

# THE CAPSULE

Volume 16, Issue 4

January, February, March, 2013

## MESSAGE FROM THE NATIONAL PRESIDENT



Dear NARBies:

I know that spring is supposed to be here, but I haven't seen it yet. Bulbs are supposed to be coming up out of the ground, but they, too, have not shown themselves. Hopefully you NARBies in the northeast are uncovered from the snow by now. Where is that season that I said I loved???

The National Board held our Winter Board Meeting in Nashville, TN, on February 9, 2013, at the Inn at Opryland Hotel, the site of our upcoming 69th National Convention. The staff was most gracious and are now busy preparing for our attendance in May (16-18). Sandy Hall and the Board have also been working very hard to prepare, not only for our business meetings, but also to put the final touches on a very exciting pre-convention tour, consisting of the sights of Nashville and a BBQ buffet lunch at the Wildhorse Saloon.

Chapter Presidents should have received the proposed General Budget, the proposed Revisions and the Nominations for Officers, all for discussion with their members before convention. I urge each of you to review this information with your chapter members to enable your delegates to vote for or against these issues in a responsible manner. It is very important that we get our reports to the respective National Chairmen in a timely manner, as this

will enable us to have current information in the booklets for the convention body.

Membership is always a priority and we must remember our tools that were designed for us by Associated Headquarters to use and expand our membership.

I am excited and somewhat anxious about the convention; however, I'm sure as I look at the convention body from the podium I will see many friends on whose support and advice I can always depend. See you in Nashville! Let's make this a "Convention to Remember" by attending and participating in our many planned activities, maybe even some team building....and don't forget to dress as your favorite country music singing star on Fun Night!

Warmest Regards,

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## IMPORTANT TAX INFORMATION FOR RETIREES

Be ever vigilant that your respective states are NOT taxing railroad retirement annuities. Under Federal statute U.S. Code 45, Section 231m, no state is allowed to tax your annuities. Many tax preparers are not aware of the Federal statute governing railroad retirement.



Remember, though, Railroad Retirement IS fully taxable on the Federal level.

# CHAPTER NEWS

## ALBANY CHAPTER

Bonnie Crawley, Chapter President, reports that they will have three members at Convention in May, one of whom is a new member. This is great news!

## ATLANTA CHAPTER

Vice President Nina Dean presided over their February meeting and advised that Joyce Peak won the Spa Sydel gift certificate. Members are discussing a train ride outing in the North Georgia Mountains or a concert at the Chastain Park Amphitheater. Their slate of officers for the coming year, as reported in February, are: Nina Dean for President, Vanessa Estell for Vice President, Jo Ann Johnson for Secretary and Ruth Przedpelski for Treasurer.

## CHICAGO CHAPTER

Treasurer Elaine Gronski reports that President Marie Gallagher has been in rehab due to a slight stroke that affected her voice, and Vice President Pat Dunham has been in the hospital for pneumonia. Marie does not believe she will attend Convention this year. Elaine reported further that Patty Smith has been sick and that Treva Milligan has been in rehab for a sprained wrist suffered in a fall. We send get well wishes to these ladies and pray that they will make a full recovery.

## HOUSTON CHAPTER

Members were asked to dress in Hawaiian attire for their March meeting where they celebrated their Chapter "Woman of the Year", Tamela Kubicek.



*Congratulations, Tamela!*

Tamela has also taken on the gigantic job of chairing the 2014 National Convention in Houston. What a get-go girl she is! We are sure Houston is very happy to have her as a member. Chapter officers for 2013-2014 are: Ouida Debruhl, President; Ginger Stanbery, Vice President; Debbye Converse, Secretary; and Cheryl Chambers, Treasurer. Member Joanna Young is reportedly doing better after shoulder surgery. Naturally, it would be her right shoulder when she's right-handed! The raffle for the Valentine Basket, created by member Peggy Cuellar, was won by Fraser McDowel and netted the Chapter \$300. Peggy also planned to create an Easter Basket for raffle. Monies from each will go toward the 2014 National Convention which Houston is hosting. The Coushatta Casino Bus Trip on March 16, also planned by Peggy, had only two seats to fill as of March 4. As you know, Lou Ann McClendon will be walking for NARBW in Houston's Avon Cancer Walk scheduled for April 20-21. She has received many donations and thanks everyone who has already contributed, but will gladly accept any late-coming donations to reach their goal. MD Anderson Cancer Center is having a luncheon to honor NARBW volunteers: Tamela Kubicek, Cheryl Chambers, Darlene Brown, Ginger Stanbery, Debbye Converse, Lou Ann McClendon, and is inviting Ouida Debruhl, as President. The University of Texas MD Anderson Cancer

Center/Children's Art Project sells cards and gifts with art work by its young patients, proceeds from which are used to make life better for children with cancer.

