

THE CAPSULE

Volume 16, Issue 11

October, November, December 2014

MESSAGE FROM THE NATIONAL PRESIDENT



Dear NARBW Members:

I hope that each of you had a very Merry Christmas and that the New Year will be a prosperous one for your families and for NARBW.

Let us begin this New Year by remembering the many friends that we have made through our NARBW association and by re-energizing our interest in our organization. Let us continue to support NARBW by meeting the deadlines that are in place by our Plans of Work; re-

member those deadlines will be here before we are ready. Let us look for ways to promote the growth of NARBW by reaching out to prospective members, asking them to attend our meetings and influencing them to join our organization. Take time to reach out to a past NARBW member who failed to renew her membership. A single personal contact can make a BIG difference.

The National Board is preparing for our Winter Board meeting that will be held in Savannah, Georgia on February 20 - 21, 2015.

Unfortunately Amy Schapp resigned her position as National 3rd Vice President due to her demanding position with the Union Pacific Railroad. The unexpired term of National 3rd Vice President will be filled and you should continue sending your reports and emails to membership@narbw.org.

In a short four months we will be attending the 71st convention in Savannah, Georgia, May 14 - 16, 2015. The convention details are posted on the

website NARBW.org and forms are attached with this newsletter. Convention Chairman, Joyce Peak and the Atlanta Chapter have been hard at work to make the "Rollin on the River" convention both memorable and successful. I hope you have considered attending the convention and have marked your calendars. Please take advantage of the early registration discounts. Join us for the pre-convention tour which will be an open-air trolley tour of historic Savannah. Pirates and wenches will join us for a Fun Night dinner cruise.

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. I am looking forward to seeing many of you at the 71st National Convention in Savannah, Georgia.

Sincerely,

Theresa Harper
National President

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WANTED

LOOKING for willing and able bodies to fill the upcoming vacancies on the National Board—very rewarding. Nominations for 2nd and 3rd VP's and Secretary must be in my hands by February 1. I know YOU are out there! Thanks!

Cynthia Chandler, Nat'l. Nominations Chairman

CHAPTER NEWS

ALBANY CHAPTER

The Chapter continues to meet the second Tuesday of each month. Diana Ham, Welfare Chairman, collects all canned goods donated by members at each meeting and delivers them to the Bethlehem Food Pantry and to St. Patrick's Pantry in Ravena.

Chapter President Bonnie Crowley (center) de-



livers a check for \$500 in member donations to Albany's Ronald McDonald House.

In addition to the above donation, members also donated \$200 to Equinox in Albany to provide Thanksgiving dinners for battered women in the shelter. Another donation was made by Diana Ham to the Mohawk Rescue Humane Society in memory of member Marilyn House, who passed away on May 30, 2014. October's fundraiser was a bake sale, and November's was a White Elephant Auction. December's meeting was held at Salty's Pub and Bistro in Clifton Park, where 16 members enjoyed a Christmas Party and their annual Chinese Gift Exchange. A discussion of bylaws is planned for their January meeting. Sue Russo, Ways and Means Chair, plans to hold a Valentine's Gift Basket raffle to raise funds at their February meeting. A train ride on the Rip Van Winkle Flyer is being considered for spring. **EIGHT MEMBERS PLAN TO ATTEND CONVENTION IN MAY! - YAY!**

CHICAGO CHAPTER

Treasurer Elaine Gronski advises that Chapter President Marie Gallagher recently visited a niece and family in New Mexico. Pat Dunham took a trip to Alaska a couple of months ago and is planning a trip to Hawaii in February. Pat also plans to attend a family reunion in Michigan this spring. June Easley has some health issues and now

resides in a Missouri senior care center with family nearby. The Chapter plans to begin meeting again once the harsh winter weather has subsided.

CINCINNATI CHAPTER

The Chapter, though still fairly new, is proud to announce that they now have approximately 25 members, comprised of CSX employees, relatives or associates of CSX employees, and former National President Doris Stemmer who is retired from CSX. Since its establishment in 2014, the Chapter has collected and donated over 50 pairs of boots to students in the Home Builders Association of Northern Kentucky's Enzweiler Apprentice Program, baked and donated over 500 cookies to CSX Transportation locations during National Transportation Week in May, collected and donated over 100 winter coats to LifeLine Ministries of Northern Kentucky, and raised funds or donated items to various other charities in the area. Members were also encouraged to participate in events in and around Cincinnati to give back to their communities. The Chapter thanks its President, Suzi Hamby, for her leadership, energy and enthusiasm in 2014, which made it all possible. Two members, Teri Schray and Bernice Courtenay, recently accepted retirement packages from CSX and will be honored with a Chapter social activity in January. Both ladies plan to remain active in the Chapter.

