

THE CAPSULE

Volume 16, Issue 6

July, August, September 2013

MESSAGE FROM THE NATIONAL PRESIDENT



Dear Narbies:

Summer is finally coming to an end. Fall begins with cool mornings and evenings and the holidays start rolling in—Halloween to be the first.

The National Board hosted a Meet and Greet before the sum-

mer board meeting in Norfolk, VA, in July and we are still working on a possible new chapter there. We met a group of ladies with outstanding potential.

On another note, it is with much regret and sadness that I must report that the Richmond Chapter turned in their charter. The chapter was almost 60 years old. Some of the members will be joining other chapters and will participate in their activities. Richmond Chapter members will be an asset to any Chapter.

From the plans of work you received, you will see that we have added another National Welfare Project, "Alzheimer Research". There is more information concerning this project further in this Capsule.

From newsletters I have received, many chapters are work-

ing on recruiting new members. We have had Meet and Greets across the country which help maintain membership. This is a trend I believe we should continue.

The Houston Chapter is busy working on a great convention. Mark your calendars and make plans to attend on May 16th & 17th, 2014.

As this will be the last Capsule before the holidays, I want to wish all of you a Happy Thanksgiving and a Merry Christmas. May your holidays be merry and bright, surrounded by those you love and those who love you.

Warmest Regards,

A handwritten signature in black ink that reads "Cynthia Chandler".

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CHAPTER NEWS

ALBANY CHAPTER

Election of officers was held at the home of Ellie Scanlon on Lake George, NY. Past National President Alice McCabe was the installing officer. The Chapter recently held an auction at Alice's home where members brought/won items, raising \$100 for their treasury. A bake sale auction is being planned at the home of Merrilllee Wygant where members will bring/win baked goods. This is another good fundraiser. Members continue to bring canned goods to their meetings for donation to a local food pantry by Welfare Co-chairs Diana Ham and Mary McCabe. Members are glad to have Mary back after her hospitalization this fall for an irregular heart beat. Members will be taking an SNCR train ride from Saratoga to North Creek on Tuesday, October 8.



They'll be checking out the fall foliage in their dome car. Reminiscing back to 1999 (they think), they remember another train ride while attending an NARBW Convention in Altoona, PA, when they were trying to see the horseshoe curve in a blinding fog. The photo below was taken at their hotel pool where they were showing off their own curves!



Pictured L-R are Diana, Alice, Bonnie, Kathy, Ellie, Helen and Merilyn

President Bonnie Crowley will host their Christmas party at her home again this year. Sincere sympathy is extended to Lynn Sisto on the passing of her dear mother in August.

ATLANTA CHAPTER

Atlanta Narbies are thinking about special fun outings, such as a trip to New Orleans on the Mega Bus, a gambling cruise or just seeing a movie as a way to attract more members. After making

\$215 from their sales at Convention, members came back with new ideas for fund raising—hayrides, selling Premier jewelry or “31” bags, a cruise ship gambling trip and holding a fashion show. **Great News—The Chapter is considering hosting the 2015 Convention and is looking at Savannah or Chattanooga as possible locations.** Following are some photos of Atlanta Narbies taken at Convention in Nashville this year:



The Chapter held a minor league baseball ticket raffle in June/July. Mary Jane Boylan planned the July outing for members. Nut sales will begin in October for Christmas delivery. The Chapter's October meeting will be combined with its September 28 meeting. Member Denese Whitney suggested putting up an NARBW booth at the CSX Family Day to recruit members.

Denese also suggested posting Chapter outings on railroad bulletin boards, extending an open invitation to others. Member Carol Ross reported that Anthony Foxx was sworn into the office of Secretary of Transportation on July 2, replacing Ray LaHood. Foxx has held many offices, including Mayor of Charlotte, NC.

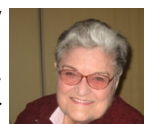


CHICAGO CHAPTER

President Marie Gallagher reported that “No news is good news.” Everything is going along well, as are all of their members.

HOUSTON CHAPTER

Members still mourn the loss of their President Ouida Debruhl, who passed away on June 22 this year. Her friend David Buckner thanks everyone for their prayers during her last days before becoming a star in Heaven. Also missed is Wynell Akin who passed away on June 17. She was one of the original five Narbies who for about 30 years traveled with Mama Grace Nowlin to NARBW Conventions. Our sincere sympathy is extended to Jackie Barron, who lost her son Bradley Keith Barron on August 6, 2013, at the age of 37. Brad was a former PTR Credit Union Manager. New President Ginger Stanberry, when speaking about Tamela Kubichek's work as 2014 Convention Chairman, quotes Houston Mayor Anise Parker when she spoke about the “Freedom Over Texas” Fourth of July celebration and said, “We are Houstonians; we know how to throw a party!” It sounds like next year's convention will be absolutely unforgettable and something we Narbies won't want to miss. Former Chapter President Mary Jane Spencer celebrated her 90th birthday on August 6, 2013. Her daughter Judy threw her mother a “Kick Your heels Off and Put On Your Boots” birthday party. It may be a little late to congratulate Mary Jane by the time you receive this newsletter, but if



CHAPTER NEWS (Cont'd.)

