

# CAPSULE

Volume 15, Issue 1

July/August/September 2010

MESSAGE FROM THE NATIONAL PRESIDENT

I have great news!!! As was reported at the Convention in Roanoke, 22 women in Kansas City submitted an application to become a chapter in the National Association of Railway Business Women. According to the bylaws, the National Board approved their application by email; and on the advice of the parliamentarian, the board will ratify the vote at the February Board Meeting. Charter 81 was issued on August 13, 2010 and mailed to the Chapter President. Some of the members of the National Board attended their meeting on October 7, 2010, to offer congratulations, install the officers and welcome this new chapter.

The health of our organization appears to be looking up. A member from the Emeritus Council said she had goose bumps when she heard about the new chapter. From newsletters I have received, many chapters have recruited new members. We have had meet and greets across the country which has helped tremendously. This is a trend I believe we should continue.



It never ceases to amaze me how active the members of the NARBW are “No grass grows under our feet.” There is much to be done by our chapters and your participation in the many activities in your communities demonstrates your loyalty and love for the NARBW. Keep Up the Good Work!

Please plan to attend the Convention in Omaha on May 20-21, 2011, as we have important decisions to make regarding our bylaws and our finances. When you are there to express your opinions, you feel more secure about the decisions made.

Omaha Chapter is planning a great convention. Take advantage of the savings (early registrations) they offer. They are planning a wonderful Pre-Convention Tour--cruising the Missouri River--take advantage of the “Early Registration Discount” offered for this tour. The Post-Convention Tour - to the World’s largest sculpture - Mt. Rushmore and its environs, Crazy Horse, and Badlands—Peter Norbek Byway which spirals through the rocky crags of Black Hills National Forest, Custer State Park and Mount Rushmore National Memorial, defying imagination and providing access to some of the most beautiful landscapes in South Dakota. This is going to be an exciting convention.

Chicago is working hard on the details for the 2012 Convention. Information will be forthcoming.

Please remember to vote in the November elections and may the coming Holidays be joyful to you and your family.

Sincerely, *Joyce*

## