

CONGRATULATIONS to our Scholarship winners



Andrea Brown – received Evelyn Pierce Memorial Scholarship for \$3,500. This is Andrea’s second scholarship. Andrea is a senior at Augsburg College and will be graduating in December with a major in Special Education with a double licensure. The double licensure in special education will allow Andrea to work with students in the population of Emotional Behavioral Disorder (EBD) and Learning Disorder (LD). Andrea will be student teaching at a local high school this fall. Due to the family’s medical issues, she is funding her own education by working three different jobs. Andrea was sponsored by her great aunt Maryann Ronkainen of the Twin Cities Chapter. She thanks NARBW for the generous scholarship donation, stating it will help her reach her goals and accomplish her dreams.



Travis Johnson – received a \$2,000 scholarship. Travis is a senior at the Chesterfield County Mathematics and Science High School. In the fall he will be attending the College of Engineering at Virginia Tech where he will study Mechanical (aerospace/ocean) Engineering. Travis is financing his education by working, scholarships and family assistance. Marie Johnson of the Jacksonville Chapter sponsored her grandson Travis.

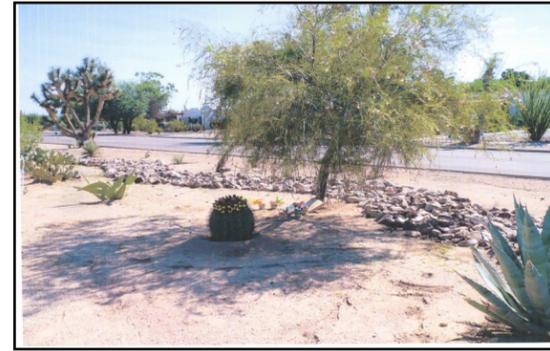


Christina Durrough – received a \$2,000 scholarship. This is Christina’s third scholarship. She is majoring in Business/Physical Therapy from Ohio State University with a 3.95 GPA. She plans to earn a Doctorate of Physical therapy and open her own practice. Currently Christina works part-time as a Lab Consultant for OSU’s Department of Computer Science & Engineering and volunteers in her community. Christina is financing her education by working and scholarships. Christina was sponsored by her great aunt, Ruth Coleman, of the Cincinnati Chapter. She would like to thank NARBW for their generous support; it is very much appreciated.

Upcoming Deadlines...

February 2010

- 1 National Nominations Deadline – National Chairman Barbara Barthle
- 5 National Winter Board Meeting – Sacramento, CA February 5-6



The Tucson ladies purchased the tree and rock with commemorative plaque in Green Valley, AZ. The plaque simply reads “National Association of Railway Women”. Thank you ladies for your thoughtfulness in purchasing this tree and plaque as a remembrance of the many years the residence was home in Green Valley.

WANTED: Items for display

At the 2009 Convention in Asheville, NC, the convention body voted to purchase a cabinet for storing archives and displaying items of the National Association of Railway Business Women. This cabinet will be housed in the Virginia Museum of Transportation in Roanoke, Virginia. We have received some pictures and trinkets from various conventions and conferences to display. If you have items, trinkets, pictures, etc., you would like to have displayed in this cabinet, please send these items along with the year of the convention or conference and your chapter location to:

Joyce Higgs
 2631 Daleton Blvd, N.E.
 Roanoke, VA 24012

These items will not be returned but stored in the cabinet. All items received will be displayed in this cabinet at various times.

Following is the bylaw item that was amended and adopted at the 2009 National Convention in Asheville, North Carolina.

ARTICLE IV – Page 11 SECTION 2, second paragraph: To be eligible for the office of president, a candidate shall have served as a Chapter President; and shall have been on the National Board for at least one year. To be eligible for the office of a vice president, a candidate shall have served as a Chapter President. All national officers and standing committee chairmen shall have been members of a chapter at least one (1) year. Only active members of the chapter shall be eligible for nominations.

Page 19 and 31 under District I, Saginaw Chapter name was changed to Saginaw-Great Lakes. (These were cosmetic changes and were not voted on at convention)

Submitted by: Monica Rodan
 National Revisions Chairman

Legislative Issues...

TAKE ACTION for AMTRAK!

Both the House and Senate have passed legislation that funds the Department of Transportation, which includes Amtrak's annual capital, operating and debt service grants, for fiscal year 2010, which begins October 1, 2009. Despite the fact that President Obama has put an impressive amount of capital on the table for intercity passenger trains, and the continuance of outsized federal subsidies for road users, the news is not good for Amtrak—and thus for new trains one might expect to see reasonably soon.