HOUSTON CHAPTER (Cont'd.)

you'd like to send a belated birthday card, her mailing address is 1643 Cooper Creek Lane, Franklin, TN 37064. Members held a combination installation/planning/dinner meeting in August at President Ginger's home. Menu consisted of chicken spaghetti, salad, Doris Stromberg's bread, iced tea and dessert (yum, yum). Mama Grace was the installing officer, and the new officers included Ginger Stanberry, President, Virginia Rodriguez, Vice President; Cheryl Chambers, Treasurer; and Debbye Devore, Secretary. Thanks to Darlene Brown who accepted the position of Membership Chairman. September's meeting was held at La Hacienda Mexican Restaurant & Bar. Members were asked to wear their favorite fall colors. A nut sale is being planned for this fall as a fundraiser. Debbye Devore and Lou Ann McClendon have been volunteering weekly at Spring Ministries. Lou Ann is also making plans for members to volunteer with the MD Anderson Children's Christmas Card Project and at Ronald McDonald House. Congratulations to Shane Christenson, Grace Nowlin's grandson, and Amy Beatty who will be married on October 19. Prayers and get well wishes are sent to Skye Lynn, granddaughter of Gail and Bob Stephens, as she recovers from surgery for severe head injuries suffered in a car wreck. Also recovering from surgery is Debbye Converse who was experiencing continuous headaches caused by a pinched nerve. Lynette Christenson, Grace Nowlin's daughter, was recently hospitalized for a bronchial infection. We extend get well wishes to all these ladies. Deborah Regan's husband, Ray, had knee surgery on September 9. We hope he is recuperating well.

INDIANAPOLIS CHARTER CHAPTER

The Chapter's annual casino bus trip was on August 9 to the Rising Star Casino in Rising Sun, IN. The trip was

successful in spite of the fact that it was the first since Member Gerry Foster's passing in April. On past trips, Gerry had lovingly wrapped and donated a prize for all who went, making everyone a winner no matter what was won or lost at the casino. The Chapter's September 16 membership meeting was held at the Slippery Noodle Inn, an old historic building. Members also met for lunch on September 19 at Santorini Greek Kitchen prior to delivery of pop tabs and other donations to the Ronald McDonald House. The Chapter will hold a Christmas Scholarship Raffle for a liquor/wine basket and asks members to please donate items toward this cause. President Connie Hunt offered information to former railroad employees and their spouses about NARVRE (National Association of Retired and Veteran Railway Employees). NARVRE's sole purpose is the promotion, protection and preservation of our railroad retirement pension system. Their meetings are at 11:00 a.m. on the first Tuesday of each month at Indy's Teppanyaki Grill & Supreme Buffet. Get well wishes to Nina Goins who is recovering from facial injuries due to a fall. Our sincere sympathy is extended to Helen Scaringe and her family on the loss of her son, Michael, who passed away on September 9. In addition to the loss of member Geraldine (Gerry) O. Foster, the Chapter also mourns the loss of member Ruth J. Hughes Moore who passed away on May 16.

INDIANAPOLIS CIRCLE CITY CHAPTER

Members continue to meet on the 2nd Tuesday of each month at various restaurants where they enjoy each other's company, along with the food, drinks and coffee. (We are told that Susan Wood loves her coffee!) Members continue to volunteer at their churches and within the community. They also donate to the no-kill dog shelters and give out books to nursing home residents. The Chapter is planning a Pampered Chef party as a fundraiser and

continues to have 50/50 drawings at meetings. Their treasury is also supplemented by donations from members. Those who have relocated to Florida include Malinda Ross (N. Fort Myers), President Nancy Harmon (The Villages), and Melanie McKim (Hallandale Beach). Member Kathy Burks, who "snowbirds" to Florida in the winter months, has signed up to work at the Epcot Center's Wine Festival at Walt Disney World. We agree with Nancy who believes that life after retirement seems to have some mighty fine perks!

JACKSONVILLE CHAPTER

President Elaine Mosley visited her brother with four grandchildren in the backwoods of Virginia this July. By backwoods, we mean no cable, no reliable internet access and (in Elaine's words) "God forbid, you forget the bread or milk!" Needless to say, though, she had a great time and one highlight of her trip was the county fair!

The Chapter's July meeting was held at CSX Headquarters with Davoli's catering. The speaker was Alison Caccella from Breathe Easy Living, a company dedicated to providing life, wellness and business coaching. Members were asked to bring items for a care package that will be mailed to Tanya Librojo, a member who has been deployed to Afghanistan.



On August 17, members attended an all-day SHADCO Event for Operation Lifesaver at the Avenues Mall, which included attendance by the Sheriff Advisory Committee. Members were encouraged to shop for school supply deals offered in July in order to help fill 90 backpacks for PACE girls. One of National's Scholarship winners this year was Mary Warner's granddaughter, Ashley Ohorodnick. Ashley also won the Chapter's Scholarship Award and was introduced to members at its June meeting. Also, one of Mary Warner's friends who had a winning ticket with National's raffle at Convention

CHAPTER NEWS (Cont'd.)

