

THE CAPSULE

Volume 16, Issue 5

April, May, June 2013

MESSAGE FROM THE NATIONAL PRESIDENT



Dear Narbies:

I hope those of you who attended the 69th National Convention in Nashville had a great time. I thank you for "Meeting me in Music City". From the pre convention tour of line dancing at the Wild Horse Saloon to Fun

Night with all those favorite singers in the room. For those of you who did attend, I'm sure you can join me in commending Convention Chairman Sandy Hall and all her helpers for a job well done, and I thank her for making my first convention as National President a memorable event.

There was no bid for the 2015 Convention. Please canvass your chapters and find it in your hearts to host a convention. It's really not that hard when you have all of your little helpers...

The National Board will be gathering for our Summer Board meeting in Norfolk, Virginia, and will be hosting a "Meet and Greet" in hopes of

starting a new chapter. The Plans of Work will be forthcoming by the middle of August, when we will begin another year of business for NARBW. I trust that each of our chapters will be gearing up for a great year and that we will strive to hold onto and increase our membership across the board.

I am proud to serve as your President and look forward to the successes of the next year. Remember we are one big "TEAM" who can work together to strengthen this Organization that we all love so much.

Warmest Regards,

A handwritten signature in black ink that reads "Cynthia Chandler". The signature is written in a cursive, flowing style.

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PROPOSED NATIONAL BYLAW REVISIONS

Two proposed revisions were brought before the Convention body in Nashville (voting strength 66). The first was to change the date for holding the National Convention from May to either April or May (host chapter's choice). The second called for changing the Convention date from May to September.

In both cases, reasons given were lack of attendance by members in May due to Mother's Day, Memorial Day, weddings, graduations, etc. After much deliberation, votes were taken and neither revision passed, due mainly to the conflict either would have on our fiscal year ending May 31.

2013 CHAPTER WOMEN OF THE YEAR



Patricia Hampton
Atlanta Chapter

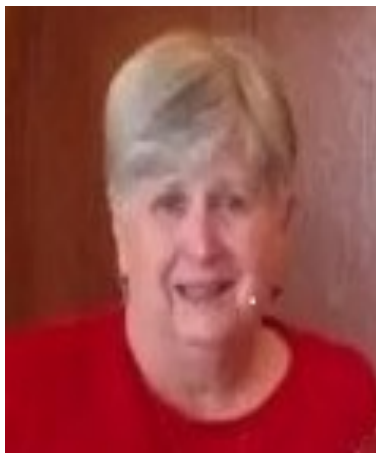
Patricia Hampton is described as a humble woman with great involvement in her community. Patricia began her employment with the Norfolk Southern eight years ago. Her Chapter says she does not just show up at events, she organizes and runs them. Patricia has facilitated a drive to provide toiletries for patients at Central Street Hospital, as well as the Wounded Warrior Fundraising Project, and participated in the NARBW membership drive held at CSX Family Fun Day. Currently, Patricia serves as the Atlanta Chapter Scholarship Chair.

Tamela Kubicek



Houston Chapter

Tamela Kubicek began her railroad career in 1980 with the Port Terminal Railroad Association. Tamela joined the Houston Chapter in 2010 after many years working on the extra board while raising children with a husband who is a career railroader. The Houston Chapter says they are lucky to gain a member with the ethics and dedication of Tamela. She has served as Secretary and is the 2014 Convention Chairman. Tamela participates in the Houston Chapter activities, the M.D. Anderson Cancer Center Children's Art Project, the Avon Breast Cancer Walk, etc. Tamela said "I believe when you make up your mind to do something, give it your all; you may have disappointments, but you will never have regrets."



Ann Carrico
Indianapolis Charter Chapter

Ann Carrico has been an NARBW member since 1999. She is currently the Scholarship Chairman for her Chapter, raising funds to support the National Scholarship Program and distributing applications. Ann looks forward to "ringing the bell" every year for the Salvation Army as a chapter activity. Ann worked for the Conrail for 27 years and the Indiana Railroad for 7 years.



Sue Brazelton
Kansas City Chapter

Sue Brazelton is one of the NARBW members that everyone looks forward to seeing at meetings. Sue devotes her time to the charity work of the Kansas City Chapter. Sue remains an active railroad volunteer with her former employer, the Kansas City Southern Railway, devoting time working on the Santa Train. Sue worked for the Kansas City Southern for 35 years. Her chapter says that she is an amazing woman with a charisma personality, and they look forward to sharing time with her at the meetings or side by side while packing children lunches at the local food pantry.



Mary Jane Metzmeier
Louisville Chapter

2013 CHAPTER WOMEN OF THE YEAR (Cont'd.)

Mary Jane Metzmeier (Cont'd.) Louisville Chapter

Mary Jane worked for the L&N Railroad and retired with 28 years of service. She has been a member of NARBW for over 33 years and is considered to be the glue that has held the Louisville Chapter together. She is a Charter member of the Louisville Chapter and currently serves as Treasurer. Over the years she was busy attending spring conventions and all of the fall conferences. The Louisville Chapter recognizes her devotion to our organization over the years and it is with pleasure that they nominate Mary Jane Metzmeier for the NARBW Woman of the Year Award.

Director Customer Onboarding in the Marketing & Sales department. Effective April 1, 2011 Anya moved into a marketing & sales joint role as Senior Business Manager – Coal, again managing customer relationships and negotiating business deals.