HOUSTON CHAPTER

Linda Kovac hosted a membership drive at her home on October 18, resulting in 7 new members. The Chapter's October 13 meeting was at The White Flamingo in Spring, TX, with socks, underwear and winter coats donated for the homeless at the Star of Hope Mission. Members met at Puffabelly's Old Depot Restaurant, a murder mystery dinner theatre in Spring, TX, for its October 24 meeting.



Members (previous photo) in attendance at Puffabelly's are (L-R)): Lou Ann McClendon, Cheryl Chambers, new member Linda Taylor, Ginger Stanbery and Linda Kovac. On October 29, Cheryl, Lou Ann, Ginger and Debbye Converse delivered the clothing collected at their October meeting to the Star of Hope Mission.



Over 100 Non-perishable food items collected for the less fortunate at the Big Feast held at George R. Brown Convention Center on Thanksgiving Day were delivered by Cheryl Chambers. The Chapter's November 22 meeting was held at the Houston Olive Garden to celebrate their retired ladies. The Chapter sold \$25 Honey-baked ham gift cards through November as a fundraiser. The Chapter's "Adopt a Family for Christmas" involved 12 teenage girls living in Foster Homes in Spring, TX. Each girl was "adopted" by a Chapter member who purchased Christmas gifts from her wish list. In addition, a \$25 Walmart Gift Card was given to each girl, and Chapter President Ginger Stanbery put together a large gift basket of candy and snack foods for each of their homes. Several members attended the Radio City Christmas Spectacular, starring the Radio City Rockettes at Hobby Center on December 9. Debbye Converse and Hubby Mark hosted the Chapter's Christmas Party at their home in Spring, TX, on December 13. Members were asked to bring a white elephant gift to share. Photos follow:



CHAPTER NEWS (Cont'd.)

HOUSTON CHAPTER (Cont'd.)

Members are volunteering every Wednesday, helping with the MDA Children's Art Project packaging. Tamela Kubicek had rotator cuff surgery in October; Cheryl Chambers' granddaughter, Cyann Seals, is back in school after recovering from ankle surgery; and Mama Grace Nowlin's daughter Lynette has been recovering (since May 2014) from lung/cough problems and flu-like symptoms. Debbye Converse is recovering from removal of a cyst, but was still able to volunteer at MDA (nothing slows that lady down!). Mary Jane Spencer had her right shoulder surgically replaced. She had been in physical therapy every day for 2-1/2 months prior, learning to walk again from previous problems. We are saddened to report the passing of David Buckner who was the "significant other" of Houston's late Chapter President Ouida Debruhl. David passed away on November 18, almost 5 months to the day of Ouida's passing on June 22.

INDIANAPOLIS CHAPTER

The Chapter made a holiday donation to Ronald McDonald House to provide a room for families who have children at Riley Children's Hospital. Members once again rang the Salvation Army bell.

Pat Hulett & >
Barb Hartwell >



< Phyllis Breeden

Gloria Jackson >



< Ann Carrico

Members held their Christmas Party at Dye's Walk Country Club on December 1. The highlight of the evening was a raffle drawing for 3 beautiful gift baskets assembled by members with the help of their donations. Proceeds of the raffle go toward the National Scholarship Fund. Members are selling nuts this year as a fundraiser. Welcome is extended to new member Jessica Elston, an enthusiastic young lady who is sure to be a wonderful addition. Ann Carrico's grandson, Reese Garland, had a wonderful experience on his visit to Disney World when he traveled there with his family through the Make A Wish Foundation. Several members enjoyed dinner at Applebee's as another fundraiser for the Chapter. Get well, stay well wishes go out to Margaret and Jessica Elston, Helen Scaringe and Pat Amrhien. Members' Christmas Spirit was dampened by the news that Dorothy Baker passed away on December 16. Dorothy loved coming to Chapter meetings and was able to attend thanks to her daughter-in-law Julie. Dorothy and Julie attended the Christmas party and Julie advised that her mother-in-law had a wonderful time. Dorothy will be very much missed by her Barbie sisters.



