

THE CAPSULE

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July/Aug./Sept. 2016

MESSAGE FROM THE NATIONAL PRESIDENT



Dear NARBW Members:

I am so excited that the weather has finally started to cool! Finally, it is jacket weather in Florida. With jacket weather, the holidays are just around the corner and Christmas is my favorite time of the year! By the time you read this, Hallmark will have already started their Christmas movie season and I love their movies! I hope you all will get to take part in traditions that you love this season!

The National Board met for the Summer Board Meeting in Kansas City and gathered with the Kansas City chapter for dinner on the Friday evening prior. The chapter had two new members join that very night! I was also excited to be able to spend time getting to know the ladies in the chapter. The chapter submitted a bid to host the 2018 convention and the Board voted unanimously to accept it! I have no doubt that they will plan a great convention for us! Thank you Kansas City for stepping forward!

With heartfelt thanks to the Roanoke chapter, we were able to scan the headshots of the past National Presidents and upload them to our website and Facebook page. If you have not seen them yet, please take some time to check them out. You can find them in the new Hall of National Presidents section under the Who We Are menu. I thought it was a shame that there was no place to display these photographs and, now that they are available electronically, we can all enjoy them anytime. I also want to thank Melba Cookston and the St. Louis Chapter for providing a photo of JoAnn Rowe, who was our National President from 2000-2001 and passed away in office. That was our only missing photo for the collection.

At our upcoming 2017 convention, we will be electing three national officers (National 2nd Vice President, National 3rd Vice President, and Secretary). Nominations are due to Theresa Harper, National Nominating Chair, by February 1st. To be eligible for one of the Vice President roles, you must have been a Chapter President and have spent at least one year on the National Board and, to be eligible for Secretary, you must have been a chapter member for at least a year. Please consider running for an office. I can assure how rewarding it is to be on the National Board. If you have any concerns about running, feel free to chat with Theresa or

any current or former National Board member. I treasure the time I have spent in the organization and especially my time on the National Board. I feel confident you would feel the same.

Speaking of convention, please don't forget to save the dates! Our 2017 convention will be held in Cincinnati on May 19-20, 2017 with a preconvention tour being held on May 18, 2017. Suzi Hamby, National Convention Chair, and the Cincinnati Chapter are busy making the preparations. I look forward to seeing all of you at "Maifest in ZinZinnati."

If you have any stories or photos from NARBW events, please send them to our National Publication Chair, Rhonda Gomez. We love reading and seeing them in the newsletter and would also love to share them on our website and Facebook page.

This will be the last Capsule before the holidays, so I would like to take this opportunity to wish you a safe and joyous holiday season. May the spirit of the holidays be with you throughout the New Year.

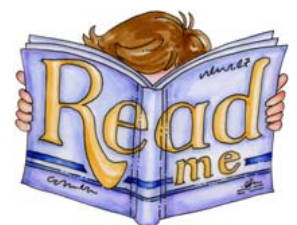
Sincerely,

Laura Gutteridge Años

Laura Gutteridge Años
National President

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NATIONAL BOARD NEWS



National Association of Railway Business Women

RESUME OF SUMMER BOARD MEETING – JULY 9, 2016

On Saturday, July 9, 2016, the Summer Board meeting was called to order by President Laura Gutteridge Años at the Fairfield Inn & Suites, Kansas City, MO.

National Treasurer Julie Lane presented the fiscal year 2016 Annual Reports and additional financial reports for Board discussion. All National Officers and Committee Chairmen presented their Plans of Work, which were discussed and approved. They will be distributed in accordance with the By-Laws.

Convention Chairman Suzi Hamby of the Cincinnati Chapter reported that plans for our 73rd Annual Convention are underway. It will be held May 19-20, 2017, at the Hyatt Regency, Cincinnati, Ohio. The theme is "**Maifest in Zinzinnati**." A pre-Convention tour is being planned for Thursday, May 18, and in keeping with the Maifest theme, we will enjoy the history and sites via the "Cincy Brew Bus."