Lois Kelly Pittsburgh Chapter

Lois Kelly is a solid force in the Pittsburgh Chapter. She is an active senior citizen, mid eighties, a former Wave. Lois organizes the Pittsburgh Chapter meetings each month and checks on the shut-in members. She participates 100 percent in all of the Pittsburgh Chapter activities.

Kathy Barbour's railroad career with the Norfolk Southern spanned 38 years. Kathy joined NARBW in 2010 following retirement and has held offices of 1st Vice President and 2nd Vice President and has served on and headed up numerous committees—Membership, Audit, Scholarship, Nominating and Public Affairs. Kathy refers to herself as a "railroad brat" as she is a third generation railroader following in her father's and grandfather's footsteps. Continuing to support the Roanoke Chapter, she will serve as their 2013 – 2015 Chapter President.



Margaret Ruffin St. Louis Chapter

Margaret Ruffin began her railroad career in 1980 and retired in 2005. Margaret has been a member of the St. Louis Chapter since 1982. Serving as President, Vice President, Secretary and Treasurer (many offices more than once). Currently she is the Chapter Secretary. Margaret participates at NARBW fundraisers, membership drives and has conducted Operation Lifesaver Poster Contests.



Anya Jackson Omaha Chapter

Anya Jackson has been employed with the Union Pacific Railroad for 11.5 years and currently serves as the Omaha Chapter Scholarship Chair. Anya joined NARBW in 2011 and is active in chapter fundraising efforts for donations to local organizations and for the Omaha Chapter scholarship program. Anya is active in NARBW, the community and the Union Pacific Railroad. In 2010, the Union Pacific Railroad asked Anya to lead a new business development, as Business



Kathy E. Barbour Roanoke Chapter

2013 CHAPTER WOMEN OF THE YEAR (Cont'd.)

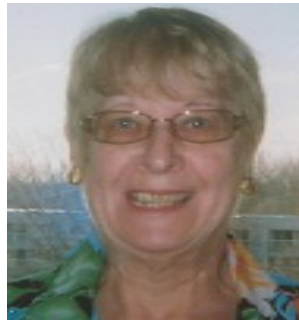


Fran Minnich-Dye

Saginaw Great Lakes Chapter

Fran Minnich-Dye is a member of the Saginaw-Great Lakes Chapter and currently serves as their Treasurer. When she was a member of the Denver Chapter, she served as President, Vice President, Secretary, Treasurer,

Welfare, Fund Raising, Publications, Public Affairs and District Publication Chairwoman. Fran was also a member of the Cincinnati Chapter. Fran worked for Heritage Railroad and Centennial Rail.



Mary Ann Ronkainen

Twin Cities Chapter

Mary Ann Ronkainen retired from the BN Railroad after 38 years. Mary Ann participates in various NARBW projects; inventory at Macy's and Herberger department stores, assisted with the Christmas party dressed in festive Santa Clause attire, co-chaired the 91st Anniversary Celebration of the Twin Cities Chapter, collected books for the National Guard and American Legion. Mary Ann is also involved in her community and in volunteering for the Children's Museum, Downtown Senior Center, Dwelling House, Thrift Store and The Food Shelf.

2013 National Woman of the Year



Sandy Hall

Jacksonville Chapter

Sandy Hall joined the Jacksonville Chapter in 1983 and has not stopped since. Sandy has served NABW on the Chapter, District and National levels for many years, serving as National President 2004-2006. She attended her first convention in 1985 and was inspired to go further in the organization. Sandy is a mentor to new members. She is active with many community activities and projects, supporting each with her time and financial gifts for many years. NARBW introduced Sandy to the Lutheran Social Services and the Food Bank, whose main fund raiser is the "Empty Bowls Luncheon"; and she has served on its committee for the past 14 years. In 2007, she was elected Volunteer of the Year by the Lutheran Social Services and accepted the award in the name of NARBW. Sandy's railroad career spans 39 years.

2013 NATIONAL SCHOLARSHIP WINNERS



Amanda Louise Downs – is graduating from East Central High School in Sandstone, Minnesota. She will be attending Gustavus Adolphus College in St. Peter, MN, majoring in Secondary Education with a Minor in Music. She intends to pursue her PhD. She is financing her education through scholarships, grants and loans. She plans to teach history, English or Spanish to high school kids in at-risk communities. Her church activities include being a member of the Grace Lutheran Church Council, in charge of hymn selection, serving as a camp counselor, and a Bible School teacher. She holds the crown of Miss Sandstone. She is also a beginning Spanish teacher to children through a program called “Around the World in 5 Days” which highlights the culture of Mexico, appreciation of foreign languages and provides knowledge of geography. Amanda is the Student Council Treasurer and Secretary of the Class of 2013. She is described as “Determined, Creative and Outgoing” in her recommendation letter. She is sponsored by her Grandmother, Eulalia Claire Downs, of the Twin Ports Chapter.



Ashley Ohorodnik – is graduating from Ponte Vedra High School in Ponte Vedra

Beach, Florida. She will be attending Florida State University in Tallahassee for a degree in nursing and eventually an advanced degree in the field, such as nurse practitioner or physician’s assistant. She currently volunteers at 2 hospitals and is president of a club she founded in her high school called “Helping Hands for Children with Cancer”. She is a member of the National Honor Society, Mu Alpha Theta Math Honor Society and the 4.0 GPA Award Club. She is described as a strong leader, reliable and organized by her AP Human Geography teacher. She has already been invited by the Dean of Nursing to join the Florida State University Nursing Program as a freshman, which is highly competitive and difficult to obtain as a freshman. She is sponsored by her Grandmother, Mary E. Warner, of the Jacksonville Chapter.



