

CAPSULE

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July/August/September 2005

MESSAGE FROM THE NATIONAL PRESIDENT



Dear NARBW Members:

It was my pleasure to attend both of the Fall Conferences this year after having to miss both last year due to family weddings. District I's conference was hosted by the Saginaw Chapter and they did a fabulous job with a grand time being had by all who attended, myself being no exception. The following weekend was the District II conference hosted by the Jacksonville Chapter and they too did a fabulous job and everyone had a grand time. It was especially nice for me to have the opportunity to visit personally with our members, I wish that I could attend every chapter's meetings at least once throughout my term and speak personally with everyone but that is not a possibility so I'll do my best through these communications in our Capsule.

While we are approaching the holidays and time continues to pass at record speed, we have some very important deadlines that affect our organization. Our revisions deadline is December 15th and if your chapter has a proposed revision for the bylaws, please get them to Theresa Harper before that deadline. If you need to place a special jewelry order, get that to Jay Nelsen before December 1st and of course the per capita for new members is due to Joan Waite by December 10th.

We will be electing 3 national officers at our convention in 2006 and the nominations must be in to our

chairman, Doris Stromberg by February 1st. While Doris is the nominating chairman and part of the responsibility that falls to her is to secure the proper credentials for each officer wanting to run for office, the difficult issue that she faces is finding members who wish to serve NARBW by holding a national office.

When our founders wrote the bylaws and laid out the course for this organization there were many positions available from which our members could begin the path of progressing through the offices at Chapter, District and National levels. Today, we don't have the membership or the number of offices, which were available for the learning of protocol and leadership skill development. We have resorted to presuming that new members come into our organization already prepared to serve and hold office in our chapters and we have not been good stewards of NARBW because we have not always taught nor trained them in the bylaws or passed on to them the knowledge we attained through the time afforded us to gain experience before we were elected to an office.

Our challenge today is to pass on to these members the knowledge, the love, the willingness to serve and the passion we feel for NARBW, ignite in them the desire of service and mentor them as our sponsors in NARBW did for us.

I truly believe that NARBW will continue to be served by dedicated members who bring diversity as well as the common bond and goal that is still enjoyed in our industry today and our young members are waiting for our backing and support.

Thank you for letting me serve you and NARBW.

Sincerely,

Sandy

Sandy Hall
National President



LEGISLATIVE REPORT

Congress has left town for the traditional August recess and will not return until September 6. The CSX Washington office thought it would be a good opportunity to provide a status report of legislation pending or passed in the current session of the 109th Congress that affect the railroad industry.

<u>Name of Bill</u>	<u>Hearings Held</u>	<u>House Passed</u>	<u>Senate Passed</u>	<u>Conference Report</u>
Amtrak Reform Yes (S. 1516)	(Senate 7/28/05)	No	No	No
SAFETEA-LU (H.R.3)				Yes, 7/29 Signed by President (8/10/05)
Energy Bill (H.R. 6)				Yes, 7/29 Signed by President (8/8/05)
Transportation Appropriations (H.R. 3058)	Yes, House and Senate	Yes 6/30/05	No	No
Homeland Security	Yes, House and Senate	Yes 5/19/05	Yes 7/14/05	No
Rail Re-regulation (S.919/H.R. 2047)	No	No	No	No
Rail Security (S.1052/H.R.2351)	No	No	No	No

In addition, there are other pieces of legislation on issues such as hazmat re-routing legislation and rail safety legislation that have been introduced but not yet attracted significant support.

SUMMER BOARD MEETING RESUME

The Summer Board Meeting was called to order by National President Hall at 08:00 am on July 16, 2005 at the Siena Hotel, Reno, NV with all board members in attendance.

National Treasurer Joan Waite presented the Annual Report. All officers and committee members presented their plans of work, which were discussed, approved and to be distributed in accordance with the By-laws.

Residence Chairman Barbara Barthle discussed the condition of the flooring in some units at the Residence. Motion was made, seconded and carried that upon inspection by the residence chairman, flooring will be replaced as required.