Laura Gutteridge Años
President

Sylvia A. Long
National 2nd Vice President



NARBW 73rd National Convention

May 19-20, 2017

Hyatt Regency (hosted by the Cincinnati Chapter)

A pre-convention tour is being planned to include a trip to the history and sites via the "Cincy Brew Bus" on Thursday, May 18.

Mark your calendar!

CHAPTER NEWS

ALBANY CHAPTER

The Albany Chapter of NARBW held their first meeting of the year with new officers. Members shared their summer adventures, including a summer breakfast with one of their members, Lynn Sisto, who resides in Florida.

Chapter Public Affairs Chair read correspondence from the New York State Director of Operation Lifesaver stating that there is a program where presenters {OLAV} can visit public events, schools and other groups.

The chapter continues to hold 50/50 raffles collections and are collecting gently used women's coats and handbags to send to womens' shelters.

Several members are planning to attend Convention and pre-trip in Cincinnati next May.

creasing with two new members: Ramona Sanmoogan and Sherrie Cook! Ramona's induction was held at the September meeting by Melanie McKim, and Sherrie Cooks' will be upcoming.



"Wandering Yvonne" as she travels around the country enjoying her recent retirement from Amtrak!

Pictured at right is Mr. Gene Varela, Director, Retirement Planner



ATLANTA CHAPTER

The Atlanta Chapter is planning its first event of the year with serving brunch at the Ronald McDonald House on October 15th. We are working on recruiting new members. We are also looking forward to an exciting year.

CENTRAL FLORIDA

During the month of June, a Princess House fundraiser was held by Nancy Booz-Allen, Ways & Means Committee, at the home of Melanie McKim, Membership Chair.

Their August meeting included a guest speaker from Fidelity Investments. Mr. Varela distributed information and discussed employee investments and retirement savings plans. After his presentation, he held a question and answer session

Central Florida is happy to announce that their chapter's membership is in-

The Chapter has been busy getting their fall fundraisers underway beginning with a 50/50 raffle drawing on September 15th which earned \$104 for their club! Jesus Velazquez of Amtrak Auto Train, Sanford, FL had the winning ticket for his half of the raffle. Mr. Velazquez is a big supporter of the NARBW group as this is his second win! He also won a Valentine's Day basket that was raffled off last February.

CHICAGO CHAPTER

The Chicago Chapter is happy to report a variety of new developments this quarter. The Chapter now has a full roster of officers in leadership as it welcomed the newest addition to the Board, Terry Parham, as the Welfare Committee Chair. Metra Commuter Rail helped to bolster recruitment by hosting the September membership meeting and providing lunch to over

forty-five members and guests. Metra's Deputy Executive Director, John Milano gave opening remarks and showed support for the organization. This lunch and other outreach efforts resulted in the Chicago Chapter nearly doubling its membership since the beginning of the year! Currently at 49 members, Chicago Narbies are sending a friendly message to the Ronoke Chapter to "look out, we plan to beat your membership record!" Members are also busy planning for fundraising activities this winter including a holiday gift card raffle, a coat/hat & mitten drive for the Chicago Public



Schools and a book drive to benefit the Lurie Children's Hospital. The chapter continues to work on establishing its brand and has voted to order both t-shirts and polos with the NARBW logo. This will help identify the organization when the group is out doing charitable work or recruiting new members. Finally, as Narbies love sharing time and conversation, they hosted their 2016 holiday party on Saturday, November 12th at the Flossmoor Station Restaurant & Brewery, in Flossmoor, Illinois.



Pictured: September Membership meeting hosted by Metra

CHAPTER NEWS

CINCINNATI CHAPTER

Cincinnati ladies have been busy putting together the upcoming 2017 National Convention and looking forward to members of all chapters attending.

HOUSTON CHAPTER

Member Freda Edwards had cataract surgery on her right eye. She is doing great and reports that she only uses reading glasses now as both eyes are now corrected. She is waiting to see if she can drive again at night. Good luck in healing Freda!

Member Lou Ann McClendon wished love & luck to her grandson Chandler White, 19 (Ashley's son) who left for the Marines boot camp in San Diego, CA in August. Keep Chandler in your prayers. He will be gone for 3 months of training.

