

THE CAPSULE

Volume 17, Issue 19

January, February, March 2017

MESSAGE FROM THE PRESIDENT



Dear NARBW Members:

Spring is finally here and that means that the National Convention is just around the corner. I am so excited to preside over my first convention and look forward to seeing old friends and making new ones! Albert and I are prepared to share a fun time in Cincinnati with all of you!

The National Board held our Winter Board Meeting in Cincinnati in Febru-

ary at the Hyatt Regency, the location of our 2017 convention. The hotel is quite impressive and is located in downtown Cincinnati. Uber is a common mode of travel there, and I had my first Uber ride on the way to the hotel from the airport! Please read the resume of that meeting on page 7 of this quarter's Capsule.

Chapter Presidents should have received the proposed General Budget for discussion with their chapter members before the convention along with the resumes of our candidates to fill the three vacancies of National Second Vice President, National Third Vice President, and National Secretary. Nominating Chairman, Theresa Harper, worked diligently and has a full slate of officers. I am so pleased with the candidates who have stepped forward to serve. I urge each of you to review all of this information with your chapter members to enable your delegates to vote in an informed manner on the business that will arise at our 73rd Convention in Cincinnati, Ohio, May 19 – 20, 2017.

We will be looking for chapters to host the 2019 and 2020 conventions. We have added the Convention Handbook to our Members Only section of the website. Please take a look and talk with your fellow chapter members about submitting a bid to the convention body. Big or small, you can successfully host a convention. I feel incredibly lucky to have visited so many places with my NARBW friends. I encourage you to step forward and show off your part of the country to us! The convention chair joins the National Board for the year leading up to the convention. Serving as conven-

tion chair gives you the opportunity to see what serving on the National Board is all about and look toward taking on other positions in our organization in the future. Serving your NARBW sisters is such a rich experience that I promise you won't regret.

The National Board would like your input on what you want to see in our communications, be it this newsletter, on our website, or in social media. We do have some new updates in the works and are also open to suggestions. Please feel free to send them to me at president@narbw.org.

I want to close this quarter's message by reminding you that your National Board is here to serve you. We will be holding our Summer Board Meeting on Saturday, July 15, 2017, and would love to incorporate a visit to a chapter as part of that trip. Whether it is help with a recruiting event or any other issues the chapter is facing, any time of the year, if you need us, we can be there. Please feel free to email me if you would be interested in having the National Board visit you or if there is anything I or the National Board as a whole can help you with.

Thank you for allowing me the opportunity to serve this great organization as your National President.

Sincerely,

A handwritten signature in dark ink that reads "Laura Gutteridge Años". The signature is written in a cursive, flowing style.

Laura Gutteridge Años
National President

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CHAPTER NEWS

ALBANY CHAPTER

There is a correction to the last newsletter picture of the group pictured at the Ronald McDonald House. It was an Atlanta Chapter picture.

We are all looking forward to spring, even the winter seems to be hanging on a little longer in upstate NY. A monthly luncheon meeting was held, followed by a tour of the shelter where many of our charitable works were donated. We all went away from an informative afternoon gratitude and even more committed to our goals.

Diana Ham was selected as our Woman of the Year because, among all the service she has given to our community, she was very instrumental in every facet of our working with the shelter.

Election of officers was held at our recent meeting. We are proud to have four delegates attending the upcoming convention in Cincinnati and hope to see you all there.

ATLANTA CHAPTER

We were honored to have Melanie McKim and Sylvia Long from the National Board hold a meet and greet at CSX and Norfolk Southern. We were able to acquire seven new members. We are still working on gaining even more new members and looking forward to the upcoming convention.

We will be holding a Derby Day in May, where all the ladies will wear their finest hats for the Kentucky Derby.

CENTRAL FLORIDA CHAPTER

Central Florida has been very busy during the first quarter of 2017 with everything from a fundraiser, charity events, our "Chapter Woman of the Year," new rules and even welcoming new members!

We began the year with a Valentine's Day Gift Basket Raffle and netted a profit of \$155.70 for our club!

Once again we began sorting our ongoing collection of plastic caps for "Caps of Love" which is a non-profit charity that collects and sells plastic caps for the purchase of wheelchairs for children. Also, our chapter will be returning as a sponsor for this year's Cystic Fibrosis Walk at Ormond Beach, FL, with a \$100 contribution.