District I Director reported their fall conference will be held at the Double Tree Hotel and Conference Center in Bay City, MI on September 23-25, 2005.

District II Director reported their fall conference will be held at the Jacksonville Marriott in Jacksonville, FL on September 30-October 2, 2005.

There was discussion concerning, "amending the bylaws or complying with the current bylaws." Many times changes have been made in our procedures due to improved technology or developed practices that become accepted and we fail to update the bylaws to reflect these changes. President Hall stated she would continue to review the bylaws for proposed revisions and requested the board members to do the same.

President Hall reported she received a bid from the Jacksonville Chapter to host the 2007 National Convention and a bid from the Philadelphia Chapter for the 2008 National Convention. The National Board voted to accept both bids.

The Winter Board Meeting will be held near the residence, (Tucson, AZ) on February 10-12, 2006.

The National Board Meeting was adjourned at 5:30 pm.

Joyce Higgs
National Second Vice President

NATIONAL SCHOLARSHIP PROGRAM

On the next four pages you will be introduced to twelve of our 2005-2006 National Scholarship Winners. Hazelle Anderson of the Chicago Chapter, was the founder of the scholarship program in 1978. Hazelle passed away April 15, 2005 due to a lengthy illness and will always be remembered for this great contribution and we are proud to carry on with this program and hope to continue for many years to come.



Preparing and coordinating for these awards is no simple task. Jay Nelsen, not new to the National Board, continues to dedicate her time and energy for this program. In spite of her busy schedule, Jay has moved from Colorado to Oklahoma, Northern California, Denver, St. Louis and is currently residing in Omaha as a result of a transfer with the UP Railroad. This well traveled lady enjoys reading and woodworking in her spare time. Jay is a Level 1 Operation Lifesaver presenter and also teaches Driver Education classes.

SCHOLARSHIP WINNERS



Nicole Baker
\$1,500 Scholarship Award
Margaret Grahn Memorial

Nicole is a senior at Waterloo High School. She works as a teller, volunteers with the Fraternity of Christian Athletes, she mentors other students, and is vice president of the student council and she is also a member of the basketball team! Nicole will be attending the University of Nebraska this fall and plans to major in Biology. She has a passion to educate the public on pollution and its impact on humans and animals. Nicole was sponsored by her two aunts, Janet Poehling and Betty Willmer of the Omaha Chapter.

Nicole writes “thanks for the opportunity you have given me with the Margaret Grahn Memorial Scholarship”.



Heather L. Govoni
\$1,500 Scholarship Award
Kirk Stromberg Memorial

Heather is a sophomore at Syracuse University with a double major in International Relations and Public Relations. She is enrolled in an honors program with a heavy course load, works part-time and is vice-president of her sorority. She hopes to work in either a public relations agency or for the National Government. Heather received an NARBW scholarship last year. Rita Morton of the Pittsburgh chapter sponsored her niece, Heather. This scholarship was funded by the friends of Doris and Kirk Stromberg and named in memory of Kirk.



Scott David Jones
\$1,000 Scholarship Award
Ernestine Gudgeon Memorial

Scott will graduate from Carthage College with a BA in Music Education this May. He will be attending Indiana University to obtain his Masters degree in Arts Administration. Scott serves on the Carthage College music advisory board; he tutors students and works as the Music Department Office Manager. His mother Carolyn Jones of the Omaha Chapter sponsored Scott.

Scott says, “I would like to send my most heartfelt thanks to the women of NARBW! It is truly an honor to have been selected for this award.”

SCHOLARSHIP WINNERS



Angela M. Jordahl
\$1,000 Scholarship Award
Patricia Lennon Memorial

Angela is attending the University of Wisconsin – Madison. She plans to earn a bachelor's degree with a dual major in child development and rehabilitation physiology before going on to graduate school to become a pediatric occupational therapist. Angela has a full load of courses, works as a research assistant and volunteers as a student activities coordinator and with the Campus Crusade for Christ. This is the third scholarship awarded to Angela. She is the granddaughter of Marie Jordahl of the Twin Ports Chapter. This award was funded by the Philadelphia Chapter in honor of Pat Lennon.