## INDIANAPOLIS CHAPTER

Members met at Dimitri's for lunch on February 16. Everyone looked lovely in red for Women's Heart Health month.



*Front Row, L-R: Margaret Elston, Barb Hartwell, Gerry Foster, Mary Lou Croker and Connie Hunt. Back Row, L-R: Pat Hulett, Ann Carrico, Gloria Jackson, Joanne Smith, Jan Oviatt, Marian McClure and Heidi Allison.*



*Margaret Ann Elston won the red Vera Bradley bag at February's Meeting.*

# CHAPTER NEWS (Cont'd.)

## INDIANAPOLIS CHARTER CHAPTER (Cont'd.)

Joanne Skirvin's mother-in-law, Mary Lou Croker, presented the Chapter a thank you card from the family that was helped by members at Christmas. She told how appreciative they were to finally have beds for the children to sleep in. Their March 18 dinner meeting was combined with a silent white elephant auction fundraiser.



L-R: Pat Hulett and Barb Hartwell check out items for the silent white elephant auction.

Mary Hoback married Dean Taylor on December 21 and has moved to Cincinnati. Mary is wished much happiness; however, her dedication and service to the Chapter will be greatly missed. It is hoped she will come back to visit occasionally. Gerry Foster is out of the hospital and at Manor Care, 8549 S Madison, Room 374, Indianapolis 46227. The Chapter is saddened at the news of Past National President Carmen Taliaferro's passing on March 17. Carmen joined the Indianapolis Charter Chapter after the Cleveland Chapter dissolved. She will be very much missed by all her NARBW family.

## INDIANAPOLIS CIRCLE CITY CHAPTER

Members held their March meeting at the Olive Garden. They have three members going to Convention in May—Donna Carter, Nancy Harmon, and Melanie Bennett (soon to be Mrs. Raymond McKim). Mel and Ray will marry in Florida on April 20. Your Publication Chair saw three dresses she was trying on for the big day, and believe you me, Mel looked gorgeous in every one. Of course! She'd look good in a potato sack! Congratulations to them both. Nancy Harmon will return from Florida the first of May. While wintering in Florida, she had eye surgery on her retina to help her see to drive, as well as surgery on a broken wrist suffered in a fall the first week down. She is doing better and happy to be where it's warm for the time being. Jan Oviat had problems meeting on Tuesdays and has transferred her membership to the Indianapolis Charter Chapter. She will be missed. Members continue their volunteering in the community and in their churches. Wherever there is a need, they give a helping hand.

## JACKSONVILLE CHAPTER



L-R: Rudolph (Theresa Pair), Mary Baldwin and Emma Johnson at Chapter Christmas Party

The Chapter continues to sell nuts and Rada cutlery/food items as Ways and Means projects. The 10 bags of nuts remaining this year will be donated to the Clara White Mission. The speaker at their January Membership Meeting was Doris Golstein of the American Cancer Society. Laura Gutteridge canvassed members for their input on meeting and fundraising topics. Results were Women's Health and Community Service and Premier Jewelry and Pampered Chef, respectively. Members volunteered at the Pace Center for Girls' Clothes Closet on January 23 and 24 and were needed at another on March 12 and 13. Mary Warner advised that one more fundraiser for Pace (Portraits of PACE) would be held March 20. Anna Mae Wright and Sandy Hall are forming a Historian Committee. Barbara Miller advised that the Board had proposed maintaining a biography on each member with thumbnail photo attached. She also advised that the kick-off meeting for JDRF-Walk for the Cure starts at 5:30 pm on Saturday, April 13. Lillian Braden spoke on the Shepherd of the Woods Lutheran Church and School having a Chili Cook-Off Round-Up on February 9, 12 noon to 3:00 pm. The 50/50 raffle was won by new member Kaleigh Reyes. Kaleigh is a client services specialist in the optimization solutions department of GE Transportation and found us on LinkedIn. Welcome Kayleigh! Winners of the Chapter's Scholarship Awards were Ashley Ohrodnick, Mary Warner's granddaughter, and Leah Wright, Anna Mae Wright's granddaughter. Each will receive \$1,000. The Chapter received a total of five applications and all will

