Houston Community College. He previously spent 10 years living and working in Kuwait as Legal Advisor to the Royal Family's business enterprises.

Consultant
1724 West Main
Houston, TX 77098

713-256-5588
sjoeth@AOL.com
4/20/18

Stephanie Coulter, MD, FACC, FASE - Cardiologist

Dr. Stephanie Coulter is a long-time advocate of women's health and promotes the development of diagnostic tools; treatments and prevention strategies that can improve cardiovascular care for women. Dr. Coulter is an active member of the volunteer leadership at the Texas Heart Institute (THI) serving as the founding Director of the Women's Center for Heart & Vascular Health, the Director of THI's Cardiology Education and the Program Director of the THI Cardiovascular Disease Fellowship at Baylor St. Luke's Medical Center. She also serves as the Associate Director of Non-Invasive Cardiology at CHI Health-Baylor St. Luke's Medical Center (BSLMC). She is an Associate Professor in the Department of Medicine section of Cardiology at Baylor College of Medicine and member of many professional societies, including the American Heart Association.

Dr. Coulter believes our community is the environment that defines our lives and carries this belief into her work her at THI every day. She educates women and primary care physicians about risk factors and provides interventions that can prevent disease or decrease risks. Her newsletters "Straight Talk from Stephanie," addresses current topics related to women and heart disease and are aimed to separate fact from fiction. Dr. Coulter is a featured speaker at many women's and community groups and has been featured in various news media. She is married with two lovely daughters and a very active member of our community.

Texas Heart Institute
6770 Bertner Ave. MC 3-117
Houston, Texas 77030

832-355-9591
kSprung@texasheart.org
4/13/18



Yvonne Cormier, MD - Anesthesiologist

Houston's Best Dressed Doctor

It's hard to imagine two more diverse worlds than anesthesiology and fashion. However, Dr. Yvonne Cormier navigates both with ease, moving from surgery scrubs to designer threads at the drop of a benefit gala.

Yvonne holds a Ph.D. in biochemical pharmacology from Yale University and a medical degree from Baylor College of Medicine. It was during graduate school at Brown University that she developed a keen interest in fashion through her friendship with André Leon Talley, who would eventually become editor at large for Vogue. Yvonne's fashion motto paraphrases the great Diana Vreeland: "It's not the dress," she says. "It's what you do in the dress that matters."

She's a wife, mother, physician and been on the Houston Best Dressed List for many years. Her dresses from Oscar De. Renta were recently displayed at the Fine Arts Museum.

Phyllis Pittman
p@pittmancommunications.com
4/6/18

March

Stephan Fairfield - President, Covenant Community Capital

Covenant Community Capital launched its "Smart Savers Program"

We are a nonprofit focused on increasing the capacity of low-income communities to develop affordable housing, grow business enterprise and build family and community assets. Covenant Community Capital launched its "Smart Savers Program" in 2001 in partnership with the United Way of the Texas Gulf Coast.

Initially funded by a grant from the federal government, the partnership has expanded to include the City of Houston, the Houston Credit Coalition, several private banks, and a network of other community partners. To date, more than 600 low to moderate-income individuals have enrolled and 300 others have completed the program, purchasing a home or financing their education or a small business. Covenant has disbursed more than \$1.2 million in match money at a 2:1 match rate.

Covenant Community Capital
3300 Lyons Avenue, Suite 203
Houston, TX 77020

713-223-1864 x17
sfairfield@sbcglobal.net
3/23/18

Ann Chandler - Executive Director, Houston Office Tahirih Justice Center

The Tahirih Justice Center is a national non-profit that has served over 22,000 courageous individuals fleeing violence since 1997. Our efficient, effective, and innovative model of service is now delivered from four locations, and we're committed to serving as many immigrant women and girls as possible.

Tahirih Justice Center
1717 St. James Place Suite 450
Houston, TX 77056

713-496-0100
annec@tahirih.org
3/16/18

Nancy Simms - V.P. for Communications, Pierpont Communications

Raising My Daughter Who Was My Son

Nancy's child realized early on that she was given the wrong gender designation and that she was a girl not a boy. Nancy will share with us the challenges of parenting a transgender adolescent.

Pierpont Communications
1800 N. Loop So. #800
Houston, TX 77027

713-627-2223
nancy.sims@gmail.com
3/9/18

Hope & Angela - Member's Only Meeting

Praeclarus Web Portal 101

This is the first in a series of member's meetings intended to be a refresher regarding our Club member's understanding of operational resources.

Praeclarus Web Portal 101 will review resources available on-line and provide tips on how to access Club information quickly. Future Praeclarus 101's will address Creating Programs, Club Bylaws & Constitution and being on the Board.

Hope Fonte
713-256-0820 cell
hope@visualalliance.com
3/2/18



February

Andrea Lapsley - Program Coordinator

"So Many Books, So Little Time: Working with Authors and What to Read"

Andrea will discuss her work creating author programs for Colorado State University. In this capacity she has worked with more than 100 authors and has some great suggestions for your must read list.

713-824-5663
andrealapsley@msn.com

2/23/18

Keri Fletcher - Program Coordinator

"Curing Caroline"

Chaicot-Marie Tooth Type 2D (GARS) mutation is a rare neurodegenerative disease. Keri Fletcher will discuss her family's attempt to find help for her niece's disease.

713-705-4798
kfletch500@gmail.com

2/16/18

Jennifer Wijangco - Director of Development, Individual Giving

A Triumphant Return to the Wortham: Houston Grand Opera's 2018-19 Season

Jennifer will discuss Houston Grand Opera's 2018-2019 recently announced season.

Houston Grand Opera
510 Preston St.
Houston, TX

713-546-0704
jwijangco@houstongrandopera.org

2/9/18

Laura Viada - Trainer and Fiber Artist

Sexual Harassment: "You, Too?"

Laura Viada will lead an open discussion about sexual harassment in the workplace. We'll take a look back at our past experiences — How has harassment affected our lives and careers? And, then we'll take a look at where we may be headed — Where are the lines that separate acceptable and unacceptable behavior? What do you think of the current "Me Too" movement? What do you think will be the long-term effects?

N Darlene Walker & Assocs
1425 Blalock Rd Ste 200
Houston, TX

713-688-0703
713-557-4859 Laura
dwalker@ndwassoc.com
lhviada@gmail.com

2/2/18

January

Stephen Patrick McCarty - Consultant

UKUSA Agreement

Multi Lateral agreement for cooperation in signals intelligence between Australia, Canada, New Zealand, the United Kingdom, and the United States.

Contact in US via:
Bonnie Berube
713-9273476
blb1@earthlink.net
1/26/18

Meg Pohodich, MBA & Preston Witt

CEO Harmony House
Chief Services Officer Harmony House Inc.

New Building: New Services

Harmony House will be breaking ground on a New Respite Center for Homeless Men recovering from accidents, acute illnesses, and other Medical Conditions. The City of Houston and matching funds will enable the new facility to support the Medical Model that has been established since 1992. New and Existing Services will be presented.

Harmony House
602 Girard
Houston, Texas

713-221-6222, ex 6214
meg_pododich@harmonyhouse.org
1/18/18

Let's Rodeo

Great presentation about our upcoming Houston Rodeo.

1/12/18

Jo Reid - Praeclarus Member

Art Tour Of Cuba & Mexico

Jo recently travelled with an Art Group to Cuba and Mexico and has some great information and beautiful art to share with us.

1/5/18