

CAPSULE

Volume 12, Issue 7

October/November/December 2008

MESSAGE FROM THE NATIONAL PRESIDENT

Ladies:

Happy New Year! By the time you read this, the phase will be worn out but I do hope for happy times in 2009. During the first few months, we will have three chapters celebrating significant anniversaries: Richmond will celebrate 50 years; Atlanta will celebrate 55 years and St. Louis will celebrate 60 years since the founding of their chapters. I'm sure every member joins me in extending congratulations.

Inside this issue of the Capsule you will find the basic information you need to attend our 65th Annual Convention in Asheville, NC. I hope you have all considered attending this event and have the dates of May 21st to the 23rd marked on your calendar. I have attended 14 conventions in the 15 years I have been a member and my dedication to NARBW is renewed at each event. I look forward to spending time with my NARBW friends and to meeting the ladies who are attending convention for the first time.

Doris Stromberg, our National Convention chairman has spent a lot of time planning this event. She has a wonderful trip to the Biltmore Estate planned as our pre-convention tour on Thursday, May 21st. The Double Tree – Biltmore Hotel staff is looking forward to our arrival. In addition to the meetings rooms they have common areas we can use to sit and visit before and after the meetings. We'll be within walking distance of Biltmore Village for some unique shopping opportunities and a chance to briefly explore the beauty of the Blue Ridge Mountains.

Whether you are a member of the youngest chapter (Topeka), the oldest Chapter (Twin Cities) or are a member at large, I know the work of NARBW is a part of your life. Our annual convention is the opportunity for us to celebrate the National Association of Railway Business Women. We'll acknowledge the benevolent work we do, celebrate the women who make it possible, award scholarships, renew friendships and give thanks for the railroad industry that supports and unites us.

I hope to see you there!

Jay Nelson
National President



Inside this issue...

- 65th National Convention Information
- NARBW Upcoming Deadlines

CHAPTER BULLETINS...

Albany The Albany ladies continue to hold monthly dinner meetings at either a local restaurant or at a member's home. They were honored to have the Coordinator for New York State Operation Lifesaver attend their November meeting. Canned goods are donated to a local food pantry monthly. The Chapter adopted two needy families for Christmas and had a present drive for five little girls. Our Sympathy goes to Diana Ham on the loss of her sister and to Joan Mauro on the loss of her brother.

Altoona The Altoona Chapter was able to hold their Christmas luncheon before the bad weather set in – now they are wishing for spring...

Atlanta The Atlanta ladies continue to contribute to Ronald McDonald House, collect eye glasses for the needy, food for the Atlanta Food Bank and clothes and blankets for the Batter Women Shelter in Douglasville.

Baltimore Anita's holiday note: "I hope and pray that the new year will be filled with happiness in a world of peace." The Chapter had a wonderful holiday luncheon at which Cleo Evans was presented with her Past President's pin. Sunshine wishes continue to Phillis Anderson, Pat Lewis' son John, Cleo Evans, and Lil Sanner's husband, Will on their continued recoveries.

Chicago The Chicago ladies were smart when they held their "Christmas in July" luncheon as indeed the city was covered with ice and snow during December! Our Sympathy goes out to Treva Milligan on the loss of her brother.

Cincinnati The Cincinnati Chapter held its November luncheon meeting at the Hillebrand Nursing and Rehabilitation Home where they celebrated members Helen Hebel, Ruth Coleman and Joyce Trestel's birthdays with cake and ice cream. Congratulations to Grandma Stemmer on her eleventh grandchild. Sunshine wishes to Doris Stemmer's husband Jerry who had emergency open-heart surgery the day before Thanksgiving to repair a tear in his aorta. Our Sympathy goes out to the families of members, Mary Wagner and Betty Tierney.

Houston President, Gail Seaman wishes everyone a happy heart and a spirit of thankfulness as we close out 2008. The Christmas party at Lynette and David Jupp's new home was an ultimate Joy abounding in every experience: Home (inside & out) a magnificent vision, Food being the utmost in cuisine and Fellowship being a most pleasant heart felt and comforting experience. The Chapter's collection of 'Toys for Tots' was a tremendous success. Giving Feels Good! Sunshine wishes to Mama Grace (Nowlin) who suffered a stumble resulting in bruising, a few stitches and total soreness.