The bill that passed the Senate, and the version that passed the House in late July, both short-change the national passenger carrier. Amtrak requested a total of \$1.9 billion (\$1.4 billion for capital and debt service and \$580 million for operations), at which level the company would be able to maintain existing service without sacrificing on quality, purchase some new equipment, and perhaps add one long-distance route. However, the House spending bill only provides \$1.5 billion, giving Amtrak \$27 million less than it needs for operations and selling the company \$453 million short on capital. The Senate bill contains the same operating cut, while not decreasing the capital budget by as much as the House.

The next step for both versions of the appropriations bill is to be reconciled in a House-Senate conference committee, which will consist of key members of each chamber's Appropriations Committee's sub-committee on transportation, housing & urban development. The conference committee will have the opportunity to restore full funding to Amtrak and to deal with an amendment to the Senate version, which would require Amtrak to accept unloaded guns in checked baggage, in a way that does not make the mandate too costly for the company.

It's time for us to TAKE ACTION! Tell your Senators and Representative to keep pushing for full funding of Amtrak and infrastructure improvements for future higher-speed trains. You can go to www.senate.gov and choose your state from the drop-down menu. If you go to www.house.gov you will be asked for your zip code, then taken to your Representative's page. ***A sample message is presented below.*** Be sure to include your mailing address to prove that you are a constituent.

National Association of Railway Business Women

Resume of Summer Board Meeting

July 10-11, 2009 – Kansas City, MO

The Summer Board Meeting was called to order by President Jay Nelsen on Saturday, July 11, 2009 at the Kansas City Airport Marriott in Kansas City, MO with all board members in attendance. On Friday, July 10th, the National Board held a "Meet and Greet" at the Kansas City Union Station. Four applications were received.

National Treasurer, Joan Waite presented Annual Reports representing the net worth of the Association, followed by other Treasurer's Reports. All National Officers and Committee Chairmen presented their plans of work, which were discussed, approved and will be distributed in accordance with the By-Laws.

District I Director reported that their Fall Conference will be held at the Holiday Inn – Indianapolis, IN on September 25-26, 2009.

District II Director reported that their Fall Conference will be hosted by the Houston Chapter as a four night cruise sailing out of Galveston, TX on November 5, 2009.

There were discussions regarding where to invest NARBW monies per the NARBW Investment Policy that was passed at the 2009 National Convention.

The upcoming National Conventions are as follows:

2009	Roanoke, VA	May 13-15, 2010	Roanoke Sheraton Hotel
2010	Omaha, NE	May 19-22, 2011	Embassy Suites

The Winter Board Meeting will be held February 4-5, 2010 in Sacramento, CA. A "Meet and Greet" is planned for Friday, February 4th, 2010.

Meeting adjourned 6:45 p.m., Saturday, July 11, 2009.

From Your Publications Chairman...

I apologize for the delay in this Capsule. To say my life was hectic the past three months would be an understatement. I am saddened to say that my beautiful mother passed away on November 17th. She was 88 years old and had many physical ailments the past few years. But, I will forever be grateful that her mind and memory were as sharp as ever! My brother's passing in April left a huge void in my Mother's life and even though I knew she was ready to leave this world – it was mentally and physically draining on me and my family.

Thank you for the many cards, flowers and well wishes. They made me feel special and loved during my time of sorrow. Thank you also for your understanding and forgiveness in my lateness in getting your Publications to you. I am looking forward to a better and more productive New Year!

Diane Huntington, National Publication Chairman

CHAPTER BULLETINS...

Fifteen chapters and eighteen individuals were recognized during Convention for volunteering more than 300 hours or donating more than \$300 to charity during 2008-2009. Five women donated more than 250 hours. It is heartwarming to think about the difference NARBW makes in our communities.

The donations made to our scholarship fund by members, chapters and friends of NARBW were also acknowledged. Twenty members or chapters made donations in honor of 42 individuals. Seventeen chapters and both Districts made donations as well as the National Board. This year \$4,721 was donated to our National Scholarship fund. Congratulations, and thank you ladies for all that you do!