Angela writes, "Thank you very much for awarding your scholarship to me. I really appreciate your continued support of my college education. This scholarship will be a huge help to me for 2005 – 2006. Extend my extreme gratitude to NARBW. Thank you again for all your help, it will not be forgotten."



Kelli Ann Hatlestad
\$1,000 Scholarship Award
Clo Ellen Cardinal Memorial

Kelli is a junior at the University of Wisconsin – Madison majoring in Kinesiology. She plans to attend graduate school and become a physical therapist. She hopes to someday open her own clinic and help underprivileged children. Kelli began working in Junior high to help pay for her education. She still works part-time, volunteers at Meriter Hospital and with Big Brothers/Big Sisters. Marie Hatlestad of the Twin Cities chapter is the proud sponsor of her granddaughter. This is the 2nd scholarship NARBW has awarded Kelli. Kelli's scholarship was funded by the Fort Worth Chapter in honor of Clo Ellen Cardinal.

Kelli writes, "Thank you so much for awarding me the scholarship. I am very grateful."



Michelle Cihon
\$1,000 Scholarship Award

Michelle is currently a freshman at the University of Wisconsin – Madison. She plans to earn her doctorate in pharmacology and become a pharmacist. Michelle works part-time, volunteers restoring inner city housing and plays tennis and Lacrosse. Michelle was sponsored by her mother Lisa Cihon of the Twin Cities Chapter.

SCHOLARSHIP WINNERS



Monica Slack
\$1,000 Scholarship Award

Monica describes herself as a devoted student who has compassion in her heart for the sick. She felt a calling in the 8th grade and has been volunteering at a local hospital ever since. She plans to become a Nurse Practitioner in Pediatric Oncology. She will be attending Xavier University in Cincinnati this fall. Her grandmother, Betty Dusing of the Cincinnati Chapter, sponsored Monica.

Monica writes, "Please thank the selection committee for me. I cannot tell you how much I appreciate this award."



Kendra Wells
\$1,000 Scholarship Award

Kendra will be attending the University of Nebraska in Omaha majoring in Business Marketing. She has worked for the last 5 years at a local restaurant and has an understanding of the demands of the business world. Kendra was sponsored by her mother, Bernadette Wells of the Omaha Chapter.

Kendra says, "I'm so honored to be selected as a recipient of the NARBW scholarship. This scholarship will help me tremendously to further my education. Thanks again for honoring me with this award and giving me the opportunity to do great things in the future."



Nicholas Johnson
\$1,000 Scholarship Award

Nicholas is a senior at the Mathematics and Science High School in Virginia. He plans to study Chemical Engineering at Virginia Tech and "make an impact on the world one day." He plays the violin in the Central Regional Orchestra, participates in track and cross-country, works as an Umpire for Little League. His sponsor is his grandmother Marie Johnson of the Jacksonville Chapter.

Nicholas says, "I am honored to have been selected to receive a scholarship from the National Association of Railway Business Women. Thank you so much!"

SCHOLARSHIP WINNERS



Kelly Winchell
\$1,000 Scholarship Award

This is the 2nd NARBW scholarship for Kelly. Kelly attends Alma College in Michigan majoring in Biology. She works part-time with the Pine River Task Force and hopes to have a career as a canopy ecologist, conducting field research in rainforests around the world, and helping to promote the conservation of tropical forests. Kelly is sponsored by her grandmother, Babe Woldt of the Saginaw Chapter.

Kelly writes, "I'd like to convey my sincere appreciation and gratitude for awarding me a scholarship. I am truly honored to receive this award for a second time and it will be very helpful to me in assisting to cover my college costs."



Monica McCathey
\$1,000 Scholarship Award

Monica is a senior at Greenwood High School. She mentors at risk students, volunteers winterizing homes and works part-time. She will be attending Ball State University in Muncie, IN majoring in Elementary Education with a minor in psychology. Her goal is to become a teacher. Suzanne McCathey of the Indianapolis Charter chapter sponsored her granddaughter Monica.