JACKSONVILLE CHAPTER (Cont'd.)

donated \$100 of their winnings to the Jacksonville Chapter for its Scholarship Fund. The Chapter has reordered RADA cutlery to replenish its supply (sold out at Convention) and advises that the pecans they will sell this fall have not increased in cost. Sandy Hall of the Emeritus Council was the installing officer at the Chapter's June meeting for the new officers pictured below:



L-R Sandy Hall; Barbara Miller, Treasurer; Theresa Pair, Secretary; Debbie Charpiat, VP; and Elaine Mosley, President

The 50/50 raffle at their June meeting was won by Mary Warner and the winnings were donated back to the Chapter. Members volunteered at the PACE Clothes Closet on July 17 and 28.

KANSAS CITY CHAPTER

Members loved this Nashville Convention photo of their own Chrystal Tonkin dressed as Dolly Parton. Can you guess which is Chrystal? 😊

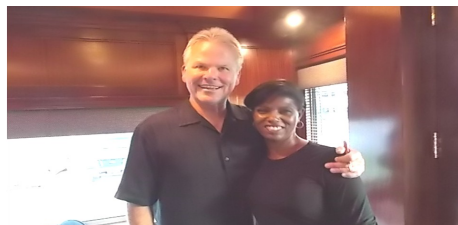


The next photo shows members working on craft projects that were later

sold at Convention to generate funds for the Chapter.



Sue Brazelton devoted many hours crocheting a beautiful afghan that was auctioned off at Convention (their most successful fundraiser of the year). Patrick Henry, shown below with Shellee Currier, most graciously



donated his passenger train for the Chapter to host a membership drive and gave the ladies a tour of its beautiful accommodations. "Where there is track the train can be there."



On board was special guest Karina Gonzalez with the Kansas City Southern Railway.



The Chapter welcomes new member Rigi Chackanad with Amsted RSP; Savanna Hubbard, daughter of Chrystal Tonkin; Clair Wyatt, daughter of Beth Wyatt; and Megan Wilbur, daughter of Rhonda Gomez. The Chapter had various outings throughout the year—birthday celebrations, clubhouse parties and volunteering. Members are very excited about their October 19 outing where they will visit the Warm Springs Ranch in Booneville, MO, home of the world famous Budweiser Clydesdales, where these beautiful animals are born and trained.



Congratulations to Matt Wilbur, Rhonda Gomez's son, who is finishing up his internship with the Kansas City Chiefs. Matt graduated from the University of Kansas with an interest in the field of Sports Management/Media Marketing.

LOUISVILLE CHAPTER

The Chapter held its "Christmas in July" meeting at the home of Ruth Ann Spears (in below photo) on the 24th.



Members were asked to bring a wrapped gift with at least a value of \$5

CHAPTER NEWS (Cont'd.)

LOUISVILLE CHAPTER (Cont'd.)

to be auctioned off to benefit their Welfare fund. Ruth Ann treated members to a catered lunch from the Olive Garden (salad, breadsticks and lasagna, with a dessert of very berry pie). Entertainment was furnished by Ruth Ann's dog, Rocky, who greeted the mailman by grabbing the mail from the mail slot and then throwing it all over the floor! Sounds really cute, especially if any bills are involved! The auction netted the Chapter \$213—well done! Their September 25 meeting was held at 12:00 noon at the home of Marilyn Barrett. Members brought their favorite dish to be shared for lunch. Their October 30 meeting has been scheduled at Buck's. It is with great sadness that the Chapter reports the loss of Members Bessie Weatherman in May and Margie Zimlick in June. Both ladies will be sorely missed.

OMAHA CHAPTER

Their June 20 meeting was held at Caddy's Riverside Grill. Two young people who won Chapter Scholarships were present—Jace Prokupek and Nina Sauvain. Those missing were Hunter Davison and Katherine Schwartz. The Chapter is considering several options for outings—Mahoney State Park, Horseman's Park and La-Mars Blue Bunny Factory tour. Their Ronald McDonald Grill-Out in June enjoyed a nice turnout. The Chapter made a small profit from Convention sales. Ann Gentle's eldest son Henry received his Eagle Scout Award in March and graduated from Central High School in May. He will attend the University of Missouri as a Marketing/Advertising student in the fall. Ann's middle son Jack received State recognition in the Duke University Talent Identification Program, which is earned by high test scores on an SAT or ACT taken while a 7th grader. No wonder Ann's floating about 3 feet off the ground! Congratulations to Marla Bachus who is now Manager of Ad-

ministration for the Aviation group. Her main responsibility is to ensure that the planes are always ready for the "GO" team. Coleen Brabec's company, Mobilis, partnered with 9 middle school girls known as the "Nerd Herd" to build a combination walker and wheelchair. Colleen believes the end product has enough unique features that it may win a patent! Our thanks to Colleen for supporting their future. Welcome new member Jacki Fee, who just happens to be Joanne Flood's daughter. Recapping the Chapter's past year, members painted a home (Paint-a-Thon), served dinner 3 times at Ronald McDonald House (pictured below with Ronald); enter-



tained the kids at the Stephens Center; walked in the Susan G. Komen Race for the Cure; donated cleaning supplies for ENCAP's senior BINGO; collected toys and food for the Humane Society, Toys for Tots and the Children's Square; donated mittens, gloves and scarves to the Salvation Army; collected professional clothing for the YMCA; and donated \$750 each to ENCAP and the Children's Medical Center. The Chapter also raised over \$5,000 by hosting a golf tournament,