Albany The Albany Chapter is small and very few in the business world so this year they are preparing to sell Aroma Light Soy candles and World's Finest Chocolate Bars to their friends, relatives and neighbors to raise money for their chapter. Good luck ladies! They continue to hold their monthly meetings at member's homes. They volunteer many hours to AARP Defensive Driving classes, the local Community Hospice, driving elderly to the market and doctor's appointments, they make donations to the Veterans overseas and they donate food and toiletry items to local food pantries on a monthly basis. During the holidays they will sell candles and plan to adopt a needy family for Christmas. President Ashley Barrow, hopes to host a couple of meet & greets this year to gain new membership. Sunshine wishes paid off for Diana Ham who has recovered from Lyme disease.

Altoona Since most of the Altoona ladies are in their eighties and don't drive anymore, it is difficult for them to do the activities that they used to accomplish. They are no longer able to do fund-raisers, but they continue to get together on the first Saturday of the month for lunch and a small meeting after.

Atlanta The Atlanta ladies had a very successful membership drive bringing in 20 new members! Congratulations ladies! They also held a "book" drive to benefit the Atlanta Union Mission.

Baltimore The Baltimore Chapter is delighted that Pat Lewis was named National Secretary! These ladies continue to support the American Cancer Society's Reach to Recovery Program, House of Ruth and the Maryland Food Bank. Due to hospitalization, it was necessary for Cleo Evans to cancel plans to attend this year's Convention, Cleo's health turned for the worse and she passed away on October 5, 2009. Cleo was a wonderful lady and will be greatly missed. Our Sympathy goes to Cleo's family and friends. Sympathy also goes out to Pat Lewis and her family on the loss of her son, John. After many years of fighting and Pat's continued motherly nursing care, John lost his battle on September 24, 2009.

Chicago The Chicago ladies meet every other month at a restaurant or a member's home. President, Marie Gallagher says they have lost the formality and structure of their meetings but plan to get back on track – like the good old days. These ladies continue to monitor legislation pertaining to Railroad Retirement as well as railroad related issues.

Cincinnati The Cincinnati Chapter's main project this year will again be supporting The City Gospel Mission. Members make cash contributions and donate clothing, various hygiene items and canned goods, especially at Thanksgiving and during the Christmas holidays. They continue to collect pop tabs for the Children Hospital Shriners Burns Unit and they hold "split-the-pot" or 50/50 drawings at each of their meetings.

Houston The Houston ladies are busy planning the District II Fall Conference as a 3-night cruise out of Galveston. We wish you a very successful conference!

Pennsylvania: Altoona, Philadelphia and Pittsburgh Chapters received resolution from the Speaker of the House of Representatives, Keith R. McCall, stating the House designate May 15, 2009 as Women in Transportation Day in Pennsylvania as recognition of the contributions of women in the transportation industry. Depicting feats of women from 1859 to 1996, some of which as follows:

- Martha J. Coston – maritime navigation system
- Elisa Murfey – improvement of the packing of journals & bearings for rail car axels.
- Mary Walton – method of deflecting smokestack emissions, noise reduction system for elevated railroads in New York City.
- Mary J. Riggin – invented railway crossing gate.
- Catherine L. Gibbon – patents for construction of railway tracks
- Harriet Tubman – freedom of more than 300 slaves through contributions to the Underground Railroad
- Mary Anderson – windshield wiper
- By 1923 more than 175 patents were granted to women for inventions related to automobiles, traffic signals and turn indicators
- Harriet Quinby – first woman pilot
- Bessie Coleman – first African American woman pilot
- Amelia Earhart – piloted across the Atlantic
- The role of women in transportation and the United States labor force would change during WWII with Rosie the Riveter becoming the symbol of women defense workers
- Elizabeth Dole – appointed Secretary of Transportation
- Carman Turner – General Manager of the Washington Metropolitan Area Transit Authority
- Sally Ride – first American woman in space
- Astronaut Shannon Lucid set the United States record for continuous time in space.

What a wonderful tribute to Women in Transportation.

Nebraska: Omaha Chapter received proclamation from Governor Dave Heineman, declaring May 15, 2009 as Women in Transportation Day, and urged all citizens to take due note of the observance. The presence of women in the railroad industry has existed for over 160 years serving in all aspects of the business. The Omaha Chapter, chartered in 1951, continues the tradition of the NARBW throughout the Omaha area by promoting friendships between women employed, retired or affiliated with the railroad industry and encourage their involvement with the community through their charitable contributions and welfare projects.

Mr. Ray LaHood, Transportation Secretary: sent the following note, which was received a few weeks after the Convention in Asheville:

I offer my warmest greetings to everyone participating in the 65th Annual Convention of National Association of Railway Business Women (NARBW). I appreciate the hard work and dedication put forth by all women who work every day to strengthen America's railroad industry.

The NARBW has a long and proud tradition of working to improve cooperation and understanding within the railroad industry and communities where railroads operate. I salute the women whose contributions to transportation are deserving of honor and recognition every day of the year.

Best wishes to you all for a successful convention, and please continue with all your good works.

Proclamations, Resolutions and Letters Honoring Women in Transportation

California: Sacramento Chapter received letter from Governor Arnold Schwarzenegger, wrote his greetings to everyone gathered for Women in Transportation Day. He applauded our efforts on behalf of women in the transportation industry; and the fact that women play a critical role in connecting people and goods across our country, especially by rail.

Georgia: Atlanta Chapter received from Governor Sonny Perdue a Proclamation declaring May 15, 2009 as Women in Transportation Day stating in part that American women have played a significant part in the development of our nation's transportation system. Our contributions were important building blocks in the development of our transportation network as we know it today. It is important to continue to promote and empower women in all aspects of the transportation industry. Women in Transportation Day is an opportunity to recognize the hard work and contributions of women in this field so important to the growth and prosperity of our state and nation.

Illinois: St. Louis Chapter received Proclamation from Governor Pat Quinn declaring May 15, 2009 as Women in Transportation Day in recognizing of all the dedicated transportation professionals for their tireless efforts to make America transportation network the best in the world. The women who work in the transportation sector have been a vital component of this industry, including their role in the inception of National Transportation Week.

Indiana: Indianapolis Charter and Circle City Chapters received Proclamation from Governor M. E. Daniels, Jr. declaring May 15, 2009 as Women in Transportation Day and invited all citizens to duly note this occasion. Women in railroading have made vital contributions in their daily work, both in peace and war, toward the service of their industry. The National Association Business Women have stimulated good will for the industry and created greater public awareness of the essential role in the railroads play in their everyday lives, the NARBW has pursued the community with special projects including Hoosiers with physical and mental disabilities and promoting medical research. They award scholarships and participate in many philanthropic causes.

Kansas: Topeka Chapter received proclamation from Governor Mark Parkinson declaring May 15, 2009 as Women in Transportation Day. He stated the National Association of Railway Business Women is committed to honoring the women not only within the railroad, but all women in the transportation industry.

Maryland: Baltimore Chapter received proclamation from Governor Martin O'Malley declaring May 15, 2009, as Women in Transportation Day, stating women transportation professionals to keep our country moving and support our citizens through a strong work ethic and commitment to efficiency and production. Their efforts reflect the values of our country and help ensure that our transportation infrastructure will continue to benefit Americans for generations to come.

Michigan: Saginaw-Great Lakes Chapter received proclamation from Governor Jennifer M. Granholm, declaring May 16, 2009 as Women in Transportation Week in Michigan stating she encourages all citizens to join in observing, supporting and participating in this significant event and in recognizing the women in transportation industry who offer their abilities and knowledge toward the betterment of the state.

Indianapolis Charter Thirty-one fun seekers of the Indianapolis Charter Chapter boarded a bus to Horseshoe Casino in Elizabeth for a relaxing visit and a grand time gaming. This Chapter continues to collect pop tabs for Ronald McDonald House – a special thank you to Pat Amrhen for delivering the tabs collected this past year. Congratulations to Joanne Smith being named “Volunteer of the Year” at Servant's Heart. Joanne puts in a lot of hours and is a very passionate advocate for their community services. The Indianapolis ladies collected food for the Servant's Heart pantry at the Beech Grove Fall Festival event. They continue to hold blanket workshops for Project Linus. This year they plan to collect used eye glasses for the needy and volunteer more hours at local hospitals and churches.

Congratulations to both the **Indianapolis Charter and Circle City Chapters** who co-hosted the District I Fall Conference in Indianapolis. It was a great conference! Ladies and guests from seven chapters enjoyed the fellowship of NARBW, attended a business meeting/luncheon, had a wonderful hospitality night, and concluded the conference weekend by attending a show at the neighboring Beef N, Boards dinner theater. \$525 was raised for the National Scholarship program (in the name of John Lewis) with a mystery auction. Great job ladies!