Jeneal Hunt – is a freshman at Valparaiso University in Valparaiso, Indiana. She is pursuing her degree in Chemistry with a Human Biology Minor. She is on a pre-medical and pre-pharmacy track. She carries a 4.0, is involved in a campus ministry group called Social Action Leadership Team and just joined the Gamma Phi Beta Sorority. She received good remarks from her Chemistry professor saying “I am impressed by her work ethic, her willingness to ask questions and the way she thinks through the course content. It is worth mentioning that Jeneal is a freshman in my Organic Chemistry I and II classes which makes her performance in my course even more impressive.” She received an “A” in both classes. She is sponsored by her cousin, Connie Hunt, of the Indianapolis Charter Chapter.



Emily R. Saville – is just finishing her sophomore year at Central College in Pella, Iowa. She is majoring in Psychology and volunteers her time at St. Luke’s Hospital and Willow Gardens Care Center. She would like to work with at-risk, troubled or substance abuse populations and is spending her summer interning with one of her professors in administering tests for clients with autism, ADHD, learning disorders and other mental illnesses. She plans to attend graduate school to earn her Masters in Clinical Psychology. She tutors, mentors and is involved with an organization called Creative Visions in downtown Des Moines, Iowa, where she works with middle and high school students who have been expelled or suspended from school. She is a church Youth Group Leader, Varsity Soccer, Cross Country, Track and Field and Softball athlete in high school, member of the Campus Activities Board, member of the Dean’s list and tutors a 5th grade boy with learning disabilities. I recently received a Thank You letter from Emily and she informed me that she is now an official member of NARBW. She is sponsored by her Grandmother, Betty A. Goman, of Duluth, MN, Twin Ports Chapter.



2013 NATIONAL SCHOLARSHIP WINNERS (Cont'd.)



Kayla M. Stemmer – is currently attending the University of Cincinnati, Cincinnati, Ohio. She is majoring in National Intelligence and Spanish. She is on the Dean's list and works 30 hours a week while maintaining a full class load. She is a member of Louisville Chapter and is able to make meetings during the summer. She excelled in foreign languages and moved into AP courses throughout her Junior and Senior years of high school. Her Language Arts teacher wrote this in his recommendation letter: "I can honestly say I would love to have a classroom full of students like Kayla Stemmer- not because they would sit quietly, nodding in agreement at everything I say and making me feel like the smartest teacher in the world- but because they would fill the room with an honest love for learning." Kayla is sponsored by her grandmother, Doris Stemmer, of the Louisville Chapter.



Melanie (Bennett) McKim – is pursuing her Bachelor of Science in Management degree from Phoenix University. She has been a member of NARBW since 2001 and belongs to the Indianapolis Circle City Chapter. Melanie has been Chapter President and has held various National Board

positions, including National Convention Chairman, District Director, National Scholarship Chairman, National 2nd Vice President and is our current National Welfare Chairman. She began her career at Amtrak in 1990 and has consistently been promoted throughout these 20 years to her current position of Regional Coordinator Production Systems for the Southern Region of Amtrak. She has the goal of becoming the Lead Manager over the Regional Coordinators, but needs her bachelor's degree to compete. She earned the President's Service and Safety Award in 2006 for achievement and Amtrak's Thank You for a Job Well Done Award. She is described as "a take charge person who is consistently pleasant, tackling all assignments with dedication and a smile" by Kathy Burkes, retired Amtrak Director Mechanical Control. She is sponsored by Kathy Burkes.



Hunter Davidson – is graduating from Douglas County West Community School and entering the University of Nebraska at Lincoln in the fall. He plans to pursue a degree in landscaping architecture with minors in both horticulture and regional planning. He currently works doing lawn maintenance, volunteers at an assisted living facility helping with games, visiting, grocery shopping and other events, volunteered with city clean up after severe storms and plays varsity football and basketball. He will graduate high school with 18 hours of college credits and obtaining high honor roll at school. He is a member of the National Honor Society and a student mentor for new high school students. His teacher, Judy Smith, describes him as "a fun loving person who can bring a smile to anyone's face. Hunter is a very conscientious student who strives to do his best at all things." He is sponsored by his grandmother, Betty Willmer, and great aunt, Janet Poehling, of the Omaha chapter.



Katie-Lynn Fisher Nilson – is graduating from Fraser High School in Fraser, Michigan. She will be attending Michigan State University in the fall to begin her degree in Medicine, eventually becoming a Physician Assistant. She plays Varsity Basketball and Varsity Softball, is a member of Peer 2 Peer, Interact Club, Health Occupational Students of America and FCCLA. She volunteers with the Fraser Lion's Club, Fraser First Booster Club and Eisenhower Elementary as a Teacher Aid, as well as working part time. She is described by her AP Chemistry teacher as "able to work with and talk with everyone. Her lab groups received the best results on a regular basis, and I attribute this to Katie's skill of bringing her group together and getting the job done quickly, effectively and efficiently." Her Great Aunt, Doris C. Hermes, of the Saginaw-Great Lakes Chapter, sponsored her application and wrote "Katie is always seen at her grandmother's house, putting in a helping hand. One time I pulled up to see Katie vacuuming a tree in the front yard. I asked her grandmother why she was doing that and she told me that there was a species of moth infesting the tree and it could potentially kill the beautiful tree that her grandmother loved so much. I said "Wow, how much did you have to pay her for that?!?! And she replied "Nothing". Katie is one of the few people that receive joy through helping others with no reward."