JACKSONVILLE CHAPTER

Raffle winners of the lovely handmade works of art provided by the speaker at the Chapter's September meeting were: Anna Mae Wright, who had just celebrated her 86th birthday and who also won the 50/50 raffle. What a lucky lady! ...

Anna Mae with bird >
house



and Mia Rogers who won a window flower box.

Mia with
Flower box >

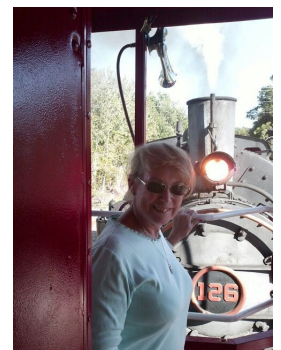


The Chapter's October 23 meeting was held at CSX HQ with catering by Publix. Members dressed in Halloween garb or fall colors and wore festive masks. Ooooh, scary! Mary Warner,



who I believe is the lady seated on the right, won the raffle for \$25 credit toward the purchase of Premier Jewelry. The speaker was Member Angel Shiver who held a Premier Jewelry Party with the Chapter receiving 30% of sales. The Chapter is still taking orders for shirts as shown in the last issue of this newsletter. Members are asked to consider joining or chairing committees to become more involved, and President Elaine Mosley is especially looking for someone to chair or co-chair the Ways & Means Committee. Operation Lifesaver Chair Mary Baldwin says "Hello" from the St. Mary's, GA RR Steam Train Excursion where passengers were informed about railroad safety for OL.

"Locomotive
Engineer" Mary >
On board
Engine 126



CHAPTER NEWS (Cont'd.)

JACKSONVILLE CHAPTER (Cont'd.)

Mary also reported on the October 18 Palatka Railroad Preservation Society 2014 RailFest Train Show and on the 19th Annual Ancient City Kids' Day in St. Augustine on October 25. Scholarship Chair Angel Shiver reports that the deadline for receiving completed Jacksonville Chapter and National applications is January 22. Debbie Charpiat, Interim Ways & Means Chair, advises that RADA Cutlery and the sale of nuts are the Chapter's main fundraisers for their scholarships. The Ramona Flea Market Yard Sale Fundraiser netted the Chapter \$500 for their scholarship fund.



Members working the Yard Sale

Mary Warner held the last 2014 Mrs. Mary's Boutique (formerly Clothes Closet) for PACE on December 3 and 4. Birthday cards for PACE girls whose birthdays fell during the last months of the year were written by members at their October meeting. In order for PACE girls on free breakfast/lunch programs to purchase food over Christmas break, members brought or contributed towards Publix and Winn Dixie gift certificates at their December 13 Christmas Brunch held at Hidden Hills Country Club. Members also brought Toys for Tots to the meeting and held a Chinese Gift Exchange. Mary Warner thanks members for donating 25 pounds of non-perishable food items to the Mandarin Food Bank and for their support of the City Rescue Mission. Get well wishes are ex-

tended to Lillian Braden who suffered a broken foot and Kathleen Gallavan who had shoulder surgery.

KANSAS CITY CHAPTER



Members who walked/ran the Susan G. Komen "Race for the Cure" back in August are (front row) Isabel Melder, Shellee Currier, Mechelle Pouncy and Sue Brazelton; (back row) Clair Wyatt, Rhonda Gomez, Megan Wilbur, Chrystal Tonkin, Savannah Hubbard, Ashley Allen and Gloria Marshall.

More recently, Rhonda Gomez and Megan Wilber volunteered, distributing recycled bags to tailgaters at Arrowhead Stadium before a game. Not only did they enjoy the task, but also achieved over 12,000 steps. Go Team! Once again, Patrick Henry graciously allowed the Chapter to hold their membership drive in his luxurious, private train cars behind Union Station. The



cars are like a palace on wheels. The Evelyn Henry, a 1955 sleeper car, and the Warren R. Henry, a 1954 dome (both named after Patrick's parents) hook up to Amtrak trains on their regular runs. The meeting and membership drive were both successful, with 2 new members signed on. One guest, Amanda Hunenfeldt owns Honey Creek Pecan Farm in Clinton, MO. After sampling a few of her ware, members decided to sell the pecans as a fund raiser.