Indianapolis Circle City The Circle City Chapter continues to send packages to soldiers in Iraq and participate in local deeds for their church and shelters. They have a 50/50 drawing to benefit their needy family at Christmas time. They are planning to work three evenings in the concessions at Colts games.

Jacksonville Congratulations to Jacksonville's new president – Laura Gutteridge. We hope all is well with the Topeka chapter. We would love to hear from you ladies!

Louisville The Louisville Chapter celebrated its 30th anniversary in August – congratulations ladies! A special thank you goes to Mary Jane on bringing the anniversary cake for dessert. They also brought wrapped gifts for their (rescheduled) “Christmas in July” auction which benefits their welfare fund.

Omaha After breaking for the summer, the Omaha ladies are back in full swing... They started the year off with two fund-raisers: their annual 50/50 drawing and a huge raffle at the UPRR Headquarters. The Omaha Chapter does a great deal of good in the Omaha/Council Bluffs community. Not only through the items they collect (pop tabs, clothing, box tops for education, etc.) but through the cash they donate to local charities. One of their most consistent sources of money is their annual raffle. They hold drawings at their nine dinner meetings. There are three winners at each drawing with 1st place receiving \$100 and 2nd & 3rd places receiving \$25. Raffle tickets remain in the bucket for the entire year.

Philadelphia The Philadelphia ladies volunteer in a variety of ways such as the Philadelphia Zoo, Ronald McDonald House, and many other events both as a group and individually. They continue to collect cancelled stamps for the sisters and eye glasses for “Eyes for the Needy”. They will again support the Salvation Army's Eliza Shirley Shelter for Abused Women & Children by donating toys at Christmas and personal items for Mother's Day. They collect and send needed items to our troops in Iraq. And, they look forward to volunteering for the second year in a row at the Philadelphia Design Home to benefit the Ronald McDonald House. As fund-raisers, this chapter sells Bergin's Candy and Marion Kay Spices. They have a Broadway trip planned for the spring and have two teas planned with guest historical speakers.

Pittsburgh The Pittsburgh Chapter donates to the Light of Light Mission monetarily and also donates hats, scarves and gloves during the winter months. The Abused Women Shelter is provided with toilet articles and Christmas gifts for the children.

Richmond The Richmond chapter boasts of one charter member! Thelma Alexander, who is in her 90's and still active calls the members to inform them of upcoming meetings. Thelma is an inspiration to her Chapter. Another inspiring member who is a breast cancer survivor and is currently Corresponding Secretary, Imogene Johnson, sends cards of condolence, birthday and get-well to active and former members.

Roanoke Virginia Austin and the Roanoke ladies are busy planning next year's convention – be sure to save the dates: May 13-17. As usual, the Roanoke ladies are busy with community service and charity work; their most profitable fund-raiser - selling pecans and other nuts will continue this year. The Roanoke ladies will sponsor eight (8) scholarships this year at \$1,750 each – what an accomplishment! Some of the ladies had the pleasure of having lunch with Past National President Dot Chumley who was recently in Roanoke at a convention. These ladies will be busy again this year with 50/50 raffles, donating back-to-school supplies, Premier Jewelry and Mary Kay parties, selling nuts, stuffing envelopes at the Rescue Mission, and planning a memorable Convention. In addition to all of their community service work they have two Amtrak excursions planned for November and they already helped build a shaded passageway (for the school's amphitheatre) at the Fishburn Park Elementary School.

Sacramento Congratulations to new president – Lorrie Burns. This chapter has some new faces and strong foundations. We extend best wishes and good fortune in hopes of a prosperous new year!

Saginaw-Great Lakes The Saginaw-Great Lakes Chapter's local charities include the Underground Railroad of Saginaw, Salvation Army of Flint, FISH in Tawas and the Children's Hospital of Michigan Foundation in Detroit. These ladies participate in Operation Lifesaver by placing color books and crayons in a carry bag for the Amtrak Stations in Flint and Ann Arbor. Members are participating in a petition signing to save the AMTRAK Bluewater Route. The Chapter had an information table in August during Railfan Weekend in Flint, MI and plan to attend a Rally at the Flint AMTRAK station in September.

St. Louis At each meeting, the St. Louis ladies hold 50/50 drawings and collect goods and money for the Feed My People program. They brought school supplies to their September meeting for needy children.