Cynthia Chandler's Team (1st Place A)



Julie Lane's Team (1st Place B)



Tim Lane's Team (Second Place A)



Jerry Tessin's Team (Second Place B)



selling Party Lite candles and World's Famous Chocolate bars, saving Side-kicks coupon books, and having two raffles. Their social occasions over the past year included attending the Lancaster Art Fair out of town, going to Mulhalls' Ladies Night Out for Christmas decorating ideas; renting the Christmas Trolley and touring the Christmas lights, attending the Cathedral flower show, holding an Academy Awards Party and attending a dinner theatre (Murder, Mayhem and Marina). One carry-over Welfare project from last year is the Phoenix House Used Purses for victims of domestic violence who walk out of their homes with nothing but the clothes they are wearing. Members are asked to gather up their neat, clean, used purses to be filled with the basics—a wallet with \$5+, makeup bag, Kleenex, lip balm, mascara, flashlight, toothbrush, etc. Members will fill the purses at their October 3 meeting. A Halloween Party is planned for October 23 at the Stevens House. Members will participate in the Susan G. Komen Race for the Cure (breast cancer) on October 6 and, on October 13, they plan to attend a play ("The Dean's Deception") at Mahoney State Park's Denman and Mary Mallory Kountze Theatre. They are currently recruiting new members, five thus far. Members are considering a restaurant dinner fundraiser where a percentage of total sales from 5:00 p.m. to 8:00 p.m. would go to the Chapter. Debra Ready was the winner

CHAPTER NEWS (Cont'd.)

OMAHA CHAPTER (Cont'd.)

of a \$25 drawing for members who paid their dues at or before the September meeting. Debra donated her winnings back to the Chapter Scholarship Fund.

PHILADELPHIA CHAPTER

Members held their August board meeting at the home of member Gloria Sistrunk. Newlywed Krista Keene made it down from Albany, NY, and Joan Waite made it from her new "digs" in lower, slower Delaware. New member Faye MacInnis, an Amtrak employee, was welcomed. Members decided to continue selling Marion Kay spices as they are a good source of fundraising and "everyone needs a little spice in their life." See's candy is becoming too expensive, so the Chapter decided to use local company Bergins instead. The Chapter is looking into attending a play in Philadelphia as a group and, of course, making a little money on the side. A "high tea" at some place like The Four Seasons Hotel is also being considered as a source of funding. A company called National Pen, used in the past for NS logo pens and more recently for NS logo flashlights that were sold out at Convention, is assisting with some of their fundraising. In case you missed out on the flashlights, members will again have them and pens for sale at the Houston Convention next year. The Chapter will be volunteering as ushers in the annual "design home" for the Ronald McDonald House, which is located on the Main Line in Villanova this year. They will also be participating in the ALS walk, initially in support of Michele Detrick's husband Fred. It is with heavy heart that we report the walk will now be in memory of Fred. Please keep Michele in your prayers.

PITTSBURGH CHAPTER

Members met at the Meadows Casino and Racetrack where they had a good lunch and a short meeting. Past Chapter President Joanna Kinney was visiting from Durham, NC, where she lives with her daughter. Members enjoyed

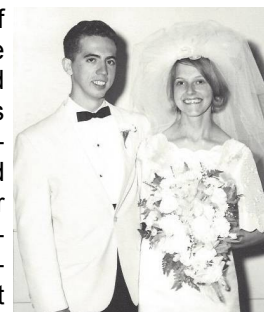
seeing Joanna and reminiscing about the "good old times." Also there, was Lois Kelly and her daughter Shelia, both of whom had just returned from Albuquerque, NM, where they attended a convention of the Women's Overseas Service League (WOSL). Lois reported that 50 women who had served or were serving in different wars, were in attendance from all over the U.S. Lois and Shelia had toured Albuquerque and told members about some of the more interesting things in the area. Lois said her greatest accomplishment while there was learning how to spell "Albuquerque." The Chapter's August meeting was held at "Off The Hook", a very nice, new restaurant in the Pittsburgh area. National's Plans of Work were reviewed at that meeting.

ROANOKE CHAPTER

Chapter President Kathy Barbour, along with 2nd VP Corbin Craig, will continue with their newsletter column "Meet a Barbie" where information about members will be posted. Past National President Joyce Higgs was featured in their October issue. Here she is with older sister Betty. (Cute!) Member Joyce Mills is mighty proud of her grandchildren, Olivia (10) and Noah Mills (14), shown below. Both have won many honors

in school and are straight A students.

Speaking of Joyce Mills, she was also featured in the Chapter's October newsletter that included a photo of her and hubby Harold on their wedding day (August 30, 1968). Mem-

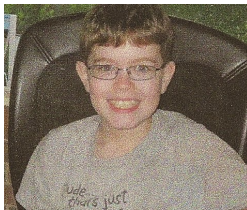


bers are continuing efforts to increase membership, following in the footsteps of Past Chapter President Sylvia Long. In July, Welfare Committee members Joanne Perry and Pat Prillaman, assisted by President Kathy, presented the Baptist Community Center with a check for \$325 to be applied toward back packs for their children. Also delivered were miscellaneous school supplies valued at around \$75 (donated by members)



L-R—Pat Prillaman, Kathy Barbour, Pat Carter (Site Coordinator) and Joanne Perry

Thirteen members purchased tickets to the LOA's "Let's Do Lunch" affair on June 21, each providing three days of Meals on Wheels for a homebound senior. Other members who were unable to attend donated a total of \$45 to the cause. President Kathy, her husband Steve Barbour and Pat Prillaman delivered pet food and other pet items donated at their September meeting to Angels of Assisi, a "no kill" facility for pets. Additionally, a check in the amount of \$240 (all contributions from members) was delivered to the facility. Realizing that some of our members live alone and may need some assistance in projects around the home, Member Carla Farley has suggested a "Make a Difference Day"



CHAPTER NEWS (Cont'd.)

ROANOKE CHAPTER (Cont'd.)

where members would help when and where possible. Thanks to new member Pamela Custis who volunteered to be Transportation Museum Chair, overseeing National's display. Wanda Corbin reminds everyone that she is collecting books and magazines for donation to the V.A. Hospital. Members continue to collect tab tops, and a very large supply was delivered to Ronald McDonald House recently. Member Amy Sheetz, who is on the Juvenile Diabetes Research Foundation Local Board signed up 11 Narbies to help with the Walk on September 22. Amy was also featured on the WSL "Daytime Blue Ridge Show" on September 6, where she spoke on the Walk. New member Pam Custis did the walk and received pledges of over \$1,000. Congratulations to both of these Narbies! A Premier Designs Jewelry Party is planned at the Chapter's October 5 meeting, and Member Jaque Ward has offered the Chapter a percentage of the profits according to the number of home bookings she receives. The Chapter will again sell nuts in time for Thanksgiving delivery and will have 50/50 raffles at each membership meeting. Chairman Joyce Higgs is looking at many different ideas for Ways and Means this year. The father of Linda Taylor, Winfred Hopkins, suffered a stroke in July, but is home now. Corbin Craig is recovering from shingles. Joyce Higgs' sister, Alzie Kesler, is in rehab following a stroke. Vicki Smith, Brandi Smith's daughter and the Chapter's youngest member, broke her arm in July.

But believe it or not, it did not happen in this bike race. Vicki, No. 5 in the pink helmet, was heard to say when the race was over, "I beat all them boys!" This was her first Strider bike race and Daddy, in background with sunglasses, is seen grinning from ear to ear. Joanne Perry recently underwent an MRI and a carotid artery test; and, thankfully, everything looked okay. Helene Martin had back surgery in July. Her sister, Lillianne Dean, passed away with cancer, but Helene was unable to travel for the funeral. Darlene Riley suffered a fall at home and spent several days in the hospital. After being home for a week, she had to return to the hospital for stints to be inserted in her throat, heart and liver. Linda Taylor had cataract surgery on August 14. A prior National Scholarship winner, Kimberly Arbouw is now a wife and full-time mom of three who just returned from London where she competed with Team USA for the World Triathlon Championship. Kimberly is the granddaughter of Frances Lowe. Following are more photos taken at Convention:

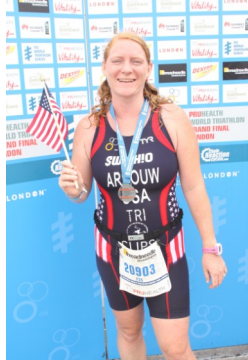


SAGINAW GREAT LAKES CHAPTER

President Barb Spalding-Westcott advises that the Chapter has been busy getting ready for the Halloween Program with their Train and Village, which opens October 5. Members are working on their Annual Food Drive for the Eastern Michigan Food Bank. They collect in the fall to help with back-to-school and fall family needs. It's also that time of year when some of their members become "snow birds" and head south for warmer climates. The Chapter wishes a Happy Fall to all Narbies and advises the leaves are just beginning to turn with very bright colors in their area.

ST. LOUIS CHAPTER

At their last meeting, the budget was approved and some Chapter Standing Rules were updated. Margaret Ruffin, Chapter Woman of the Year, was honored with a gift. In August, seven members donated school supplies for Feed My People, amounting to a value of \$134. Winners of 50/50-Plus were announced at their August meeting—Helen Koonce, Cheryl Horne, Margaret Ruffin and Mary Ann Will. For their September meeting, Diane Huntington held a gently used purse auction with a \$5 gift inside each to benefit the General Fund. They also had a 50/50-Plus and a white elephant sale. Members will hold an Avon fundraiser in October, so members are asked to plan their birthday and Christmas gift lists ahead of time.



CHAPTER NEWS (Cont'd.)

TWIN CITIES CHAPTER

The Chapter had seven members and one guest at the Nashville Convention.



L-R - Loreli Miller, Jean Charpentier, Doris Stromberg, Joyce Gutz, and Sue Clancy on the Pre-Tour at Centennial Park. Capital Building in background.



L-R—Patty Helling, Doris Stromberg, Joyce Gutz, Mary Ann Ronkainen and Sue Clancy at Convention Banquet.

