

# THE CAPSULE

Volume 16, Issue 16

January, February, March 2016

## MESSAGE FROM THE NATIONAL PRESIDENT



Dear NARBW Members:

It seems like only yesterday we were saying welcome to the 2016 year. When you receive this issue of the "Capsule", the Texas bluebonnets and wildflowers will be in full bloom and we will be just a couple/few weeks/days from the 72<sup>st</sup> National Convention in St. Louis, Missouri.

The National Board held our Winter Board meeting in St. Louis, Missouri, at the Sheraton Westport Plaza Hotel, which is the site of our upcoming 72<sup>st</sup> National Convention. The hotel is lovely and the staff is excited about the arrival of NARBW.

Diane Huntington and the St. Louis Chapter members have been working very hard to prepare not only for the business meetings but also putting the final touches on a great pre-convention tour of some of the most historic sites in St. Louis; the Gateway Arch, Old Cathedral, Clydesdales and Anheuser-Busch Brewery.

Chapter Presidents should have received the proposed General Budget and any proposed Revision changes for discussion with their chapter members before the convention. I urge each of you to review all of this information with your chapter members to enable your delegates to vote respectively for or against these issues during our 72<sup>nd</sup> Convention in St. Louis, Missouri, May 13<sup>th</sup> – 14<sup>th</sup>, 2016.

We also have three vacancies to fill: National President, National 1st Vice President and National Treasurer. Nominating Chairman, Cynthia Chandler, worked diligently and has a full slate of officers. It is awesome that we have women who are willing to join our team of leaders and to expose us to new ideas.

We still have a great amount of work to do to have our membership at a level that supports our goals, charities and scholarship program. Again, I ask and encourage all of you to give your support in marketing NARBW with a renewed commitment. Let us work together in the spirit of the founding women who knew the power and strength of women working for the same goals and with the same purpose.

I am excited about the upcoming convention; however, I am sad that it will be my outgoing convention as your National President. I am looking forward to seeing old friends and making new ones and as always, I am excited about our coming together to conduct the business of NARBW.

I hope you plan to **Meet Us in St. Louie....** for the NARBW 72<sup>nd</sup> National Convention.

Sincerely,

Theresa Harper  
National President

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# NATIONAL BOARD NEWS



## NARBW CONVENTION ST LOUIS - FUN NIGHT

*Bring your Ball Gowns and  
Masquerade Masks and  
Get Ready to Party!!*

*Friday, May 13, 2016*

### HOTEL RESERVATIONS:

Be sure to make your hotel reservations soon for the NARBW annual convention to be held in St. Louis, May 2016.

For our convenience, the Sheraton has an online website to self register for this convention. You may make your reservations anytime (24/7) at <https://www.starwoodmeeting.com/book/narbwatassocrailwaybusinesswo> or, if you prefer, you can make your reservation by phone at **888-627-7064**. Be sure to mention National Association of Railway Business Women or NARBW to get the group rate of \$129 per night.

There are two Sheratons at Westport. If phoning in your reservation - be sure to register at the **Sheraton Westport Plaza Tower**.

For questions, call Diane Huntington at 636-789-4203 or email [convention@narbw.org](mailto:convention@narbw.org)

2016 Pre-Convention Tour Registration Form and Convention Registration Form are located on pages 10 and 11, respectively, of this newsletter. It's not too late to make your plans to attend. Complete the registration forms and forward with your payments today.

Diane Huntington, Convention Chairman



Charm: A small ornament worn on a bracelet or chain: To delight by compelling attraction: Something worn about the person to ensure good fortune:

Some of them are smaller than a fingernail, these small scraps of metal which have been shaped into the mementoes of NARBW conventions. They have scant intrinsic value although they are gold (10k). Beginning in

1957, when UP hosted the National Convention at their new ski resort, Sun Valley ID, we have marked every convention with a charm. The first charm was a stylized engine and I have only seen one (on the placard in the NARBW display at the Virginia Museum of Transportation).

Sue Goers, our friend, Parliamentarian and a charming lady, has graciously donated her charm bracelet to help us fund our scholarship program. We will have an auction at the 2016 convention of Sue's charm bracelet (with 12 charms). With the generous support of Pat Prillaman and others, the auction will include Sue's bracelet plus the other 47 charms. This is the entire collection of 59 charms.

This is your opportunity to own NARBW history, all 59 charms! You can shop for our charms on E-bay and pay \$20+ a charm or you can beg your fellow members for their old charms or you can plan to bid on this piece of

golden NARBW history. To own the compellingly attractive, complete set of 59 NARBW conventions charms and ensure your good fortune, with only the effort of writing a check. . . . PRICELESS!