2013 NATIONAL SCHOLARSHIP WINNERS (Cont'd.)



Amanda Wallace – currently attends the University of Toledo in Toledo, Ohio. She is working towards a graduate degree (MA) in Speech-Language Pathology. She is on the Dean's list and began taking college classes at the age of 15. She entered college as a Junior at Heidelberg University, initially declaring a major in Psychology. As she furthered her studies, she discovered her love of speech pathology after an internship at Tiffin City schools and then graduated with a Bachelor of Science in Child and Adolescent Psychology at the age of 19. She will be working as a student

clinician with The Autism Society of Northwest Ohio this summer. She is described by her grandmother in these words "I have seen Amanda work with children and that is her true love. She seems to get the best from them and they seem to really love her." Caroline Menezes, PhD, says about Amanda "I find her serious, intelligent and hardworking... and I know that Amanda will be serving her community back once she has obtained her license to practice." Amanda is sponsored by her grandmother, Frances Minnich-Dye, of the Saginaw-Great Lakes Chapter.



Jace Prokupek – currently attends Regis

University in Denver, Colorado. He is majoring in Business with a minor in Communications. He would like to pursue a career in Public Relations. He is on the Dean's list, an Honor's Program student, member of the Student Government Community Involvement Committee, Vice-President of the Entrepreneur Club, interned with the Salvation Army as Assistant to Director of Annual Fund and Advancement and Community Relations Intern with Kroenke Sports and Entertainment (Denver Nuggets and Avalanche PR team). He recently was accepted to study abroad at the University of Glasgow through Principia Consortium Program and was the first student from Regis to participate in the Honor's program classes there in the spring of 2013. He is described by Thomas G. Bowie, Director, Regis College Honors Program as "an energetic student who has made a profoundly positive impact on Regis during his time here. In fact, I can think of few students so well suited to making a positive impact in a foreign country." He was sponsored by his mother, Connie Prokupek, of the Omaha chapter.

CHAPTER NEWS

ALBANY CHAPTER

Condolences are sent to Ellie Scanlon's family in the recent loss of her mother-in-law, Grace Scanlon, Joan Mauro had back surgery in March and is still recovering. President Bonnie Crowley and two Chapter members attended this year's Convention in Nashville; members enjoyed hearing Sue Russo's report. They look forward to next year's Convention (70th) in Houston. The Chapter continues to meet in member homes on the second Tuesday of each month to enjoy a lunch provided by the hostess before their meeting. In addition to each attendee donating \$10 to the treasury, members can make a free-will offering through a locomotive bank placed on the table. They also bring canned goods to the meeting for donation to a local food pantry by Diana Ham and Mary McCabe, Welfare Co-Chairs. June's meeting was at the home of

Ellie Scanlon where the following officers for 2013-2014 were installed by Past National President Alice McCabe: President Bonnie Crowley, Vice President Ellie Scanlon, Secretary Joan Mauro and Treasurer Mary McCabe. Four new Chapter members were also initiated at the meeting. September's meeting will be at the home of Alice McCabe, at which time, Ellen Minich will hold an auction of items donated by members as a fund-raising event. October's meeting will be held on a train ride; November's will be at Marilyn House's new residence (an assisted living facility), and President Crowley will host the Chapter's annual Christmas party.

ATLANTA CHAPTER

Sincere sympathy is extended to Estela Churn in the loss of her son, Michael George Temple.

CHICAGO CHAPTER

President Marie Gallagher reports that long-time member Treva Mae Milligan passed away recently. Marian Capizzi is doing okay after suffering a stroke two years ago. Pat Dunham is recovering from pneumonia. The Chapter plans a get-together soon.

HOUSTON CHAPTER

Debbie Converse is checking with Ronald McDonald House about members volunteering 3 hours weekly. Members continue to collect tab tops for the RM House. The Coughatta Casino Bus Trip on March 16 was a great success with 43 people attending and netting \$1,000 towards the 2014 Convention. Biggest casino winner was Joe Orban, husband of deceased member Dee Orban. A group of members attended an MDA Children's Cancer Project luncheon on March 26 to honor volunteers. (Photo next page)

CHAPTER NEWS (Cont'd.)

HOUSTON CHAPTER (Cont'd.)



L-R—Darlene Brown, Ginger Stanbery, Debbye Converse, Lou Ann McClendon, Cheryl Chambers, Tamela Kubicek, Ouida Debruhl (President) and her friend David Buckner at the MDA Luncheon.



Joel pointing to Daddy (while watching himself on the big screen).



Ouida was a volunteer in many organizations and was member of Woman's Transportation Club; National Association of Railroad Business Women; Texas Education Extension Association for many years and served in many capacities as Officer of these organizations. Member of Southern Pacific Railroad Retirees and was very involved in her church, Christ Church in Conroe, Texas. She served on various committees faith-fully in many capacities.

What can we say about Ouida? She was perpetual motion, A pepper pot and involved in everything and willing to help anyone at any time. Loved those trips to the Casino's and traveling to be with friends. If you were in a dark room she would walk in and the room would light up. For sure, you knew you were going to get a hug when you met her and same when she said goodbye. Tonight when you look up to the Heavens notice that Special Bright Star. She is still watching over all.



Past National President "Mama" Grace Nowlin celebrated her 92nd birthday with friends at Pappasitos Cantina. Wow! She looks so good!

We are so sad to report the passing of beloved Chapter President Ouida Dubruhl on June 22. Below is part of her obituary.



Helen Ouida 'Purcell' DeBruhl, 77, born October 18, 1935 in Little Rock, Arkansas and moved to Longview, Texas in 1936, where she grew up. She came to Houston, Texas in 1955 and began her career with the Southern Pacific Railroad where she retired as Product Manager in 1994 after 40 years of service.

She was preceded in death by her husband, Doyle DeBruhl, daughter, Theresa Blacow and brother, Jim Purcell. She is survived by her son Joseph R. Venturella and special friend David L. Buckner and much loved by the entire Buckner family, The DeBruhl Daughters and their families, Sisters Bobbie Ash and husband David from Santa Ana California; Edna Sparks and husband Norman of Longview, Texas; Elaine Brady of Beaumont, Texas, Brothers Ruben Purcell and wife Linda of Schase, Texas; Jessie Purcell and wife Charlotte of Conroe, Texas, multiple grandchildren and great grandchildren.



We are also sad to report the June 17 passing of member Wynelle Akin, one of the original Super 5 Ladies who traveled with Mama Grace Nowlin to National Conventions. Much sympathy is extended to Mary Belle Griffin on the loss of her husband, Bob, on April 26. Sympathy is also extended to Tamela Kubicek on the loss of her Aunt Jane Sutton on March 19 and her nephew, Robert Garner, on May 31. Robert was 29 and a Houston Firefighter at Station 68 when he lost his life tragically while working a fire at the Southwest Inn in Houston.

Anyone interested in viewing the photos Lou Ann took at Convention can go to www.shutterfly.com and sign in as "gammie48@yahoo.com" with the password "NARBW". Under "View all Albums", click on "Convention 2013 Nashville". Photos from previous conventions can also be viewed while on this website. Lou Ann just asks that you remember to sign out when finished.

The Avon Cancer Walk was a great success. Although Lou Ann McClendon began her chemo 2 days before, she DID do the walk, not as far as planned, but almost 4 miles. Friends Debbye Converse & Tamela Kubicek walked with her, holding her up at times. Lou Ann raised over \$1,800 in NARBW's name. She beat cancer 21 years ago and, with our prayers and modern medicine, she'll be a winner again! You go, girl! Congratulations to member Deborah Regan and husband Ray on becoming grandparents again—Raelyn Dominic Beister was born March 28 to daughter Lisa Kay. Congratulations, also, to Darlene Brown whose grandson at 20 months old is in one of the new HUGGIES' commercials. Joel's mother, Olivia Arnold, is Darlene's daughter and his dad is Josh Arnold.

CHAPTER NEWS (Cont'd.)

INDIANAPOLIS CHARTER CHAPTER

On Saturday, June 22, members enjoyed their annual celebration of the Chapter's achievements for the year with lunch at the Sassafras Tea Room in Greenwood, Indiana. They also installed officers for the year 2013-2014 and inducted new members.

JACKSONVILLE CHAPTER

New officers, elected by acclamation at the March meeting are: Elaine Mosley, President; Debbie Charpiat, 1st VP; Theresa Pair, Secretary; and Barbara Miller, Treasurer. The Chapter has received thank you notes for its own Scholarship Awards from Ashley Ohrodnick, Mary Warner's granddaughter, and from Leah Wright, Anna Mae Wright's granddaughter. April's meeting was held at CSX Headquarters with Davoli's catering. Welcome to new member Jennifer Suttles, a manager in the CSXT Operations Finance Department, who found NARBW on the professional network LinkedIn. Laura Gutteridge, Membership Chair, reminds us that NARBW can also be found on Facebook (<http://www.facebook.com/NARBWJacksonville>) and on Twitter (account is at NARBWJax).

Laura also has NARBW brochures to distribute to prospective members and can get these to you upon request. In addition, she has created note cards to send to members who have not attended meetings in a while. Mary Baldwin advises that Operation Life-saver presentations were held on March 22 and 23 and on April 6 and 13. Train safety awareness was also included in the OL presentation on April 6 via a Folkston, Georgia Train Ride. A Clothes Closet was held at PACE Center on May 7 and 8, and another is planned for July 17 and 18. The annual fundraiser for PACE was a tremendous success, but more clothing racks are needed. The Chapter donated 11 bags of nuts remaining from fund-raising to the Clara White Mission in March. Sharon Neal, Welfare Chairman, is looking into other,

less expensive nut vendors before ordering for sale in the fall. They continue to sell RADA cutlery, but their inventory was depleted after sell-out at Convention.



Convention attendees are: L-R—Laura Gutteridge, Mary Warner, Theresa Pair, Elaine Mosely, Barbara Miller, Sandy Hall, Mary Baldwin and Sharon Neal.

With 3 pending RADA orders on hand, more are needed to save on shipping charges. Current prices are good through July 31.

KANSAS CITY CHAPTER

Members ended 2012 with a holiday brunch at the home of Beth Wyatt.



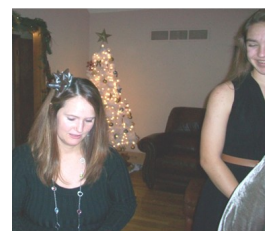
L-R—Rhonda Gomez, Shawna Hendrix, Cherree Walling, Shellee Currier, Chrystal Tonkin, Savannah Tonkin, Rachel Espinoza, Beth Wyatt, Michelle Pouncy, Katrina Sims, Sue Brazelton and Isabel Melder.

It was a time to remember the year that had passed, to plan for the year ahead and to just have fun! The ladies brought their favorite breakfast dishes to share, along with the recipes for each and gifts to exchange.

L-R—Sue Brazelton, Clair Wyatt and Isabel Melder



L-R—Cherree Walling and Savannah Tonkin



Chapter meetings are held at the BNSF Kansas Avenue Facility on the first Tuesday or Thursday of each month to provide flexibility in attendance for members.



Members working on money holders that were sold at Convention.

In February, members participated in the Faith Works Program, donating their time serving the community.



Rhonda Gomez and Shellee Currier helped set up a new thrift shop. Beth Wyatt and daughter, Clair Wyatt, made Valentine decorations and baked cookies with dementia residents at the Heritage of Overland Park.



CHAPTER NEWS (Cont'd.)

LOUISVILLE CHAPTER

At their March meeting, Marilyn Alley won a treat-filled Easter Basket designed/donated by Mary Jane Metzmeier. Bucks Restaurant was the site of their May and June meetings. Mary Jane and Doris Stemmer joined Ruth Ann Spears at Convention in Nashville. Sincere sympathy is extended to Elizabeth Rauchmiller who recently lost her husband, Rocky.

OMAHA CHAPTER

In March, a group of members and guests held an Ester Egg Hunt at Stephen's Center. Karen Sanecz called Bingo and helped keep the kids in line. Members donated candy, toys and personal care items that added to the event's success. The Chapter won



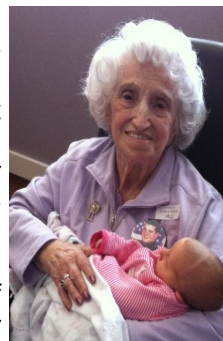
1st place in National's Membership Contest, winning one free Convention registration. Their Annual Golf Tournament is planned for August 16 at the Shoreline Golf Course. Entry fee is \$60 and includes lunch. Co-Chairs Kay Leslie and Sharon Brummer hope to have prizes for everyone and encourage all to come and play and/or provide a prize (golf gear, money, gift cards, etc.). Amy Schapp arranged for another PartyLite fundraiser on the Bridge at UPC on April 17, which netted the Chapter \$123. Welfare Co-Chairs Reba Snow and Annie West recommended and the board approved donation of \$750 to ENCAP, toward a new computer lab. The



check is being presented in this photo. Also, a donation of \$750 was recommended and approved for the Chil-

dren's Hospital Cancer Research. Annie also plans a Welfare project for this summer—donation of used purses to the Phoenix House, a Council Bluffs shelter for victims of domestic violence. Annie recommends the purses be clean and filled with a wallet containing \$5+, make-up bag, Kleenex, lip balm, mascara, flashlight, toothbrush, etc. Reba has invited members to help host a picnic for residents of the Ronald McDonald House. On June 9, members served dinner at the House and were asked to bring all box tops and labels to their next business meeting at Caddy's Riverside Grill. The labels are for Bloomer Elementary School in Council Bluffs, as voted on at their last meeting. The Chapter's Scholarship Award Money (\$2,000) is financed through the sale of the World's Finest Chocolate bars; and per Scholarship Chair Anya Jackson, judges have voted on 4 applicants to be recipients this year—Hunter Davidson, sponsor Betty Wimmer; Jace Prokupek, sponsor Connie Prokupek; Katherine Schwartz, sponsor Kay Leslie; and Nina Sauvain, sponsor Jennifer Powell. All have been invited to attend the Chapter's June meeting. Two judges returned their gift cards to the Chapter and members voted to donate same to the golf tournament as additional prizes.

Lee Buhrman advises that she is "still kicking, but not very high." Here she holds her Great Great Granddaughter Kayce Jane born March 25. Speaking of grandchildren, our National President Cynthia Chandler became one again on May 10. A baby boy, Cash Grayson Dougherty, was born to Cynthia's daughter Crystal and he didn't hold up Convention for one moment. Social Chair Sally Sofio planned a trip to Pella, Iowa, where over 380,000 tulip bulbs are planted yearly and all were to be in bloom between the end of April and the first of May. She is also working on a June outing. Their May



Membership Meeting was held at Johnny's Café in Omaha. Amy Schapp, outgoing Chapter President, thanked each of her Chapter Board and Committee chairs with a card and gift for their support during her tenure. Congratulations to Sue Huizenga who won first prize with her Winter's Welcome Home Chili in the UP Customer Service Center Chili Cookoff. Colleen Brabec's son, Andy, won the Omaha World Herald Contest and got to toss out the opening ball at a Creighton Ball Game. Geneva Dourisseau won the Kindle Fire that the Chapter raffled off at Convention. Members are asked to contact Connie Prokupek if interested in chairing or serving on a committee. Names of Chapter members who pay their dues before September 5 will be in a drawing for full refund. Get well wishes are extended to Marge Carson who is recovering from knee surgery. Our sincere sympathy is extended to April Pash whose father, Ron Pash, passed away in early March. Condolences also to Reba Snow who lost her mother, Ethel Douglass, in early April. It has been learned that Linda Casteel (UP Labor Relations) is in hospice homecare after being diagnosed with cancer in February 2012.

PHILADELPHIA CHAPTER

Chapter members held their April business meeting at the Ronald McDonald House after serving breakfast to about 30 residents. Joan Waite only had 35 of the LED flashlights with NARBW logo left to sell at Convention after purchases were made by members in attendance. Mother's Day gifts were also brought to the meeting and were delivered to Mother's Home in Darby by Renee Strolis. The Chapter plans a unique fundraising idea for Mother's Home—"Adopt" a baby bottle, fill it with your loose change and return it to the home when full. The Chapter thanks the new Mrs. Krista Keene (former Krista Pohl) for stepping up to the plate and being installed as their new Treasurer. Joan, Renee, Rae Huebner and Susan Harmon participated in the Ronald McDonald Airplane Pull on May 4, and each said that, once they got the plane moving,

CHAPTER NEWS (Cont'd.)

PHILADELPHIA CHAPTER

(Cont'd)

it was a piece of cake. Convention attendees included Joan, Gloria Sistrunk, Althea Brown, Shawn Davis and Ellie Cain. The Chapter netted \$306.50 at their Market Place table and Kay Bolich won the 2nd Place Prize in National's 50/50 raffle. Their June installation meeting was held at Kathy Bevilaqua's house. Kathy's husband, Peter, was their own personal valet.

PITTSBURGH CHAPTER

Members met on June 21 at The Willow in Pittsburgh. Nine were present, including one husband, a nephew and two daughters. They had a delicious lunch and even treated themselves to dessert. The Convention handbook was reviewed and found to be nicely done—congratulations to the committee handling. The afternoon was spent in remembrance of past experiences on the Railroad. They feel that a best seller book could be written, as some experiences were very funny! Their next meeting is planned for July 26.

ROANOKE CHAPTER

The Chapter had the most members in attendance at the Nashville Convention (12), and members are so proud of Sylvia Long, their President from 2011-2013, who was elected National Secretary. They know she will do an excellent job. They are proud also of Virginia Austin and Alverta Steptoe, each of whom were recognized as Good Samaritans with over 300 volunteer hours apiece. The Chapter met at Billy's on the Roanoke City Market for their June Membership Meeting and installed new officers for the coming year—Kathy Barbour, President; Elaine Parks, 1st Vice President; Corbin Craig, 2nd Vice President; Joyce Mills, Secretary; and Linda Taylor, Treasurer. May's Welfare project was the American Cancer Society's Relay for Life Event on June 1, headed up by Joyce Higgs. Although it was decided not to reserve a spot for tent set-up this year, donations of \$290

were given by members for the cause. Members also participated in, or donated toward, the LOA's "Let's Do Lunch" affair on June 21 to benefit "Meals on Wheels". Joanne Perry is also collecting donations from members toward the Baptist Mission Center's purchase of about 180 children's back packs prior to the next school year. All funds will be turned over to the Center sometime in July. A summer outing is planned for August 3. Members will meet at Lil' Cucci's Pizzeria in Daleville for dinner and then attend the play "Sister Mary Amnesia's Country Western Nonsense Jambo-ree" in Fincastle. Pictured below is Roanoke's youngest member,



Vicki Arlene Smith with Easter Duck.

Joyce Mills had outpatient surgery on May 9 as the result of a fall suffered on a recent trip. Helene Martin is having back problems. Elaine Parks is recovering from a cyst on her kidney. Pat Mengerink had a basal cell carcinoma removed from her thigh and is awaiting further word from her doctor. It is with great sadness that we report the death of one of the Chapter's most beloved members. Bertha Schoolcraft passed away on Wednesday, April 24.

ST. LOUIS CHAPTER

Three members attended Convention this year—Melba Jean Cookston, Margaret Ruffin and Diane Huntington. Margaret's daughter, Debbie, was ill and unable to attend. Cheryl Horne was preparing for surgery and also unable to be there. Officers installed at their June meeting were: Melba Cookston, President; Diane Huntington, Vice President; Margaret Ruffin, Secretary and Cheryl Horne, Treasurer. A July Board Meeting is planned at the home of Melba Cookston.

TOPEKA HEARTLAND

CHAPTER

President Nancy Lord and her friend, Ozzie Osborn (the original, he says, and not the singer) were accompanied to the Convention by Dee Woodson and hubby Larry. Since returning home, both Nancy and Ozzie have been hospitalized—Nancy for another tumor on her bladder and Ozzie for pneumonia and to drain 3-1/2 liters of fluid from his lungs. Doctors then found a mass in one of Ozzie's lungs. Get well wishes are certainly extended to both Nancy and Ozzie.

TWIN CITIES CHAPTER

The Chapter is sad to report that Past National President Jane Sebezek Clappier's husband, Robert, passed away on Sunday, May 26.

TWIN PORTS CHAPTER

The Chapter had to cancel its April Membership Meeting twice due to snow storms. Their planned rummage sale also had to be rescheduled for early June because of weather. At their May meeting in the Pickwick Restaurant & Pub, members celebrated the Chapter's 37th anniversary with a special dessert. Thanks to Bunny Bohlmann and Bonnie Tasky for all the arrangements, including lovely plants and cupcakes that Bonnie's daughter baked. The Chapter presented a wedding gift to Secretary Sue (Carlson) Peer for her recent marriage. Barb Johnson was the winner of the 50/50 raffle, and door prizes were awarded. Members were asked to renew their memberships in May as there would be a drawing for one free membership in June. Marie Jordahl will be collecting Betty Crocker box tops and Campbell soup labels at the June meeting, and asks for distribution suggestions. Members were also asked to bring personal items to the May meeting, such as toiletries, pillows, bedding, under garments, PJ's, etc., along with any children's items, for donation to Safe Haven in Duluth. Pat Piggott will make the delivery.

CHAPTER NEWS (Cont'd.)

TWIN PORTS CHAPTER

(Cont'd.)

