

THE CAPSULE

September 2023



Dear NARBW Members:

Fall time is here again and we are looking forward to putting this unusual hot weather behind us. In Houston, we are experiencing drought conditions that have us under water restrictions and our lawns are riddled with dry patches. Fortunately, we have received some much-needed rain and I for one am truly grateful. With that being said, the holidays are just around the corner. The stores will be bustling with shoppers searching for gifts for their loved ones as stores are lined with vibrant Christmas decorations. The season of cheer and good will to all will be in full swing.

The National Board met in Las Vegas for the Summer Board Meeting. It was a very productive meeting. We began the meeting with an icebreaker activities that lead to us learning new and fun things about our board members. We also shared topics for the future of NARBW in which we discussed the

expectations of our membership with respect to the Board. It was recommended to solicit the assistance of the Emeritus Council to assist with this project. By now, each of you should have received a NARBW survey to complete and return to our Emeritus Council. We are gathering this critical information in hopes of incorporating some innovative ideas soon.

Your board is scheduling a town hall meeting to discuss ways to increase membership. More information will be forthcoming.

It was also discussed at our board meeting the need to help defray the cost of attending conventions for our membership. This is another critical topic the board discussed highlighting the present financial conditions.

Therefore, the National Operating budget was amended to cover the costs related to convention meeting room rental, audio visual equipment, President's lunch fees for chapter presidents and event insurance. This change is for the 2024 convention only. We are sympathetic to the increasing costs our members incur to attend the Convention. We are hopeful this change will infuse the membership with confidence in the board and demonstrate our commitment to the concerns of the members.

The 80th national convention will be held in Omaha Nebraska, Friday May 17 and Saturday, May 18, 2024 at the Embassy

Suites by Hilton Omaha Downtown/Old Market in Omaha, Nebraska. The Fun Night theme is "Board Games", and the host chapter suggests that attendees dress as their favorite board game piece.

Kadie Leslie, National Convention Chair, and her team are busy preparing for a spectacular event. I look forward to seeing you there.

Continued, next page

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UPCOMING DATES

NOVEMBER 2023

8 TOWN HALL MEETING

DECEMBER 2023

1 Jewelry Order Deadline - National Chair Dana Robles

10 National Per Capita Deadline - National Treasurer Jasmine Manley

15 Revisions Deadline - National Chair Dana Robles

31 Capsule Deadline - National Chair Nancy Von Dolteren

OFFICIAL PUBLICATION OF THE NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN

September 2023

At our upcoming 2024 convention we will elect three national officers:

President,
First Vice President,
Treasurer.

Nominations are due to Sandy Hall by February 1, 2024. To be eligible for the President or Vice President position, you must have served as a Chapter President and have spent at least one year on the National Board. To be eligible to be Treasurer you must have served as a chapter member for at least one year. All members who meet this criterion are encouraged to participate. I can assure you it is rewarding to be on the National Board and serve our members. If you have any questions, please reach out to Sandy Hall or any past or present member of the National Board. It is my hope all eligible members run continuing in the legacy of the NARBW mission to our prosperity.

In keeping with the networking for our continued success I ask, how many of you are friends with our sister chapters Facebook pages? If not, this is one of the best ways to keep in touch with each other and see the fundraising events, welfare activities, and fun times that the different chapters or national are doing. PLEASE take a moment to go to Facebook accounts and support their endeavors. I want to say a special thank you to our chapters who have held NARBW Social events and invited all our members. These were informative and fun! Great job ladies!!

If you have any Chapter Welfare events, send photos and updates to Rhonda Gomez at welfare@narbw.org, and she will make sure these are posted to our National Website under the Welfare Warrior section. Send any other NARBW events, stories, articles, or photos to our National Publications Chair, Nancy Von Dolteren, at publications@narbw.org. We love seeing what our NARBW sisters are doing in their communities as it inspires us all. This will be the last Capsule before the holidays, so I would like to take the opportunity to wish you a safe and joyous holiday season. This year has been difficult, but your tenacity has been an inspiration to us to think of others, which is what NARBW is about.

Sincerely,

Ida Carmouche

National President

NARBW Town Hall November 8, 2023

4 PM Pacific 6 PM central 7 PM Eastern

ZOOM

Meeting ID: 861 4205 5317

Passcode: 778751



NATIONAL BOARD CORNER



National Association of Railway Business Women

RESUME OF SUMMER BOARD MEETING – JULY 8, 2023

The meeting was held on July 8, 2023, at the Fairfield Inn Las Vegas Convention Center in Las Vegas, NV. All members of the National Board were present. The meeting began at 8:00AM and ended at 5:15PM (pacific time).