So cash in the change jar; clean out your old wallets, pool your resources and come prepared to bid and bid and bid to own this unique treasure! The auction will be held at the National Convention in St Louis, May 14, 2016. If you cannot attend, please make arrangement with a chapter member to bid for you. If you plan to be the successful bidder, send your check with them. If you do not have a chapter member attending, please let me know to appoint someone to bid for you (include your highest bid and a check). See you in St Louis!

Jay Nelsen  
Emeritus Council

# NATIONAL BOARD NEWS (Cont'd.)



## National Association of Railway Business Women

### **RESUME OF WINTER BOARD MEETING**

**FEBRUARY 20, 2016**

The 2016 Winter Board meeting was held at the Sheraton Westport Plaza, St. Louis, MO.

National Treasurer Julie Lane presented the Finance and Treasurer's Reports.

National Membership Chairman Melanie McKim reported that the Chicago Chapter gained 12 new members from the Meet and Greet held in October.

Convention Chairman Diane Huntington provided a progress report on plans for the 72<sup>nd</sup> Annual Convention.

Finance Chairman Sylvia Long presented the proposed 2016-2017 National Operating Budget. It will be forwarded to Chapter Presidents and the Emeritus Council.

Nominating Chairman Cynthia Chandler presented a slate of nominees for National President, National First Vice President, and National Treasurer. The slate will be sent to Chapter Presidents and the Emeritus Council.

The May 2017 Convention will be hosted by the Cincinnati Chapter and held in Cincinnati, OH.

All reports were submitted and business was handled in an effective and timely manner.

Sylvia A. Long  
National 2<sup>nd</sup> Vice President

Theresa Harper  
President

# CHAPTER NEWS

## ALBANY CHAPTER

Members meet on the second Tuesday of the month, except in May, July and August. Non-perishable food items are brought to their meetings and delivered to two local food pantries by Welfare Chairman Diana Ham. 50/50 raffles are held at most meetings, where members host and provide a meal with members paying \$10 to supplement the General Fund. Their most recent meetings involved a White Elephant Auction, a Valentine Basket raffle and a Stanley/Fuller Brush presentation. A day trip to the Adirondacks is scheduled for June 18 with a "sail" and "rail" ride. It will be a day of fun with a boat ride cruising on the first four lakes of the Fulton Chain, lunch at the Woods Inn, then off to Thendara Station for a train ride from Old Forge in the Adirondacks to Otter Lake Wilde Adventure.

## ATLANTA CHAPTER

At the Chapter's February meeting, Sunshine Chairman Joyce Peak's motion to appropriate a \$200 annual budget or \$50/occurrence for the benevolent fund was approved. Joyce also recommended each member bring a prospective member with them to their March meeting. Members volunteering to run for Chapter offices are: Vanessa Estell (President), Patricia Hampton (Vice President), Ruth Przedpelski (Treasurer) and Joyce Peak (Secretary). Joyce was also nominated for Chapter Woman of the Year. Following another motion, Tina Garner was appointed to the position of Finance Chairman by unanimous vote. Members were asked to bring clothes for My Sister's House, a woman's shelter, to the March meeting. Election of the new officers was held at their March meeting where all ran unopposed. Joyce Peak was also elected Chapter Woman of the Year. Congratulations, Joyce! Installation of the new officers is planned for their June meeting.

## CENTRAL FLORIDA

The Chapter's January meeting was held at the Sanford Auto Train Administration Building. Their first fundraiser for the year was the raffle of a Valen-

tine's Day Basket, consisting of a beautiful wooden jewelry box filled with a \$50 movie pass to the Epic Theatre and plenty of delicious chocolates. Winner shown on right was Jesus Velazquez, a worker at the Auto Train. The Chapter made a profit of \$122.00 on this project. February's meeting was held at the Olive Garden in Sanford, FL, where plans were made for the Chapter to be a proud sponsor of a 5K Cystic Fibrosis Run/Walk being held in April. Team NARBW #83 donated \$100 to the Walk. At their March meeting, Nancy Booz-Allen (Pictured on left with President Yvonne Touchtone) was selected as their Chapter Woman of the Year. Congratulations, Nancy! Yvonne presented Nancy with a Gerber Daisy plant and a Publix gift card for all of her hard work. The Chapter's "Caps of Love" collection is on-going to support a Florida nonprofit charity that collects

and sells plastic caps and lids for the purchase of wheelchairs for children. In the photo at right, members are sorting and preparing the caps for delivery, resulting in a one-hour service credit for each member. Officers elected at their March meeting include Ingrid McLaughlin, President; Sandy Kirby, Vice President; Gail Hendrix, Secretary; and Madonna Neal, Treasurer. Congratulations to all incoming officers!