LOUISVILLE CHAPTER

Members decided at their October meeting to make the following distributions from their Welfare Fund: \$100 each to the Center for Women and Families, Noah's Ark Children's Village and Wayside Christian Mission; and \$50 each to the National Scholarship Fund and the National Welfare Fund, all totaling \$400. The Chapter's Christmas Luncheon was held on December 9 at Bucks Restaurant. It was decided that, since the "Right Family" would not be joining them for the luncheon, there would be no gift exchange. Members were asked to "just bring your jolly selves."

OMAHA CHAPTER

The Chapter's October 2 meeting was held at Romero's. As a fundraiser for the Chapter's Scholarship Fund, members sold candy bars from Old Fashioned Candy Company for a profit of 50¢ on each bar sold. Plans are to award \$1,200 in scholarships in May. Members are also selling Sidekicks books. The Chapter hosted a Halloween Party for the children at Stephens Center on October 25. Games were played, masks were decorated, and toys and candy were handed out as prizes. Afterwards, several members attended the Blue Man Group at the Orpheum Theatre. The Chapter's October 31 fall raffle, consisting of donated prizes and gift cards, was a great fundraiser, netting them \$900. Members met on November 6 at the Council Bluffs Pizza Ranch and brought new mittens, gloves, hats and scarves to assist the Salvation Army in their "Warm the Night" Mission to provide the homeless a warm place to sleep, food, clothing and blankets during cold Nebraska nights.



In conjunction with the UP Federal Credit Union, members collected 40 hats, 2 scarves and 55 pairs of gloves for the Army's mission. Collection boxes were also set up at the UP Credit Union to assist the Marine

CHAPTER NEWS (Cont'd.)

OMAHA CHAPTER (Cont'd.)

Corps' "Toys for Tots" Campaign. Several members spent Sunday afternoon, November 9, at Mulhalls' Christmas Open House, checking out their wonderful displays and gaining ideas for decking their halls. The Pass the Purse Project involved members' filling 113 gently used purses with various necessary items for ladies on November 20 and donating them to Phoenix House in December.

Café in Omaha. Congratulations to Lee Buhrman who celebrated her 90th birthday in October. Welcome to Anya Jackson's Baby No.3, a precious little girl (A-w-w-h!).



still experiencing health issues. Please keep both in your prayers.

PITTSBURGH CHAPTER

The Chapter's Christmas Party was held at the Pittsburgh Athletic Club in Oakland with about 12 members and guests in attendance. A grab bag gift exchange was enjoyed by all. Members donate to the local women's shelter and recently bought sleeping bags and socks for the homeless.



Casey Zahner (right) delivers purses to Martha Wright, Phoenix House Volunteer Coordinator

Several members attended the Orpheum Theatre on November 28 to see the Radio City Rockettes perform. Members met for their Christmas dinner at the Olive Garden on December 11 and had a "Mean Santa" fun gift exchange. Winne Sage's 60th anniversary also fell on December 11. Congratulations Winne! Members are proposing 3 amendments to the National Bylaws to be brought up at the Convention in Savannah. Welcome is extended to new members Jylean (Jyl) Hopkins, a Customer Care Manager in the National Customer Service Center, and to Genie Gross, who works in the National Customer Service Center. Sue Hess has volunteered to co-chair the Community Outreach Committee with Kerry Horsley, and Casey Zahner has accepted the Scholarship Chair position. Big "Thank You's" to these two Narbies for "stepping up to the plate." The Chapter's next meeting will be on January 8 at the Farmhouse

PHILADELPHIA CHAPTER

Members again served breakfast at the Ronald McDonald House in October and left with that feel-good feeling that comes from serving others. Their October meeting was held at Renee Noble's house in Hanover, PA, after which, the ladies loaded up for the holidays by shopping at the outlets for Snyder's Pretzel, Utz potato chips and Hanover Foods. Their November meeting was held at the New Leaf Tea House in Riverton, NJ, which was under new ownership. Members checked it out for future fundraisers to be held there and found the new owner to be very accommodating and the food better than ever. Members brought children's knit hats to the meeting for distribution by the Albany Christmas Train. The Chapter's annual Christmas luncheon was held at the Adelphi Restaurant in Deptford, NJ (great food for great ladies). Members brought toys to the meeting for donation to the Salvation Army. There were so many, that another table had to be set up for their display. Their famous Christmas Auction, with members contributing even more gifts and opening their pocketbooks, netted the Chapter over \$500, a great fundraiser. A Pampered Chef demo/fundraiser is planned in January at the home of one of their members. They are also looking into a fundraiser called the "Uncorked Artist," where members would pay to drink and draw (or paint), and the Chapter would get a percentage of the registration fee. Marianne MacLure thanks everyone for their prayers, as she is almost fully recovered from a fall in September. Renee Noble's husband is

ROANOKE CHAPTER

The Chapter's October 4 meeting was held at Club Friendship. The speaker was Scott Leamon, former WSL Channel 10 news reporter, now Spokesman for the Roanoke Police Department. Scott spoke on keeping Narbies and their identities safe from scammers and others. Members stuffed envelopes for the Rescue Mission's Christmas mailing during the week of October 20.



L-R—Shirley Stanton, Elaine Parks, Elaine Prillaman, Pat Prillaman, Sandy Williams, Sylvia Long & Gwen Kropff

Members hosted a Halloween Party for veterans at the V.A. Hospital on October 28.

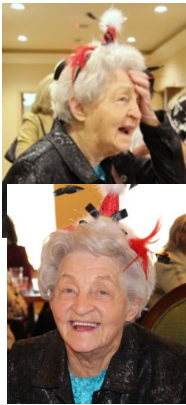


L-R—Alverta Steptoe (Welfare Co-Chair for the V.A.), Brenda Hale, Kathy Barbour, Pat Prillaman, Sandy Williams, Wanda Corbin, Sylvia Long, Mona King, Elaine Parks (Flamingo in case you're wondering), and Jessie Swiercinski.

CHAPTER NEWS (Cont'd.)

ROANOKE CHAPTER (Cont'd.)

And guess who turned 90 on October 23? The Chapter's own Ms. Minnie Mouse, Jessie Swiercinski, was honored with a Surprise Birthday Party given by her family at Club Friendship on Saturday, October 25th. We all wish you many happy returns of the day, Jess! The Chapter's main fundraiser is selling nuts in time for Thanksgiving and Christmas. On November 4, members met at the Holiday Inn Roanoke-Valley View for their meeting. Tab tops and paper products (toilet paper, paper towels, etc.) were brought to the meeting for donation to Ronald McDonald House on November 17. Pictured with their donations and a check for \$50 is Joanne Perry (on right) with Shannon Boothe, Director of Housing Operations for the House. On November 13, the Chapter held a Lunch & Learn event at the NS 110 Building, with guests consisting of NS employees who had expressed an interest in learning more about NARBW while at the NS Safety Fair. Lunch was provided and a presentation was made by the Chapter's Membership Chair Sylvia Long. Each guest received a packet of information about NARBW, and members fielded questions from guests who requested more info. Sylvia's committee consists of (L-R in Photo) Wanda Centers, Sylvia,



Pam Custis and Sherrie Chambers who all worked hard and were instru-

mental in spreading the word and making the event happen. Tiffany Bartocci is also a member of this committee, but was unable to attend. In November of this year and last, members decorated the O. Winston Link Museum for Christmas in time for its Annual Santa Train. Seeing a need for tree decorations last year, Elaine Parks purchased and donated 200 new Christmas ball ornaments in the name of NARBW. In time for the Santa Train this year, Elaine handmade and donated 3 beautiful Christmas tree skirts also in NARBW's name. (See photo)



The Chapter's December 6 Christmas luncheon was held at Club Friendship with Uneita Mathews of the Rescue Mission sharing her gifted singing voice with members, and with various prizes being raffled off. Also, during December, with a budgeted amount of \$300, the Welfare Committee was able to purchase everything and more on the wish lists of two Salvation Army Angel Tree children (1 boy and 1 girl). Doris Underwood made the delivery well in advance of their due date. Members Carol Meador and Suzanne Landes have accepted Co-chair positions for the American Cancer Society's Relay for Life. Thank you both for your dedication in finding a cure! President Kathy Barbour is now looking for someone to set up and maintain a Facebook page for the Chapter where photos of Chapter events could be posted to share with members. Any techies out there? NARBW's youngest member is growing up. Vicki Smith, daughter of Member Brandi Smith, is now 4 years old and sharing the spotlight with her baby sister, 4-month old Eliza. How cute is this photo? Brianna Lilly, Pat Mengerink's granddaughter, fell at school, breaking her



elbow and is in a cast. Velma (Chick) Graves and Dorcas Lofland are both having eye problems. Alzie Kesler, Joyce Higgs' sister had leg surgery in November and was in rehab for awhile. Joyce Mills suffered a fall at her home on October 30th, resulting in a concussion and a broken nose. Wanda Corbin's father, Elmer Clay, was in a car wreck on November 10 and suffered a broken bone in his neck and another in his jaw. He is recovering and taking therapy at Raleigh Court Health Care. Pat Prillaman's husband, Mike, had successful surgery for a cancerous place on his forehead. Please keep these and all of our members in your prayers.