# CHAPTER NEWS (Cont'd.)

## JACKSONVILLE CHAPTER

(Cont'd.)

be submitted to National for consideration. Elaine Mosley donated a Convention Cookbook, which was raffled off by Mary Warner and won by Anna Mae Wright. Anna Mae graciously gave the book to Laura Gutteridge who had been trying to find one. A City Book was also raffled off and won by Emma Johnson. Annette Lapkowski with Operation Lifesaver is moving to a new position within the Florida DOT, but will facilitate the transition of her OL position. The new Operation Lifesaver Authorized Volunteer (OLAV) Program will be coming in early summer 2013. At their February meeting, member Michelle Kargbo spoke on Operation Back Pack (SEED-Sustaining Education through Economic Development), an international service project that, through donations, would provide back packs with school supplies for the Ubuntu Orphanage in Lake Manyara, Tanzania. The speaker for this meeting was Angel Shiver, who spoke on couponing and the savings involved. Following nominations from the floor, members selected Sandy Hall as their "Woman of the Year". (Sandy is also this Year's National Convention Chairman.) The 50/50 raffle was won by Mary Warner who donated the money back to the Chapter. It is with great sadness that we report the death of member Estella Churn's son, Michael George Temple. Jacksonville Chapter is on Facebook (<http://www.facebook.com/NARBWJAX>) and Twitter (@NARBWJax).

## LOUISVILLE CHAPTER

Mary Jane Metzmeier donated an Easter Basket filled with lots of

goodies for raffle at their March Membership Meeting. Their next meeting is scheduled for April 24, 12 noon, at Buck's Restaurant.

## OMAHA CHAPTER

Best wishes to our National President, Cynthia Chandler, who retired effective February 28. Congratulations to Jeanne Petty who was promoted from Customer Service to Manager in the Information Technologies Department. Congratulations also to Julie Lane who became engaged to John on March 20. Although we do not have John's last name at this time, we understand that he was at the last dinner at Ronald McDonald House and at the November social outing at Mulhalls (if that helps identify him). Newly elected officers for next year are: Connie Prokupek, President; Jeanne Petty, Vice President; Annie West, Secretary; and Julie Lane, Treasurer. Chapter delegates to the Convention are: Connie Prokupek, Julie Lane and Anya Jackson. Anya is also Omaha Chapter's "Woman of the Year". Chapter President Amy Schapp is also running for 2nd Vice President on the National level. Congratulations and good luck to all! Kay Leslie and Sharon Brummer will co-chair this year's golf outing, the Chapter's biggest money-maker. The spring raffle was a lot of fun and generated \$970 for the Chapter. Members bought and sold Savings Sidekicks Coupon Books, netting the Chapter another profit of \$240. Members will have a market table at Convention to sell 50/50 raffle tickets. Those attending the Convention are: Jay Nelsen, Cynthia Chandler, Amy Schapp, Connie Prokupek Anya Jackson and Sally Sofio, with Delegates Julie Lane

and Kay Leslie. Motion to divide their \$1,600 budget allotment evenly among those attending was seconded and carried. Members held a Meet and Greet this quarter, which netted the Chapter 15 new members. Sally Sofio put together an Academy Awards Party on Sunday, February 24, in the Arbutum Theatre Room where members had snacks and watched the Academy Awards on a big-screen TV. We understand that Amy Schapp who selected the most winners won the grand prize—a beautiful Mercedes Benz .....key ring! Congratulations Amy! Members worked a Ronald McDonald dinner in January and held a Pot of Gold raffle on the UP bridge in March. An Easter party at the Stephens Center and a candle sale are also being planned. Members will be collecting women's professional clothes and accessories in April for the "interview closet" at Phoenix House. This will provide good looking outfits for the ladies when job hunting and during their first days on the job. Members are also asked to bring cleaning supplies for ENCAP to the April membership meeting. Sandy Gabrenja solicited stores she frequents, asking for donations for ENCAP and received a response from No Frills Supermarket. The store donated \$50, helped her shop, gave her discounts and then totally donated the items. Members plan to attend an interactive mystery dinner party at Pasta Amore on April 6. We are saddened to report that Joanne Flood's sister passed away in February and Amy Schapp lost her grandmother on March 13. Our deepest sympathy goes out to both families.

