

# CAPSULE

Volume 13, Issue 5

January/February/March 2010

## MESSAGE FROM THE NATIONAL PRESIDENT

Ladies:

I have spent the day cleaning the yard and being thankful for the warm sun after the cold winter. I suspect there will be a few more cold days and freezing nights so I have delayed planting anything, but the urge to bring color into the yard is strong. It is similar to the desire to go to convention, to meet with my fellow **NARBW's and catch up, I am ready to go and it's not quite time. Convention is a** time to renew our connections, make new friends and learn of the wonderful things the chapters have been doing for their communities. You are all an inspiration to me. By the time you read this we will be at convention enjoying the hospitality of the Roanoke Chapter. I hope to see you there.



The National Winter Board meeting was held in Sacramento, CA in February. Members of the Sacramento chapter and the National Board were able to meet with prospective members the evening before our meeting. They were interested in the friendship we offer, the potential to enhance leadership skills and the good Lorrie Burns and the Sacramento Chapter do in the community. In March, Krista Pohl, National 3<sup>rd</sup> Vice President, Cynthia Chandler, District II Director and I met with women in Kansas City to help them begin the work of writing their Chapter bylaws. I am hopeful they will be applying to become a chapter before the summer is over!

A new chapter and a new President, both are signs of the strength of our organization. I am encouraged by the election to be held at Convention. We should applaud the candidates for their commitment to NARBW as demonstrated by their willingness to serve as a National Officer. Ask anyone who has served on the National Board and they will assure you it is worthwhile work. It is an opportunity to learn more about our organization and experience the reality of being surrounded by women on the National Board and in the organization who are willing to help however possible and whenever asked.

I want to close by thanking those who have helped me as a member of NARBW. Every NARBW member I have met has helped me and encouraged me and inspired me to learn more about how extraordinary the **National Association of Railway Business Women is. This spirit of mentoring is NARBW's heart.** I am honored to be a member and to know you. I am thankful for the opportunities NARBW and you have given me to help make a contribution. It has been an honor to serve you.

Sincerely; Jay

### *Inside this issue...*

- Resume of Winter Board Meeting
- National 50/50 tickets
- In the Spotlight—Pat Prillaman
- Legislative Issues

## CHAPTER BULLETINS...

**Albany** Congratulations to Adele Thayer who recently retired from CSX,

**Altoona** The Altoona ladies continue to get together on the first Saturday of the month for lunch and a small meeting after. Sunshine wishes to chapter secretary, Lavada McCallen recovering from a heart attack and having four stints put in. Several members were under the weather and all are looking forward to Spring. Our Sympathy is extended to Helen O'Leary in the passing of her sister-in-law and to the family and friends of member Gertrude Annal.

**Atlanta** The Atlanta ladies held a raffle for a Snuggie and a \$100 gift card to Spa Sydel, raising \$155. Sunshine wishes to Estella Churn recuperating at home from a recent surgery. Our sympathy is extended to the family and friends of member Myrtle Wells.

**Baltimore** The Baltimore Chapter has a trip planned to Washington DC at Cherry Blossom time. They will ride the DC Ducks followed by lunch and shopping at Union Station.

**Chicago** The Chicago ladies meet every other month at a restaurant or a member's home. Our sympathy is extended to the family and friends of member Frances Keifer.

**Cincinnati** Sunshine wishes to LaRue Cooper on her second knee replacement. Our sympathy is extended to Betty Pugh on the passing of her husband.

**Houston** The Houston ladies' casino bus trip and fund-raiser to Coshatta Casino in January was a great success. Everyone had a lot of fun with current and newly met friends. Our sympathy is extended to Mary Knox on the passing of her sister, Louise; and to Janet Jones on the loss of her brother, Edward.

**Indianapolis Charter** Throughout the year, the Indianapolis Charter ladies donated as estimated \$1,411 in food, clothing and miscellaneous items and \$143 in cash donations to the Servant's Heart, a non-profit pantry outreach focused on serving the needs of local families in Beech Grove and the surrounding area. Sunshine wishes to Phyllis Finchum coping with health concerns while providing extensive care giving for her son; to LaVerne Mercurio who is waiting for her health to improve to the point where she can have knee replacement surgery; and to Bea Nicoson who is having vision difficulties. Our sympathy is extended to Joanne Smith on the loss of her father-in-law and honorary member, Floyd T. (Tom) Smith.

**Indianapolis Circle City** The Circle City Chapter continues to send packages to soldiers in Iraq and participate in local deeds for their church and shelters. They participated in a Susan G Komen Race for the Cure .

**Jacksonville** The Jacksonville ladies are participating in Operation Cookie Drop. This organization sends Girl Scout Cookies to CSX employees serving overseas in the military. Congratulations to Jacksonville's Barbara Miller. Barbara spent six months learning ballroom dancing in order to compete and raise money for Juvenile Diabetes Research in a local Dancing With The Stars competition.

**Louisville** The Louisville Chapter had lots of snow this winter—these ladies are looking forward to Spring and the fellowship of members they haven't seen for a few months.