FORMER SACRAMENTO CHAPTER



We are saddened to report the loss of long-time member Mary Ellen Winegar (Radman) who passed away on October 7, 2014. Mary Ellen worked for the Southern Pacific Railroad in Sacramento, CA, for over 40 years. She was born in that city on August 18, 1924, and died in her home of 56 years. She was pre-deceased by her husband, George Wm. Winegar, who also worked for the SP, and is survived by daughters Marlene Winegar, Monica Sjoen (Ken), and Melinda Judd (Jeff), as well as grandson Garrett Judd (Tiffany). Her daughter Marlene reports that "Mom really enjoyed her NARBW friends and missed their outings when Sacramento Chapter had to dissolve a few years ago." Thank you, Marlene, for sharing.

CHAPTER NEWS (Cont'd.)

SAGINAW GREAT LAKES CHAPTER

The Chapter held its December meeting recently to decide on which charities would receive donations. Selected were Children's Hospital of Detroit, Food Bank of Eastern Michigan, Saginaw Women's Support and the Salvation Army. Members are looking forward to National Train Day in May. Three members are having health concerns—Fran Minnich-Dye, Doris Hermes and Barbara Alexander. Please keep these ladies in your thoughts and prayers. President Barb Spalding-Westcott thanks everyone for their work with NARBW and hopes all had a Merry Christmas with those they care about and that all will have a very Happy New Year.

ST. LOUIS CHAPTER

The Chapter has only about 10 members who are active and participate, one being just a friend (Peggy Kuehle) who comes to their events. Members took a collection of Christmas presents to Feed My People for distribution to their clients. Their December meeting was at the home of Peggy Kuehle, where they had a raffle and exchanged Christmas gifts. Proceeds from their raffle (\$100) was split between four charities. President Melba Cookston advised that they were to have a board meeting on January 10, but cancelled due to weather. Margaret Ruffin, Chapter Secretary, suffered a heart attack on December 7 and is still hospitalized following a quadruple bypass. Margaret's sister, Mary Ann Will, has had a stroke in her eye and is unable to drive. She is looking after Margaret's mother. Helen Koonce is another of their members who was recently hospitalized, but is now home. Please keep all these ladies in your prayers.

TOPEKA HEARTLAND CHAPTER

President Nancy Lord advises that members are taking a break from meeting in January and February due

to the weather but will probably resume meeting in March. Their Christmas dinner was on December 15 (Nancy's Birthday) at the Longhorn Steakhouse. Monetary donations were collected for the Rescue Mission and, instead of a gift exchange, 15 blankets were purchased, also for the Rescue Mission. Members were happy to see Dee Woodson, who had just returned from Arizona, at their meeting.

TWIN CITIES CHAPTER

Members are asked to bring paperback books, pop can tabs, box top labels and toiletries to all meetings. They are being collected for U.S. servicemen and women. Left to Right in

P h o t o —
Cheryl Horne and Brenda West visited from St. Louis and were photographed with Sue Clancy and Patty Helling



at Chanhassen Arboretum. The Chapter's Christmas Party was a champagne brunch at the beautiful Lake Elmo Inn in Lake Elmo, MN, on December 7. Bernice Killian is recovering from knee surgery. Mary Ann Kight is recovering from shingles, and Charlie Kusterman is being treated for lung cancer. Valerie Meyer cracked a bone in her foot and Madline L'Herault has a pinched nerve in her shoulder. Georgia Lickness had by-pass surgery and is experiencing kidney problems. Tracy Sunde is recuperating from hip surgery. Ellaner Carlton, lifetime member of NARBW, passed away in AZ in March. Ellaner hosted several style shows and mystery trips for members before moving to AZ. Sincere sympathy is extended to Laura Halweg whose sister Marie Jones passed away, and to Jean Charpentier on the death of her brother Tom Hawkins. Mary Ann Ronkainen experienced the loss of her sister, Eleanor Anderson. Harold Sunheim, husband of Doris Knutson, BNSF retiree, passed away in October. Phyllis Berres, also a

BNSF retiree, passed away in September. Otto Witzmann, retiree, passed away in October.