Treasury Reports: were presented and included the fiscal year-end reports for June 1, 2022, through May 31, 2023.

Board Members Plans of Work: Plans of work and related forms from each board member were reviewed and discussed. Motions to approve, and approve “as submitted or amended”, were unanimous. All final reports and forms will be distributed in accordance with the NARBW By-Laws and published on the NARBW.org website.

National Convention Chairwoman Kadie Leslie presented an update on the 80th NARBW Annual Convention being held on May 17-18, 2024, at the Embassy Suites by Hilton Omaha Downtown/Old Market Omaha, NE. The pre-convention tour is planned for Thursday, May 16, 2024. The theme for Fun Night is Board Games. A proposed schedule and budget have been prepared and discussed. To help with high registration fees, convention costs related to meeting space rentals, audio visual equipment, President's lunch fees for chapter presidents, and event insurance cost as required will be borne by the national general fund. The Operating Budget which had been approved at the 2023 National Convention in San Diego was amended and approved by the Board to reflect these costs.

New Business includes:

President Carmouche stated Miranda Harkins of the Railroaders Memorial Museum in Altoona, PA is interested in partnering with NARBW to purchase and install an exhibit in their facility. All board members agreed not to assist with this project due to the cost.

The Winter Board Meeting will take place via Zoom, date TBD.

Ida Carmouche
National President

Yolanda Barbosa
National 2nd Vice President

NATIONAL BOARD CORNER

The Operating Budget below is the version that was amended and approved by the Board to cover the following costs for the Omaha Convention : convention meeting space rentals, audio visual equipment, President's lunch fees for chapter presidents, and event insurance.

Ida Carmouche
NARBW President



National Association of Railway Business Women

APPROVED NATIONAL GENERAL OPERATING BUDGET

	2023-2024	2022-2023	Increase (Decrease)	
Receipts:				
Transfer of Funds	75,706	70,560	5,146	
Per Capita (325 @ \$10)	3,250	3,500	(250)	(a)
Convention Profit/Loss				
Chapter Dues (13 @ \$40)	520	600	(80)	(b)
Other Income				
Total	79,476	\$ 74,660	\$ 4,816	(c)
Disbursements:				
Scholarship Awards	\$ 16,000	\$ 16,000		
National Board Meetings	14,460	14,460		
Membership	8,000	10,000	(2,000)	(d)
National Board Convention Expenses	7,400	7,400		
Investment Advisor	6,000	6,000		
Publications/Marketing/Communications	3,670	4,000	(330)	(d)
CPA Review	3,500	3,500		
National 2nd Vice President Expense	3,300	3,300		
NARBW Insurance Costs	2,000	2,000		
Web Maintenance	1,500	1,500		
Public Relations	1,500	1,500		
National President's Expense	1,000	1,000		
National 1st Vice President Expense	1,000	1,000		
Miscellaneous	1,000	1,000		
Parliamentarian	850	850		
Honesty Bond	400	400		
Postage	300	300		
Printing	250	250		
Stationary & Supplies	200	200		
National Convention Meeting Room Rental Expense	4,300	0	4,300	(e)
National Convention Audio Visual Expense	2,056	0	2,056	(e)
National Convention Chapter President Brunch	400	0	400	(e)
Event Insurance	390	-	390	(e)
Total	\$ 79,476	\$ 74,660	\$ 4,816	

BUDGET RULES

- 1) Appropriations to officers are to cover expenses of office (excluding Board Meetings).
- 2) No expense, in excess of budgeted appropriations, shall be issued by the Treasurer without Board approval.
- 3) This budget may be amended by any regular meeting of the Board with no previous notice by two-thirds vote, or by a majority vote with previous notice.

Approved by Convention Body May 2023, amended by
National Board July 2023

Proposed General Operating Budget

- (a) Decrease in membership enrollment
- (b) Reduction of Chapters by 2 (Indianapolis Charter & St. Louis)
- (c) Increase of Budget Line items to reflect increase of receipts.
- (d) Decrease of Budget Line Items to reflect reduction of membership.
- (e) National Convention expenses covered under receipts.

CHAPTER NEWS

ALBANY CHAPTER

The Albany Chapter members enjoyed a picnic in July at The Crossing and a boat ride and luncheon in August on scenic Lake George. Former Albany member Ellie Scanlon, now a member of the Central Florida Chapter, surprised the ladies and joined them at their Lake George outing.

They continue to collect food for the food bank at each monthly meeting.

Albany was happy to welcome two new members to their Chapter, Diane Hynes and Jean Krokenberger. Welcome Ladies!