# CHAPTER NEWS (Cont'd.)

## KANSAS CITY CHAPTER

The Chapter participated with Faith Works Program on February 2, volunteering with various activities. A few members attended the Blessings Abound Thrift Shop, helping to set up a new store. A few also helped with The Heritage of Overland Park, baking cookies with dementia residents. They also had fun dancing with the residents. The Chapter had its biannual birthday dinner at Cinzetti's Italian Buffet for those members celebrating birthdays in the first half of the year. March 22 was an evening to come together and work on their sales project for the upcoming National Convention in Nashville. Everyone enjoyed snacks and drinks and had a blast!

## PHILADELPHIA CHAPTER

Their November meeting was hosted by Renee Noble. After shopping at the outlets by her house, members settled down to a great lunch and a successful meeting. Renee donated 22 pounds of peanut brittle, made by hand by the ladies of her church, to sell at the December luncheon. The Christmas Luncheon was held on December 8th at La Casa Pasta Restaurant. The luncheon was so successful and the food so great that it was decided, at January's meeting, to repeat it for next year's luncheon. Everyone brought gifts to the auction and, between those and the sale of Renee's peanut brittle, their coffers swelled by over \$400. The Salvation Army was also a beneficiary of the luncheon, as a great number of toys had been collected for their kids. The food servers were amazed by the collection of toys and ooh'd and aah'd at members' generosity. Michele Detrick and Monica Rodan trekked up to the Salvation Army

and delivered the toys. There were other helpers in line to accept the donations. It brought tears of happiness to their eyes that the Chapter was able to do this. January's meeting was held at Joyce Tarity's. New member Susan Harmon was in attendance. Welcome Susan! It was decided to try a new tea-house for a fundraiser. Rae Huebner found the Talking Teacup in Chalfont and a date will be set for a future fundraiser there. February's meeting was cancelled due to snow, but living in the Northeast, you learn to expect this. March's meeting was held at Renee Strolis's house on the 9th. Renee mentioned that the "Airplane Pull" will be hosted by the Ronald McDonald House on May 4th. A sponsoring team must have at least 20 people and be able to raise \$2,500. The Chapter doesn't have enough "younger" members for a team, but will be volunteering their services that day in other areas. A sale table will be set up at Convention, where the last of the material bags can be sold, along with NARBW logo key chain LED flashlights, a few other odds and ends and 50/50 tickets. Five members will attend Convention this year. Elections were held and the board members remained the same with the exception of Krista Pohl who stepped up to take the treasurer's position. Thank you Krista! April's meeting will be held at the Ronald McDonald House on the 20th. Members will be serving breakfast to the families staying there, with the meeting to be held afterwards. Members are reminded to bring their Mother's Day gifts to the meeting. It is with great sadness that we report the passing of Joyce Tarity on February 12 at

3:00 a.m. Rae Huebner was with her at the time and we know she was a great comfort. The Chapter will honor Joyce, their beloved sister and treasurer, by sponsoring a National Scholarship in her name this year.

## RICHMOND CHAPTER

Members met for the first time this year on March 20, the first day of spring. They enjoyed pizza day in the dining room at Imperial Plaza. Since the meeting was on a Wednesday instead of their normal Tuesday, only a few attended. Those absent were Helen Duke who suffered a head injury during a fall, Norma Doeppe who was home with a cast on her leg because of a hairline fracture, and Shirley Lawson who had sprained her ankle in a fall and was unable to drive. The Chapter's next meeting is planned for its normal meeting day, the 3rd Tuesday of the month,—April 16th. They are sad to report three member deaths this year (2012-2013). They are Ann Boykin, July 17; Vera Sandlin, December 5; and Delores Kilburn, January 24.