On Saturday, March 18, our NARBW Superhero walkers and runners joined in the Rescue Run 5K benefitting The Rescue Outreach Mission Homeless Shelter in Sanford, FL. This year's race was themed "Superheroes"!

We were treated to a delightful barbeque picnic after the race. High spirits prevailed as several awards were presented to the fastest participants. Unfortunately, no first or second place medals for our group, but member Ramona Sanmoogan's friend, Betty Kelly, took third for her age group! Way to go Betty! All Super Heroes none-the-less!

CHICAGO CHAPTER

In October, our Chapter President, Linda Hock announced her retirement from Chicago SouthShore and SouthBend Railroad on October 31 after 21 ½ years of service.

During the month of November, the

CHICAGO CHAPTER continued

chapter hosted a Welfare Project to Chicago Public School - McCormick Elementary School in the Little Village area. Chicago collected boots, coats, hats, gloves and scarves for children who are in need so that they will be able to still travel to school in warm apparel without having to miss a day of school. The Chapter celebrated the Christmas season with a party at the Flossmoor Station Restaurant & Brewery. We shared in fellowship and a great time in playing the Elephant Game with great and unique gifts to snatch and grab. The annual Chicago Chapter Roster's was distributed to members.

In December, there was a Ways & Means Christmas Raffle and the winner was Stephen S, son of Sheila at Amtrak who won a \$100.00 Visa Gift Card.

The chapter purchased NARBW t-shirts to promote our chapter when attending services and events.

Congratulations to our new officers, Yolanda Barbosa, President, Sharon Slaton, VP, Michele Williams, Treasurer, Jasmine Manley, Secretary.



A few members of Chicago gather for their events.

CHAPTER NEWS

CHICAGO CHAPTER continued



Top Row-Left to Right: Yolanda Barbosa, Marcia Kittler, Countess Cary, Terry Parham, Corinna Gallardo Jerbis, Linda Hock, Janice Lusk, Lori Jones, Michele Williams, Jasmine Manley

Bottom Row-Left to Right: Gina Drinkwater, Sheila Ross, Liliana Reyes, Sharon Slaton, Judy Nowacki



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Bottom Row-Left to Right: Gina Drinkwater, Sheila Ross, Liliana Reyes, Sharon Slaton, Judy Nowacki

HOUSTON CHAPTER continued

Bobby Wallace, husband of member Carla Carlson-Wallace, suffered a heart attack on New Year's Day. He was admitted at Kingwood Hospital where an angiogram was performed on Tuesday and a stent was put in on Wednesday. He returned home and is doing much better! Bobby is a former railroader, retired Asst. Superintendent at the PTR. Please keep Bobby in your thoughts and prayers that he may have a complete and speedy recovery.

Tamela and Kevin Kubicek are proud to announce their daughter Amber and son-in-law Brandon are expecting their 2nd baby in late June 2017. Their 1st child Charlotte (almost 3 years old) is

excited to become a big sister. Nanna and Paw Paw are thrilled to welcome their second grandchild.

CINCINNATI CHAPTER

The Cincinnati Chapter has experienced a lot of changes to their group this past year.

Even with new jobs and responsibilities, the chapter continues to meet and plan convention, ensuring the 73rd convention will be a lot of fun!

We had big news: The Chapter was able to secure a \$2,500 grant to The Baker Hunt Art & Cultural Center. This grant is in conjunction with a volunteer workshop that we will hold and we will be gathering items for a "Farm-to-Table" educational series at Baker Hunt. We will be providing items such as gardening tools, cookbooks, recycling items, and kitchen tools. More to come on this event!

We are also preparing a volunteer day at Tender Mercies, a local homeless shelter that provides daily meals twice per day in downtown Cincinnati

Mother of Freda Rose Edwards.

My mother's name was Wilma Elizabeth Ekstrom. Mother had her 90th birthday party, and I gave her the quilt with the family on it. She was very proud of it. Mother took ill on Thanksgiving Day and past away December 2, She was determined to reach her 90th birthday and be the oldest member living in her family. She lived one month and 3 days passed her birthday. She had 5 children. We all spent time with her round the clock until she passed.



