

CAPSULE

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MESSAGE FROM THE NATIONAL PRESIDENT

Convention is fast approaching (May 19-22, 2011). Convention Chairman, Amy Schapp, and the members of the Omaha chapter are working hard planning a successful and fun event that will be imbedded in our memory for a lifetime. At the last convention, I asked that we have at least **200** members in attendance. Ladies, please plan to attend (It's not too late!!!).

It is with much regret and sadness that I report the Altoona Chapter turned in their charter. The Chapter is rich with so many memories. Although I never attended an event in Altoona, I have heard many great stories about the train ride around horseshoe curve and all the wonderful times they had in Altoona. They can be proud of the contributions their chapter made to the NARBW. I hope all of the members will join other chapters or become a member at large.

We will have lost two chapters during my presidency. I hope we can replace at least one new chapter this year. Kansas City became a chapter after I became President but all the ground work was done before I was elected.

Our meet and greet in Fort Worth was not as successful as we had anticipated, but warranted us one member at large. With our decline in membership, even one member increase is very precious to us. I still believe a chapter can be started in Fort Worth and the meet and greets should continue at strategic locations.

We must continue our fight to increase membership. We know the NARBW enriches our lives and we just need to let others know.

You have by now received the items to be covered at Convention and I hope each of you will attend and vote your conscious.

We also have three vacancies to fill: 2nd Vice President, 3rd Vice President and Secretary. Nominating Chairman, Jay Nelson, has worked hard and has a full slate of officers. Jay, great job!! Sometimes it is a struggle to convince members to run for office. If you only knew how rewarding it is to serve on the Board of our great organization, you would be lining up to run for the offices.

Let's keep up the good work of increasing our membership!!

Sincerely,

Joyce Higgs, President



Inside this issue...

- Resume of Winter Board Meeting
- A Nurses Heart Attack Experience
- Legislative Issues
- 67th Annual Convention Dates

CHAPTER BULLETINS...

Albany The Albany Chapter continues to donate canned goods to a local food pantry on a monthly basis. Sunshine wishes to Helen Rose recovering from carpal tunnel surgery. There will be eight members attending the Omaha Convention! Congratulations to Mary McCabe who was the lucky winner of the Omaha Chapter Convention Registration Raffle.

Altoona It is with sadness to learn that the Altoona Chapter has turned in their charter after 38 years. There is much history and many memories that will be missed. We hope these ladies will consider becoming Members-At-Large.

Atlanta The Atlanta ladies have a new President: Joyce Peak. Congratulations Joyce! Sunshine wishes continue to Dot Chumley who is recovering from hip surgery.

Baltimore Ladies of the Baltimore Chapter enjoyed their March meeting held in Towson, MD. A trip to Longwood Gardens to enjoy the beautiful flowers in full bloom is on the agenda.

Chicago The Chicago ladies continue to volunteer their time and money to museums, food banks, Kenosha Hospital and the Senior Center. The Chicago Chapter will host the 2012 National Convention and are busy making plans.

Houston The Houston Chapter's Coughatta Casino Bus trip in January and their Pecan fund-raiser were both great successes, raising around \$500 each for the Houston Treasury. In April they will be participating in the Avon Walk for Breast Cancer. Congratulations to Gail Seaman who was married to Bob Stephens on December 22nd; and to Mama Grace Nowlin who celebrated her 90th birthday in March. Our Sympathy is extended to the family and friends of Patricia Lyle (formerly Ft Worth Chapter) who passed away in October.

Indianapolis Charter The Indianapolis Charter ladies received notice from the Salvation Army Fountain Square Corp that they had the high total of all the kettles that were out the day they volunteered to ring the bell! Congratulations Ladies. They had a very successful silent auction at their dinner meeting in March and they donated 11 pillow pets to Riley Hospital. Sunshine wishes go out to Pauline and Walt Larsen coping with health issues; to LaVerne Mercurio who suffered a fall and broke her orbital bone; to Jeanne Keegan recuperating from a sprained ankle; to Pat Amrhien recovering from surgery; and to Ann Carrico who was hospitalized with pneumonia. Our Sympathy is extended to the family and friends of Wilma Cook.

Indianapolis Circle City The Indianapolis Circle City chapter continue to collect canned goods for Gleaners Food Bank, support cancer and kidney foundations and volunteer their time to churches. They meet the second Tuesday of the month at a favorite restaurant. Congratulations to Melanie Bennett on her recent promotion and move to Miami, Florida. Sunshine wishes to Agnes Manus who recently had a stroke.

Jacksonville The Jacksonville Chapter donated gifts to the girls at PACE during the holidays. They had several fundraisers: a Premier Designs Jewelry party, they sold RADA knives, nuts and chocolate bars and participated at the Empty Bowls Luncheon.

Kansas City The Kansas City ladies had a great first year! They sold over 350 lbs of nuts and raised over \$1000! They held one of their meetings at the KC Harvesters; after the meeting the group volunteered their time to sorting mounds of donated food. They sponsored a Girls Nite out at the K and had a great time even though the game was called due to rain in the 7th inning.

Louisville The Louisville Chapter raffled an Easter basket filled with lots of goodies; proceeds of the raffle will go toward their annual welfare fund.

Omaha The Omaha ladies welcome ten new members: Andrea Gansen, Sally Sofio, Reba Snow, Debra Ready, Sharon Brummer, Kathy Duvall, Elizabeth Hutchinson, Jacquelyn Pirtle and Zira Finney. Way to recruit Omaha! The Omaha ladies are busy as ever; they held a Scentsy fund-raiser, a membership drive (gaining 10 new members!), a raffle, they collected 119 coats plus lots of addition items at their Winter Clothing drive, they sold Savings Sidekicks books, and they held their annual Y.E.S. (Youth Emergency Services) Baby Shower. These ladies donated \$525 to both the Youth Emergency Services and the Stephen Center. They are already making plans for their annual Golf Tournament in August and of course, they are extremely busy finalizing this years NARBW convention! WOW... Thank you ladies for all you do in the name of NARBW! Our Sympathy is extended to the family and friends of Bette Jensen.

Philadelphia The Philadelphia ladies continue to donate their time to local churches, hospitals, and the Ronald McDonald House.

Pittsburgh The Pittsburgh ladies are planning a “Spring Fling” as soon as the weather permits; donations are being made to the local Abused Women’s shelter. Sunshine wishes continue to Frances McBriar and Dorothy Belich who are continuing rehab at local assisted living facilities. Both are doing well in their new surroundings.

Richmond The Richmond chapter continues to volunteer at hospitals and the Virginia Home for disabled adults.

Roanoke The Roanoke ladies welcome their newest member, Patricia Mengerink. These ladies have raised approximately \$2,271 from the sale of many cases of nuts and \$160 from their Premier Jewelry party! Way to go ladies! They collected 12 boxes of toiletries for the Roanoke Valley homeless shelters, and they held a St. Patrick’s Day party at the VA Hospital. Sunshine wishes to Norris (Honey) and Mary Lee Cabbler who are both recovering from recent illnesses; and please keep Kathy Barbour who is recovering from her surgery in your prayers . Our Sympathy is extended to Jessie Swiercinski on the passing of her sister.

Sacramento Like our Baltimore chapter, the Sacramento Chapter is struggling to hold on to their charter. Hang in there ladies, we don’t want to lose you.

Great Lakes The Saginaw-Great Lakes ladies continue to volunteer their time to local churches, hospitals, and senior centers.

St. Louis The St. Louis Chapter continues to hold 50/50 drawings and white elephant sales to raise money for their Treasury and they make monetary donations for Feed My People at each meeting .

Topeka Heartland The Topeka ladies continue to collect items for the Topeka Rescue Mission and sell See’s Candy. They also volunteer their time at local churches, food pantries, and churches.

Twin Cities The Twin City ladies donated \$200 each to the Veteran’s Hospital Auxiliary, We “R” Able, Alexandra House, Hallie Q. Brown, Autism Society, Second Harvest and Ronald McDonald House. They have a silent auction planned for April, proceeds will benefit the Theresa Living Center (a shelter for homeless women). Sunshine wishes go out to Dolores Crane recovering from several surgeries. Our Sympathy is extended to the family and friends of Phyllis Savage who passed away in December and to Sue Hansen on the loss of her father.

Twin Ports The Twin Ports ladies welcome Edna Kibbe, formerly with the Cincinnati chapter, as their newest member. Twin Ports had another successful See’s candy sale, not surprising, as it really sells itself, it’s so good. Their Happenings book sale was also a success. A “rummage sale” is in the plans for Spring. Our Sympathy is extended to the family and friends of long time member, Dorothy Johnson.

With the dissolution of Districts it is even more important for chapters to share their news for input into the Capsule. Be proud of the good you do! Thank you in advance for sending your Chapter newsletters and correspondence to your Publications Chairman.

RESUME OF WINTER BOARD MEETING

February 19, 2011

The Winter Board Meeting was held at the Holiday Inn Fossil Creek, Fort Worth, TX with one member unable to attend due to illness. A meet and greet was held there.

National Treasurer Laura Gutteridge presented the Treasurer's Report representing income, expenditures and net worth of the organization.

2nd Vice President Melanie Bennett presented the revised Presidents' Handbook which eliminated Districts.

3rd Vice President Krista Pohl discussed plans for the Membership (Recognition) Luncheon.

Convention Chairman Amy Schapp discussed further plans for the Convention and decisions were made concerning same.

Finance Chairman Jan Oviatt presented the 2011-2012 Proposed Operating Budget, the Board finalized and same will be forwarded to the Chapter Presidents and Emeritus Council. As Investment Committee Chairman, she also presented four portfolios from investment companies. One was chosen by the board and same will be forwarded to the Chapter Presidents and Emeritus Council. Both proposals will be voted on at the 2011 Convention in Omaha.

Nominating Chairman Jay Nelsen presented the slate of National officers for 2nd VP, 3rd VP, and Secretary. There were 2 candidates for 2nd VP and 1 for each of the others, slate will be forwarded to the Chapter Presidents and Emeritus Council.

Publications Chairman Diane Huntington discussed emailing the CAPSULE to the members who would like to receive it electronically.

Revisions Chairman Theresa Harper reported two bylaw revisions were received and one revision was made by the Board of Directors. The revisions will be voted on at the 2011 National Convention. She also presented the new bylaws after eliminating Districts as was discussed at the Summer Board Meeting. All of which will be forwarded to the Chapter Presidents and Emeritus Council.

A unanimous vote was taken ratifying the Kansas City Chapter by the Board of Directors.

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

Joyce Higgs, President
Melanie Bennett, 2nd Vice President



- ★ ***Upcoming Events...***
- ★ May 19
- ★ Pre-Convention Tour—**Boys Town, UPRR Hqtrs, Harriman Dispatch Ctr, River Cruise**
- ★ May 20-21
- ★ **67th National Convention—Omaha, NE**
- ★ May 22-25
- ★ Post-Convention Tour—**Mount Rushmore, Badlands, Corn Palace and more**

Legislative Issues...

STB schedules May hearing to address rail competition concerns

On May 3, the Surface Transportation Board (STB) will hold a public hearing in Washington, D.C., to examine the current state of rail competition and explore policy initiatives that could promote more rail-to-rail competition.

The hearing will serve as a public forum to discuss rail access and competition, and identify any measures the board should consider to modify its competitive access rules and policies, STB members said in a decision dated Jan. 11. The proceeding also will help determine whether a proposed policy or rule modification would be appropriate given changes in the transportation and shipping industries during the past 30 years, and how modifications might affect rail rates and service, board members said.

The STB is urging interested parties to provide testimony or comments on the rail industry's financial state, alternative through routes, terminal facilities access, reciprocal switching agreements, bottleneck rates, access pricing and potential impacts. The board is accepting initial comments until Feb. 18; the STB's reply comments are due March 18.

"I said last year that it was time for the board to revisit the current rail regulatory framework, and that is what we are doing," said STB Chairman Daniel Elliott III in a prepared statement. "We need to strike a balance between providing access to competitive rail transportation for shippers while maintaining the rail industry's impressive economic renaissance."

GIVING BACK TO THE COMMUNITY

The Omaha Chapter of NARBW recently made a donation to Youth Emergency Services, YES.

The YES mission statement "is to provide homeless and at-risk youth critically needed resources; empowering them to become self-sufficient." Located at 2679 Farnam Street in Omaha, YES has been a focus for Omaha NARBW in recent years.

