

THE CAPSULE

December 2023



Happy New Year to each of you. I hope everyone had a blessed holiday and brought in 2024 with a bang!

The National Board is busy preparing for our Winter Board meeting which will be held once again via Zoom on February 17, 2024. Please look for the resume of that meeting in our next Capsule issue. We held a very successful Town Hall meeting on Wednesday, November 8, 2023 in which the entire membership was invited. Some great ideas came from this meeting which you should see some board action in the very near future. There were 49 people in attendance and over 100 NARBW members responded to the survey. This was a project that our Emeritus Council undertook, led by Laura Gutteridge Anos, and they did an outstanding job.

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I am extremely happy to report our Chicago Chapter members, along with National Membership Chairman Trischelle Baysden, attended the Women in Rail Conference held in Chicago on November 1, 2023. This event was astronomical in helping get our name out in this huge rail environment. In addition to this, Trischelle is also busy working with the Atlanta chapter to breathe some fresh ideas to help them grow. It takes all of us working together to help keep our association striving.

I hope everyone is getting as excited as I am for the upcoming 2024 National Convention to be held in Omaha Nebraska at Embassy Suites by Hilton Omaha Downtown/Old Market in Omaha, Nebraska, May 17-18, 2024. The Pre-Convention Tour is scheduled for Thursday, May 16, 2024. Plan to visit Henry Doorly Zoo, which was chosen by USA Today Readers' Choice Award 2023 as the Number 1 Best Zoo. You will also visit Lauritzen Gardens - Omaha's Botanical Center, an urban oasis of 100 acres. There will be an opportunity to take advantage of a mode of transportation to ride, rather than walk, to each of the locations. Further information will be available soon.

Full of excitement and anticipation, I can't wait to see my NARBW sisters in Omaha this May. If you have not done so already, please make your reservations and plan on attending the historic 80th NARBW national convention. Let's get pumped up and excited about seeing each other real soon!

Ida Carmouche
NARBW National President

NATIONAL BOARD CORNER



Happy New Year!! I hope each of you had a wonderful holiday! Now that the rush of the holiday season has passed, I wanted to remind you that NARBW needs you and needs each of you to step up within your chapter and then up to the National Board. I held my Nominating conference call on November 30th and opened it up to all members. Thank you to those that attended, but I was a little sad to see so few members joining the call to ask questions or listen to those that came before us. While stepping into a board position can be scary, it is also a great opportunity to serve and to learn more about yourself and our organization. Also, you will not be alone as there is a wonderful group of past board members that stand ready to ensure your success by mentoring you when you request it. Please think about what role you can fill and how you can continue to help grow NARBW. As your National Nominating Chairman, I am soliciting qualified candidates to run for office this next year.

Following are the positions and eligibility requirements we will be seeking:

National President – Shall have served as a Chapter President and been on the National Board for at least one (1) year.

1st Vice President – Shall have served as a Chapter President and been on the National Board for at least one (1) year.

National Treasurer – Shall have been a member of a chapter for at least one (1) year. (prior experience in a similar role and familiarity with accounting software and spreadsheets is a plus)

Refer to ARTICLE V. OFFICERS AND THEIR DUTIES, Section 3 and Section 4 of the National Constitution and By-Laws for their duties.

The deadline to submit the Nomination Form is February 1, 2024. You may get the form from www.narbw.org website.

I am available to visit with you about the various positions up for election should you have questions. My contact information is nominations@narbw.org or call me at (904) 608-0561. I am here to assist you in making a rewarding decision to run for a NARBW National office.

Standing by for Candidates and looking forward to visiting with you soon.....

Sandy Hall
Past National President
National Nominating Chairman

NATIONAL BOARD CORNER

Founders Day February 14, 2024



Founders Day

1941 *83* 2024

National Association of Railway Business Women celebrates Founders' Day on February 14th. This day was established in 1941. Many women have been recognized as Founder's Day woman of the year, but as we all know it takes a group of dedicated women to make a Chapter succeed. Instead of recognizing one person I would like to recognize a Chapter to commemorate this special day.

In February, please celebrate NARBW and all the women who worked so hard to keep this organization a success! Think about how you would like to celebrate. You can volunteer at your favorite organization, share a meal, take photos, and share your special moments on NARBW.org or on social media, donate to a charity that is special to you. And most importantly, reach out to members you haven't talked to and ask them to join you. There are so many ways to celebrate Founders' Day and all the women that came before us.

I will reach out to the Chapter Presidents in March and can't wait to hear what you did to celebrate Founders Day! Which Chapter will win Founders Day 2024? It will depend on what your Chapter does for the community, or your favorite organization, and how you celebrate as a Chapter.

Yolanda Barbosa
NARBW
National 2nd VP

NATIONAL BOARD CORNER

NATIONAL SCHOLARSHIP APPLICATIONS



The deadline for application submission is **March 1, 2024**. Program details and Application forms are available on the NARBW.ORG website. Remember that NARBW chapters have set their individual deadlines to allow the scholarship chairs to receive, review for completion and forward to Peggy Cuellar by the March 1st due date.

Peggy Cuellar - Scholarship Chair

Most railroad retirement annuities, like social security benefits, will increase in January 2024 due to a rise in the Consumer Price Index (CPI) from the third quarter of 2022 to the corresponding period of the current year.

Cost-of-living increases are calculated in both the tier I and tier II portions of a railroad retirement annuity. The tier I portion, like social security benefits, will increase by 3.2 percent, which is the percentage of the CPI rise.

The tier II portion will go up by 1.0 percent, which is 32.5 percent of the CPI increase. Vested dual benefit payments and supplemental annuities also paid by the Railroad Retirement Board (RRB) are not adjusted for the CPI change.

This follows an 8.7 percent increase in the tier I portion and a 2.8 percent increase in the tier II portion of railroad retirement annuities in January 2023.

In January 2024, the average regular railroad retirement employee annuity will increase \$86 a month to \$3,450 and the average of combined annuities for an employee and spouse will increase \$120 a month to \$4,980. For those aged widow(er)s eligible for an increase, the average annuity will increase \$51 a month to \$1,862.

Widow(er)s whose annuities are being paid under the Railroad Retirement and Survivors' Improvement Act of 2001 will not receive annual cost-of-living adjustments until their annuity amount is exceeded by the amount that would have been paid under prior law, counting all interim cost-of-living increases otherwise payable. Almost 32 percent of the widow(er)s on the RRB's rolls are being paid under the 2001 law.

If a railroad retirement or survivor annuitant also receives a social security or other government benefit, such as a public service pension, any cost-of-living increase in that benefit will offset the increased tier I benefit. However, tier II cost-of-living increases are not reduced by increases in other government benefits. If a widow(er) whose annuity is being paid under the 2001 law is also entitled to an increased government benefit, her or his railroad retirement survivor annuity may decrease.

In late December the RRB will mail notices to all annuitants providing a breakdown of the annuity rates payable to them in January 2024. These letters can also be used throughout the year to confirm eligibility for various income-based government programs.

Source WWW.RRB.GOV

Moving? New job? Please keep your email and home address information up-to-date.

Send changes to publications@narbw.org

Nancy Von Dolteren Publications Chair



NATIONAL BOARD CORNER

UPCOMING DATES

February 2024

- 1 National Nominations Deadline - National Chairman Sandy Hall
- 17 National Winter Board Meeting

March 2024

- 1 National Scholarship Application Deadline - National Chairman Peggy Cuellar
- 10 National Per Capita Deadline - National Treasurer Jasmine Manley
- 10 Woman of the Year Deadline – National First Vice President Sylvia Long
- 22 Report of Chapter Presidents Deadline - National Second Vice President Yolanda Barbosa
- 29 Welfare Report Deadline – National Chairman Rhonda Gomez
- 31 National Donations Deadline - National Treasurer Jasmine Manley
- 31 National Scholarship Donations Form Deadline - National Treasurer Jasmine Manley
- 31 Capsule Deadline - National Chairman Nancy Von Dolteren

April 2024

- 1 Early Convention Registration Deadline - National Chairman Kay Leslie
- 1 Memorial Service Report Deadline - National Third Vice President Trischelle Baysden
- 15 Report of Chapter Officers and Chair Committee Deadline - National Secretary Carol Gentilini

May 2024

- 16 National Convention Pre-tour - Omaha, Nebraska
- 17-18 National Convention - Omaha, Nebraska

CHAPTER NEWS - ALBANY

Lynne Sisto says there is no news from the Albany chapter.

CHAPTER NEWS - ATLANTA

Nothing to report.

CHAPTER NEWS - INDY CIRCLE CITY

Nothing to report.

CHAPTER NEWS - KANSAS CITY

Rhonda Gomez said there is nothing to report from Kansas City chapter.

CHAPTER NEWS - PITTSBURGH

Rita Morton reports: Our Christmas party was a glowing success. The regulars were all accounted for and the gift exchange proved to be interesting. Our next meeting will be at Lois Kelly's residence inn. We are going to have it catered, sit back and enjoy. Members donated to the City Mission, our regular charity.

CHAPTER NEWS - CENTRAL FLORIDA



Central Florida held it's Annual Fund Raising Bake Sale at the Auto Train Yard on October 24th & 25th.

Pictured at left is Chapter President Melanie McKim.

Our Annual Food drive for The Neighborhood Center in DeLand at the end of November was a fantastic success due to the generosity of our Chapter members and the railroad employees at the Auto Train Facility.



Pictured at left Gail Hendrix, Chapter Welfare Chair delivering the donated items to the Center.



Our annual Chapter Christmas Party held on December 12th was fun and enjoyable. We held our Naughty Santa Gift exchange during the gathering.

Pictured right to left: Melanie McKim, Madonna Neal, Debbie Dubois, Emily Martinez, Gail Hendrix chapter members and a family friend Carla.

Our Christmas Gift giving project was directed to The Pace Center for Girls in Ormond Beach FL. Between the Chapter funds used and the kindness and generosity of our chapter members, we were able to donate a wonderful selection of items to give to the girls for their Christmas gift bags!



We are so proud of our new member Denisia Dukes who graduated on December 12, 2023 from Valencia College with her Associate's Degree.

She is looking forward to continuing her education and pursuing a Bachelor's Degree.

CHAPTER NEWS - CHICAGO



NARBW represented big time at Railway Age's 1st Women's Conference. This all-day event featured several panels of women and guest speakers.

President Cle Shaw participated as a speaker with the final panel of the day, and NARBW Chicago represented and recruited new NARBW members (noted below) with a table at the Registration Reception the night before. In addition to Cle, NARBW representation also included:

NARBW Chicago

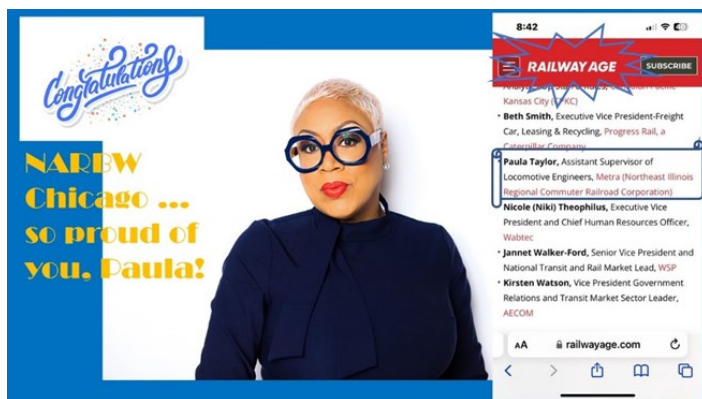
- Yolanda Barbosa
- Jasmine Manley
- Sonia Rodriguez
- Paula Taylor
- Michelle Williams

NARBW National

Trichelle Baysden, National 3rd VP and Membership Chair

New NARBW Chicago

- Kalena Guimary
- Diana Turubanova



NARBW Chicago Vice President, Paula Taylor, has rounded out a Metra Trifecta along with Cle Shaw 2022 and Jackie Watkins 2021 as the 2023 Women in Rail Awards recipient!!!

CHAPTER NEWS - CHICAGO



NARBW Chicago added a new and fun way of service this year by lending a helping hand at *Feed My Starving Children*. Participants, see below, learned and followed rules about food preparation, picked a station – spooning, weighing, packing, labeling – to help ship over 34 thousand meals in 162 boxes, feeding 96 children for a year!!! Way to go, ladies!

- Ruby Brownlee
- Quiana Dortch
- Gina Drinkwater
- Jacqueline Gargiulo
- Jenny Kane
- Jasmine Manley and her daughter, Madison
- Sonia Rodriguez
- Cle Shaw
- Paula Taylor

To learn more, visit: <https://www.fmssc.org/about-us>



NARBW Chicago celebrated the holiday in style with a visit to Shady Creek Winery then were served a finely catered dinner “all aboard!” the Montana Private Passenger Railcar. In attendance:

- Yolanda Barbosa and husband, Jimmy
- Ruby Brownlee
- Jasmine Manley
- Cle Shaw
- Basia Sidor and friend
- Jackie Watkins



Madam Vice President, Paula Taylor, and Chicago Chapter Members, Twanna Hatchett and Jenny Kane (not pictured), volunteered to collect toys at Metra’s Toys for Tots event. It was a cold morning but not too cold for Madam President, Cle Shaw, to stop and donate toys that Paula received with a smile and Christmas cheer...the Metra way!!



CHAPTER NEWS - CHICAGO



Congratulations as well to NARBW Chicago participating member, Jenny Kane, for being selected to attend APTA Leadership 2024!

And yet another shout out to NARBW Chicago member, Temple Shepard, for winning a Safe Handling Award from Canadian National.



Rain couldn't stop Cle Shaw and Ruby Brownlee from representing again this year at shortened water-logged walk in support of *Making Strides Against Breast Cancer*.



Much fun was had, especially by many grandchildren, at the Halloween BOO-LING Party! Fun times, food and a little competition were enjoyed by all!



CHAPTER NEWS - HOUSTON

The Houston chapter has rounded out 2023 with a bang. It's been a busy last quarter down here in the great state of Texas.



We worked our traditional shifts at the Houston Astros games. National President Ida Carmouche came out to work with us.



We have had wonderful meetings. We have had a great turnout each month and we were able to add 5 members to our chapter. Katie Crossley, Chrystal Dougherty, Brenda Groba, Christa Vogel, and Lisa Newhouse have been amazing additions to our group.



We have started the planning process for our hosting duties for National Convention in 2025. We held a raffle for a two night stay at Margaritaville Lake Conroe Resort. Karen & Bobby Herbert were the lucky winners.

CHAPTER NEWS - HOUSTON

In November, we volunteered putting together Military Care packages for Blue Star Moms.



In December, we participated with Wreaths Across America laying wreaths at Houston's Veterans Memorial Cemetery. We were able to take special time to thank family members of our members. National President Ida Carmouche's parents, President Bridget Hammons' parents, Theresa Harper's brother and her husband's parents.



We look forward to 2024 and the opportunities to grow as a chapter and continue to do great things in our communities.

CHAPTER NEWS - JACKSONVILLE

Our Jacksonville Chapter ladies always enjoy celebrating and helping others. This quarter was no different as we continued to be busy in, and for our community, and even celebrating one of our own. Please congratulate Mary Warner, who celebrated her 20th Anniversary at PACE school for girls in October.

'What an extraordinary day it was at Pace Jacksonville! This month, we had the honor of celebrating a truly remarkable milestone - Ms. Mary's 20th anniversary of volunteering with us. For two decades, her unwavering commitment, selflessness, and dedication have graced our center, leaving an indelible mark on our Pace family.' (PACE Newsletter, October 2023)



Some of our NARBW Jacksonville ladies were able to join the celebration. Lillian Braden, Nancy Von Dolteren, Lori Ledoux, Debbie Charpiat, Mary Warner, Mandy Ohorodnik (Mary's daughter) and Geri Wynn

This past quarter the Jacksonville Chapter focused their shifts to Focusing on the Soul. Philanthropy and volunteerism are central to our purpose and provide nourishment for our souls. We collected gently used sweaters and jackets for the Mister Rogers Sweater Drive. Pictured is Nancy Von Dolteren's car filled with the warm clothes that were taken to the local Vystar branch.



For our volunteerism in the community, we had two collection drives for Hubbard House. A food and supplies drive was held before Thanksgiving.



CHAPTER NEWS - JACKSONVILLE



We supported the Hubbard House 'Mommy store' which is where the children residing at the shelter can 'SHOP' for free for their mothers. Donations were brought to our Holiday Luncheon and dropped off on December 13th.



Our programs included a couple of great speakers this quarter. In September, we had Angela DeMonbreun, Environment Director, League of Women Voters Jacksonville First Coast talk to us about Florida voter rights as well as how women have been introduced to those rights over the year. In October, we had a Zoom call with Sean Douris, Chief of Police, Public Safety, and Infrastructure Protection at CSX, where he showed us some self-defense tactics in case we were ever in a situation where we needed to defend ourselves.



Of course, as mentioned before, our Holiday Party was held on December 13th. We had a great Tea Party, lots of fellowship, and our much-anticipated gift exchange.

CHAPTER NEWS - OMAHA

Omaha chapter has had a busy and productive fall, and we are looking forward to greeting everyone at the 80th National Convention in May. (We are sure you have your calendars marked for May 17 & 18th, 2024).

Janet Anderson bought a new ranch style house in Papillion. They made an offer in September and moved in October. And she had unpacked enough to host our Convention Planning meeting in late November, with her new home beautifully decorated for Christmas! Sue Hess sprained her ankle and is walking a little slower but can get around. Connie Prokupek's husband had open heart surgery and is recovering nicely. Both Kathy DuVall and Julie Nelson caught COVID but quarantined and are back to good health. Anne Menichetti's mom had a pacemaker installed recently and is also recovering. Kadie Leslie and Jay Nelsen attended the Whistle Stop Road Show in Council Bluffs. A 43.3 ft golden spike was displayed on its way to Utah for permanent display. It was an amazing sculpture.

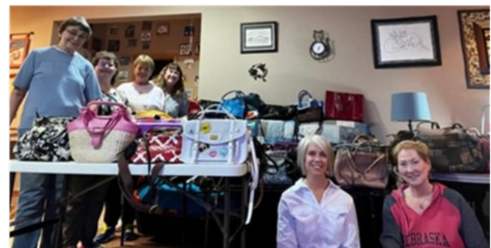
Welfare chairman Kathy DuVall has kept us busy supporting our community. *Partnership for Hope Youth Mart* provides necessary items for young adults who have aged out of foster care. The items we donated are available for them to "shop". The socks, period products, shampoos, and other personal care products really help them stretch their budgets. *Gwen's Gifts* received puzzle books, stamps, deodorants, playing cards, toothbrushes, tooth paste, dental floss, hand sanitizers, as well as gift items. They distributed the items to the residents of 8 adult living centers serving 500 residents. We stuffed 101 purses for the *Catholic Charities Domestic Abuse Shelter*. This is the 12th year we have done this. Eight of us met at Nebraska Furniture Mart and rang bells for the *Salvation Army*. It was great to see all the shoppers and witness their generosity (all while being warm inside the buildings' entrances!) We also donated winter hats, scarves, and gloves to the *Salvations Army's Warm the Night* program. Did I mention that Kathy kept us busy!



Kadie Leslie and Jay Nelsen at the Whistle Stop Road Show in front of the 43.3 ft Spike



Kathy DuVall sorting items at Gwen's Gifts



Kadie Leslie, Kathy DuVall, Diane Ballinger, Julie Nelson, Anne Menichetti and Janet Anderson with some of the purses they stuffed with photographer Sue Hess.



Connie Prokupek, Anne Menichetti and Janet Anderson ringing bells for Salvation Army



Julie Nelson with her daughter Jaime and granddaughter Lennon to our report. Making this a family affair and showing the young ones the power of giving to others!