Winter Outerwear Drive - McCormick Elementary School - 3rd Grade Teacher Ms. Trisha Chmielinski (left), and Assistant Principal Mrs. Giselda Corrales Murray (right), with a toasty warm, smiling young lady wearing some of the contributions

Several of our members participated in community service time outside the chapter. Condolences to Michele Williams, Treasurer, in the passing of our her mother Mrs. Hilda Thomas and her brother Mr. Thomas.

As of March 2017, our chapter holds a membership total of 62 members and counting! Find us on Facebook at "NARBW, Chicago Chapter" for all Chicago Chapter happenings!

Lynette Christensen had sinus surgery in December. Please keep Lynette in your prayers for a successful and speedy recovery.

HOUSTON CHAPTER



CHAPTER NEWS

HOUSTON CHAPTER continued

Renee Byrne's mother, Gladys Mildred Price, passed away December 15, 2016. Gladys was 90 years old. Prayers to the family for the upcoming year as they mourn their loss.



Debbye and Mark Converse's new granddaughter, Alice Quinn Buchanan, had emergency surgery on January 6 to remove a large cyst from her abdomen. After three days in Texas Children's Hospital, she and mom, Heather Buchanan, are both doing fine. God is good.

Debbye and Mark welcomed two new grandchildren, with a total of 12 grandkids.

INDIANAPOLIS CHARTER CHAPTER

Our ladies met for a dinner meeting in February after a nice, long winter break. Members wore red in celebration of "Go Red for Women" for American Heart Health Month and for "I Love NARBW"!



Barbara Hartwell was elected our Chapter Woman of the Year.

We were so happy to see Judy Adams who has not been able to attend a meeting for quite some time.

Member Megan Throckmorton is moving to California and will be missed.

INDIANAPOLIS CHARTER CHAPTER continued

As a chapter, we are on the lookout for welfare projects and fundraising ideas. With convention right around the corner, we are busy getting all our reports in before deadlines hit. We're excited about seeing everyone in Cincinnati!

On our get well/stay well list are the following: Nina Goins, Patty Stewart, Mary Lou Croker, Ann Carrico, Betty Green and Helen Scaringe.



A picture of table favors at our February meeting.

JACKSONVILLE CHAPTER

A fun event was planned in the month of February, The Vicki Lawrence show. In addition, it is time to start thinking about our next Alhambra outing. The Dixie Swim Club show in the September timeframe appealed to the group as they are looking forward to possibly a September 15 or 16 evening performance.

The 2017-2018 NARBW Jacksonville officers will be Debbie Charpiat (President); Dana Robles (First Vice President), Kathleen Gallavan (Secretary), and Barbara Miller (Treasurer) with an installation planned for June 2017.

KANSAS CITY CHAPTER

March meeting was held at a new restaurant in Kansas City, KS, called The Mason Jar. It was a cute little place with older rock music that once held an old go-kart track. The ladies attending brought feminine products to place into pink bags that will be donated to The Pink Bag Project. This project is to help collect feminine hygiene products for the female trainees at United Way of Wyandotte County's Youth Build Program

We also voted on our new officers: Megan Cibulski (President), Kelly Jones (First Vice President),

Bonnie Jameson (Secretary), and Sue Steffen (Treasurer).

The last order of business was to nominate our Woman of the Year, Kelly Jones. Congrats Kelly!

LOUISVILLE CHAPTER

The two members attending the Cincinnati convention will be Doris Stemmer and Ruth Spears.

March and April meetings will be held at Bucks Restaurant. A raffle basket for Easter will be raffled off.

The chapter currently holds a total of nine members.

OMAHA CHAPTER

Casey Zahner discussed three topics: Pass the Purse Event, which will be held in the spring. Casey will be sending out list of items which are needed for purses to fill in the next month. She has already collected 45 purses by donators.

CHAPTER NEWS

OMAHA CHAPTER continued

A. Pizza Ranch fund raiser will be held on July, 31 at the Papillion location

PHILADELPHIA CHAPTER

The Philadelphia Chapter held their January meeting at C&R's restaurant in downtown Wilmington, Delaware. 15 members met and lunched on delicious Jamaican food and enjoyed watching the Women's March on Washington on the big TV screen. We welcomed two new members, both current Amtrak employees, Carol Evans and Sharon "Shay" McGriff.

Our February meeting was held at Otto's Brauhaus in Horsham, PA, where many of us enjoyed authentic German food, while some chose more Americanized fare. We were able to conduct a great deal of business at this meeting – setting up two fundraisers for the next few months.