KANSAS CITY CHAPTER

A few of us volunteered with the Heat Mapping of locations throughout the city, in August, to determine Heat Hubs and drove along a designated route, in pairs. The purpose was to raise awareness about the impacts of extreme heat and how it affects the heat distribution throughout our communities. Collected data determines how urban areas are prone to high temps with buildings, roads, limited vegetation and car use. It was very interesting as we mounted a sensor onto the passenger side window. The sensor recorded the ambient temperature, humidity and GPS location as we drove approximately below the 35 mph speed.

We also conducted a Zoom call to discuss our future activities.

In September, we met at KC Winery and played 80's Bingo with members and spouses and significant others and work friends. It was very fun as they played music from the 80's and the bingo card had songs and/or titles listed and we had to match the song with the artist or the artist with the song.

We will also be participating in the Walk to End Alzheimer's on Saturday, Oct. 7.

A Zoom call is scheduled for October.

CHAPTER NEWS

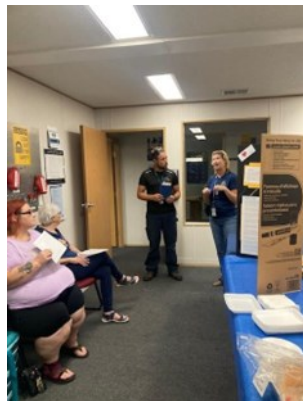
CENTRAL FLORIDA CHAPTER



A celebration of Life was held on September 30, 2023 for our chapter Charter member Lucy May. Family and friends gathered at River Oaks Park in Osteen FL to share fond memories. Pictured center is Debbie Dubois, her niece a former Central Florida chapter member.



We are happy to report that our Chapter Vice-President Ramona Sanmoogan, after completing her training and orientation is working as an ICU nurse at Lake Monroe Hospital.



On August 15, 2023 Central Florida held a Meet-and-Greet at the Auto Train Facility in Sanford FL.

We welcome our newest member Denisia Dukes an Amtrak employee who joined up during the event.

Melanie McKim makes a presentation about NARBW to a guest. Seated are Central Florida members Amanda Jules and Madonna Neal.



Back-to-school back packs were assembled and donated to The Deltona Lutheran Church food pantry for distribution to local children in need in August.



On September 26, 2023 Members Gail Hendrix and Melanie McKim were at Journey's End Animal Sanctuary in DeLand FL for a Day of Service and delivered donated supplies.

CHAPTER NEWS

CHICAGO CHAPTER



NARBW Sisters, Jasmine Manley and Ruby Brownlee, represent at the Mt Zion FHM Baptist Church Men's Day 2023! Ms. Brownlee helped serve up breakfast!

2023 Star Awardee

Latanya Powell

Latanya uses woodworking skills to reach our youth!

Latanya not only shares her awesome skills with our youth, but has also allowed us to use her space to hold our Academies and fundraisers!

As owner of Tanya's Woodworking and Woodworking With A Cause nonprofit, Latanya creates exclusive customized items from wood!

NARBW Chicago member, Ms. Latanya Powell, was awarded for her work in the Chicago community. Specifically, giving back by teaching young girls craftsmanship, and providing them an opportunity to obtain a journeyman license for woodwork, electrical, and carpentry.

She is, herself, a skilled woodworker. NARBW Chicago hopes to feature some of her work and would like to invite her to provide us a future workshop.

At our August Chapter Meeting, NARBW Sisters collected donations and bagged for DuPage Pads, a charity organization that provides interim and permanent housing and support services to end homelessness.



Chicago Board member, Michele Williams, and our Chicago bred National Board member, Jasmine Manley, got off the Metra and ran into Chicago Board Madame Vice President, Paula Taylor, and her crew representing for Rail Safety week!



CHAPTER NEWS

CHICAGO CHAPTER

Railway Track and Structures September 2023 magazine is promoting the *Women in Rail* event coming up in November. The event will feature speakers, including Chicago's very own *Railway Age Women in Rail* recipient, Madame President, CleLeatha Shaw

NARBW Chicago Sisters celebrated Hispanic History Month At Lalo's (left below)



NARBW CHICAGO—WHAT TO LOOK FOR IN Q4

In honor of September Suicide Prevention and Awareness Month

ARE YOU ACTIVELY LISTENING (Zoom Workshop)

Making Strides Against Breast Cancer Walk

Team NARBW-CHICAGO Donation Goal \$1,000

BOO-WLING Family & Friends Party

Chicago Chapter Anniversary & Holiday

aboard the Montana Private Railcar

Bingo "Back By Popular Demand"

Ashley Ramos (Yolanda's daughter) gave birth to her second daughter, Alivia Parker, 7lbs 2oz on September 18, 2023. Ashley and baby are doing great!

This is Yolanda and Jimmy's fourth grandchild. They currently have one grandson and three granddaughters. Congratulations to the family!

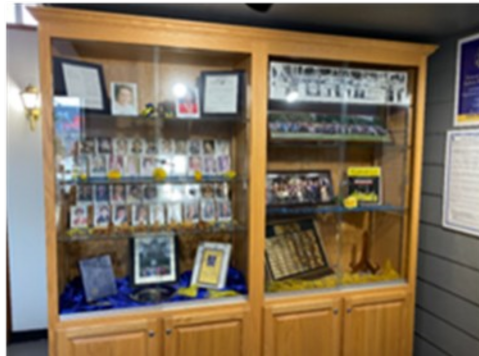
CHAPTER NEWS

HOUSTON CHAPTER



We're gearing up to host the **2025 Convention**. We started fundraising efforts with a raffle for a 2-night stay at the Margaritaville Resort in Lake Conroe. Karen & Bobby Herbert were the lucky winners.

Peggy Cuellar visited the Transportation Museum in Roanoke, VA this summer and shared some pictures of the great work the Roanoke chapter is doing at that museum.



Our group has also been doing our traditional volunteering during the Houston Astros games. It's been a real blast.



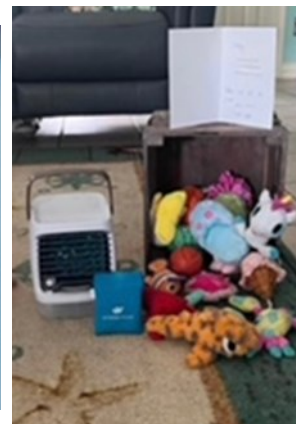
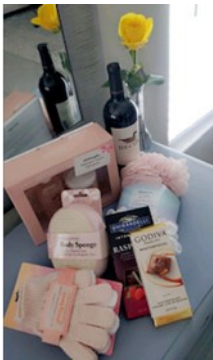
There have been a couple new babies in the Houston chapter. Publications chair, Angie Whitlock, welcomed her 1st grandbaby, Ellington James on August 14th (pictured at left)
Cookie Grant welcomed granddaughter Ember Tyler on March 26th (pictured at right)

CHAPTER NEWS

HOUSTON CHAPTER



We always have a great time at our monthly meetings



SECRET SISTERS ARE STILL SPOILING US



CHAPTER NEWS

JACKSONVILLE CHAPTER

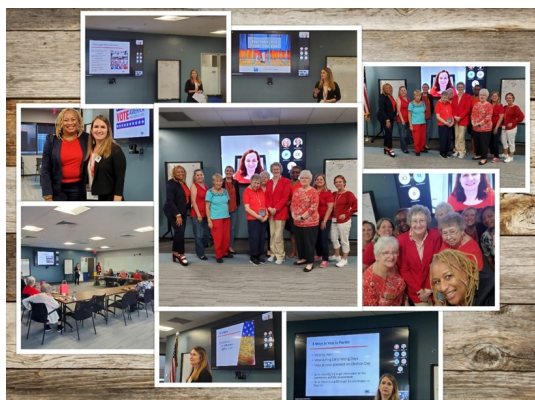


Our July 27th, we had the opportunity to hear from Sujith Kupunarapu (accompanied by his wife, Bharani), about ChatGPT and how this technology is being used at CSX. This technology is helping in the railroad industry by making it safer to acquire information near areas in the field that require more attention. Our members were very interested in knowing how this AI (Artificial Intelligence) affects our personal and professional lives.

We collected donations for Stuff the Bus which helps in supporting classrooms, teachers and students in need. Our members are always highly supportive of this initiative every year.



Our Annual Marketplace in support of our Scholarship Fund came early this year. Our August 24th meeting kicked off early with a Football themed Marketplace at the new conference room at CSX. We had light refreshments and had a great time socializing, eating, and shopping! Each vendor donated 15% of their total sales towards our scholarship fund. The event was very successful, raising over \$400 for our local scholarship fund and it is something we look forward to every year.



Our September 28th meeting, we were able to bring back Angela DeMonbreun, the Environment Director for the League of Women Voters Jacksonville First Coast. She gave a history of Women's voting rights as well as information on how to be better prepared to vote, with specifics on Florida voting. Our members had lots of questions that Angela was happy to address. We also wore red in support of Rail Safety month, as well as Women's Heart Health Awareness.

We are sad to say Goodbye to our NARBW sister Kim Perry who passed away on September 25th, just 63 years old. Kim joined our chapter in 2021 and was elected chapter secretary this year.

Kim was a Mother and Grandmother, an Army Veteran, a CSX Technology Project Manager, a NAAWLI graduate, a Mentor to high school students, and a Community champion. NARBW Jacksonville will make a contribution in Kim's name to our local scholarship fund. If you are interested in contributing, please contact our Treasurer Laura Gutteridge Años.



CHAPTER NEWS

OMAHA CHAPTER

Omaha Chapter has had a busy summer. We are busy finalizing details for the 2024 convention and are sure it is on everyone's calendar to attend (May 17 – 18, 2024). Besides convention our lives have been busy with vacations, family and friends!

Rosie Donahoe fell and twisted her ankle at Riley's college graduation ceremony. Sue Hess also twisted her ankle (a couple of times) and is applying ice and keeping it wrapped. Connie Prokupek's grandson arrived August 23. Welcome to Everett Rhys Prokupek, 7 lbs 14 oz and 20.5 inches long. He is growing and is a joy! Kathy DuVall attended her high school reunion in Salina KS. Where does 50 years go?

Our annual garage sale was a success despite a couple of rain storms. We laid it out, then covered it up and discussed convention plans while watching the much-needed rain and then uncovered, dried it off and went back to raising \$1700 for our treasury.

We are starting to support a couple of new charities: Gifts from the Heart (they collect nice items for folks in assisted living memory care facilities to shop for family members.) Access Period who collect tampons, pads and liners to donate to women to help combat period poverty, and Partnership 4 Hope who assists kids aging out of foster care who can struggle to set up their own households. We will continue our Pass the Purse program for victims of domestic abuse and Salvation Army Winter Watch/ Warm the Night with hats, mittens, and scarves for the homeless.

Looking forward to seeing everyone at Convention. Did I mention May 17 & 18, 2024? Double check your calendars!



Pictured Left to Right.

Jay Nelsen, Connie Prokupek, Janet Anderson, Kathy DuVall, Anne Menichetti, Sue Hess, Danielle Thompson, Julie Nelson, Kadie Leslie.

Connie Prokupek with her Grandson Everett Rhys Prokupek



CHAPTER NEWS

PHILADELPHIA CHAPTER

Our summer board meeting was held at the Free Library of Springfield Township, Wyndmoor, Pa. on Saturday, August 19, 2023.

Standing Rules Review was tabled until our September 16th meeting.

2023-2024 Budget was proposed, presented, and approved.

2023-2024 Chairman Committee confirmations were made, and our meeting dates were discussed. Planned fundraising and outreach activities were also discussed.

On Saturday, September 16th, we met at the Lambertville House and Inn, Lambertville, NJ for our meeting and lunch.

October 28th meeting—Free Library, Springfield township.

November meeting—Fainting Goat Bar and Restaurant, Glenolden, Pa.

December toy drive/luncheon - to be determined.

2023-2024 Chapter Standing Rules Review: Several edits were suggested and discussed. Attendees agreed that checks can be issued without two signatures to align with chapter's historical practices but agreed that Rule 2, Duties of Officers and Committee Chairpersons, Section "Treasurer" will not be edited. Attendees approved edits to Rule 7 "Membership" whereas Chapter dues for new members will be \$35 and \$25 for existing members. New members joining after January 1 will pay 50% of the chapter membership dues of \$25.

Planned fall/winter Welfare activities include 100 Meals on Wheels Holiday Cards and Gifts, Eliza Shirley House (Holiday and Mother's day). Attendees donated money for the purchase of word search books, highlighters and gift bags for the November meeting activity. Helena will order the items from Amazon and bring to the November meeting. She will connect with Mary B to see if she has any holiday cards the chapter can use. Dawn brought a bag of cards for members to fill out.

The chapter currently has 76 books, 152 highlighters and 100 bags. We need more books and more highlighters, as we like to put more than one in each

bag. Members are encouraged to start filling out holiday cards for the project.

Ways & Means Kay Bolich: Kay ordered Marion Kay Spices at a total cost of \$210 which included (12 vanilla and 12 cinnamon). She will be selling the vanilla for \$15 each (direct cost was \$13) and the cinnamon for \$6 (direct cost was \$4.55). Kay will order some nutmeg, granulated garlic and lemon pepper and bring all sale items to the October meeting. Profits will be given to the Treasurer for deposit to the Chapter's general fund. Tastefully Simple: Kay will be conducting a book sale in October, and we will send books or a flyer to all other chapters as a fund raiser.