## ROANOKE CHAPTER

Two Representatives from the National Association of Retired and Veteran Railway Employees (NARVRE) were the speakers at Roanoke's February meeting. Paul Evans and Kenneth Shelton explained what NARVRE is all about. Its main purpose is to provide for the protection of our Railroad Retirement System by enlisting members' help in overseeing legislation that would affect the system or railroads and their future. Members

# CHAPTER NEWS (Cont'd)

## ROANOKE CHAPTER

are encouraged to voice their opinions on proposed legislation with emails, postal mail and/or phone calls to their representatives in the House and Senate. For more information or to join, go to [www.narvre.info](http://www.narvre.info). Roanoke Chapter is proud to have NARVRE's local Unit President as a member. Roberta Boyer Roberts has been President for several years and has done a stand-up job in leading the effort to protect our pensions. Thank you, Roberta! Congratulations to Carla Fawley on her promotion to Manager Asset Disposition effective March 1. A new section has been created in their newsletter for "Meet a Narbie" where member bios will be exhibited. Member Linda Koester has moved to Arizona with husband Chuck and sent photos of a snowfall they had after their arrival.



*Arizona Snowfall (Notice the Palm Tree)*

The couple also took a train trip through Verde Canyon, where they visited Sedona and Cottonwood.



*Linda and Chuck On Board*

The Chapter held a Meet & Greet at the NS main office building on February 14 and, as a result, five new members will be installed at its April meeting, along with another lady who read the meeting notice in the local newspaper and attended. Welcome to Wanda Centers, Lynnanne Catron, Diane Faw, Judy Hopcroft, Carol LaPrad and Linda Clingenpeel. Joyce Higgs reports that all nuts have been sold, bringing the Chapter a profit of \$3,000 for Ways & Means. Wanda Corbin has donated 15 scarves for sale, the remainder of which will be carried to Convention for sale in the Market Place. Backpacks with the NARBW logo will also be ordered for sale at Convention, along with a 50/50 raffle. Members brought lots and lots of paper products to the February Membership Meeting, as well as numerous tab tops for donation to Ronald McDonald House. In addition, the Chapter made a \$50 donation to St. Francis House. At their March Membership Meeting, members brought candy and helped stuff 150 plastic Easter eggs for donation to the Salvation Army. Thanks to Doris Underwood for her donation of the eggs and to all members who brought candy.



*Mary Lee Cabbler cuttin' the rug with Dr. ? and Joyce Higgs line dancing with wheelchair vet at V.A. Hospital St. Patrick's Day Party.*

On March 14, Alverta Steptoe headed up the St. Patrick's Day

Party for veterans at the V.A. Hospital and, as always, it was a huge success, with 8 members participating.



*L-R: Alverta Steptoe, Joyce Higgs, Pat Broadneaux and Jessie (The Saint Patrick's Day Burglar) Swiercinski.*

Members will hold a dessert show on April 18 for Ronald McDonald House, with board meeting to follow. Roanoke's Chapter Woman of the Year is Kathy Barbour, who has been a wonderful asset to the Chapter since her retirement and return to the area. The Chapter mourns the loss of Past National President Carmen Taliaferro, who was National President when Roanoke hosted the 1991 Convention. Many members and their families have been on prayer lists these last few months. George Perry, brother-in-law to Joanne Perry, is in Rehab at Knoxville with colon problems. Shirley Bishop, sister to Joanne, is continuing Physical Therapy as an outpatient. President Sylvia Long had cataract surgery on March 6. Chick Graves is continuing therapy following back surgery that left her with some spinal nerve problems. Eilene Gross is happy in her new home where she has relatives close by. Pat Mengerink's mother, Mary Frances Lilly, has returned home and is doing better with her respiratory problems. Pat herself has been suffering with a sinus infection. Roanoke's youngest member, Vicki