Monica wrote, "Thank you for your generosity in helping me with my college education. I will represent you the best way I can." Monica was our guest at the convention banquet and it was wonderful to hear her true gratitude.



Kimberly Wise
\$1,000 Scholarship Award

Kimberly works full time as a Settlement Agent for a title company. She is enrolled at the University of Phoenix majoring in Criminal Justice Administration. Kimberly is a single parent and still finds time to help her neighbors in need. This is the 2nd NARBW scholarship for Kimberly. Kimberly is sponsored by her mother Doris Stemmer of the Cincinnati Chapter.

Kimberly was also our guest at the convention banquet. She says, "It was so nice to meet everyone at the convention and to see several of the ladies who I refer to as second moms. Thank you for the scholarship."

RECIPES TO SHARE WITH NARBW

WHAT'S COOKIN' IN YOUR KITCHEN?

Everyone has a favorite recipe, why not share it with all of our NARBW members!

Joyce Higgs, Second National Vice President, presented the idea of publishing a cookbook to the National Board at the Summer Board Meeting and all were in favor and very enthusiastic about this project.

Joyce will spearhead the operation and collect recipes from Chapter Presidents. These recipes are to be submitted on the form on page 9 of this Capsule.

If every member submits a recipe, this will preserve some of the great dishes that were enjoyed over the years and now we can share them with our families and friends. Any duplicate recipes will be combined with all names submitted.

As you know, it will take a considerable amount of time to process the books, therefore, we must set the deadline to receive all recipes by DECEMBER 1st. After approval by the National Board in February 2006, a sample cookbook will be sent to each Chapter President, requesting they take orders from their members. This cookbook will also be sold at the 2006 National Convention in Indianapolis, IN.

The price of the cookbook has not been determined at this time. With the resources of our working members on the board, we hope to be able to sell them at a reasonable price and still make a profit for NARBW.

WHERE ARE YOU?

I would like to thank all Chapter Presidents who returned the revised mailing lists to me for updating our master list. There are only three chapters who haven't returned their lists.....you know who you are....please send them to me with your address corrections. I also want to thank the individual members for furnishing new addresses that were known to them. Please keep me informed of any future address changes and additions or deletions to your rosters. You ladies are the best! Let's keep our membership informed!

Your Editor

NEWS AND VIEWS...

ALBANY – Our sympathy to Adele Thayer on the passing of her mother in September.

ALTOONA reports Jean Warner underwent neck surgery and is currently in a nursing home. Gloria Brown was hospitalized and is now at home. Please keep these ladies in your prayers.

ATLANTA'S Marion Thornton was hospitalized for a foot injury and is now on the road to recovery.

BALTIMORE has asked us to keep Nancy McDowell in our prayers. Nancy is undergoing chemotherapy. Nancy was formerly with the Washington, DC Chapter and is currently a member of Baltimore. Annlynn Ayres recently had back surgery and is recovering at this time.

CHICAGO has several illnesses and injuries to report: Please keep Treva Milligan, Florence Sweeney, Maybelle Rabon and Janice Harper in your prayers. Thanks Marie!

CINCINNATI'S praying for continued recovery for Ruth Coleman, Mary Doyle and Mary Wagner. (Mary Wagner was formerly with the Cleveland Chapter).

Wishing a speedy recovery to Pat Gersema, President of the **DALLAS/FORT WORTH** Chapter after undergoing facial surgery. Also, congratulations to Pat, on her recent retirement from the BNSF Railroad!

HOUSTON - Condolences to Dee Orban on the recent passing of her father. Houston is happy to welcome new members: Patty Perez, Lorinda Draper, Sylvia Carter, Marshall Lee and Jacqueline Fuentes. Welcome ladies!