## CHICAGO CHAPTER

As reported in last quarter's "Capsule", Chapter President Pat Dunham passed away in December with her funeral service held in January. Pat was a lovely lady and a devoted member of NARBW. She will be missed by all who knew her.



Revitalization of the Chapter is well underway with new members and freshly elected officers. Its first membership meeting this year was held in March where 15 new members were welcomed. Assisting with the meeting were Sylvia Long, National 3rd VP, and Melanie McKim, National Membership Chairman (See following photo with Sylvia on the far right, but missing Melanie who had pressing business and had to leave early).



New officers include Linda Hock (President), Yolanda Barbosa (Vice President), Jasmine Manley (Secretary) and Michele Williams (Treasurer). In addition, other members stepped up to accept Chairman positions, among them was Jeannette Robles (Press & Publicity), who may set up a Chicago Chapter Facebook page. In the next photo, President Linda Hock presents a Chapter check in



the amount of \$1,000 to Virginia Davis, Administrator of IU Health-VNA Hospice Care, a provider of home-based health services to those recuperating from illness or learning to cope with chronic disease or disability. Per VP Yolanda, the agenda for the Chapter's meeting on April 13 is very involved—Review/update Chapter Standing Rules, discuss National's slate of officers and its proposed Operating

# CHAPTER NEWS

## CHICAGO CHAPTER (Cont'd.)

Budget for 2016-2017, discuss Member Profiles and the addition of more professional development in their meetings. A suggestion has also been made to schedule a tour of the Chicago Union Station renovation, including the new Metropolitan Lounge scheduled to open this summer.

## CINCINNATI CHAPTER

The Cincinnati Chapter continues to grow, adding a few new members this year. Their members have been super focused on the NARBW National Convention to be held in Cincinnati 2017. They have booked the hotel, decided on a theme and continue to work on miscellaneous items. They are meeting twice a month, once during the day and once in the evening, as there is so much to do. Nevertheless, they are having fun putting it all together and really look forward to being at Convention this year in St. Louis. As a group, members have also created a "Lean In Circle" in order to learn and grow together. Directly after their daytime NARBW meeting, they watch a "Women in the Workplace" video and discuss personal experiences so that they can bond through the power of peer support. They continue to raise money via ticket raffles, split the pot and gift basket raffles.

## HOUSTON CHAPTER

The Chapter was considering a Houston Astros Project as their main fundraiser; however, they would have to commit to 8-10 workers for 5 games, causing employed members to miss time from work. Under the plan, members would work in the Astros Gift Shop at \$9.00/hour, with proceeds going to the Chapter. Once specific dates of need are learned, the plan will be presented to members. At their February meeting, Lou Ann McClendon was nominated for Chapter Woman of the Year and honored at their March meeting after being chosen for the title. At right is Lou Ann with



National Welfare Chairman Ida Carmouche, with Tameila Kubecek, and with her family (L-R:



Clara (Mom), McKenzie (G-daughter), and Ashley and Mykel Ann (daughters). Congratulations, Lou Ann! A Valentine's Day Basket with lots of goodies and chocolates was put together by Peggy Cuellar and raffled off. Their March 19 meeting was held at The Union Kitchen-Kingwood. The Chapter continues to collect plastic shopping bags for homeless veterans, aluminum tabs for Ronald McDonald House, old towels and linens for SNAP, gently used clothing and household items, nonperishable food and pennies in a jar. Welcome new members, Marie Pacheco and Nancy Yater. Welcome, too, to Tyler Spurlock, their newest member and a graduating senior from Spring High School. Tyler is the beautiful granddaughter of Chapter President Debbye Converse. She will be attending Texas



A&M in the fall. The Chapter's April 16 meeting will be held at the Olive Garden in Humble, TX. Jim Brose, brother of National President Theresa Harper, passed away on March 26 after a courageous battle with cancer. Jim was proud of his service as a Marine and was buried in the Houston National Cemetery on April 8. Joseph Jeff Reed, 92, father of Ginger Stanbery, passed away Saturday, March 5. A graveside service was held for Mr. Reed on March 28 in San Jacinto Cemetery. Our sincere sympathy is extended to these men's families. Also, Ardell Bryant, husband of Brenda

Bryant, has been hospitalized for three weeks due to an infection.