Tastefully Simple will direct ship to all participants in the sale. Books will be available at the October meeting. Books will be mailed to all members who cannot attend so they can participate in the fundraiser. Solly's Farm Thanksgiving Pie Sale is planned at \$15 per pie. We are awaiting sale information from them. Kay or Helena will follow up. Holiday Basket of Cheer tickets will be sold (2 for \$5, or 5 for \$10).

Kathy Bevilacqua will be spotlighted in the fall Railette.

PITTSBURGH CHAPTER



The group got together for their Monthly meeting at Downey's House in Robinson Twp PA. Photo from left side Carl Bartels (guest, also worked for Conrail) Rita Morton, Audrey Santel, Joe Santel (Audrey's Brother), Tom Halligan (also worked for Conrail) across from Tom is his wife Chapter president) Betty Halligan, Lois Kelly, Matt Gmuer (also worked for Conrail and his wife Barb Gmuer.

CHAPTER NEWS

ROANOKE CHAPTER



Our summer outing was a visit to 'small-town America' made June 24 when members of the Roanoke Chapter traveled to Buchanan, VA for shopping, lunch and a movie! Members and their guests enjoyed lunch at The Buchanan Fountain & Grill followed by a private showing of **Book Club: The Next Chapter** at The Buchanan Theatre.



On June 8, Elaine Parks had a colonoscopy and an endoscopy. The procedures went well and no new cancer was detected. A gift card was sent to Elaine and the Chapter received a thank you from her.

On June 15-16, Joyce Jenkins (Carol Meador's mother) was in Lewis Gale w/chest pains and overall weakness. They did a CT scan for a pulmonary embolism and a stress test with a long list of labs. She didn't have a heart attack and all other tests were negative. A card was sent to Joyce. A thank you card was received.

Kathy Barbour had cataract surgery on June 19 and also on July 5. A gift card was sent to Kathy and a thank you card was received.

Carol Meador went to Urgent Care on July 7 and was diagnosed w/pinched sciatic nerve in her back. She went to orthopedic doctor on July 11 and he thinks it is spinal stenosis and ordered MRI. She is taking Celebrex and is much improved. A card was sent to Carol and a thank you received.

Barbara Claytor, Kathleen Claytor's sister-in-law, had been in hospice since before Memorial Day when she fell and broke her hip. She passed away on July 21. Card was sent to Kathleen and Curtis.

Helene Martin had vascular surgery on July 5. She went back to her doctor on July 21 and is doing well. A gift card was sent to Helene and the Chapter received a thank you card from her. On July 4, her husband, Rod, had a heart attack and was in the hospital overnight. He had a surgical procedure on August 1 and she said he did well but on August 2, he had a blood clot and was in the hospital for 8 days. When I talked to her on August 19, she said he had gone back to the VA that morning and she was waiting to see if he would be admitted. Her daughter was with her.

On July 23, Betty Gregory, mother of Cathy St. Clair and sister of Joyce Higgs, passed away. Her funeral was July 27. A gift card was given to Cathy and the Chapter received a thank you card.

Joyce Mills' aunt, Mary Claire Kellum, passed away in July and Joyce and Harold attended her funeral in Newport News on July 19. Also, Joyce is having health issues and so far, she has seen a physical therapist, heart specialist, hearing specialist, had a brain scan and seen a gastroenterologist. She had a colonoscopy on August 1 with good results - no cancer or polyps. Her next appointments are with a neurologist and a speech therapist this month. She is still having issues with her nerves and also has bursitis in her right shoulder. A gift card was sent to Joyce and she was very appreciative.

Hospice is saying that long time member Frances Lowe is in transition. Her daughter provided an update that she wasn't eating and drinking very little. At the time of the update, she has had several good days was eating yogurt and drinking Mighty Shakes. She is still weak and cannot walk or talk well but is in no pain. Frances will be 100 January 10. They had her a 99 1/2 birthday party in July. Her daughter, Emily, is with her every day and says her mind is good but body is failing.

Joyce Higgs was supposed to start rehab in the middle of September but was unable to do so due to high blood pressure. Her blood pressure has improved so they will attempt rehab at a later date.

Pat Broadneaux is having problems w/dizziness all the time and the doctors haven't been able to do anything to help her with that problem. She says Bette is taking good care of her, but it's been a rough journey.

CHAPTER NEWS

SOUTHERN CALIFORNIA CHAPTER

Welcome our new board members!

The SoCal NARBW chapter recently had two vacancies for Treasurer and Secretary, but not for long. We were thrilled to welcome two new board members, Lorraine Aldridge and Jennifer Avelar.



**SoCal NARBW
Welcomes**



Lorraine Aldridge

Lorraine is a Program Manager at Metrolink and is a seasoned government compliance coordinator and community advocate.