We are also planning a paint party in Riverton, NJ in July at a shop named Once Upon A Canvas, and a Victorian Tea at the New Leaf Tea Room, also in Riverton, NJ in October. With our membership spanning Maryland, Delaware, Pennsylvania, and New Jersey, we try to make our meetings and events available to as many members as possible.

Our March meeting was held at Guiseppe's Ristorante in Newtown Square, PA. Time was spent discussing our by-Laws and the documents available on the NARBW website, especially our national by-laws, that explain how NARBW functions at both a national and local level. New officers were voted upon. Congratulations (and thanks!) to Kay Bolich (President), Michele Detrick (Vice President), Faye MacInnis (Secretary), and Krista Pohl (Treasurer). The women were remind

PHILADELPHIA CHAPTER continued

ed to bring donations to our April meeting for the Eliza Shirley House, a Salvation Army sponsored shelter for abused women and children. Donations accepted include women's toiletries, make-up, towels, slippers, suitcases, tote bags, and anything else a member wants to donate in honor of Mother's Day to support women that are temporarily residing at the shelter. They have absolutely no belongings of their own.

Five members of the Philadelphia Chapter will be attending the convention in Cincinnati this year. We are excited to see everyone, friends near and far, old and new. We wish everyone a happy spring and pray for safe passage for all members to Cincinnati for the Maifest!

From member Maryann Pettit we are happy to remind everyone: Life is like a piano. The white keys represent happiness, and the black keys represent sadness. As you go through life's journey, remember the black keys also make beautiful music!

ROANOKE CHAPTER

The chapter has been busy collecting the following for NARBW Welfare Projects:

Ronald McDonald House – collecting tab tops
Rescue Mission – collecting toiletries
RAM House – collecting toiletries
St. Francis House – collecting toiletries
Salvation Army – collecting toiletries for Battered Women's Shelter and Homeless Men's Shelter
V.A. Hospital - collecting books and magazines for 1st floor coffee Station

ROANOKE CHAPTER, continued

Lion's Club Eyeglass Recycling Center—collecting used glasses.

Christmas Card collection for school.

Brenda Hale was involved in an automobile accident and has a broken wrist. We hope that Brenda feels better soon because she's in charge of keeping us up-to-date on everyone else. Get well Brenda!

We are pleased to report at our February Membership Meeting, we collected \$128 in cash donations for the LOA and \$115 for St. Francis House. In our goal to donate 100 cans of food to the LOA, as suggested by Alverta Steptoe, \$18 of the cash donated was used to purchase extra cans of soup, leaving us with a cash donation to the LOA of \$110. In addition to the cash donation of \$115 for St. Francis House, two huge trash bags full of women's clothes were also donated.

With the exception of cash donations, all items donated were delivered to these two charities by Joanne Perry, Alverta Steptoe, and Joyce Higgs.

March's project includes a St. Patrick's Day Party for veterans at the V.A. Hospital.

SAGINAW CHAPTER

Our Chapter is planning to hold a "Train Day" at the Amtrak Station in Flint on the first Saturday. We will have some Operation Lifesaver coloring books with crayons as well. A board will be on display about NARBW with pictures of members and activities held. We also hope to have a model train to show. We have been doing this for a few years. Amtrak may have a few items to pass out as well.

CHAPTER NEWS

SAGINAW CHAPTER continued

Helen Koonce passed away in February at the age of 96. She had fallen a number of times and broke something each time so she was in a residential care facility until her status was changed to hospice.

ST. LOUIS CHAPTER

St. Louis held a raffle at the February meeting to fund our donation to National Scholarship Fund of \$78.

Ruth Polson is our shut-in member and her husband John has passed on.

Margaret Ruffin was elected Chapter Woman of the Year.

We celebrated our Chapter's 68th Birthday in February with cupcakes and later read names of all past presidents and gave those in attendance a small gift.



TWIN CITIES CHAPTER

The ladies enjoyed the annual Christmas party of which 23 women attended. Donations were collected for St. Jude's Children Research Hospital. A 50/50 drawing was held and a prize was to go to the ugliest sweater in attendance; however, no one had an ugly sweater on, so it went to the prettiest sweater.

TWIN CITIES CHAPTER continued

March meeting was held with nine in attendance, lunch was had along with visiting and business.

Railroad Prohibitions

At one time, these were (and sometimes still are) actual laws or railroad rules.

West Virginia law required that if a railroad passed within one mile of a community with 100 or more people, then it was required to build a station and stop their regularly to pick up and drop off passengers.

A Chicago, Illinois, law once prohibited eating in a place that was on fire. After much discussion, a 1912 amendment exempted dining cars on steam trains.

Texas law once said: When two trains meet each other at a railroad crossing, each train shall come to a full stop and neither train shall proceed until the other has gone. Huh??

A New York City Ordinance prohibited the shooting of rabbits from the rear of a Third Avenue street car if it was in motion.

Believe it or not, putting salt on a railroad track in Alabama was once punishable by death.

It is considered a misdemeanor offense to throw pickle juice at a trolley in Rhode Island.

In Seattle, Washington, women who sit on men's laps on trains without placing a pillow between them would face an automatic six-month jail term.

It is illegal to place soap on railroad tracks in Mississippi.

In Wisconsin, it was once illegal to kiss on a train.

In South Carolina, railroad companies may be held liable for scaring horses.





RESUME OF WINTER BOARD MEETING FEBRUARY 9, 2017

The 2017 Winter Board meeting was held at the Hyatt Regency, Cincinnati, OH.

National Treasurer Julie Lane presented the Finance and Treasurer's Reports.

Convention Chairman Suzi Hamby provided a progress report on plans for the 73rd Annual Convention.

Finance Chairman Sylvia Long presented the proposed 2017-2018 National Operating Budget. It will be forwarded to Chapter Presidents and the Emeritus Council.

Nominating Chairman Theresa Harper presented a slate of nominees for National Second President.

National Third Vice President, and National Secretary. The slate will be sent to Chapter Presidents and the Emeritus Council.

The Board approved the Kansas City Chapter's bid to host the 2018 National Convention.

The remaining Board members then presented their reports and business was handled in an effective and timely manner.

Sylvia A. Long, National 2nd Vice President

Laura Gutteridge Años, President

Michigan State commits to railway business women

Besides sponsoring NARBW Capsule, Michigan State University has focused some of its curriculum to cater to railway business women (see pg. 6).

MSU's four-week Railway Management Certificate Program is the only North American program that covers the breadth and depth of the very complex railway industry from both a conceptual and practical viewpoint.

The program is aimed at individuals with the potential to become senior managers and leaders in their organizations. Content is applicable to the whole rail industry – freight and passenger railroads, transit authorities, industry and regulatory agencies, suppliers, and shippers. Critical and topi-

cal subjects are covered in a classroom setting with interactive discussions and field trips to aid learning. These include railroad facilities, customers, suppliers, associations, and agencies. Group project work applies learning and develops teamwork skills.

The program was developed by MSU Railway Management Program staff, evaluated and improved by a curriculum committee of railroad industry leaders. Subject matter experts for the program include distinguished railroaders, transportation industry leaders and experienced MSU faculty.

Four individual weeks of classroom and field experiences link to online support with assigned instructors re-

sponsible for mentoring the learning experience. A Certificate in Railway Management will be awarded on completion of the program.

The 2017 Program structure and schedule is:

Railway Business Administration

Aug. 7–11 East Lansing Campus

Railway Operations

Sept. 25–29 Chicago

Railway Engineering & Technology

Oct. 16–20 Pueblo

Regulation, Safety & Rail Industry

Nov. 13–17 Washington D.C.

Registration available until July 28

www.raileducation.com



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The National Association of
Railway Business Women

Rhonda D. Gomez
National Publications Chairman
2806 NW 90th Terr
Kansas City, MO 64154



The National Association of
Railway Business Women

The National Association of Railway Business Women stimulates interest and fosters cooperation within the railroad industry and its affiliates. We celebrate fellowship and participate in charitable and benevolent social welfare projects.

Join or start a chapter!

- Albany, NY • Atlanta, GA
- Central Florida • Chicago, IL
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- Indianapolis Charter
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- Omaha, NE • Philadelphia, PA
- Pittsburgh, PA • Roanoke, VA • Saginaw, MI
- St. Louis, MO • Topeka, KS • Twin Cities, MN

Chapter newsletter info to
rhonda.gomez@bnsf.com
or mail

Rhonda D. Gomez
National Publications Chairman
2806 NW 90th Terr
Kansas City, MO 64154