Indianapolis Charter This Chapter keeps very busy and productive. The ladies volunteering on the Indiana History Train shared a rewarding and educational experience with many school children and community residents. Several food items and grooming items along with an electric sweeper were delivered to Servant's Heart food bank. They held a raffle to benefit their scholarship fund, they participated as Salvation Army bell ringers, they helped wrap presents for Servant's Heart and they attended the Ronald McDonald Holiday Open House. Sunshine wishes to Barbara Hartwell recovering from back surgery.

Indianapolis Circle City The Circle City Chapter sponsored a needy family for Christmas and purchased gifts for eight needy children. They held their annual Christmas dinner along with a gift exchange.

Jacksonville The Jacksonville ladies still have Jekyll Island Videos for sale. Contact President, Virginia Wolfe if you would like to purchase one. This Chapter continues to hold 50/50 drawings and other raffle prizes at each meeting. Again this year they plan to award two (\$800 minimum) Scholarships to their members and families to further their education. They continue to be involved with the PACE (Practical Academic Cultural Education) Center for Girls, an alternative education program for young ladies 12-18 years old who are at risk.

Louisville The Louisville ladies have started holding some of their meeting/luncheons in member's homes with attendees donating \$8 towards their Welfare fund. President Ruth Ann Spears wants to be one of the first to wish you a Happy Valentine's Day.

Omaha The Omaha ladies were busy over the holidays collecting mittens, hats and scarves for the Salvation Army and lots of Toys for the Tots in support of the US Marine Corps Reserves. These ladies also participated in ringing the Salvation Army bells. They continue to collect pop tabs for the Ronald McDonald House, Campbell Soup labels, Box Tops for Education, toiletry items, Greeting cards, VCR tapes and postage stamps. Congratulations to the "Salsa Queen", Cynthia Chandler who won the grand prize for her entry in a recent contest at Union Pacific.

Philadelphia The Philadelphia Chapter has been busy as always; in October they had a tea, in November they went to see The Rockettes at Radio City Music Hall with a great dinner at Mastori's on the way home. They sold Bergin's candy as a Christmas fund-raiser and it was a hit! Their annual holiday luncheon was a great time – they auctioned off secret presents to raise money for the Chapter. And, at the same time they collected toys to donate to the Salvation Army's Eliza Shirley House for Women and Children. The Philadelphia Chapter is very proud of the job that Monica Rodan, Rae Huebner, and Ellie Cain are doing for District I and want everyone (including them) to know!

Pittsburgh The Pittsburgh Chapter had a lovely luncheon at the Pittsburgh Athletic Association despite the dreary and rainy weather. Sunshine wishes to Frances McBriar who is recovering from a sick spell that she had in early December.

Richmond Congratulations to the Richmond on their 55th Anniversary in NARBW! These ladies made a contribution to the Henrico Christmas Mother fund for needy families for food, children's toys and clothing. Sunshine wishes continue to President, Betty Payne who spent a week in the hospital due to a blood clot in her leg the later part of October. Over the holidays, the Richmond ladies visited Elizabeth Davis who is confined to a nursing home and Frances Goode who is confined to her home. We continue to wish happy thoughts to these members. Our Sympathy goes to Frances Lawrence and to Thelma Alexander on the loss of their sisters.

Roanoke Welcome to Roanoke's newest members Roberta Boyer and Wanda Corbin! The Roanoke ladies have been super busy as usual. Twelve chapter members worked 156 ½ hours stuffing envelopes for the Rescue Mission's Thanksgiving mailings, members went to their Fashion Show and made table favors for the Rescue Mission's place settings for one of its meals; and they purchased gives for two Angel Tree children. Congratulations to Brenda Barksdal being honored for her sponsorship of the "Night for Notable Women" at the Historical Society of Western Virginia. Sunshine wishes continue for Frances Lowes' son Chuck and to Marie Cook who was hospitalized with an e-coli bacterial infection – contracted while helping a friend dressing her wounds –what a FRIEND! Our Sympathy goes to the family Lillian (Jane) Chapin who passed away in November. Our Sympathy also goes to the family of Ruby Wisemiller who passed away on January 2nd. Ruby had been sick through much of November and December. Ruby was a great and loyal member of the Roanoke Chapter and was a wonderful asset to the whole organization. She will be missed locally as well as at our National Conventions.

Sacramento President, Clara Myers enjoys visiting with her members, she writes: 'We will always have that common bond – (the railroad) – although we don't work anymore – that bond will always be there and is full of memories of many years of friendship.' Sunshine wishes go out to Clara who had two surgical procedures in late October, then had to be reopened the next day due to internal bleeding. Clara missed her November and December meetings. She is recuperating and plans to be back in the swing of things at the January meeting. Sunshine wishes also go to Lorraine Rodrigues and Jean Cannon. Our Sympathy goes out to the family of Berenice Hall and to Lorrie Burns on the loss of her sister.

Saginaw Several members of the Saginaw-Great Lakes chapter spent the holidays out of town visiting friends and family: Bev Susalski headed to Colorado and Joyce Klenow spent time away from sunny Florida in Tawas City. Janette Gibbs in the meantime was busy measuring the piles of snow and Doris Hermes and Barbara Spaulding have gotten more that their share of snow and ice this winter. These ladies are indeed ready for spring!

St. Louis The St. Louis ladies continue to hold 50/50 raffles, white elephant sales and collections for Feed My People at each meeting. In December they had a raffle to benefit their Adopt-A-Family Christmas project. Their Avon fund-raiser in October was a success. Thanks to Cheryl Horne for setting it up! Sunshine wishes continue to Janice Schneider's daughter, Chris, who had a stroke the later part of November.

Topeka We hope all is well with the Topeka Chapter. We would love to hear from you ladies!

Tucson We hope all is well with the Tucson Chapter. We would love to hear from you ladies!

Twin Cities The Twin City ladies have held several fund-raisers: they sold pecans – just in time for holiday baking, and they sold See's candies. At their December meeting, all who attended donated \$5.00 to send to the Autism Society of Minnesota. Their office "garage sale" lasts through December. We wish them much success. Our Sympathy goes out to Carole Dahlquist on the loss of her mother.

Twin Ports The Twin Ports ladies sold See's candies in November and continue to sell Happenings Entertainment books. Sunshine wishes to President, Aine Merrill who had out-patient ear surgery the end of October and to Bonnie Roth and Jan Oviatt who had surgeries in early December.

Please continue to share your chapter news. Be proud of the good you do! Thank you in advance for sending your Chapter newsletters and correspondence.

65TH NATIONAL CONVENTION

'Spring in the Blue Ridge Mountains'

Asheville, NC May 21-24, 2009

Plans for the 2009 convention are well under way and our hope is that you are making your plans to attend. This year's convention dates include both a pre-convention and post-convention tour. Western North Carolina is rich in history, lore, music and friendliness. Some of you may even decide to retire here after your visit!

May 20, Wednesday will be the pre-convention board meeting and registration.

May 21, Thursday will be the pre-convention tour of the **Biltmore House**, the largest privately owned residence in the United States. The house is still owned by the grandchildren of George Vanderbilt and they graciously share it with the world. Convention Registration and hospitality will be Thursday evening.

May 22, Friday will be formal opening and business meeting and the President's brunch. Candidates' reception and fun night will be Friday night, with the Norfolk Southern Lawmen delighting us with their music. The theme for this event will be 'Hobo Night'. Dig out your railroad garb!

May 23, Saturday will include the Memorial Service, elections, and District Luncheons and end with a Formal Banquet, with entertainment.

May 24, Sunday there will be a post-convention tour of the Asheville area. Asheville has grown to a size of about 75,000 in recent years due to its beauty and way of life; it is a marvelous place to live!

The convention will be held at the **Double Tree Hotel-Biltmore Village**; it is just a few blocks from the entrance to the Biltmore House.

Convention Registration fee is \$205.00.

Room rates are \$139 for single or double occupancy, \$142 for triple and \$152 for quad; there are some suites available. Tax is 10.75%.

Make your reservations directly with the hotel **by April 20, 2009**. To ensure reservations at the agreed upon rate, individuals may call 1-800-222-TREE or 1-828-274-1800 and refer to NARBW.

Biltmore Village is within walking distance of our hotel and was built by George Vanderbilt for his staff. It has a beautiful Episcopal Church, built by George and many lovely homes for his workers that are now unique shops for your shopping pleasure.

The post convention tour on Sunday will be of the Asheville area. You probably should make your return home on Monday if attending. Airlines that fly to Asheville are NWA, Delta, and US Air. The closest Amtrak station is Greenville, SC, which is about 50 miles from Asheville.

All convention information will be in the hands of Chapter Presidents soon. Looking forward to seeing all of you in the Blue Ridge Mountains in May!!! The registration/credentials form is included for early registration.



NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN

SIXTY-FIFTH ANNUAL CONVENTION

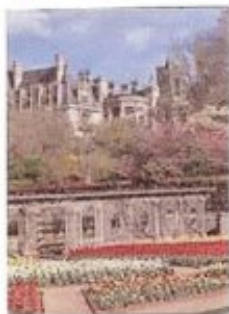
ASHEVILLE, NC – MAY 22-23, 2009

PRE-CONVENTION TOUR – THURSDAY, MAY 21, 2009

BILTMORE HOUSE – VISIT THE LARGEST PRIVATELY OWNED HOME IN AMERICA



According to a well-known legend, George Washington Vanderbilt decided early in his life that his goal would be to build a mansion in the most beautiful place in the World. He picked Asheville.



In 1883, Vanderbilt began buying land near Asheville and soon afterward began building famed Biltmore House. At one time, the Biltmore estate included more than 100,000 acres

The Biltmore House is the largest privately owned Home in America and is still owned and run by the grandchildren of George Vanderbilt.

The estate's 17-acre garden is planned so that something is growing or blooming year-round. It contains more than 5,000 varieties of roses bloom from May through October.

Schedule:

- 10:00 AM** Pick-up at Hotel
- 11:00 AM** Visit Biltmore Winery
- 12:30 PM** Lunch at Deerpark
- 2:00 PM** Biltmore House Tour including gardens



Name _____ Chapter _____

Phone _____ Email: _____

Number Attending: _____ x \$90.00 per person = Cost \$ _____

Guest Names:

Please remit all payments by 04/17/09 to:

NARBW

c/o Doris Stromberg

1 Laurelwood Dr.

Fletcher, NC 28732

Home: (828) 628-8241

Cell: (651) 402-8856

Email: dstrombe@att.net

Please make checks payable to NARBW

REGISTRATION / CREDENTIALS FORM

Double Tree Biltmore
115 Hendersonville Road
Asheville, NC 28803
800-222-TREE or 828-274-1800

* Emeritus Council pays only for Fun Night and Banquet

MARKETPLACE: Please circle one for a Marketplace table - YES or NO

An interesting fact about Bar Codes...

This may be useful to know when grocery shopping. After all the problems with melamine and lead in products from China, we should be careful. The whole world is afraid of China-made “black hearted goods”. Here’s how you can differentiate which goods are made where...

If the first three digits of the barcode are **6 90, 6 91, or 6 92**, the product is **MADE IN CHINA**. If the first three digits of the barcode are **4 71**, it is **MADE IN TAIWAN**.

Nowadays, Chinese businessmen know that consumers do not prefer products made in China, so they don’t show from which country the goods are made. However, we may now refer to the barcode. Remember, if the first three digits are 6 90, 6 91 or 6 92 then it is made in China.

Barcodes beginning with 0 through 09 are made in the USA or Canada.

NARBW Jewelry...

As most of you know, the price of gold has escalated the past few years. The costs of our President’s Pins have gone up significantly as well! Some of our more ambitious members have volunteered as Chapter Presidents for more than one term over the years and may have multiple presidents’ pins. If this is the case and you no longer use/want these pins – NARBW has a market for them. If you would like to sell or donate one or more of your pins, please contact our Jewelry Chairman, Monica Rodan. Monica can contact other chapters that may not have the funds (the cost of gold as it is) to purchase a new pin.

It has also come to our attention that many chapters / ladies may have unique jewelry that they have inherited or no longer wear. Monica will happily take these donations for an auction during our Asheville convention. The past two auctions raised several hundred dollars for our Scholarship fund.

***Please send your chapter news to
Publication Chairman:***

Diane Huntington
4411 Hickory Lane
Hillsboro, Missouri 63050

The remaining quarterly deadline is
March 31.

*If there is a special article that you
would like added to the Capsule,
please contact Diane.*

Pending Legislation:

Mastectomy information – from a Nurse:

I'll never forget the look in my patients' eyes when I had to tell them they had to go home with the drains, new exercises and no breast. I remember begging the Doctors to keep these women in the hospital longer, only to hear that they would, but their hands were tied by the insurance companies. So there I sat with my patients, giving them the instructions they needed to take care of themselves, knowing full well they didn't grasp half of what I was saying, because the glazed, hopeless, frightened look spoke louder than the quiet 'Thank You' they muttered.