Wishing good health to **INDIANAPOLIS CHARTER'S** President Marian McClure after undergoing surgery. Our sympathy to Catherine Flanary who lost her husband Clyde on June 25, 2005. Indy Charter welcomes new member Joanne Smith, wife of Charles Smith, recent railroad retiree. Joanne's father-in-law and son-in-law are also railroaders, which certainly qualifies Joanne for NARBW! Welcome! Our best wishes and prayers to Sarah Haynes and Dorothy Easley.

JACKSONVILLE advised Nancy Beard recently had surgery and will be undergoing treatments. Nancy is formerly from the Miami Chapter and has served in many offices on the National Board. Please keep Nancy in your prayers.

OMAHA welcomes new members Linda Newell, Ruth Piazza and Amy McLean.

PITTSBURGH - Get well wishes to Mary Novak and Joanna Kinney. Betty Jean List is recovering from a shoulder injury.

ROANOKE reports Helene Martin has returned home from the hospital after experiencing heart complications.

We join **SACRAMENTO** in extending sympathy to Jean Cannon on the recent loss of her son Robert. Get well wishes to Jeanne Goff.

TWIN CITIES reports Sue Hansen is recovering at home after surgery.

TWIN PORTS Chapter welcomes new member Joy Lonke.

NEWS AND VIEWS

REMEMBER OUR MEMBERS

- OBITUARIES -

ALTOONA CHAPTER

Doris White passed away May 4th after a lengthy illness. Doris was active in the Altoona Chapter prior to her illness and is survived by her son Christopher. She will be remembered for her participation in projects and activities with her Altoona NARBW friends.

CHICAGO CHAPTER

Lila Kulach passed away July 29th after a long illness. Lila retired from the CNW Railroad and was an active member of the Chicago Chapter until her illness prevented her from attending NARBW functions.

Mary Meredith of the Chicago Chapter passed away May 13th. Mary celebrated her 99th birthday on April 25, 2005.

Mary Lux who celebrated her 93rd birthday in June, passed away in August 2005. Mary was a long time member of the Chicago Chapter.

CINCINNATI CHAPTER

Marcella Smith passed away August 19. She retired from the Baltimore and Ohio Railroad in 1972 and was 94 years young.

INDIANAPOLIS CHARTER CHAPTER

Irma Miller Adams Cooper passed away July 27, 2005 after a lengthy illness. Irma was employed by Conrail in the clerical capacity, retiring in 1983. Irma served as the Chapter's president and is survived by her son Steve and his wife Judy, an NARBW member. She also had five grandchildren and seven great-grandchildren.

OMAHA CHAPTER

Correction on the obituary for Shirlimae Barnes in our previous issue. We listed her survivor as her husband Hal, and it should have read, "Shirlimae's son Hal."

NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN

Lynne Sisto
National Publication Chairman
17089 SE 76th Creekside Circle
The Villages, FL 32162



Next issue...

- **Meet your New National Officers**
- **National Convention 2006**

THE JOY OF UNSELFISH GIVING

Time is not measured by the years that you live
But by the deeds that you do and the joy that you give
And each day as it comes brings a chance to each one
To love to the fullest, leaving nothing undone
That would bring the life or lighten the load
Of some weary traveler lost on Life's Road
So what does it matter how long we may live
If as long as we live we unselfishly give

by Helen Steiner Rice

From your Editor...

We offer our prayers to the people of the Gulf Coast whose lives have been devastated by Hurricane Katrina.

The devastation of the hurricane to Louisiana, Mississippi, Alabama and western Florida has been enormous. It points out that we have little control of nature. We get very warm conditions and nature compensates by using the energy of the warm waters to spawn a hurricane to dissipate that heat.

A commentator remarked that our earth is in an exact orbit. We are 95 million miles from the sun. If we were 93, we would all melt and if we were 97, we would be frozen. The intelligent design of creation keeps us in just the right orbit.

As a nation, our hearts go out to those whose lives have been shattered by Hurricane Katrina. We cannot imagine the suffering and grief left in Katrina's wake, but we can pull together to help begin the healing and rebuilding. Please support your local agencies to aid in the recovery process of this year's hurricane victims.