## INDIANAPOLIS CHARTER CHAPTER

Members wore red for their February meeting in recognition of Women's Heart Health Month. At their March meeting, a white elephant silent auction was held as a fundraiser. The board is busy planning their annual joint meeting with Circle City Chapter to celebrate Women in Transportation Day for the State of Indiana. Welcome back to Debra Throckmorton who renewed her membership, and a warm welcome to Debra's daughter, Megan, who joined the Chapter as a new member. The Chapter is sad to report that word of member Della Reif's passing in May of 2015 was not learned until this January. Members were also shocked and saddened by the sudden death of George McClure, Marian McClure's husband, on January 30. George was often involved and assisted with Chapter projects and activities. Members considered him an honorary member and will miss him terribly. Our most sincere sympathy is extended to Della's and George's families. Get well/stay well wishes go out to Helen Scaringe, Marian McClure and Betty Green. The Chapter's "snowbird" Phyllis Breeden has returned to the Hoosier State. Pat Hulett and Barbara Hartwell took a break from their cold winter to enjoy a Caribbean cruise.

## JACKSONVILLE CHAPTER

Guest speaker at the Chapter's January meeting was Nell E. Robinson, the Mayo Clinic College of Medicine Administrator and a career Registered Dietician. The 50/50 drawing was won by Debbie Charpiat (\$28). Member Spotlight for February was on Khristi Viktoriany (right), Manager Load Engineering and Design Services. Speakers for the Chapter's February meeting and representing PACE were Tamara Garrett (left)



# CHAPTER NEWS (Cont'd.)

## JACKSONVILLE CHAPTER

(Cont'd.)

Special Projects Coordinator for PACE, and Melinda Patterson (right), a former PACE graduate who just recently started her own law firm, specializing in criminal, family and appellate law. The February meeting was held at CSX HQ with dinner catered by Tropical Smoothie.



The Chapter reports 8 new members thus far in 2016, the latest being Nikki Charles who works for CSX as a Black Belt in their Operations Process Excellence Department. Membership Chair Laura Gutteridge-Años reminds everyone that the Chapter is on Facebook (<http://www.facebook.com/NARBWJacksonville>) and on Twitter (@NARBWJax).

Mia Rogers, Publications Chair, reminds members to bring any saleable items to the Chapter meetings for donation to the year-round Virtual Garage Sale to support scholarships. Items that may interest members are featured each month in the newsletter. The Chapter continues their sale of RADA cutlery on line at <http://www.helpourfundraiser.com>. Anyone can order by using the internet ordering number 504453 and the password 1593 to help raise funds for the Chapter. Also, RADA items and a limited nut inventory (\$10/bag) are also available on the Chapter's Facebook page. Members should check with Ways & Means Chair Debbie Charpiat about availability. Welfare Chair Mary Warner (right middle) advises that a wonderful Boutique was held at Pace Center for Girls on February 11.



Mary was thrilled to have some of the CSX ladies to come and help alongside of her Narbie sisters. Highlighted in the Chapter's March newsletter was Dana Robles (on right), who is employed in CSX Technology and a member of the CSX Service Management Team/Service Delivery. Welcome, Dana!



The speaker for the Chapter's March meeting was Wendy Hausler (on left), Director at CSX for PTC Development and Testing. Chapter Scholarship winners this year



are: Ashley Ohorodnik (on right), sponsored by her grandmother, Welfare Chair Mary Warner,



and Krista Rogers (on left) sponsored by her mother, Publications Chair Mia Rogers. Operation Lifesaver Chair Mary Baldwin advised

of the following events: April 11-15, 8AM-5PM—National Work Zone Awareness Week on I-95 at the Florida Welcome Center; April 16, 9AM-4PM—Callahan Railroad at Callahan Railroad Depot; and April 30, 7AM-3PM—Boy Scout Fundraising at St. John's River Base, Orange Park, FL. Welfare projects that the Chapter has or will be involved in are: The JDRF Walk at Metro Park on April 9, the MS Walk on April 23; and cycling rides for Susan G. Komen (March 3), 12th Annual Katie Ride (April 16), Tour de Cure (May 7), and Bike MS PGA Tour Cycle to the Shore (October 22 & 23).

## KANSAS CITY CHAPTER

The Chapter's next welfare project will be making foster children care packages. They will be distributed to children in temporary placement situations

when a permanent placement cannot be found at the moment they enter the system. The packages will consist of necessities and items that give a child the sense of having their own belongings when entering an unfamiliar environment. To help finance the project, the Chapter will use money generated from the Valentine raffle to purchase needed items and seek donations from others in the railroad industry. Chrystal Tonkin, Savanna Hubbard, Sue Steffen, Megan Cilbulski, and Rhonda Gomez



recently displayed their beautiful workmanship as seamstresses! They have been diligently working on items to be sold at the National Convention. It's a secret for now, but they're confident that everyone will want to purchase at least one. Also, Member Bonnie Jamison has again taken the lead on geranium sales. With three splashing colors, Royal Red, Rocky Mountain Pink and Salmon, it will be another successful fund raiser. A couple of members report still having some of these hardy flowers from last year's sale!