Afterwards, Sue Clancy and Jean Charpentier spent ten days visiting historical sights and traveling through Alabama. They visited many Civil Rights Memorials and Museums and the homes of two U.S. Presidents—Andrew Johnson and James Polk. Chapter officers are checking with members to see what activities they would like to have—bus trips, special presentations, special luncheons—and asking for fundraising ideas. The Chapter's Spring Lunch was hosted by Norma Perna and Sue Clancy, and the speaker was Eleanor Ostman, long-time food writer for the St. Paul Pioneer Press-Dispatch. Their August meeting was a potluck picnic at Sue Clancy's House. Karen Brennan, Melissa Molitor and Carole Dahlquist are co-chairing their Chapter Christmas Party at the Lake Elmo Inn. Mary Ann Ronkainen and Patty Helling are

co-hosting a Sadie Hawkins Day party on October 26 at Guldens, complete with entertainment. Members are invited to dress in costume if so inclined. **President Loreli Miller has asked for member feelings about hosting the 2015 or 2016 National Convention, adding that all would need to participate.** Welcome is extended to new members Barbara Crum (retired from the CP Railroad), Ruth Lozensky and Shirley Jane Bethke. Member Karen Brennan is the new volunteer coordinator of Friends of Mears Park, overseeing volunteer gardeners who plant and maintain the flowers. They're sure that Karen's hubby Al will also assist. Carole Dahlquist spent 10 days visiting family in Colorado and North Dakota. Mary Ann Ronkainen's church collected over 300 bags of clothing for



victims of the Oklahoma tornadoes this past spring. Members are saving paperback books, pop can tabs, box-top labels and toiletries to be sent to our servicemen and women overseas. Elaine Allen's daughter Angelina is getting married on July 20. Elaine's other daughter Olivia, who was on the Dean's List, recently graduated. Elaine and husband Bob have three grandchildren and enjoy babysitting. Arletta Cunningham recently moved to Woodbury, and Madeline L'Herault moved to Oakdale. Marge Kemp had surgery on her wrist and ankle in January, and Madeline L'Herault had cataract surgery in May. Diane Weinke had elbow surgery after a fall. Coletta Burski has had shingles since June and recently moved to Inver Grove Heights. Mary

Cox, who celebrated her 91st birthday last December was hospitalized a few days for asthma. Get well wishes are extended to all these ladies. Sincere sympathy to Past National President Jane Sebeczek Clappier on the loss of her husband. Sympathy is also extended to Rita Klinkhammer on the passing of her husband. The Chapter lost three members this past year; Phyllis Savage, Valerie Carlson and Lucille Blaha, all honored at the Convention's Memorial Service. Three BNSF retirees have passed away. Phyllis Bennett who worked in Disbursements Accounting was a former NARBW member, Marilyn Dove chaired many of the Chapter's social activities and was the editor of their newsletter for many years. She sang in the Golden Tones Quartet at the railroad and was active in the Clown Club. The third was Bobby Cook who passed away September 17.

TWIN PORTS CHAPTER

The Chapter's September meeting was hosted by Pat Piggott, Marilyn Persch and Shirlee Carlson at Barker's Island. The Chapter is planning an Avon fundraiser for their October meeting which will be at the Timberlodge Steakhouse in Duluth, hosted by Jean Breemeersch and Bobbie Thorsvik. Their December meeting will be held on the 14th with locale to be determined. Members will continue to sell See's Candy, but have agreed not to sell Happening Books. Congratulations to Pat and Danny Cohen who will have been married 50 years on Saturday, October 12. Ginny Claveau still resides at St. Anne's Residence, but has moved to a larger apartment. Get well wishes are extended to Bonnie Roth following her hip surgery and to Bonnie Tasky who has been suffering back pain after an automobile accident. Sincere sympathy is extended to Britny and Jesse Bergson and to Aine Merrill in the loss of their son and great grandson, Drew Michael Bergson, on September 29. Our thoughts and prayers are with the family.

MY EXPERIENCE WITH ALZHEIMER'S

By: Sylvia Long, National Secretary

The first time my mom wandered, a nice lady picked her up as she walked up the entrance ramp to the highway behind her home in Chattanooga, TN. That time, my mom (Mother, as we were instructed to call her) remembered her home phone number, which the lady called. My sister was at Mother's home waiting for her so she answered the phone and was able to go get her. A few weeks later (the weekend before Labor Day 1987), my sister called me to say that Mother was missing again. This time, she was gone overnight. A trash collector saw her asleep on the ground behind a school not far from where she had grown up. He called the police and she was taken to the hospital. After my sister arrived, she found Mother's health had not been affected by her sleeping on the ground overnight. She asked Mother's personal physician if she could possibly have that "new" disease she had heard about, Alzheimer's. The doctor said no, that she was losing her mind...that her brain was literally deteriorating. There was nothing anyone could do.

My sister was expecting a baby the following February so she asked if our mom could stay with me until after she had the baby. Then, we would share her, six months with me and six months with her. Of course I agreed...she was my mom.

The first thing I did was look for adult day care; it was a new concept and, fortunately, it was available in Roanoke. Having this service would allow Mother to live with us rather than a nursing home. She'd go to day care, the kids to school, and me to work. We had no idea of how our lives would change. The lives we'd had where we could go to a football or basketball game, to a band concert, on vacation whenever we wanted.