**Omaha** The Omaha ladies held a very successful clothing drive in January and a Baby Shower with a diaper, blanket, toys collection in February. They sent off 2,485 Yoplait lids and they began a Saving Sidekick Omaha Coupon Book fund-raiser. They get \$10 for each book sold and the purchaser saves money on dining, entertainment, services and even gasoline! Great idea. In March, they served dinner at the Ronald McDonald house and held a "Pot of Gold" raffle. Our sympathy is extended to Regina Hill on the passing of her Mother, June.

**Philadelphia** Congratulations to Renee Stolis who was promoted to Director of Fuel Management for the Transportation Department at Amtrak. Way to go Renee! The Philadelphia ladies' meeting in February held a surprise retirement celebration for Joyce Tarity who retired from Amtrak after more than 35 years. Congratulations Joyce. In March they served their first but not their last breakfast at the Ronald McDonald House. They thoroughly enjoyed making the parents and children feel special.

**Pittsburgh** Sunshine wishes to Bernadette Devereau recovering from pneumonia and to Dorothy Bielich who is home recovering after a serious fall. Our Sympathy is extended to the family and friends of Betty Jean List.

**Richmond** The Richmond ladies met on March 16 with a prospective new member in attendance; Vera is recovering from a back operation and hopefully will join NARBW once she is fully recovered. Sunshine wishes to Marjorie Winter recovering from back surgery and to Marjorie Smith recovering from a bronchial infection and awaiting surgery for installation of a defibrillator for her heart.

**Roanoke** Congratulations to the Roanoke ladies for gaining four new members. Welcome Sheri Prillaman, Kathy Barbour, Jan Woody and Cathy St. Clair! Thank you in advance to Virginia Austin and the Roanoke ladies for planning the upcoming convention in Roanoke on May 14-15 as well as the pre- and post-convention tours. We're sure to have another wonderful time in the beautiful Blue Ridge Mountains. Sunshine wishes to Liz Cyhowski and to Frances Lowe. Our Sympathy is extended to the friends and family of Eloise Perdue.

**Sacramento** Lorrie Burns, President of the Sacramento chapter says six to eight members attend each meeting but she hopes the better weather will bring out more. They welcomed two retired members from Oakland to their February meeting. Our Sympathy is extended to the friends and family of Jean Cannon.

**Saginaw-Great Lakes** The Saginaw-Great Lakes Chapter welcomes their newest member, Janis Meader. These ladies are getting ready for National Train Day on May 8th at the Flint Amtrak Station where they will hold a Bakeless Bake Sale.

**St. Louis** During their holiday meeting, the St. Louis ladies voted to donate to Salvation Army, Sunshine Ministries, Restoration Ministry and Feed My People charities. Congratulations to Diane Huntington who retired with over 40 years service with Union Pacific. Our Sympathy is extended to the family and friends of Marge Grudzinski and Eleanor Metcalf.

**Topeka** The Topeka ladies met in March, celebrated St. Patrick's Day and listened to a program "Going Green" with Lyle Stanley, BNSF Manager of Environment and Development, on how and what to recycle. The chapter recently sold See's candy as a fund-raiser. Our Sympathy is extended to Sue VonFeldt on the passing of her mother.

**Tucson** We are saddened to learn that the Tucson ladies decided to turn in their charter. You will be missed. We hope to continue to see you at conventions.

**Twin Cities** In December, the Twin City ladies raised \$240 which they sent to We 'R Able which is a charitable organization for adults with disabilities. Their last bag of pecans was sold in January netting a profit of \$409.48; thanks to Lisa Cihon for another successful year! Their garage sale at the BNSF general office building is on-going. In April they will hold a Lia Sophia Jewelry Party and a silent auction. Congratulations to Madonna Neal winner of National's raffle of the \$150 Omaha Steakhouse gift card. Sunshine wishes to Anna Marthaler who fell and broke her pelvis. Our Sympathy is extended to the family and friends of Ramona O'Connell who passed away in November.

**Twin Ports** Profits from the Happenings Books netted the Twin Ports chapter \$190! Sunshine wishes to Bunny Bohlmann, and Phyllis Donahue. Our Sympathy is extended to Rita Silver on the passing of her son.

**Please continue to share your chapter news. Be proud of the good you do! Thank you in advance for sending your Chapter newsletters and correspondence.**

## National Association of Railway Business Women

### Resume of Winter Board Meeting

February 4 – 5, 2010, Sacramento, CA

The Winter Board Meeting was called to order by President Jay Nelsen on Friday, February 5, 2010 at the Holiday Inn Sacramento – Capitol Plaza with all board members in attendance. On Thursday, February 4<sup>th</sup>, the National Board held a “Meet and Greet” at a restaurant across from the hotel. There were four perspective members.

National Treasurer, Joan Waite presented Annual Reports representing the net worth of the Association, followed by other Treasurer’s Reports. All National Officers and Committee Chairmen presented their reports, which were discussed and will be distributed in accordance with the By-Laws.