Lorraine's mission is to create and foster an intrinsic force that will bring about a positive and lasting change in the community. As a key player in creating and ensuring diversity within government initiative policies, she encourages minority economic empowerment, while uplifting her community and touching an infinite number of relationships, potentially influencing future generations.



Jennifer is a Marketing Analyst I at Metrolink and has a strong foundation in office administration, record keeping, and maintaining high work standards. She has successfully led department meetings and composed meeting minutes and really enjoys connecting with people, managing projects effectively, streamlining processes, and building strong relationships.

Speaker's Bureau continues

As part of advocating for women and elevating their voices in the public transportation workforce, our chapter president introduced a Speaker's Bureau--a group of volunteers from various disciplines covering important topics that women face personally and professionally. The objective is to promote positive dialogue and build community support among our members and the other chapters of the NARBW organization.



At our September monthly membership meeting on Sept. 16, Dr. Carola Gregorich, joined SoCal NARBW to present: "Growing Purpose into Infectious Passion – Railroading in Owens Valley."

Berlin-born Dr. Gregorich is a world-renowned radio-analytical and nuclear chemist with a nerd-like fascination with Rail. She shared her passion for Railroading and explained the history of the Owens Valley, a complex weave of Native American, ranching, mining, railroading, power generation, and water war history. She explained how mining triggered the building of the railroad in the region where she now lives and volunteers for the Carson & Colorado Railway and the Laws Railroad Museum and Historical Site and is a Historic Site board member.

She spoke about a historical event she helped produce in March of 2023 when the County of Inyo, The Laws Museum in Bishop, and the Carson & Colorado Railway jointly celebrated 140 years of railroading in Owens Valley.

The event featured the revival of Southern Pacific steam locomotive #18 ("Slim Princess") – a 1911 Baldwin 4-6-0 that was built for the Nevada–California–Oregon Railway (NCO) and worked the rest of its career on SP's narrow-gauge lines

CHAPTER NEWS

SOUTHERN CALIFORNIA CHAPTER

before retiring in 1954. After many decades and many volunteer hours, Engine 18 steamed again and has captured the attention of national railroaders.



For the event, the engine was trucked from its home at the Eastern California Museum in Independence, Calif., for a two-weekend run at the Laws Railroad Museum on its short piece of mainline track. Event-goers were able to enjoy rides on a caboose pulled by the classic engine.

Dr. Gregorich ended her presentation by explaining two major railroad projects underway at the Laws Museum: understanding whether or not SP 9 may be able to steam again, and a track extension to the south to make the total track length almost one mile long.

For more information on the Laws Railroad Museum and Historical Site, please visit:

<https://lawsmuseum.org/>

To see a video from the event, please visit:

<https://www.youtube.com/watch?v=Fw5WTVavTDQ>

Questions for Dr. Gregorich? Her email is:

ca.gregorich@gmail.com



Saturday, Nov. 18, 2023
10 AM Pacific Time

Powerful Presenter: Three
Techniques to Knock Your
Presentations Out of the
Park

Barry Mohn, Corporate
Trainer in
Communications

<https://zoom.us/>

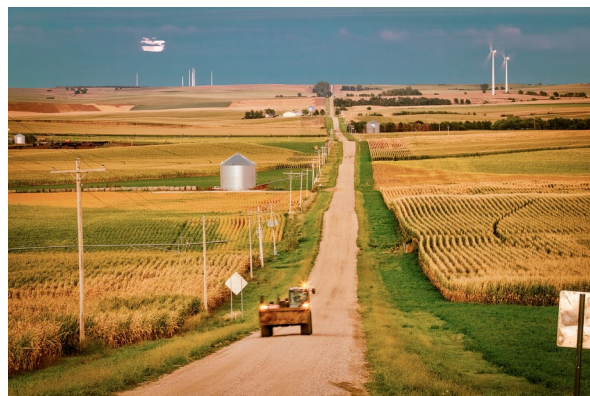
Meeting ID: 568 537 6814

Passcode: 225728

NATIONAL CONVENTION

The Omaha Chapter has a great convention planned for us in May 2024,

Keep reading for more details –here are some pictures provided by the Omaha Convention team.



OMAHA CONVENTION PRE-CONVENTION TOUR MAY 16, 2024

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! They have a train and a skyride to help you get around the 6 acres. You will have some choices to make, Scott Aquarium, Kingdoms of the Night, Lied Jungle, giraffe herds, sea lions, butterfly and insect pavilion, elephants (3 babies born here this year), gorilla valley ETC.

Next the bus takes us 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, Stirnella Bar & Kitchen, Noli's Pizzeria, Cheeseburgers Omaha, Crescent Moon, 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.