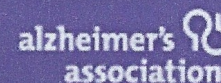
TWIN PORTS CHAPTER

The Chapter met on October 9 at Black Woods Catering in Proctor, MN. President Pat Cohen distributed copies of useful information concerning scams and fraud protection. The 50/50 raffle was won by Bonnie Tasky, and a drawing was held for other door prizes. Welcome is extended to new member, Kendra Lohman, who joined in September. The plaque purchased by the Chapter for the Proctor Historical Museum is now up and on display there. Their November meeting was at Aces on 29th in Superior. Members met at the Pickwick Restaurant & Pub in December, where a collection was taken up for the Duluth and Superior Salvation Army locations, along with member donations of warm hats, mittens, scarves and jackets for needy children. The '92-'93 Chapter Activity Book was made available for viewing, and Barb Johnson spoke about her job with the Senior Linkage Line, assisting seniors with Part D prescription plans. Claire Downs was the winner of the 50/50. The Chapter is selling See's Candy as a fundraiser, and Monica Rissanen is willing to do a Tupperware fundraiser in the spring, with 40% of sales going to the Chapter. They have no final tally on candy sales yet, but Barb Johnson has sales totaling \$1,565. Way to go! Congratulations to Monica Erickson, Bonnie Tasky's daughter, who was married on September 20. Bonnie also reported that Monica had received an excellent report on her leukemia (cancerous cells are down from 100% to 5%) - wonderful news! Linda Anderson had knee surgery on October 27. Bunny Bohlmann is struggling with cataracts, and Marie Jordahl had cataract surgery. The Chapter is sad to report that Phyllis Donahue passed away on October 7, the same day that Betty Goman's husband, Ted, was laid to rest. Sincere sympathy is extended to Betty Goman and to Kelly Donahue, Phyllis Donahue's daughter.

October 15, 2014

Forward this email >>

alzheimer's & dementia e-news



24/7 Helpline: [1.800.272.3900](tel:18002723900)

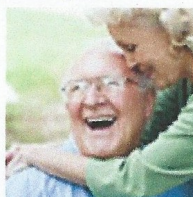
Scientists engineer human brain cells with Alzheimer's lesions for the first time

Researchers have created what they call Alzheimer's in a Dish — a petri dish with human brain cells that develop the plaques and tangles that are the hallmarks of Alzheimer's. Experts say this discovery may accelerate testing of new drugs to treat and prevent the disease.



MORE

People with Alzheimer's disease may retain feelings they've forgotten



A new study suggests people with Alzheimer's disease may keep feeling happy or sad even after they've forgotten why they felt that way. Researchers played movies for individuals with Alzheimer's, and while a number of them forgot they had seen a film, their feelings remained.

MORE

Visit a doctor if you're experiencing memory issues



If you think you or someone you know may be experiencing any of the [10 signs of Alzheimer's disease](#), visit a doctor. Experts estimate a skilled physician can diagnose Alzheimer's disease with more than 90 percent accuracy. The first step in following up on symptoms is finding a doctor with whom you feel comfortable.

MORE

See 10 Warning Signs below...

1. Memory loss disrupts daily life
2. Challenges planning/solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality



National Association of Railway Business Women

SEVENTY FIRST (71th) NATIONAL CONVENTION

"Rollin' on the River"

Springhill Suites by Marriott – Savannah Historic District
Hostess Chapter – Atlanta, GA

<u>Room Name</u>	<u>Wednesday, May 13, 2015</u>	
Lobby	3:30 PM – 5:30 PM	Registration
Boardroom	4:00 PM – 7:00 PM	Pre-Convention Board Meeting
	<u>Thursday, May 14, 2015</u>	
Lobby	8:00 AM - 4:30 PM	Pre-Convention Tour (Savannah Historic District)
Lobby	5:00 PM – 7:00 PM	Registration
Oglethorpe	6:00 PM – 9:00 PM	Hospitality
	<u>Friday, May 15, 2015</u>	
Montgomery	8:00 AM – 5:00 PM	Marketplace
Lobby	8:00 AM – 8:30 AM	Registration
Liberty	8:30 AM – 9:30 AM	Formal Opening
Liberty	9:30 AM – 11:00 AM	Business Meeting
Liberty	11:30 PM – 1:45 PM	President's Lunch
Liberty	2:00 PM – 4:00 PM	Business Meeting
t.b.d.	5:00 PM - 6:00 PM	Candidate's Reception
		(Nominating Chairman – Cynthia Chandler)
	6:00 PM - 10:00 PM	Fun Night – "Rollin on the River Dinner Cruise" Dress like pirates or wenches
	<u>Saturday, May 16, 2015</u>	
Montgomery	8:00 AM – 1:00 PM	Marketplace
Liberty	8:30 AM - 9:00 AM	Memorial Service
Liberty	9:15 AM - 10:30 AM	Business Meeting
Oglethorpe	10:30 AM - 11:00 AM	Elections
Liberty	11:15 AM - 1:15 PM	Membership Luncheon
Liberty	1:30 PM - 4:30 PM	Business Meeting
Boardroom	4:30 PM - 5:30 PM	Post-Convention Board Meeting
Breakfast area	6:00 PM - 7:00 PM	Reception
Liberty	7:00 PM - 10:00 PM	Formal Banquet
	<u>Sunday, May 17, 2015</u>	
	Depart	

N.A.R.B.W. Convention Registration Form

71st Annual Convention in Savannah, GA - May 15 - 16, 2015

Springhill Suites by Marriott - Downtown/Historic District - 150 Montgomery Street, Savannah, GA 31401

All registrations must be postmarked by April 15th. No refunds after May 6th.



Use a separate form for each attendee. There are three sections to this form, please be sure to complete them all. This Registration Form may be photocopied or it can be printed from the NARBW website (www.narbw.org).

SECTION ONE: Personal Information

Please type or print clearly.

Please check one:

Name: _____ ☐ Delegate
 Mailing Address: _____ ☐ Alternate
 City: _____ State: _____ Zip Code: _____ ☐ National Board
 Telephone: _____ ☐ Emeritus Council
 E-mail: _____ ☐ Member
 Chapter: _____ Railroad Affiliation: _____ ☐ Guest

Emergency Contact
 Name: _____
 Phone: _____

SECTION TWO: Registration Fees and Meals

Members:

_____ \$250 by April 1st
 _____ \$265 after April 1st
 _____ \$220 (Host chapter)

Emeritus Council:

_____ \$170

Emeritus Council pays for Membership Luncheon, Fun Night and Banquet

Non-Members (guests):

Convention Meals only (check all that apply)

_____ \$45 President's Lunch
 _____ \$60 Fun Night
 _____ \$40 Membership Lunch
 _____ \$70 Reception and Banquet

\$ _____ - Registration Total (check should be made payable to NARBW)

SECTION THREE: Survey

Please check all that apply to you.

☐ This is my first NARBW Convention.
☐ I require vegetarian meals.
☐ I have mobility issues that require special accommodations.
☐ Request Marketplace Table for _____ Chapter.
☐ Interested in a roommate.
☐ Special Needs/Requests _____

If you have any questions, please call Joyce Peak (770) 363-2466 or email convention@narbw.org

Mail your check and this completed form to:

2015 NARBW Convention Registration
 Julie Lane
 129 Oakmont Drive
 Papillion, NE 68133

Mail or email copy of form to Convention Chairman:

Joyce Peak
 1300 Lakehaven Pkwy
 McDonough, GA 30253

Complete Sections 1-3. Keep a copy of this form for your record. Your check amount should match the registration total in Section 2.

Revised 07/2015

Available at www.narbw.org

**NARBW
2015 Pre-Convention Tour
May 14, 2015**



Join us in Savannah for an open air trolley tour of some of the most interesting sites in the city!

We plan to visit the Savannah College of Art and Design Museum, housed in the last remaining Antebellum train station in the country. Many other stops of interest will be included on this comprehensive tour.

We will also have lunch at the Pirate's House, which is said to be haunted!

Trolley stops also include:

Davenport House
City Market
Juliette Gordon Low Birthplace
Andrew Low House

Forsyth Park
Colonial Park Cemetery
Mercer House
Telfair Museum

World-famous River Street
The Waving Girl
Broughton Street
Railway Museum

The price per person is \$95 which includes the trolley tour, lunch, and selected admission fees.

Trolley will depart Springhill Suites at 8:30am

Return form below:

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

PHONE _____ EMAIL _____

CHAPTER _____

PLEASE MAKE CHECK PAYABLE TO "NARBW" AND MAIL TO ADDRESS BELOW BY **APRIL 1, 2015**.

Nina Dean
NARBW Pre-Convention Tour
2140 Bentbrooke Trail
Lawrenceville, GA 30043

nina@danina.net

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