# CHAPTER NEWS (Cont'd.)

## ROANOKE CHAPTER (Cont'd.)

Smith, has been under the weather, but (Mother says) she's back to her "lil 2-1/2 year-old ways." Pat Broadneaux's Mother, Constance Harris, is recuperating from a dislocated wrist. Doctors are working with Mary Lee Cabbler's husband, Norris, to determine what is causing his severe weakness. Mary Lee's mother, Mildred Watkins, has been moved to Assisted Living at Friendship Manor and is adjusting well. Roberta Boyer Roberts' husband, Jim, was injured in a fall while clearing snow from his car but is doing better. Linda Taylor's daughter, Tonjua, had a small brain tumor removed with a Cyberknife and, thankfully, only one treatment was needed. Joyce Mills had a bad fall in the Alice Springs Airport in Australia and has been under doctor's care since returning home. Paul Evans, one of the NARVRE reps who spoke at the Chapter's February 2 meeting, suffered a stroke on February 17, but seems to have made a complete recovery. On a sadder note, we regret to report the loss of Roberta Boyer Roberts' beloved 24-year old grandson, Christopher Lee Boyer, on January 3. Our condolences go out to the family. Sincere sympathy is extended to Helene Martin and her family on the death of her brother in California.

## SAGINAW-GREAT LAKES CHAPTER

The ladies are looking forward to, and don't want you to forget, "National Train Day" at the Flint Amtrak Station on May 11. A display about NARBW will be up and some refreshments, available to those visiting. If in the area, they hope you will stop by Dort Highway near Highway 69 to see them.

They are partnering with another rail group (Mid-Michigan Railway Historical Society and OLS).

## ST. LOUIS CHAPTER

The Chapter honored their Past Presidents at its February Meeting with gifts. Only three were present. In March, they had their second "gently used" purse auction and re-elected their officers.

## TOPEKA HEARTLAND CHAPTER

The Chapter did not meet in January or February, but their March meeting was held at Mr. Stir Fry where everyone had Chinese. Dee Woodson and hubby Larry are back from wintering in Arizona. Chapter President Nancy Lord will travel with the couple to Convention in Nashville. They also plan a trip to Fort Leavenworth (not the prison) in Kansas. Nancy is sad to report the passing of long-time member and friend, Margaret Woods.

## TWIN CITIES CHAPTER

Congratulations to Diane Weinke on her recent retirement from the BNSF. Motion to nominate Sue Clancy for the office of National Recording Secretary was made, seconded and carried at the Chapter's January meeting. Sue Clancy nominated Mary Ann Ronkainen as the Chapter's Woman of the year. Three new members were welcomed at their February meeting—Georgia Lickness, Audrey Johnson and Daisy Parslow. The Chapter is in the process of electing a new Secretary. Several ideas for speakers were introduced: We'R'Able group, CAPTION (phones for hard of hearing that print out messages), and the St. Paul Pioneer

Press. Chapter delegates to Convention are: Loreli Miller, Sue Clancy, Patty Helling and Jean Charpentier, alternate Joyce Gutz. The Chapter voted to pay registration fees for Loreli, Sue and Jean. The Chapter also voted to send \$50 each to the Merrick Food Shelf and to the Theresa Living Center. It was further voted to pay up to \$150 for campaign favors for Sue Clancy at Convention, if needed. Activities suggested for Chapter members included a summer boat ride and an afternoon matinee at the Showboat on Harriet Island. A scholarship application was received from Mary Ann Ronkainen's niece and will be submitted to National. Members are asked to save box top labels for education and tabs from pop cans. The Chapter received a thank you from the St. Paul Blue Star Mothers for books donated to be sent to our troops overseas. Dolores Crane has moved five times, waiting for clean up of water damage from a broken pipe in her apartment. We know she is delighted to be back in her own place. Long-time member Lucille Blaha passed away in February. Sincere sympathy is extended to her family and also to the family of Valerie Carlson who passed away this year. We are also very sad to report that Jean Charpentier lost her 22-year old nephew, William "Billy" Meister, on February 16, when his snowmobile plunged into open water while riding on the ice-covered St. Croix River. Billy was 4 years old when he got his first snowmobile. He and his Dad had ridden their machines 1,500 miles since New Years Day, 2013. It is reported that over 1,000 people attended the funeral. The Chapter also reported on the deaths of several railroad friends: Linda Patterson and Iada Cripe, (both former

# CHAPTER NEWS (Cont'd.)

## TWIN CITIES CHAPTER

(Cont'd.)

NARBW members), Betty Sands, Joyce Seever, Jewell Popek, Donald Leshner, Richard Niesen, Tom Pasquale (BNSF RR) and Annabelle Knutson and Robbie McGarry (CP RR, former SOO Line RR in Minneapolis).