I took her to my family physician in Roanoke to try to determine why her memory was failing. He ran a series of tests and when he eliminated everything else it could possibly be, he determined it was probably Alzheimer's disease. Alzheimer's disease can only be determined after death, when an autopsy is performed on the individual's brain. Until that time, it is diagnosed as probable Alzheimer's.

Medications to slow the progression of the disease were not available at that time. So we watched as her memory faded. After about a year, she did not know any of us, although we were somewhat familiar to her. When asked who I was...she said once that I was her neighbor and another time that I was her church member.

Mother had only been living with us a couple of months when she wandered from our home one Sunday afternoon in October 1987. While there were people in the next room, no one heard her leave. I was at the grocery store when around noon my step-daughter came to ask (this was before cell phones) if Mother was with me. No, I said. Then we panicked.

We drove around the neighborhood for hours searching for her. We called the police, who also searched. About 9:00 that night, I received a call from the Roanoke City Police Dept. They believed they had her downtown. A woman (who incidentally worked at a nursing home) saw Mother standing on the corner of a very busy street. She recognized that something wasn't right so she drove up to her and asked if she was ok. Mother told her that she had driven up from Tennessee and needed to go back (my mom had never driven a car). The kind woman took her to the downtown Police station, and soon after, we got the call. The kids and I went to the station; it was her. When she saw us, she smiled it was as if we were coming to her house for a visit, while we had been stressed out, imagining the worse. After that, double dead bolt locks were used to prevent her from walking away, especially at night. It never happened again.

Over the next eight years, we learned many lessons: find humor in the situation (laughter relieves stress) and don't argue (it changes nothing and no one wins).

We always celebrated birthdays with a cake. I recall a time when a cake was left in the kitchen. My mom loved to sweep the kitchen floor and wipe off the counters. One day, she was quiet so I called out to her. When she answered, I asked her what she was doing. She said nothing. So I went into the kitchen and saw there was a chunk missing from the cake. I asked, "Mother, what have you done?!! Why did you dig out that piece of cake?" Her response, "I didn't eat any cake. Did you see me eat cake?" as I looked at her with cake crumbs all around her mouth. Laughter.

There were times when her failing memory was a blessing, like the time we had arrived home and started up the steps from the garage. She stopped to rub her knee. When I asked what was wrong, she said, "Where's mama. I need mama to take me to the doctor." I told her that she was upstairs and that her mama would take her to the doctor once we got upstairs. Of course, after we got upstairs, she forgot about the knee, her mama, and the doctor. (Don't argue trying to get her to understand that her mother had been dead for 12 years.)

During the first few years, we dragged her where ever we went, church, baseball, football, and basketball games, track meets. Everyone knew us. Eventually though, it became more difficult for her to go to these functions.

Then, of course, she didn't talk so she couldn't tell me when something was wrong or when she was in pain. Her joints began to stiffen so she was prescribed medication for inflammation. It ate a hole in her stomach and she was hospitalized for a week. She developed gout in her hand; I found out because she moaned when I touched her hand. She began to have mini TIA's (seizures). She developed an ulcer on her tail bone that would heal then break down again, repeatedly. She was unstable, she couldn't walk without assistance.

I have said and will always say, that if it had not been for my three children, even with day care, I couldn't have done it. I would have tried but I don't know how long I would have lasted. It took us working together. We finally got some relief in the form of a Certified Nursing Assistant (CNA) with the assistance of the Adult Day Care Center of RV. The CNA came to our home for three hours a day, Monday through Friday, feeding and bathing her. What a relief.

In July 1994, my second oldest sister moved to Virginia to help care for Mother. After Mother had a seizure in August 1996, she was confined to a bed. Then the ulcer on her tailbone would not heal. My sister was the first to recognize that Mother's condition

MY EXPERIENCE WITH ALZHEIMER'S (Cont'd.)

required more skilled nursing care than we could provide (turning her every two hours, 24 hours a day). But my children and I had cared for her for almost nine years; I thought I could continue to do so (by then, there was only one child still at home). I finally spoke with our family physician and it was he who made me realize that we couldn't do it anymore.

After visiting a few facilities, we found one that offered the services she required. We visited every day, feeding her dinner in the evenings and lunch and dinner on the weekends. It was very, very difficult to let go. While she was my mom, she was also my child.

She passed away in September 1996, after being in the nursing home for only five weeks. It was hard for us, although it was probably a blessing for her.

A couple of years ago, my former sister-in-law told me something that made me feel very good about all of the sacrifices my children and I had made to care for my mom. Mother had told her many, many years ago that of all her children (she had 5), she knew I was the one she could count on to take care of her. It still brings tears to my eyes just thinking about it.

Of course I would...she was my Mother.

After she died, I became active in the Alzheimer's Association. At first, I was on the Computer then the Telephone Helpline Committee. I communicated with other caregivers, many of them were the sole providers of care for their loved ones. They needed to talk to someone who listened and understood, someone who could provide guidance and direction. Later, I joined the Board of Directors of the Alzheimer's Association, where I was President for two years. While I am no longer active on the Board, I contribute financially and I plan to volunteer when I retire in 2014.