At left : Kathy DuVall and Kadie Leslie ringing bells for Salvation Army

At right—Diane Ballinger, Jay Nelsen and Kathy Fenn ringing bells for Salvation Army



CHAPTER NEWS - PHILADELPHIA

Winter has officially landed in the Philadelphia Chapter Area and our members and their families are enjoying the Holiday season. The Chapter has had a productive year. We have continued with our charitable donations and ways and means activities. We conducted our first Thanksgiving Solly's Farm pie fundraiser which was very successful not to mention delicious. We continue to sell Marion Kay spices and relaunched a selling of Tastefully Simple products.

Our members met at the Free Library, Springfield Township on October 28th. As always, we set up a phone conference call for those who could not attend. On November 18th, we enjoyed a lunch meeting at the Fainting Goat in Glenolden, Pa, where we collected donations and holiday cards for our annual Meals on Wheels Holiday outreach.

Our annual holiday luncheon and toy drive was held on Sunday, December 3rd at the beautiful and historical King George Inn in Bristol, Pa. Attendees enjoyed a delicious and plentiful food buffet and great fellowship. We hosted a silent auction table as a fundraiser which was made up of donated gifts from our generous chapter sisters. Attendees also donated an impressive pile of new toys that were delivered on December 13 to the Salvation Army Eliza Shirley House located in center city Philadelphia for the children in residence. Our President, Helena Funk and Treasurer, Rae Huebner, made the deliveries and enjoyed the blessings and gratitude of the program manager, staff and residents.

Below in first row, left to right: Checking toys for the Salvation Army. Salvation Army Toys. Standing with our president, Helena Funk, is Marie Ciarocchi, Program Manager. The man standing is part of their family residents and helped carry in the toys. There was a policeman for security support

Below in second row, left to right: Items for Holiday luncheon. Salvation Army headquarters. Holiday Luncheon.



CHAPTER NEWS - PHILADELPHIA

Rae Huebner visited the Christmas Markets of Germany and Austria in November and December. She was accompanied by her friend of 50 years, Faye Mocuiski, whom she met on their first day at Amtrak, March 4, 1974. The trip began at Amtrak's William H. Gray III 30th Street Station to New York and JFK airport.

First market was Munich's main square, Marienplatz, with an evening stroll through the English Garden in a heavy snowfall to the Chinese Tower and market. A city tour took them to Burghausen Castle, the longest in the world at one half mile. Nuremburg's city tour included a visit to the home of a significant historic event – the courthouse where the Nuremburg trials were held. Nuremburg is also known for one of the oldest and largest Christmas Markets in Germany and did not disappoint. Then a bus ride including time on the Autobahn, in heavy snow, to Salzburg, Austria, the birthplace of Mozart and the site of the filming of The Sound of Music. The market in the city square was breathtaking in the snow with a background of so much history.

Another ride in the snow to their final destination, Vienna, and the largest and best known market in the world. Vienna is well known as the "City of Music" as Beethoven and Mozart lived there, and Rae was actually directed by a local to "Huebner Park", a music venue built to honor Johann Strauss. Rae knows her grandfather Huebner came to America as a musician in 1902. Perhaps it bears a look on Ancestry.com! Rae is very proud of her Gluhweihn collection of mugs from each of the markets.

While it didn't seem so initially, the early season snowfall in the region added a magical touch to a very real spirit of Christmas in one of the oldest regions of the world.



Above left to right: William H. Gray 30th street station. Rae and Faye at Burghausen Castle. Salzburg and Salzburg square. English Garden Chinese Tower Vienna Rathausplatz Market with the Historic City Hall backdrop



One of our long-time members, Kathy Bevilacqua, was spotlighted in our fall issue of the Railette. Helping others has always been a big part of Kathy's life and as long as we have known her (which is a long time) she has always been generous with her time. She has a long history of volunteering whenever possible to help others in any way she can. She is without a doubt an important asset to the Philadelphia Chapter and always helps the chapter in any way she can. To know Kathy is to know one of the most caring and generous persons you would want to know.

CHAPTER NEWS - ROANOKE

Thursday, October 26, 2023, Frances Lowe passed away at the age of 99 years and 9 months. At her graveside service on Monday, October 30, the minister gave her credit for the three months she needed to be 100. Frances became a member in 1953 and faithfully attended meetings until about a year ago. She will be missed by all. A donation to the Scholarship Fund was made in her memory by the Chapter. A card was sent to her daughter, Emily, and a thank you card was received from the family.

Welfare updates: For September and October we donated money to the Cancer Society and Alzheimer's Association, donated "Immediate Needs Items to the Rescue Mission and wrote " Think-ing of You, Thank You and Get Well cards to the patients at the Veteran's Medical Center. We prepared a meal for the families at Ronald McDonald House on Wednesday November 15th. Afterwards the staff took the group on a tour of the facility. It was an enjoyable and rewarding time for everyone. In December we had a project for the seniors at LOA.

So proud of our Chapter 19 ladies who love giving back to the community.



Lisa Crowder (at left) is the sister of our 2VP Carol Meador. Lisa enjoys advancing opportunities for the special needs community, crocheting, crafting projects, and spending time with her family and her ladies group at church. Aside from Carol, Lisa's great grandfathers, grandfathers, father, and uncles were employed by N&W.