NARBW has made a donation of eight baskets full of baby items (diapers, lotions, shampoo, socks, bibs, one-sees, wet wipes, blankets, tethers, formula, bottles, many outfits) to help the young mothers who find assistance at YES. An additional donation of \$525, plus a basket of socks (100 pair) for the youth, will help to make a difference in the lives of young people in the Omaha area that receive assistance at Youth Emergency Services.



Pictured delivering the donations are Mary Ann Leaton, Omaha NARBW Welfare Chairman and Kay Leslie, Omaha NARBW Press and Publicity. Shown in the center is Stacy DeMuth, Director of Development at YES.

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A NURSE'S HEART ATTACK EXPERIENCE

FEMALE HEART ATTACKS

I was aware that female heart attacks are different, but this is the best description I've ever read. Women and heart attacks (Myocardial infarction). Did you know that women rarely have the same dramatic symptoms that men have when experiencing heart attack ... you know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor that we see in the movies. Here is the story of one woman's experience with a heart attack: "I had a heart attack at about 10:30 PM with NO prior exertion; NO prior emotional trauma that one would suspect might've brought it on. I was sitting all snugly & warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and actually thinking, 'A-A-h, this is the life, all cozy and in my soft, cushy Lazy Boy with my feet propped up.

A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. You realize you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten its progress down to the stomach. This was my initial sensation---the only trouble was that I hadn't taken a bite of anything since about 5:00 p.m.

After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE (hind-sight, it was probably my aorta spasming), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when administering CPR).

This fascinating process continued on into my throat and branched out into both jaws. 'AHA!! NOW I stopped puzzling about what was happening -- we all have read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? I said aloud to myself and the cat, Dear God, I think I'm having a heart attack! I lowered the footrest dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself, If this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else ... but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in moment. I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics... I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to unbolt the door and then lie down on the floor where they could see me when they came in.

I unlocked the door and then lay down on the floor as instructed and lost consciousness, as I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER on the way, but I did briefly awaken when we arrived and saw that the Cardiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like 'Have you taken any medications?') but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the Cardiologist and partner had already threaded the teeny angiogram balloon up my femora I artery into the aorta and into my heart where they installed 2 side by side stents to hold open my right coronary artery.

'I know it sounds like all my thinking and actions at home must have taken at least 20-30 minutes before calling the Paramedics, but actually it took perhaps 4-5 minutes before the call, and both the fire station and St. Jude are only minutes away from my home, and my Cardiologist was already to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stents.

FEMALE HEART ATTACKS (continued)

'Why have I written all of this to you with so much detail? Because I want all of you who are so important in my life to know what I learned first hand.'

1. Be aware that something very different is happening in your body not the usual men's symptoms but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion, take some Maalox or other anti-heartburn preparation and go to bed, hoping they'll feel better in the morning when they wake up ... which doesn't happen. My friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a 'false alarm' visitation than to risk your life guessing what it might be!

2. Note that I said 'Call the Paramedics.' And if you can, take an Aspirin. Ladies, TIME IS OF THE ESSENCE! Do NOT try to drive yourself to the ER - you are a hazard to others on the road. Do NOT have your panicked husband drive who will be speeding and looking anxiously at what's happening with you instead of the road. Do NOT call your doctor -- he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you need to be saved! The Paramedics do, principally OXYGEN that you need ASAP. Your Dr. will be notified later.

3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MI's are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could survive.

A cardiologist says if everyone who reads this sends it to 10 people, you can be sure that we'll save at least one life.



Eleven Roanoke NARBW members hosted a St. Patrick's Day party on March 17, 2011 at the Salem VA Medical Center. This has been a project of Chapter 19 for several years and the veterans, both male and female, are very appreciative and look forward to this annual event.

A chorus of eight women performed a cappella, of which the NARBW ladies enjoyed as much as the patients.



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Heartfelt sayings...

- ♥ Life is too short to wake up with regrets.
- ♥ So, love the people who treat you right. Pray for the ones who don't.
- ♥ Believe everything happens for a reason.
- ♥ If you get a second chance, grab it with both hands.
- ♥ If it changes your life, let it.
- ♥ Nobody said life would be easy, they just promised it would be worth it.