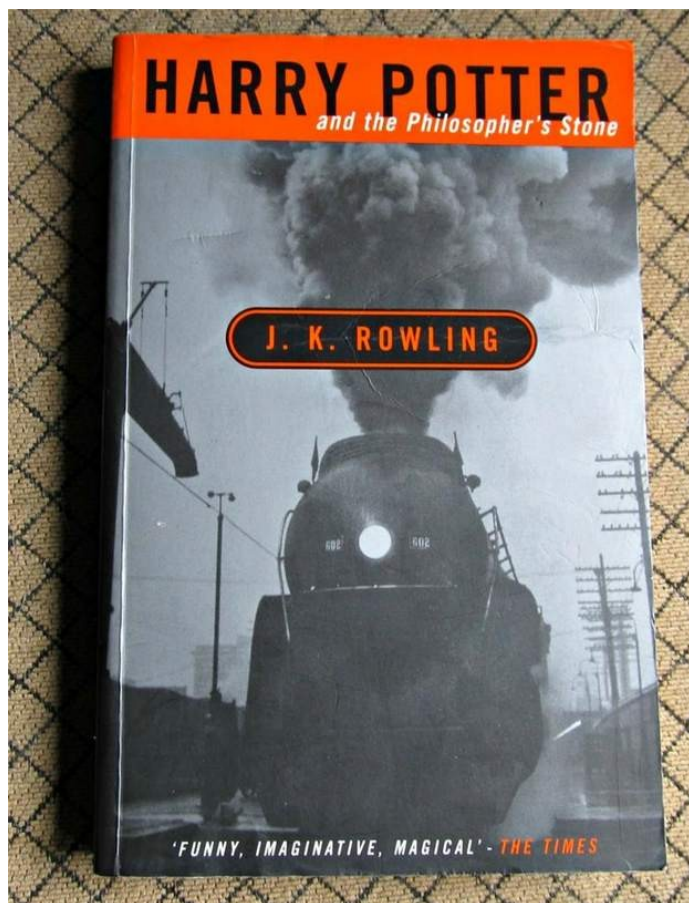
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Harry Potter Book Cover has Roanoke Railroad Connection



In a June 26, 2013 article for the "Roanoke Times", Reporter Mike Allen wrote:

"Roanoke, as it turns out, has an obscure railway connection...to Harry Potter.



Arts & Extras
w/ Mike Allen

"Children's book author and former 'What's On Your Mind?' columnist Tom Angleberger sent us an image of J. K. Rowling's first Potter book, "Harry Potter and the Sorcerer's Stone"—titled "Harry Potter and the Philosopher's Stone" because it's a British edition—that appeared to feature a black-and-white photograph of the Norfolk & Western J-Class 611 on its cover. Angleberger wondered if it was a new cover for the mega-bestseller.

"Turns out it's not a new cover, but a special 1998 edition that was marketed to adults, who maybe didn't want to be seen taking the tube to London with a brightly colored children's book in their hands.

"And it turns out it's not the 611, but a sister engine, the J-Class 602.

"Dave Stephenson, a volunteer archivist for the Norfolk and Western Historical Society, identified the photo as one O. Winston Link took in 1958 as the 602 was rolling through Williamson, W.Va. And of course the 602, like all the other J-Class steam engines, was built in Roanoke. "602 was part of the first batch, ca Nov/Dec 1941," Stephenson wrote in an email.

"So there you have it, Muggies, A steam engine built in Roanoke and photographed by Link once stood in for the train that takes Harry Potter to Hogwarts."



National Association of Railway Business Women

RESUME OF SUMMER BOARD MEETING – JULY 13, 2013

The Summer Board Meeting was called to order by President Cynthia Chandler on Saturday, July 13 at the Sheraton Norfolk Waterside Hotel, Norfolk, Virginia. All board members were in attendance.

President Chandler presented to the committee *team building exercises* which all participated in.

National Treasurer Laura Gutteridge presented the Annual Reports followed by her Treasurer Reports. All National Officer and Committee Chairmen presented their plans of work, which were discussed, approved and will be distributed in accordance with the By-Laws.

Revisions Chairman Joyce Peak stated that there were no bylaw revisions adopted at Convention. Standing Rules 1a (2), 2B and 2D were amended and Rule 8(h) was added. All amendments were adopted at the National Summer Board Meeting. Copies will be provided by the National Revisions Chairman.

Convention Chairman, Tamela Kubicek, reported that plans are underway for the 70th Annual NARBW Convention on May 15-17, 2014 in Houston, Texas. The Convention will be held at the Doubletree by Hilton hotel. A pre convention tour is being planned. At this time there are no plans to sponsor a post convention tour. The theme for the 70th NARBW Convention will be "Denim and Diamonds".

At this time, no bids have been received for the May 2015 Convention. Locations were discussed. If no bids are received, it will be hosted by the National Board.

The Winter Board Meeting will be held February 7-9, 2014.

Meeting adjourned at 7:35 p.m.

Diane Huntington
2nd National Vice President

Cynthia Chandler
President

NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN

Please email Chapter Newsletter or Info to:

patprillaman@gmail.com or mail to:

Patricia C. Prillaman

National Publications Chairman

707 Eddies Road

Salem, VA 24153-1540