Joyce Jenkins (at right) is the mother of our 2VP Carol Meador. Joyce enjoys playing Texas Holdem Poker and spending time with her family. She has season tickets with her grandson, Shannon, for the Salem Red Sox baseball games. She is active in Special Olympics and Challenger Little League. In addition to Carol, Joyce's grandfather, father, uncles, cousins, brothers, husband and other relatives were employed by N&W. Needless to say, Joyce's railroad ties run deep!

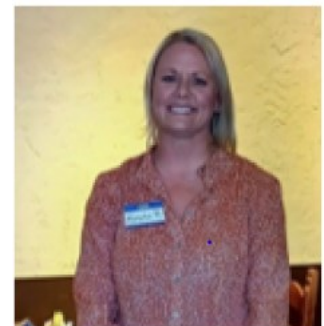


Welcome new Chapter 19 Members!!!!



Stacey Hugo Mansfield (at left) is a former member of Chapter 19. She is currently the Director of Community Affairs in the Corporate Communications Department. We are pleased that Stacey decided to rejoin Chapter 19.

Kristie Riddle (at right) is a former member who transferred from Roanoke to Houston, Texas. She left Norfolk Southern to work for a vendor and a Canadian Railroad but when she was asked to return to NS in the Marketing and Sales Department as an Account Manager, she agreed. Kristie enjoys sports and reading. We are happy that she decided to rejoin Chapter 19.



CHAPTER NEWS - SOUTHERN CALIFORNIA

November 18th Barry Mohn shared 3 valuable techniques to be an effective and impactful presenter with our chapter.

Tell a Story What elements make a story Use compelling visuals

Barry Mohn is a popular speaker at industry conferences, including delivering a session on audit report writing at the All-Star Speakers Conference in Las Vegas for the Internal Audit Association (IIA). In Barry's programs, he (1) focuses on understanding the specific training needs of participants and (2) develops customized tools and tips to meet those needs. He maintains an easy, friendly rapport with his audience and creates a training atmosphere of working together to overcome performance challenges. His simple approach made the presentation interesting and interactive. Many questions were brought up and much interaction took place.

Barry has delivered dynamic, practical trainings for thousands of employees around the world. Specializing in business, audit, and technical writing; presentation skills; and meetings facilitation skills, he has conducted trainings for Fortune 500 companies in high-tech, financial services, and health care.

Barry focuses on understanding the specific training needs of participants and then develops customized tools and tips to meet those needs. He maintains an easy, friendly rapport with his audience and creates a training atmosphere of working together to overcome performance challenges.

Our next speaker will be at the March 16 meeting. Angelee Long is a Real Estate agent with Compass Kappel Realty Group. She will be educating us on homeownership, providing valuable information about various programs and the home-buying process, so that homeownership can be more accessible to those who want to achieve it.

Saturday, Mar. 16, 2023 at 10 a.m. <https://zoom.us/> Meeting ID: 568 537 6814
Passcode: 225728



Tis The Season of Giving! - SoCal NARBW Gives Back to Community's Underserved. SoCal NARBW helped our underserved community by participating in two holiday drives.

The November campaign was the family focus group with Dignity Health, a California-based not-for-profit public-benefit corporation that operates hospitals and ancillary care facilities. This year, we participated in their St Bernardine Medical Center Food and Coat Drive and collected many cases of food and over 10 bags of groceries as well as six brand new coats from Macy's donated by our members and friends of chapter president Laurene Lopez.



Laurene Lopez, President of SoCal NARBW and Program Coordinator Ana Romero, Outreach Center Supervisor, Family Focus Center with donations on behalf of SoCal NARBW.



We again supported unhoused pregnant women and their children at The Elizabeth House in Pasadena this holiday season with a December drive for household items! Last year, we surpassed our goal and were able to send 30 items. This year we did even better. Elizabeth House was founded in 1994. The non-profit organization takes a trauma-informed approach to break the cycles of homelessness, abuse, and suffering. The Pasadena-based organization empowers pregnant and parenting women in need to reclaim their lives, become self-sufficient and build successful family legacies.



2024 NARBW CONVENTION

**2024 NARBW CONVENTION - MAY 17 - 18, 2024
NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN
80TH NATIONAL CONVENTION "STRONGER TOGETHER"
Embassy Suites by Hilton Omaha Downtown / Old Market**

The NARBW Omaha Chapter is honored to host the 80th National Convention in Omaha, so that we may celebrate the accomplishments of our NARBW members. The theme of 2024 Convention is "Stronger Together," which is symbolized by the strength of the tree, which you will see in various locations at the convention.

The history of Omaha, Nebraska began before the settlement of the city, with speculators from neighboring Council Bluffs, Iowa staking land across the Missouri River illegally as early as the 1840s. When it was legal to claim land in Indian Country, the Lone Tree Ferry brought settlers from Council Bluffs to Omaha. A treaty with the Omaha Tribe allowed the creation of the Nebraska Territory, and Omaha City was founded on July 4, 1854. Thus was the beginning of Omaha, the now small city with big city enjoyments to offer.