District I Director reported that their Fall Conference was held at the Holiday Inn – Indianapolis, IN - September 25 – 26, 2009.

District II Director reported that their Fall Conference was hosted by the Houston Chapter as a four night cruise sailing out of Galveston, TX on November 5, 2009.

### ***Upcoming Events...***

May 13

Pre-Convention Tour—**Monticello, Charlottesville, VA**

May 14-15

**66th National Convention—Roanoke, VA**

May 16-18

Post-Convention Tour—**Williamsburg, VA**

## In The Spotlight—Pat Prillaman...

Roanoke's President, Pat Prillaman, is an avid volunteer...Whether its volunteering for the Salem Community Clothes Closet or volunteering for the Salem Ecumenical Ministries—Pat Prillaman, President of the Roanoke chapter, is a very busy lady...

The **Salem Community Clothes Closet** provides good, clean, used clothing and shoes for anyone who needs them. This free service is especially important in these difficult economic times.

The clothes closet is in located in Salem and the space and utilities are donated. The closet is open Monday—Friday from 10am to 2pm and again on the first and third Tuesdays in the evenings. In addition to clothes donations, they take monetary donations which are used for liability insurance, shoe vouchers for referred clients and other operational needs. On a continuing basis they need donations of baby and children's large size clothing, jeans of all sizes, shoes and maternity wear.

Volunteers such as Pat, work two-hours shifts regularly—their motto is ***"Money might be short, but most of us can give a couple of hours a month."***



Volunteers in photo are seated: Joan Dorsey. Standing (from left): Jo Ann Leonard, Kitty Tate, counselors Jeanine Blackburn, Tonya Edwards, and **standing (first on the right) is Secretary Pat Prillaman.**

Roanoke Social Services and Total Action against Poverty representatives came to the Tuesday, January 12<sup>th</sup> meeting of the **Salem Ecumenical Ministries** to speak about the huge, growing, and often secret issue, domestic violence that occurs in nearly any and every community and socioeconomic class.

They learned that domestic violence doesn't have to be physical – it also includes emotional and psychological abuse including threats, intimidations, and verbal assault; financial abuse by controlling a victim's economic resources; identity abuse; sexual abuse, even spiritual abuse. Victims and their families are often so familiar with the patterns of abuse that they often believe that abuse is a normal way of life. It's often hard to detect unless one knows to recognize the signs:

- The abuser isolates and controls what the victim does and where he or she goes.
- The abuser uses their children to make the other partner feel guilty, to send messages, and uses visitation as a way to harass him or her.
- The abuser tries to keep the partner from getting a job, makes him or her ask for money, takes away money, gives an allowance or makes him or her account for every penny.
- The abuser puts the victim down by calling her/him names, playing mind games, or making the victim feel like he or she is crazy.

**Life's Simple Seven**

**My Life Check** was designed by the American Heart Association with the goal of improved health by educating the public on how best to live. These measures have one unique thing in common: any person can make these changes, the steps are not expensive to take and even modest improvements to your health will make a big difference. Start with one or two. This simple, seven step list has been developed to deliver on the hope we all have—to live a long productive life. Get control of your health:

<b>Get Active</b>	<b>Control Cholesterol</b>	<b>Stop Smoking</b>
<b>Eat Better</b>	<b>Manage Blood Pressure</b>	
<b>Lose Weight</b>	<b>Reduce Blood Sugar</b>	



# *National Association of Railway Business Women*

## National 50/50 Drawing

<b>National Association of Railway Business Women</b> <b>50/50 Drawing – May 15, 2010</b>  Name _____ Chapter _____ Address _____ City _____ State _____ Zip _____ Phone: _____  <b>Donation – One Dollar</b>	<b>National Association of Railway Business Women</b> <b>50/50 Drawing – May 15, 2010</b>  Name _____ Chapter _____ Address _____ City _____ State _____ Zip _____ Phone: _____  <b>Donation – One Dollar</b>
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The National Board of Directors is continuing the tradition of the National 50/50 Drawing to be held at the National Convention in Roanoke, Virginia, May 15, 2010. The proceeds from the drawing will be divided in half, with half of the proceeds donated to the National General Fund and half of the proceeds being divided among the winners, based on the number of tickets sold. Please take time to fill out the raffle tickets above and mail you check (Payable to NARBW) to our Second Vice President, Melanie Bennett. Act now to begin building the fund. The more you enter the more chances to win!!!!

Please duplicate the tickets and sell to your friends, co-workers, neighbors and family!!

Melanie Bennett, 7440 Sandawe Place, Indianapolis, IN 46217



*NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN*

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*Heartfelt sayings...*

- ♥ Work like you don't need the money.
- ♥ Love like you've never been hurt.
- ♥ The most important trip you make in life, is meeting people halfway...
- ♥ If you see someone without a smile today—give them one of yours!
- ♥ Attitudes are contagious—please share a good one...
- ♥ May all of your gifts be made of laughter, wrapped in joy, and given with love.