## TWIN PORTS CHAPTER

The Chapter did not meet in January or February, due to seasonable weather conditions, but had a wonderful meeting in March at Blackwoods in Proctor. Election of Chapter officers will be held at their April

meeting, and it is hoped that members will step up to fill the positions held by current officers for the last two years. The Chapter also encourages its members to attend the National Convention in Nashville this year. Motion was made, seconded and carried that \$25 worth of National's 50/50 tickets be purchased, with any proceeds returning to the Chapter treasury. Motion was also made, seconded and carried to donate \$50 to Zion Lutheran Church for use of its facility in sorting See's candy in December. A rummage sale is planned for April 26 and 27 at Zion Lutheran Church

in Superior and members are collecting lots of items to sell. Congratulations to Susan Carlson on her recent marriage to Bob Peer in December and to Britney Bergson and Hubby Jesse who celebrated their first wedding anniversary in November and are expecting their first baby in October. We wish the best for both couples! Special get-well wishes go out to member Ginny Claveau who is recuperating from a car accident and to Bill Tasky, Bonnie's husband, who underwent shoulder surgery on March 12 and is recuperating at home.



Past National President (1990-1992) Carmen Amato Taliaferro, passed away on Sunday, March 17, 2013. She was 93 years young. Her obituary reads that she was the dearly beloved

mother of Carl J. (wife April), loving grandmother of Amber and Eric, cherished daughter of the late Carmen and Marie Amato, devoted sister of the late Barbara DeCaprio, Ann Rinella, Josephine Tagliaferri, Mariano and Joseph Amato, and a treasured aunt and grand-aunt. Her Mass of Christian Burial Service was held on Saturday, March 23, 2013, in St. Ann Catholic Church of Communion of Saints Parish at 10:00 a.m. Interment was at Lake View Cemetery. The family received friends to pay tribute and celebrate her life at the DeJohn-Flynn-Mylott Funeral Home of South Euclid on Friday, March 22, from 4-8 p.m.

Not only is Carmen missed by her immediate family, but also by her NARBW family, for she was truly one of our sisters. We Narbies loved her dearly for her sweet, wonderful personality and the way she made everyone feel welcome in her presence. We will miss her terribly. Rest in peace, sweet Carmen...



# HISTORY OF RAILROAD UNIONS

On March 31, request was received from Peter Groen ([groenpj@cs.com](mailto:groenpj@cs.com)), via our NARBW website contact form, to check out the website "History of Railroad Unions" at <https://sites.google.com/site/historyofrrunions/>, adding that, if we know of key events relating to women and the railroad, we are to let him know and he will add them to the site. Members may want to check this out for themselves.

## WARNING FROM SHELL OIL COMPANY

Here are some reasons why we don't allow cell phones in operating areas, propylene oxide handling and storage area, propane, gas and diesel refueling areas. The Shell Oil Company recently issued a warning after three incidents in which mobile phones (cell phones) ignited fumes during fueling operations. In the first case, the phone was placed on the car's trunk lid during fueling; it rang and the ensuing fire destroyed the car and the gasoline pump.

In the second, an individual suffered severe burns to their face when fumes ignited as they answered a call while refueling their car!

And in the third, an individual suffered burns to the thigh and groin as fumes ignited when the phone, **which was in their pocket, rang while they were fueling their car.**

You should know that: Mobile Phones can ignite fuel or fumes.

Mobile phones that light up when switched on or when they ring release enough energy to provide a spark for ignition.

Mobile phones should not be used in filling stations, or when fueling lawn mowers, boat, etc.

Mobile phones should not be used, or should be turned off, around other materials that generate flammable or explosive fumes or dust, (i.e., solvents, chemicals, gases, grain

dust, etc...)

To sum it up, here are the Four Rules for Safe Refueling:

- 1) Turn off engine.
- 2) Don't smoke.
- 3) **Don't use your cell phone - leave it inside the vehicle or turn it off.**
- 4) **Don't re-enter your vehicle during fueling.**

Bob Renkes of Petroleum Equipment Institute is working on a campaign to try and make people aware of fires as a result of static electricity at gas pumps. His company has researched 150 cases of these fires.