## LOUISVILLE CHAPTER

The Chapter met at Buck's Restaurant on March 23 and plans to meet there again for April's meeting on the 27th. Instead of raffling off an Easter Basket at their March meeting, it was decided last year to ask each member to donate \$25 to the Welfare fund.

## OMAHA CHAPTER

How often do we hear of a baby being born on February 29? Not very often, right? Well National Treasurer Julie Lane will really save on granddaughter birthday gifts, as little Lennon Mae was born on that day this year to Julie's daughter and



## CHAPTER NEWS (Cont'd.)

### OMAHA CHAPTER (Cont'd.)

Hubby, Jamie and Joel Kiihne, weighing in at 7 pounds, 15 ounces, and 21 inches long. Lennon Mae just barely made it to February 29, arriving at 12:09 a.m. Below is a photo of Gramma Julie with Lennon Mae Kiihne and her big brother, Abram, who is 4 years old and who also has a birthday in February. Congratulations to all; what a bundle of joy, what a blessing!



The Chapter's February meeting was held at Pizza King in Council Bluffs. Golf Tournament Chairman Kay Leslie advises that their 7th Annual Golf Tournament at Shoreline Golf Course will be held on August 5 and will again have an entry fee of \$60 per person. She is currently accepting donations for prizes. Jay Nelson advises that the Shriners' Fremont Children's Home is requesting Easter items for the children. Easter Baskets and eggs have already been donated, but they need candy and small gift items or gift cards for the children. Jay encouraged all members to bring donations to the March meeting. President Connie Prokupek is checking non-profit organizations in Omaha for other volunteer opportunities. They continue with their "Pack the Purse" project and will have collection boxes set up in the UP Center from April 25 to May 6. Seven members are planning to attend Convention this year. Their March 3 meeting was held at Cascio's Steak & Pizza House. A fundraiser/membership drive is planned for April 4 at Pizza Ranch, and Casey Zahner is working on a table topper to be used relating to NARBW. The fundraiser part comes in where Chapter members "bus" Pizza

Ranch tables for tips. Not to worry about slighting the regular wait staff, as members will be handling everything for the buffet—refilling drinks and cleaning tables. As a bonus, those who work that night can eat for \$3.00. Members are also working on ideas of how to celebrate the Chapter's 65th anniversary on September 18, 2016, including the possibility of inviting all former members to join the Chapter in a rail trip to the Canadian Rockies. Several suggestions were tossed around about holding the celebration at various locations, ending with options for the Scott Center, a possible UNO alumni center, or a conference room or cafeteria of UPRR. Kay Leslie will check out catering options, and Sally Sofio suggested members make the appetizers to cut down on expenses. The Chapter's April 14 meeting will be held at Spezia in Omaha. We are saddened to report the passing of Member Mollie J. (Conrad) Meyer on February 27. Mollie was 81 years of age and passed peacefully at home. She retired from Union Pacific in 1996 after 43 years of service. Mollie was so proud to be a long-standing member of NARBW.



### PHILADELPHIA CHAPTER

The Chapter held its January meeting at the Sweetwater Grill in Cinnaminson, NJ. Bath towels were collected and donated to the Salvation Army's Eliza Shirley House, a shelter for women and children in Philadelphia. Although their February meeting was cancelled due to fear of snow, eleven members did get together on February 19 at The Village Tea House in West Point, PA, as a "test run" to enjoy a delightful full English-style tea. As a result of this sweet social, members decided to host a fundraiser full tea at this beautiful Victorian tea house in October. Their March meeting was a luncheon held at Michele Detrick's home. The upcoming Convention and its Market Place were discussed and a date was chosen for serving breakfast to families staying at the Ronald

McDonald House at St. Christopher's Hospital for Children. Bergin's Easter candy orders were also distributed at the meeting and a significant profit was realized. The highlight of their March meeting was surprising Member Rosemary Wise with their Chapter Woman of the Year title and presenting her with flowers, wine, candy, a cake and a \$50 gift card. Chapter delegates to Convention are looking forward to seeing their Narbie friends from other chapters and wish everyone safe passage.



### PITTSBURGH CHAPTER

President Betty Halligan reports no activity with their Chapter during the winter months, but wishes everyone a Happy, Healthy Spring.

### ROANOKE CHAPTER

The Chapter's main fundraiser is always nut sales for Thanksgiving and Christmas baking, but they also had a Sentsy Party and a Mary Kay Party, both at the home of Joyce Higgs. In December, members were able to grant the wishes of two Angel Tree Children with new clothes and toys from Santa. In February, members supported St. Francis House with food, household items, clothing and their monetary donations of \$85, along with a Chapter donation of \$50. Also, in February, members donated 500 signed valentines to veterans at the V.A. Hospital in connection with the National program "Valentines for Vets". These were taken to the hospital and distributed by their "Miss V.A.", Alverta Steptoe. In addition, members supported the League of Older Americans' "Soup for Seniors" program with cans of soup, crackers, etc., along with personal donations totaling \$115.00. Members were asked to bring one bag each of small, individually wrapped candies to the March meeting for stuffing 180 plastic Easter

# CHAPTER NEWS (Cont'd.)

## ROANOKE CHAPTER (Cont'd.)

Eggs in support of the Salvation Army's Easter Egg Hunt. Another March project was holding a St. Patrick's Day Party for the V.A. Hospital veterans, always a fun time mingling with the veterans. One Chapter member who left the area to be closer to relatives in another state is Eilene Gross (on right), a devoted

Narbie. Eilene was pleased to learn that this year's Convention will be in St. Louis and close to her new residence. She hopes to be able to attend the banquet. Spotlighted in February's newsletter was Chapter

Publication Chair Virginia Austin, shown here with her late

husband, Melvin, and her two beautiful daughters, Vickie (far left) and Venetta (far right). Jessie Swiercinski's grandson, Mark Krucke, entered his sculpture "Fortitude 111" (on right) in the Blue Springs, MO Art Show and WON! Donations from the public were so large that Blue Springs was able to purchase the sculpture for their town. Another big event in Mark's and wife Kate's lives was the birth of Mark Austa Krucke, (on

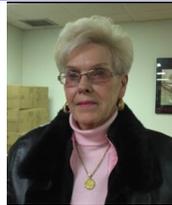


left) born December 14, 2015. Jessie is now a great grandmother! Spotlighted in the Chapter's March news-

letter were two Narbies—Joanne Perry and Shirley Fletcher. Joanne is shown here with husband Larry. What a nice looking couple!



Also very nice looking and shown next is Shirley Fletcher (always dressed to the "nines")! In order to support Relay for Life, many events are being planned by Narbie Team Captain Mona Muehlendyck. Among them are a car wash and bake sale on April 23, participation in a 24-block yard sale on May 14 and sale of baked goods and novelty items at the Relay for Life Event on May 20. Roanoke's annual report to members will be distributed at its June 4 meeting. Ongoing Welfare projects include: Collecting tab tops for Ronald McDonald House, Toiletries for Women's Shelters, used books/magazines for V.A. Hospital and eyeglasses for the Lions Club. April's project is a dessert shower for Ronald McDonald House to coincide with the Chapter's Board meeting being held on the premises. Joanne Perry reminds members that a tour of the Roanoke City Rescue Mission is planned for April 2. Also, on April 2, Member Ruby Cockran will marry Jeffrey Weidner. Congratulations to the couple! Spotlighted in the Chapter's April newsletter was Past National President and Emeritus Council Member Joyce Higgs (another lovely lady and a real cutie in the following photo with



Carol Meador (in blue) and her-sister Lisa (in pink) hosted a 50th Anniversary



older sister Betty). Promotion congratulations are extended to Pam Custus and Amy Sheetz. Member



celebration for their parents Robert and Joyce Jenkins on March 14. Carol's husband is David Meador and Lisa's, Mark Crowder. Congratulations to the Jenkins, with get well wishes to Robert who recently underwent back surgery and to Joyce who is on the mend with slow healing rib injuries. Regina Heckman's sister, Judith Chaney passed away on December 9. Linda Taylor's daughter, Tonjua (TJ) Stewart passed away on January 13 after a hard fought battle with cancer. Our sincere sympathy is extended to both of these families. Mary Lee Cabler's mother, Mildred Watkins is in rehab following a recent hospital stay. Linda French's mother, Nancy Gunn is awaiting results of scans run on her legs. Pat Prillaman's husband suffered a stroke on March 4 and is receiving therapy. Brenda Hale had cataract surgery on March 4, Joyce Mills is awaiting results of a thyroid biopsy. Elaine Parks is receiving therapy for a pinched nerve in her neck. Get well wishes are extended to all of these folks.

## SAGINARW GREAT LAKES CHAPTER

The Chapter will be celebrating the 9th Annual Train Day on May 21 at the Flint Amtrak Station. Coloring books and crayons will be given out to the children who will be riding and cookies will be available to everyone at the event. A motorcar and model railroad will also be on display by another rail group. Chapter President Barb Spalding-Westcott reminds everyone how great it is to celebrate trains.

## TWIN CITIES CHAPTER

Included in their January to April edition newsletter were updated Chapter Standing Rules, a current membership list, a listing of chapter presidents from 1921 through their current president, and the 50/50 raffle form for Convention. Also included were quotes from various members thanking the Chapter for donations made to JDRF, the National Scholarship Fund, the Union Gospel Mission, Merrick Community Services, the Alzheimer's Association and Alexandra House. Thank you quotes were also included for two National Scholarships received for

## CHAPTER NEWS (Cont'd.)

### TWIN CITIES CHAPTER

(Cont'd.)

students Nathie Ronkainen and Chelsea Pitts. Plans are underway for an event at the St. Paul Union Depot where the Chapter plans an NARBW display. Included in their newsletter was a notice concerning MetLife Insurance for union railroad employees with addresses and phone numbers for requesting beneficiary changes or to make claims: Beneficiary Changes: Metropolitan Life Insurance Co, Life Services/Record Keeping, P.O. Box 14401, Lexington, KY 40512 (Phone

1.800.310.7770) or Life Insurance Claims: MetLife-Record Keeping, P.O. Box 6100, Scranton, PA 18505-6100 (Phone 1.800.310.7770).

### TWIN PORTS CHAPTER

The Chapter reportedly realized a profit of \$727 from the sale of See's candy at Christmas. A donation was made to the National Scholarship fund in honor of Edna Kibbe. Their newest member is Cathy Beebe who also won the 50/50 raffle at the Chapter's March meeting. Plans are to discuss collection of items for Safe Haven or the Su-

perior Women's Coalition at the Chapter's April meeting. On the agenda will also be plans for their Anniversary Celebration in June and deciding on a date for the St. Louis River pontoon adventure as planned. The April 14 meeting will be at the Pickwick Restaurant. Betty Goman is healing very well from her hip replacement. Monica Rissanen had another excellent report on her cancer cell count. Thoughts and prayers go out to Linda Anderson's mother who is having some health issues and to Marie Jordahl's husband, Dorance, who is seriously ill.

### PHENOMENAL WOMAN

Pretty women wonder where my secret lies,  
I'm not cute or built to suit a fashion model's size  
But when I start to tell them,  
They think I'm telling lies.  
I say,  
It's in the reach of my arms,  
The span of my hips,  
The stride of my step,  
The curl of my lips.  
I'm a woman  
Phenomenally,  
Phenomenal woman,  
That's me.

I walk into a room  
Just as cool as you please,  
And to a man,  
The fellows stand or  
Fall down on their knees.  
Then they swarm around me,  
A hive of honey bees.  
I say,  
It's the fire in my eyes,  
And the flash of my teeth,  
The swing in my waist,  
And the joy in my feet.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

Men themselves have wondered  
What they see in me.  
They try so much  
But they can't touch  
My inner mystery.  
When I try to show them,  
They say they still can't see.  
I say,  
It's in the arch of my back,

The sun of my smile,  
The ride of my breasts,  
The grace of my style.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

Now you understand  
Just why my head's not bowed.  
I don't shout or jump about  
Or have to talk real loud.  
When you see me passing,  
It ought to make you proud.  
I say,  
It's in the click of my heels,  
The bend of my hair,  
The palm of my hand,  
The need for my care.  
'Cause I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

—Maya Angelou

“*Success*  
is liking yourself,  
liking what you do,  
and liking how  
you do it.”

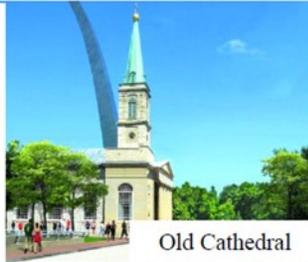
—Maya Angelou



National Association of Railway Business Women  
**St. Louis Pre-Convention Tour**  
 Thursday, May 12, 2016



Gateway Arch



Old Cathedral



Clydesdales



Anheuser Busch Brewery

Join us in Saint Louis for a tour of historic landmarks! For over 50 years, the **Gateway Arch** has welcomed visitors with its awe-inspiring shape; you will have the option to ride a tram to the top followed by an award-winning documentary on its construction. You will also have the option to tour the **Old Cathedral** and will marvel at one of the largest collections of mosaic art in the western hemisphere. Lunch will be held at a famous Italian restaurant on **The Hill**. Following lunch you will tour the historic **Anheuser Busch St. Louis Brewery** where you will see the history-rich architecture and cutting-edge brewing technology of one of the largest and oldest breweries in the nation plus the world-famous Budweiser Clydesdales. Time permitting a brief stop will be made at Union Station on the return to the Sheraton.