Today the most recognizable district in Omaha, the Old Market, is a charming spot day or night. It runs from Farnam Street on the north side to Jones Street on the south side, and from 10th Street on the east side to 13th Street on the west side. What once was Omaha's bustling produce and market center now is full of restaurants, quirky stores and boutiques. The brick roads remain, and the warehouses now are condos and bars. The Omaha Riverfront is parks, parks, and more parks. They stretch from the Kiewitt Luminarium north of the hotel, to the south along the Missouri River and Heartland of America Park. Put on your walking shoes or rent a bicycle to enjoy the sights.

Hotel: Embassy Suites by Hilton Omaha Downtown / Old Market

555 S 10th ST, Omaha NE 68102

Reservations: 1-800-EMBASSY (1-800-362-2779) no later than Monday, April 15, 2024.

You must identify yourself as part of 'NARBW 2024 Convention'. Hotel does NOT confirm reservations in writing. Required deposit equal to one room night when you make reservation.

Rate for SUITES: \$159 per night (with service charge & tax \$213.65 per night). Rates locked in for 3 days pre/post the event dates of May 15-19, 2024.

Travel: Eppley Airfield served by American, Delta, Southwest, Frontier, United.

Amtrak from Chicago, Denver, Kansas City and all connecting points.

Omaha is at the intersection of I-80 and I-29.

Parking: Self-parking rate in fenced parking lot \$15 per night.

Convention Schedule:

Wed May 15 - Pre-Convention Board Meeting

Thu May 16 - Registration, Pre-Tour, Hospitality Reception

Fri May 17 - Business meetings, President's Brunch, Candidate's Reception, Fun Night

Sat May 18 - Business meetings, Elections, Post Board Meeting, Banquet

Sun May 19 - Check out

2024 NATIONAL CONVENTION REGISTRATION

NARBW Convention Registration Form
 80th Annual Convention in Omaha, NE. May 17-18, 2024
 Embassy Suites by Hilton Omaha Downtown / Old Market
 Omaha, NE. 68102
 All registrations must be postmarked by April 1st. No refunds after April 29th.



Use a separate form for each attendee. There are three sections to this form, please be sure to complete them all. This Registration Form may be photocopied or it can be printed from the NARBW website (www.narbw.org).

SECTION ONE: Personal Information

Please type or print clearly.

Name: _____
 Mailing Address: _____
 City: _____ State: _____ Zip Code: _____
 Telephone: _____
 E-mail: _____
 Chapter: _____ Railroad Affiliation: _____
 Emergency Contact
 Name: _____
 Phone: _____

Please check one:

<input type="checkbox"/>	Delegate
<input type="checkbox"/>	Alternate
<input type="checkbox"/>	National Board
<input type="checkbox"/>	Emeritus Council
<input type="checkbox"/>	Member
<input type="checkbox"/>	Guest
<input type="checkbox"/>	Chapter President

SECTION TWO: Registration Fees and Meals

Please enter the dollar amount(s).

<p><u>Members:</u></p> <p>_____ \$310 by April 1st _____ \$335 after April 1st</p> <p><small>Covers registration and four convention meals</small></p> <p>Host Chapter _____ <small>Chapter President no cost Presidents Brunch</small></p> <p>Members: \$270 Chptr Pres: \$260</p>	<p><u>Emeritus Council:</u></p> <p>_____ \$210</p> <p><small>Emeritus Council pays Membership Luncheon, Fun Night & Banquet</small></p>	<p><u>Non-Members (Guests):</u></p> <p>Guest Name: _____</p> <p><small>Convention Meals only (enter all that apply)</small></p> <p>_____ \$50 Presidents Brunch</p> <p>_____ \$80 Fun Night</p> <p>_____ \$50 Membership Luncheon</p> <p>_____ \$80 Reception and Banquet</p>
<p>_____ \$0.00 Registration Total (check should be made payable to NARBW)</p>		

SECTION THREE: Survey

Please check all that apply to you.

_____ This is my first NARBW Convention.
 _____ I require vegetarian meals. _____ I require gluten-free meals
 _____ Request Marketplace Table for _____ Chapter.
 _____ Interested in a roommate.
 _____ Special Needs/Requests/Food allergi

If you have any questions, please call Kay Leslie (402) 871-4271 or email convention@narbw.org

Mail your check and this completed form to:
 2024 NARBW Convention Registration
 Jasmine Manley
 18917 Jodi Terrace
 Homewood, IL 60430

Mail or email copy of form to Convention Chairman:
 NARBW National Convention Chairman
 Kay Leslie
 1 Lakeshore Court
 Council Bluffs, IA 51501
convention@narbw.org