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

Tucson The Tucson ladies say thank you for the Memorial Rock with plaque and the Tree planted to commemorate the former Green Valley residence and honoring the NARBW.

Twin Cities The Twin City ladies earned over \$1,500 in fundraisers this past year – Congratulations! Their donation to the Minnesota Veterans Home was greatly appreciated. These ladies will sell Herberger's Community Day coupon books again this year and they will sell pecans and cookbooks for holiday baking and gift giving. Congratulations to Jane Sebeczek – her new name is Jane Clappier. Congratulations to Jan Binning, Sue Hansen and Joyce Gutz on their retirement from the BNSF Railroad.

Twin Ports Profits from the AVON sales which were donated to the Chapter were very good. The Twin Ports Chapter will sell Happenings Books again this year – contact Pat Piggot for copies. President, Aine Merrill hopes each member sells at least one book.

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.

66th National Convention Roanoke, VA May 14-15, 2010

Mark your calendars now for the 66th annual convention, to be held in Roanoke, VA on May 14-15.

The Pre-Convention Tour is planned for Thursday, May 13, 2010, at Thomas Jefferson's home in Charlottesville, Virginia with lunch at Michie Tavern.

A three-day, two-night post-convention tour is being considered to Colonial Williamsburg including a visit to Presidents Park and to Berkeley Plantation with time for shopping.

It promises to be another wonderful time in the beautiful Blue Ridge Mountains.

Convention Chairman, Virginia Austin will be sending out additional information soon.

NARBW Jewelry...

As a reminder... 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 accept donations for an auction to be held at convention.

NARBW has a New Website...

Our new Website has been launched! Login at www.NARBW.org. I am sure you will agree that the new site is easier to maneuver, as well as more pleasing to the eye. Soon additional pages will be available featuring individual member and chapter accomplishments. If you would like to highlight one of your welfare projects or a member's achievement, make sure to take pictures and forward them with an article to your National Publication Chairman, Diane Huntington.

Please contact Diane with any suggestions,

Please send your Chapter news to your National Publication Chairman

Diane Huntington
4411 Hickory Lane
Hillsboro, Missouri 63050

email: HiHuntington@aol.com
phone: 636-789-4203
Cell: 636-208-7173

The remaining quarterly deadlines are December 31, and March 31.

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

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



Heartfelt sayings...

- ♥ The best part of a new year is that it is a new year. Life begins again...
- ♥ Dance like nobody's watching... Sing like nobody's listening.
- ♥ Great love and great achievements involve great risk. Dare to take the risk...
- ♥ Silence is sometimes the best answer.
- ♥ Not getting what you want is sometimes a wonderful stroke of luck.
- ♥ Blessed are those who give without remembering—and receive without forgetting.

CAPSULE

MESSAGE FROM THE NATIONAL PRESIDENT

Ladies:

Cooler nights, the anticipation of the holidays and the opportunity to get together at Fall Conferences combine to make fall my favorite season!

I have recently returned from Indianapolis and the District I Fall Conference. As usual, it was a wonderful time. A silent auction rose over \$500 for our scholarship fund. There were several opportunities to relax and visit with NARBW ladies from the seven chapters present. The quest speaker, Cathy Hale was interesting and informative. She detailed the many jobs she held on her path from office worker to the Chief Executive Officer of a successful short line, the Madison Railroad. During her career, she has planted the flowers in front of the office, written grant proposals to secure financing for expansion, partnered with city, county, state and federal agencies for funding, labor and materials to benefit her company and her community. Cathy touched on the personal aspects of her life and the professional growth during her career. She was inspiring!



District II has a cruise planned in November for their fall conference. It's an exciting idea and I wonder if a Convention could be held on a cruise? It's something to think about.

Another thing to think about is running for National office. We will elect a Treasurer, 1st Vice President and National President at our National convention in Roanoke, Virginia in May 2010. District I will elect a new district director and secretary treasurer. I am sure anyone who has been a district or national officer will tell you the time they spend doing the work of the office is well rewarded – by learning more about our association, by having the opportunity to read the reports from the chapters, by meeting more members and learning more about them. If you've ever considered running, please contact Barbara Barthle, National Nominating Chairman who will be glad to answer all your questions.

This will be the last issue of the Capsule published this year. Your National board and I want to wish you a glorious holiday season. May your holidays be filled with family and friends and all the things that make your life worthwhile.

Jay Nelson, National President

Inside this issue...

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