A mastectomy is when a woman's breast is removed in order to remove cancerous breast cells/tissue. If you know anyone who has had a Mastectomy, you may know that there is a lot of discomfort and pain afterwards. Insurance companies are trying to make mastectomies an outpatient procedure. Let's give women the chance to recover properly in the hospital for two days after surgery.

If there was ever a time when our voices and choices should be heard, this is one of those times.

There is a bill called the Breast Cancer Patient Protection Act which will require insurance companies to cover a minimum 48-hour hospital stay for patients undergoing a mastectomy. Last year over half of the House signed on. Please sign the petition on the following web site. You need not give more than your name, state, and zip code.

<http://www.lifetimev.com/breastcancer/petition/signpetition.php>

Please pass this information on to your friends and family, and on behalf of all women, THANKS!

NARBW Upcoming Deadlines

March 2009

- 2** Woman of the Year Deadline – District Director:
Monica Rodan, District I or Ginger Stanbery, District II
- 6** National Scholarship Deadline – National Chairman Melanie Bennett
- 10** National Per Capita Deadline – waived for this year
- 20** ***Deadline all donations – National Treasurer Joan Waite***
- 31** Capsule Deadline – National Publications Chairman Diane Huntington

April 2009

- 1** District II Elections Deadline – Ballots to District Election Chairman
- 1** Convention Registration Deadline – Nat'l Chairman Doris Stromberg
- 15** Memorial Service Report – National 3rd Vice President Ida Carmouche
- Report of Chapter Officers Deadline – Nat'l Secretary Cynthia Chandler
- Welfare Reports Deadline – National Chairman Ginger Stanbery

National Association of Railway Business Women

National 50/50 Drawing

National Association of Railway Business Women
50/50 Drawing – May 23, 2009

Name _____
Chapter _____
Address _____
City _____ State _____ Zip _____
Phone: _____

Donation – One Dollar

National Association of Railway Business Women
50/50 Drawing – May 23, 2009

Name _____
Chapter _____
Address _____
City _____ State _____ Zip _____
Phone: _____

Donation – One Dollar

National Association of Railway Business Women
50/50 Drawing – May 23, 2009

Name _____
Chapter _____
Address _____
City _____ State _____ Zip _____
Phone: _____

Donation – One Dollar

National Association of Railway Business Women
50/50 Drawing – May 23, 2009

Name _____
Chapter _____
Address _____
City _____ State _____ Zip _____
Phone: _____

Donation – One Dollar

National Association of Railway Business Women
50/50 Drawing – May 23, 2009

Name _____
Chapter _____
Address _____
City _____ State _____ Zip _____
Phone: _____

Donation – One Dollar

National Association of Railway Business Women
50/50 Drawing – May 23, 2009

Name _____
Chapter _____
Address _____
City _____ State _____ Zip _____
Phone: _____

Donation – One Dollar

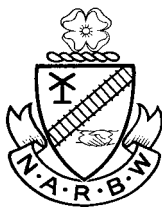
The National Board of Directors is continuing the tradition of the National 50/50 Drawing to be held at the National Convention in Asheville, North Carolina, May 23, 2009. The proceeds from the drawing will be divided in half, with half of the proceeds donated to the National General Fund and half of the proceeds being divided among the winners, based on the number of tickets sold. Please take time to fill out the raffle tickets above and mail you check (Payable to NARBW) to our Second Vice President, Theresa Harper. Act now to begin building the fund. The more you enter the more chances to win!!!!

Please duplicate the tickets and sell to your friends, co-workers, neighbors and family!!

Theresa Harper, 2425 SH 146 North, Texas City, TX 77590

NATIONL ASSOCIATION OF RAILWAY BUSINESS WOMEN

Diane Huntington
National Publication Chairman
4411 Hickory Lane
Hillsboro, MO 63050



First Class Mail
U.S. Postage
PAID
Clifton Park, NY
Permit No. 53

Heartfelt sayings...

- ♥ *Friendship is the golden thread that ties all hearts together.*
- ♥ *Have an attitude of gratitude.*
- ♥ *Love, not time, heals all wounds.*
- ♥ *Life isn't about waiting for the storm to pass. It's about learning to dance in the rain!*
- ♥ *I've learned - when your grandchild holds your little finger in her little fist you're hooked for life.*
- ♥ *It's those small daily happenings that make life so spectacular.*