All Chapter officers have agreed to serve another term; i.e., Pat Cohen, President; Aine Merrill, Vice President; Barb Johnson, Treasurer; and Sue (Carlson) Peer, Secretary. Pat Piggott was given approval to order 15 Happenings Books; however, an order will not be placed as the company was found to be in bankruptcy. The Chapter is proud to announce that two National Scholarships of \$1,600 each were awarded to the granddaughters of Betty Goman (Emily Saville) and

Claire Downs (Amanda Downs). The Chapter voted to purchase \$25 worth of National's raffle tickets, with the Chapter treasury being the recipient of any winnings. Motions were also made and passed to donate \$50 to Zion Lutheran Church for use of their facility in sorting See's candy last December and another \$50 to the church for use of their facility during the upcoming rummage sale. The Chapter's June meeting will be at the Blach Woods Grill & Bar in Proctor, Minnesota. Congratulations to Britny Bergson who is expecting a child on October 29. Bun-ny Bohlmann's husband, Dick, is back

home after suffering two strokes and having surgery for a blocked carotid artery. He is doing well now, having recently celebrated his 79th birthday and his and Bunny's 53rd anniversary. It is reported that Ginny Claveau is now at St. Ann's Residence, room 626, while undergoing therapy. Marilyn Persch's husband, Al, was hospitalized in May as the result of a fall. Bonnie Roth is scheduled for hip surgery, and Betty Goman's husband, Ted, had knee surgery in June. Sympathy is extended to Sue Peer on the death of her mother-in-law, Bernice Peer, on May 6.

RAILROAD RETIREMENT INFO

For Publication

May 2013

Railroad Retirement Spouse and Widow(er)s' Annuities and Public Service Pensions

Railroad Retirement Act spouse and widow(er)s' annuities (including divorced spouse, surviving divorced spouse and remarried widow(er)s' annuities) are subject to reduction when social security benefits or dual railroad retirement annuities are also payable. Such railroad retirement benefits may also be reduced when a spouse or widow(er) is entitled to a public service pension unless certain exemption requirements are met.

Since the payment of railroad retirement spouse or widow(er)s' annuities can be affected by entitlement to certain other government benefits, such dual entitlement, if not reported to the Railroad Retirement Board (RRB), can result in benefit overpayments which have to be repaid, sometimes with interest and penalties. The following questions and answers describe how payments are adjusted by the RRB for spouse and widow(er) annuitants entitled to public service pensions.

1. For social security or railroad retirement purposes, what is considered a public service pension?

A public service pension is any periodic benefit payment, as well as lump-sum payments made in lieu of periodic payments, based on an individual's own employment with a Federal, State, or local government unit. Some examples are pensions paid to teachers, police officers, and civil service personnel on the basis of age or disability. Full salary benefits paid to a retired or resigned judge under the Federal judiciary retirement system are also considered public service pensions.

Most military service pensions and payments from the Department of Veterans Affairs will not cause a reduction. A pension paid by a foreign government or an interstate instrumentality also has no effect on a spouse or widow(er)'s annuity.

2. How is the public service pension reduction applied to railroad retirement spouse or widow-(er)s' annuities?

For spouses and widow(er)s subject to the public service pension reduction, the tier I reduction is, under current law, equal to 2/3 of the amount of the public pension. The amount of the public service pension is the current gross amount, before any deductions for income tax withholding, Medicare premiums, health insurance or other benefits.

RAILROAD RETIREMENT INFO (Cont'd.)

3. What is the background of the public service reduction in spouse and widow(er)s' annuities and how does it affect such payments?

The public service pension reduction in social security and railroad retirement spouse and widow(er)s' benefits was brought about by 1977 social security legislation which also applied to the tier I benefits of railroad retirement spouses and widow(er)s. The tier I portion of a railroad retirement annuity is based on railroad retirement credits and any social security credits an employee has acquired. It is computed under social security formulas and approximates what social security would pay if railroad work were also covered by that system. Tier I benefits are, therefore, reduced in the same manner as social security benefits when certain other benefits are also payable.

4. Are there any provisions that would exempt railroad retirement spouse or widow(er) annuitants from the public service pension offsets?

Generally, in order to be exempt from a public service pension reduction, State and local government workers must be covered by social security throughout their last 60 months of employment with the pension-paying government entity.

The public pension reduction also does not apply to a spouse or widow(er) who filed for and became entitled to her or his railroad retirement annuity before December 1977, or to a spouse or widow(er) whose public pension is **not** based on her or his own earnings.

5. Where can more specific information on how these pension offsets affect railroad retirement benefits be obtained?

Persons can contact an RRB field office for information as to how their public service pensions could affect their railroad retirement benefits via the agency's website, www.rrb.gov, or by calling toll-free at [1-877-772-5772](tel:1-877-772-5772). Most RRB offices are open to the public from 9:00 a.m. to 3:30 p.m., Monday through Friday, except on Federal holidays.

CAN YOU HELP?

In the last issue of "The Capsule", we posted two photos from days gone by and asked if anyone could identify the Narbies shown. Mary Jane Boylan, President of the Atlanta Chapter, asks if the lady in the black dress on the bottom row and in the middle (circled) could be Dot Chumley? What do you think?



Below is an old Pennsylvania Railroad archive photo captioned "Women Engine Wipers During WWI". They are on the deck of an H6a Consolidation-type freight locomotive. Their jobs were lost when the men came home from war.



NASHVILLE CONVENTION 2013



NASHVILLE CONVENTION 2013 (Cont'd.)



NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN

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THOUGHTS FOR 2014 CONVENTION

(Written by Debbye Converse)

We are home from Nashville and we had a blast
Appreciative of the work National performed on the task.

We embraced old friendships and new ones were made,
As we honored lost members that lead our brigade.

Now planning and plotting are in full gear;
The Houston Chapter has less than a year.

Our to-do list is long and expectations are high.
Mark your calendars, don't let this date slide by.