His results were very surprising:

- 1) Out of 150 cases, almost all of them were women.
- 2) Almost all cases involved the person getting back in their vehicle while the nozzle was still pumping gas. When finished, they went back to pull the nozzle out and the fire started, as a result of static.
- 3) Most had on rubber-soled shoes.
- 4) Most men never get back in their vehicle until completely finished. This is why they are seldom involved in these types of fires.
- 5) Don't ever use cell phones when pumping gas.
- 6) It is the vapors that come out of the gas that cause the fire, when connected with static charges.
- 7) There were 29 fires where the vehicle was re-entered and the nozzle

was touched during refueling from a variety of makes and models. Some resulted in extensive damage to the vehicle, to the station, and to the customer.

8) Seventeen fires occurred before, during or immediately after the gas cap was removed and before fueling began.

**Mr. Renkes stresses to NEVER get back into your vehicle while filling it with gas. If you absolutely HAVE to get in your vehicle while the gas is pumping, make sure you get out, close the door, TOUCHING THE METAL, before you ever pull the nozzle out. This way the static from your body will be discharged before you ever remove the nozzle.**

As I mentioned earlier, The Petroleum Equipment Institute, along with several other companies now, are really trying to make the public aware of this danger.

I ask you to please send this information to ALL your family and friends, especially those who have kids in the car with them while pumping gas. If this were to happen to them, they may not be able to get the children out in time.



Article submitted by  
1st VP Theresa Harper.

# CLOROX VERSUS PEROXIDE

Have you ever smelled bleach in a doctor's office? NO!!! Why? Because it smells, and it is not healthy!

Ask the nurses who work in the doctor's offices, and ask them if they use bleach at home. They are wiser and know better!

Did you also know bleach was invented in the late 40's? It's chlorine, folks! And it was used to kill our troops.

Peroxide was invented during WWI in the 20's. It was used to save and help cleanse the needs of our troops and hospitals.

Please think about this:

1. Take one capful of peroxide (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. (I do it when I bathe.) No more canker sores, and your teeth will be whiter without expensive pastes. Use it instead of mouthwash.

2. Let your toothbrushes soak in a cup of peroxide to keep them free of germs.

3. Clean your counters and table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters.

4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.

5. I had fungus on my feet for years until I sprayed a 50/50 mixture of peroxide and water on them (especially the toes) every night and let dry.

6. Soak any infections or

cuts in 3% peroxide for five to ten minutes several times a day. My husband has seen gangrene that would not heal with any medicine but was healed by soaking in peroxide.

7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.

8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold, plugged sinus. It will bubble and help to kill the bacteria. Hold for a few minutes, and then blow your nose into a tissue.

9. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.

10. And, of course, if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide-burnt blonde hair like the hair dye packages but more natural highlights if your hair is a light brown, reddish, or dirty blonde. It also lightens gradually, so it's not a drastic change.

11. Put half a bottle of peroxide in your bath to help get rid of boils, fungus, or other skin infections.

12. You can also add a cup of peroxide instead of bleach to a load of whites in your

laundry to whiten them. If there is blood on clothing, pour it directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.

13. I use peroxide to clean my mirrors. There is no smearing, which is why I love it so much for this.

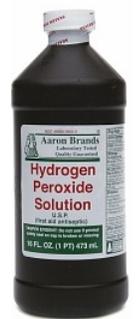
14. Another place it's great is in the bathroom, if someone has been careless & has peed on the floor around the toilet & it's begun to smell of urine. Just put some peroxide in a spray bottle & spray. In the blink of an eye, all the smell will be gone & the bacteria eliminated!

I could go on and on. It is a little brown bottle no home should be without! With prices of most necessities rising, I'm glad there's a way to save tons of money in such a simple, healthy manner! This information really woke me up. I hope you gain something from it, too.

Pass it on! Clorox vs. peroxide—VERY interesting and inexpensive.



VS.



Article submitted by  
1st VP Theresa Harper

# CAN YOU HELP?



Lynn Sisto, a former National Publication Chairman, has forwarded several photos that were in her possession, many of which will be included in issues of "The Capsule" where space is available. The only notation on the back of the one above is that it is from "Chicago, Jan. 24-25/53. Can anyone identify these Narbies?



The photo at left is captioned on the back as "Convention Philadelphia, PA" but has no date. Can anyone help identify these Narbies?

NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN

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