Payments now accepted through Zelle by using email address: Treasurer@narbw.org

Available at www.narbw.org

2024 CONVENTION PRE-TOUR

Omaha Convention Pre-tour Thursday, May 16, 2024

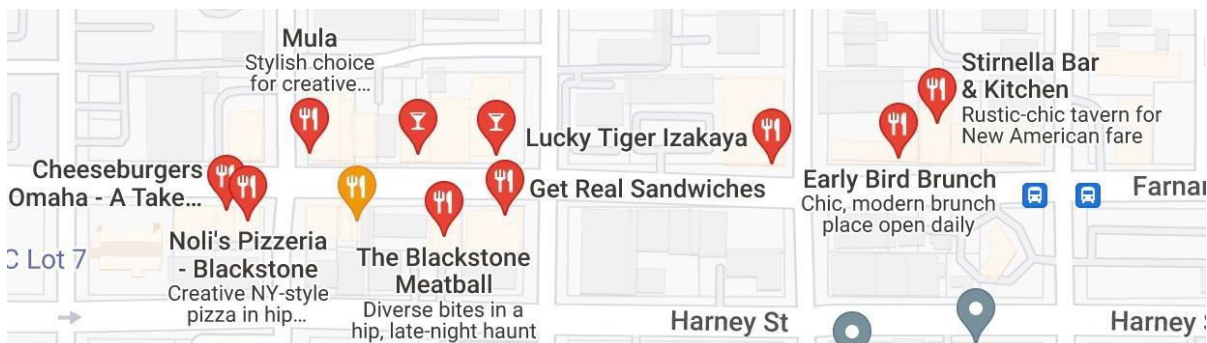
Just one day to show you some of the highlights of Omaha! We will board a bus at 8:30 in the morning and head to the world-famous Henry Doorly Zoo, which is consistently ranked as one of the top five zoos in the world! Be sure to wear your comfortable walking shoes! They have a train/tram and a skyride to help you get around the 6 acres. You will have to make choices: Aquarium, Kingdoms of the Night, Lied Jungle, giraffe herds, sea lions, butterfly and insect pavilion, elephants (3 babies born here this year), gorilla valley and we could go on and on. www.omahazoo.com. The Zoo has a golf cart rental option (an additional \$34 on your registration With the golf cart choice you do not receive the Skyrail or Tram passes).

We will board the bus at noon to go to the Blackstone District for lunch (on your own). Choose from The Blackstone Meatball, Cottonwood Club, Lucky Tiger Izakaya, Get Real Sandwiches, Early Bird Brunch, Noli's Pizzeria, Cheeseburgers Omaha, Kathmandu Momo Station, Mula....Be sure to save room for a treat from Coneflower Creamery voted by Yelp as top ice cream shop in 2023.

Then back on the bus about 1:30, headed for Lauritzen Gardens (Omaha's botanical gardens). A tram ride is included to help you see the highlights of this 100-acre garden perched on a bluff overlooking the Missouri River. The indoor conservatory is included in the price. Their 1 million daffodils are sure to be in bloom when we are there. There are amazing sculptures tucked among the plants and trees, as well as a Garden Railroad. www.lauritzengardens.com

Soon we will be back on the bus headed to the Embassy Suites arriving about 5:00 to give you a bit of time to freshen up before Hospitality night.

Reservations with payment must be received by April 20, 2024.



2024 NARBW CONVENTION PRE-TOUR

_____ \$110 per person**

_____ \$144 per person for the Golf Cart Option at Zoo

Send your registration form (one per person) and check to:

Julie Nelson

12009 Jefferson Plaza

Omaha, NE 68137-4416

Check (payable to NARBW Omaha). Payment can be made with Venmo to J. Nelsen (QR at bottom) –note on the registration form sent to Julie – Venmo paid.

Attendee _____

Chapter _____

Cell phone #(_____) _____ - _____ E-Mail _____

Emergency Contact _____

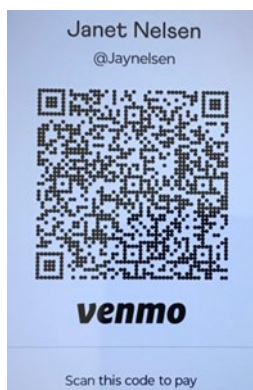
Emergency phone (_____) _____ - _____ E-Mail _____

_____ I am aware the tour may require moderate levels of walking (3+ hours of paved walks with hills and may require assistance). Please let us know if you will require assistance getting on the bus or getting around the venues.

The Henry Doorly Zoo will involve a moderate level of walking on paved walks with hills. Wheelchairs are available to rent (let us know to reserve one for you – price not yet set). There are 2 ways to quickly get around the zoo: a sky rail or a tram (maybe the train, they have not set the 2024 schedule). Your payment includes 2 tickets of any combination (so 2 for the sky rail, or 2 for the tram or one each sky rail and tram). The golf cart is an additional \$34 making your registration \$144**

The Lauritzen Gardens will have a 1-hour tram tour of the gardens, giving you another hour to explore independently on paved walks – indoors and or outside (hills).

If you have questions, please contact Jay Nelsen 402-321-3949 bobertson@AOL.com



Reservations
deadline
April 20, 2024



2024 NARBW CONVENTION – OMAHA NEBRASKA



We encourage our members to attend the 2024 Convention in Omaha. Bring a friend and introduce them to the friendships and the joys of giving that enriches the lives of all involved.

NARBW has been bringing women together that are associated with the transportation industry for over 100 years. Acknowledging our annual gathering at this 80th National Convention will be the cherry on top of the sundae! Let's Celebrate!

For questions, contact Convention Chair Kadie Leslie 402-871-4271 or convention@narbw.org



NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN

Please email Chapter Newsletter or Info to:

Publication@NARBW.org or mail to:

Nancy Von Dolteren

National Publications Chairman

4022 Clearwater Oaks Drive

Jacksonville, FL 32223