After lunch we head 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 Majorie Daugherty Conservatory is included in the price. The 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.

Pricing information will be coming soon.

Henry Doorly Zoo

Largest Cat complex in North America

Largest indoor swamp in the world (inside Desert Dome)

Largest nocturnal exhibit in the world

Largest indoor desert in the world (inside largest glazed geodesic Desert Dome)

More than 30,000 animals call the zoo home (zoo and aquarium combined)

Second largest free-flight aviary in the world

25 million visitors in the past 40 years

The first test-tube tiger was born here, the first test-tube gorilla still lives here.

The Scott Aquarium features a 900,000-gallon saltwater tank

Grewcock Center for conservation and research

Blackstone District

Its history starts in the mid-1880s when beautiful stone and brick residences were built in a westward expansion. The Blackstone Hotel was built in 1915 and was a family hotel (meaning it rented to families by the year). In 1920, the Blackstone Hotel changed to an actual hotel, with a Pierce Arrow auto that picked up visiting dignitaries at the train station. The famous Reuben Sandwich was dreamed up by a local grocer (Reuben Kulakofsky) in 1925, to feed the late-night poker players staying at the hotel. Today, the area restaurants hold "Reuben Challenges" as fundraisers for various charities.

The 1929 stock market crash meant families were no longer able to maintain the extravagant residences and many were converted to boarding houses or funeral homes. The area became known as "Funeral Home Row". As the economy grew, the area expanded and is now home to the University of Nebraska Medical Center as well as numerous restaurants, trendy night spots, banks, and other business. The converted large houses are still there, although they are being replaced by apartment buildings for students. The Blackstone Hotel is still a hotel but refurbished and renamed the Cottonwood Hotel. The original hotel is home to several businesses and an addition has been added for more hotel guests.

Lauritzen Gardens

A generous donation from the Lauritzen family began the Gardens; a 100-acre public garden on a bluff overlooking the Missouri River. Since opening in 1982, new gardens are created or expanded annually

The construction of the Rose garden, a popular wedding site, began in 1995. The visitor and education center has a large floral display hall, which is amazing at Christmas; and hosts exciting floral and art displays year-round. The spring bulb show should be on display when we are there. The gift shop, café, and patio are always interesting. There is a model railroad in the garden and the Conservatory will be open. We have arranged for the tram to take us on a trip 'round the gardens. For those who want to stretch their legs, there are numerous walking trails.

On the South side of the gardens is Kenefick Park, named for John Kenefick a former chairman and CEO of Union Pacific Railroad. The park is accessible but there are several flights of steps. It is the "welcome to Omaha" when traveling West on I-80 from Iowa.

80TH NATIONAL CONVENTION
OMAHA MAY 17– 18, 2024

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 are 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

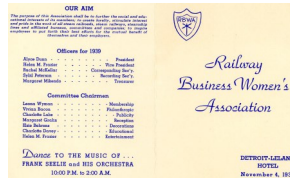
Sun May 19 - Check out

Encourage your 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!

Forms will be available on NARBW.ORG under the Convention tab

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

MEMORY LANE



Programme		Menu
Greetings from the President	Alma Dunn	First Cocktail
Song	"God Bless America"	Relishes
Vocal Selection	David Shaw	Cooked Turkey
Introduction	President Alma Dunn	with Chestnut Dressing
Guest Speaker	Professor E. M. McFaul	Cooked Sweet Potatoes
Entertainment	Acoustic Selection	Roast Sprouts
		Assorted Breads
		Individual Cheese Baked Apples
		Beverage

Margaret Grahn was an active member of our organization from approximately 1929 until her death in 1984. She was in the Detroit Chapter. Margaret was National President 1948— 1950 Her Great Niece Beth Magistad sent me these pictures



SEE YOU IN OMAHA MAY 17– 18, 2024



2024 will be NARBW's 80th convention and Omaha is honored to be the hostess! Hallmark says the 80th anniversary gift is wood. This seems appropriate as Nebraska is home of Arbor Day. We invite you to attend fun night as your favorite "board" game character. Relax at Embassy Suites in The Old Market as you slow down to the pace of the Midwest.

History abounds in Nebraska! Fort Omaha, construction of the first Transcontinental Railroad, Stockyards and Meat Packing Industry, Offutt Air Force Base, Strategic Air Command, Arbor Lodge Mansion and Farm. So, kick back and put your feet up...until the dancing starts! Yahoo!!!



NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN

Please email Change of address, phone or Chapter Newsletter Info to:

Publication@NARBW.org

Nancy Von Dolteren

National Publications Chairman

4022 Clearwater Oaks Drive

Jacksonville, FL 32223