Granddaughter of member Cheryl Chambers, Elizabeth Campbell, 24 years old of St. Louis, MO, passed away. We are sorry for her loss.

Get well wishes to the mother of member Renee Byrne, who just turned 90 and is in poor health. We will certainly keep her in our prayers.

We wish our newest and youngest member of the Houston Chapter, Tyler Spurlock, granddaughter of Debbye Converse, good luck as she moves to her very first apartment in College Station, Texas. She begins her next life's chapter at Texas A&M. Tyler, we wish you much success!

Our prayers are with our members and their families in their time of loss, health problems, and other major family crisis.

Sandra Donaldson, Scholarship chairwoman partnered with Ida Carmouche, Ways and Means chairwoman, to create a chapter scholarship in honor of

Momma Grace Nowlin, our devoted matriarch. Together, they have earmarked funds from the upcoming bus trip to fund that project. I can feel her smiling all the way from heaven! Saying 'great job' ladies!

INDIANAPOLIS CHAPTER

This chapter mourned the death of Marian McClure who passed away on July 18. She was a faithful and active member for 44 years and served as Chapter President from 2001 – 2007 and most recently as Membership Chair. She was also National NARBW Woman of the Year in 2008. She worked tirelessly for the success and benefit of the chapter. She will be missed as she was a dear friend and mentor who was so generous with her time and love.

Our sympathies also went out in July to Nina Goins upon the loss of her husband, Jim and to Betty Green upon the loss of her son, Davis.

Donations were sent to the Diocese of Baton Rouge to help in their flood recovery and also to Kokomo Urban Outreach for the victims of the tornadoes that struck the area. A food drive was held at our September meeting to benefit Servant's Heart in Beech Grove.

The annual August casino bus trip was a big success! The bus was full and everyone had a great time – win or lose.

On the 'Get Well/Stay Well' list is Betty Green, Helen Scaringe and Patty Stewart. We are sending healing wishes to Mary Hill's husband, Dave who is recovering from heart bypass surgery and Mary Lou Croker who recently suffered a fall.

JACKSONVILLE CHAPTER

The July meeting covered speakers from Transamerica Financial Advisors, Inc.. They presented a range of financial topics such as Budgeting, Debt Management and Estate Planning.

Funds are coming in from the Virtual Yard Sales and Back to School items were collected for August and September and were delivered to John Lowe Elementary. September activities included an Alhambra outing to see Sister Act.

KANSAS CITY CHAPTER

The Kansas City Chapter hosted a dinner at Abuelo's Mexican Restaurant for the NARBW National Board of Directors. The visit was to become familiar with the Kansas City Chapter and discuss the 2018 National Conference in Kansas City! At the dinner, we are proud to say we received two new members, Quiana Carter and Kelly.





**Thanks to Michigan State University for
sponsoring our NARBW newsletter in 2017**



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CHAPTER NEWS

KANSAS CITY CHAPTER (Cont'd)

The ladies donated backpacks full of goodies for the KVC Health System – Foster Care Program. The backpacks consisted of water bottles, notebooks, personal hygiene items, toys and blankets. The blankets were made by members at one of the chapter meetings while other members filled the backpacks. A&K Railroad Materials, Inc. and Industrial Railway Supply generously furnished items for the children bags.



The past National President, Theresa Harper presented this beautiful heart (designed and provided by Chrystal Tonkin) to National President, Laura Gutteridge Años.



The Chapter will be selling the hearts to all chapters who are interested in purchasing. The cost of the heart runs \$25.00 plus shipping and handling. Your chapter name can be added to the logo of the NARBW emblem for an additional \$10.00. Contact Chrystal Tonkin, President at Chrystal.Tonkin@bnsf.com.

LOUISVILLE CHAPTER

Marilyn, Doris and Ruth Ann have all been in the hospital and not been able to hold meetings. Take care ladies and we hope that you will be able to get together soon!

OMAHA CHAPTER

Kay Leslie, Golf Tournament Chairman, reported the 7th annual tournament was held on August 5th.