**The price per person is \$85** which includes transportation, lunch, and admission fees.

**The bus will depart the Sheraton at 8:15 am.**

-----

NAME (please print) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

CHAPTER \_\_\_\_\_

**Make check payable to NARBW St. Louis and mail to address below by APRIL 1, 2016.**

Cheryl Horne  
 NARBW Pre-Convention Tour  
 4401 Gordon  
 St. Louis, Mo 63134

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

72nd Annual Convention in St Louis, MO May 13 - 14, 2016  
 Sheraton Westport Plaza (Tower) Hotel 900 Westport Plaza, St. Louis, MO (888) 627-7064  
 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](http://www.narbw.org)).

## SECTION ONE: Personal Information

Please type or print clearly.

Name: \_\_\_\_\_  
 Mailing Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 E-mail: \_\_\_\_\_  
 Chapter: \_\_\_\_\_ Railroad Affiliation: \_\_\_\_\_

Please check one:

Delegate  
 Alternate  
 National Board  
 Emeritus Council  
 Member  
 Guest

### Emergency Contact

Name: \_\_\_\_\_  
 Phone: \_\_\_\_\_

## SECTION TWO: Registration Fees and Meals

Please enter the dollar amount(s).

### Members:

\_\_\_\_\_ \$250 by April 1st  
 \_\_\_\_\_ \$265 after April 1st  
 Covers registration and four convention meals.

### Emeritus Council:

\_\_\_\_\_ \$170  
 Emeritus Council pays for  
 Membership Luncheon, Fun Night  
 and Banquet

### Non-Members (Guests):

Guest Name: \_\_\_\_\_  
 Convention Meals only (enter all that apply)  
 \_\_\_\_\_ \$45 President's Brunch  
 \_\_\_\_\_ \$60 Fun Night  
 \_\_\_\_\_ \$40 Membership Lunch  
 \_\_\_\_\_ \$70 Reception and Banquet

### Host Chapter Members:

\_\_\_\_\_ \$220

\$ \_\_\_\_\_ - **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.  
 \_\_\_\_\_ Request Marketplace Table for \_\_\_\_\_ Chapter.  
 \_\_\_\_\_ Interested in a roommate.  
 \_\_\_\_\_ Special Needs/Requests \_\_\_\_\_

**If you have any questions, please call Diane Huntington (636) 789-4203 or email [convention@narbw.org](mailto:convention@narbw.org)**

Mail your check and this completed form to:

**2016 NARBW Convention Registration**  
**Julie Lane**  
**129 Oakmont Drive**  
**Papillion, NE 68133**

Mail or email copy of form to Convention Chairman:

**NARBW National Convention Chairman**  
**Diane Huntington**  
**4411 Hickory Lane**  
**Hillsboro, MO 63050**

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

NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN

Please email Chapter Newsletter or Info to:

[patprillaman@gmail.com](mailto:patprillaman@gmail.com) or mail to:

Patricia C. Prillaman

National Publications Chairman

707 Eddies Road

Salem, VA 24153-1540

# National Association of Railway Business Women

## National 50/50 Drawing

<p>National Association of Railway Business Women 50/50 Drawing – May 14, 2016</p> <p>Name _____</p> <p>Chapter _____</p> <p>Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Phone: _____</p> <p style="text-align: center;"><b>Donation – One Dollar</b></p>	<p>National Association of Railway Business Women 50/50 Drawing – May 14, 2016</p> <p>Name _____</p> <p>Chapter _____</p> <p>Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Phone: _____</p> <p style="text-align: center;"><b>Donation – One Dollar</b></p>
<p>National Association of Railway Business Women 50/50 Drawing – May 14, 2016</p> <p>Name _____</p> <p>Chapter _____</p> <p>Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Phone: _____</p> <p style="text-align: center;"><b>Donation – One Dollar</b></p>	<p>National Association of Railway Business Women 50/50 Drawing – May 14, 2016</p> <p>Name _____</p> <p>Chapter _____</p> <p>Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Phone: _____</p> <p style="text-align: center;"><b>Donation – One Dollar</b></p>
<p>National Association of Railway Business Women 50/50 Drawing – May 14, 2016</p> <p>Name _____</p> <p>Chapter _____</p> <p>Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Phone: _____</p> <p style="text-align: center;"><b>Donation – One Dollar</b></p>	<p>National Association of Railway Business Women 50/50 Drawing – May 14, 2016</p> <p>Name _____</p> <p>Chapter _____</p> <p>Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Phone: _____</p> <p style="text-align: center;"><b>Donation – One Dollar</b></p>

The National Board of Directors is continuing the tradition of the National 50/50 Drawing to be held at the National Convention in Houston, Texas on May 14, 2016. 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 your check (Payable to NARBW) to our Finance Chairman Sylvia Long. 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!!

Sylvia Long, 1934 Montclair Drive, Roanoke, VA 24019