The chapter is planning their 65th Anniversary Celebration. The finalized location will be UP Headquarters. They were able to use a past invitation and update it.

The Race for the Cure was Sunday, October 9th. NARBW has a tradition of joining the race and then going to breakfast.

On September 8th, 1951, the National Association of Railway Business Women chartered the Omaha chapter. They were the 18th chapter in the association. The first Chapter President was Ruth Cole Webb. Since then, the Omaha Chapter has had 41 Chapter Presidents.

They are going to mark the occasion and have the windows decorated in the tunnel from the UPC to the garage for 2 weeks.

The Chapter hosted a "Meet and Greet" Membership Drive for the railroad women in the Omaha / Council Bluffs area on September 8 at Union Pacific Center .

PHILADELPHIA CHAPTER

The Philadelphia Chapter took a much needed summer break and did not meet in July.



VP Michele Detrick, Treasurer Krista Keene, Ellie Cain and Marianne MacLure



RMH breakfast included Harry Rodan, husband of Monica, and Peter Bevilacqua, husband of Kathy

Our August meeting was a "Board Meeting", and was held at Monica Rodan's home in Oreland, PA. We took the time to choose our meeting dates and locations for the next year, September 2016 through July 2017. Future fundraisers include Bergin's Candy sales, Fuller Brush Sales and Marion Kay spice sales. A full Victorian tea was held in October at the Village Tea House in West Point, PA. We are also looking forward to hosting a few meet and greets for Amtrak and other railroad women in Pennsylvania and Delaware. We also committed ourselves to once again raise money to support a full NARBW scholarship, and chose the Eliza Shirley House for Women in downtown Philadelphia, and the Ronald McDonald House at St. Christopher's Hospital for Children as two of our primary charities to support this year. On September 17th we hosted breakfast at the Ronald McDonald House, where 10 members cooked

CHAPTER NEWS

PHILADELPHIA CHAPTER (cont.d)

a full breakfast to order for the residents and children being treated at the hospital. Several spouses and family members also helped with the breakfast - one of our favorite charitable efforts!

The chapter members are reminded every month that we will be collecting children's hats, both handmade and purchased, for the Toys for Tots/Hats for Tots train hosted by Norfolk Southern and Amtrak. This year, the train will be leaving the depot in Albany on December 2nd. Last year the ladies of the Delaware/Philadelphia Chapter collected over 200 hats - already, member Maryann Pettit has hand knit 100! Members are also reminded to start collecting new toys for the Eliza Shirley house for the kids in residence at Christmas. We will collect and display the toys at our annual Christmas Luncheon, this year on December 3rd at La Casa Pasta in Newark. The very generous and caring women of the Philadelphia Chapter want to send greetings to all of the members of NARBW and thank all of you for your support of and service to NARBW. We are so proud of all of the charitable works performed by members. We are humbled by and thankful for the sisterhood we share through the railroad industry.



Front row, left to right, Roxanne Williams, Shea McGriff, Renee Strolis and Ellie Cain. Back row, left to right, Kathy Bevilacqua, Marianne MacLure, Kay Bolich, Krista Keene and Monica Rodan.

ROANOKE CHAPTER

The article used was in the Roanoke newsletter and is directly from Progressive Railroadng...

Progressive Railroadng has been reporting on workforce development in the railroad industry for the past several years. In 2013, we set out to discover not only how rail businesses are trying to recruit and retain new railroaders, but who some of the industry's up-and-comers might be. As a result, the "Rising Stars" program was launched to identify individuals under the age of 40 who already are making a difference in the rail industry.



Kylie McLaughlin, General Manager, Western New York and Pennsylvania Railroad, LLC. She is a member of the Roanoke Chapter.

The magazine defines a "Rising Star" as someone under 40 years of age who has made, or is making, a positive impact on his or her company, organization, department or team, and is viewed by others — peers, colleagues, supervisors, clients or associates — as an up-and-coming leader in the rail industry.

Progressive Railroadng celebrated the 2016 Rising Stars at a recognition dinner on July 24, 2016 at the Omni William Penn Hotel in Pittsburgh. Roanoke's first board meeting was held at the Ronald McDonald House. The Welfare Committee has worked out a plan for the Chapter that will keep all members active, as well as help many agencies in their community.

Some of these volunteer commitments are to the VA Hospital, Ronald McDonald House, Rescue Mission, Angels of Assisi, St. Francis House, LOA, Salvation Army, American Cancer Society and the Baptist Community Center. They hope to participate in the Alzheimer's Walk as well as the JDRF Walk to Cure Diabetes. The ladies donate goods, money, or time for a charity.

In the month of June, Linda Barlow had back surgery. She requested no gifts. In the month of July, a card of encouragement was sent to Linda Taylor. Her brother has Stage 4 cancer and Linda is helping with his medical appointments. Muriel Bray had extensive back surgery. A card was sent and a floral arrangement was sent to her home. She is getting along well. During the month of August, Carol Meador's father (Roanoke) passed away. He is Robert Jenkins and his burial was on August 8, 2016. A grievance gift was given to Carol for the family. Pam Custis' brother, Derrick Hudson (Chicago), also passed away.

Congratulations to Helene Martin who is with her granddaughter in Colorado Springs, CO celebrating the birth of her great-granddaughter, Evelyn Marie Whelan, who was born on August 2, 2016. Both mother and baby are doing well.



CHAPTER NEWS

ROANOKE CHAPTER (Cont'd)

Contributions for school supplies were delivered to Pat Carter, Director of the Community Center. Donations will be used to purchase backpacks for kids who otherwise would not have one. Remember that good feeling you had when you began school with that fresh



pack of notebook paper and a newly sharpened pencil with an eraser? The ladies certainly have helped deserving children experience that same feeling!

ST. LOUIS CHAPTER

An Avon fundraiser is planned as well as a purse auction for gently used purses with a gift inside.

TOPEKA HEARTLAND CHAPTER

Get well wishes go out to member, Bonnie Hartzel who fell and broke a bone in her hip and also to member, Kay Rigdon who is now home from the hospital after a week of tests. The ladies of Topeka Chapter met in September and had lunch in Grantville, KS. Lunch was followed by a trip to The Alpha Christian Home with a tour of their facilities that take in children that are in need of a home. They house and school the children (babies to high school seniors) on site and do this without any government funding. Pudding snacks and snack crackers were left for the children. The ladies were glad to have Dee Woodson attend before she returned to Arizona for the winter.

TWIN CITIES CHAPTER

July marked a short trip which included members, along with Sylvia Long, that led them from the Twin Cities to Duluth. In Duluth, they toured the Lake Superior Railroad Museum, which had many older railroad cars including a replica of President Lincoln's burial car. After which, an enjoyable boat ride on Lake Superior and lunch was held with the NARBW members from Duluth.

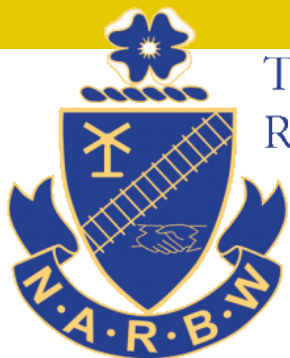
In August Donna Clark and her sister Georgia Lickness had an art class at Donna's home. in which the art teacher taught everyone how to paint a beautiful picture. They also had treats and something to drink at this fun class.

MaryAnn Ronkainen and Norma Perna planned a nice fall luncheon for members and friends. Along with lunch they had a presentation on dolls. The presenter had many of her dolls to show with her and a lot of information on them.

Carole Dahlquist and Karen Brennan are busy at work planning the annual Christmas party, which will be held in December. They have planned the party many times and do a great job.



Keep
calm
and
jingle
it's
nearly
Christmas!



The National Association *of*
Railway Business Women

Rhonda D. Gomez
National Publications Chairman
2806 NW 90th Terr
Kansas City, MO 64154

The National Association of Railway Business Women stimulates interest and fosters cooperation within the railroad industry and its affiliates. We celebrate fellowship and participate in charitable and benevolent social welfare projects.

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Join these chapters or start a chapter in your area!

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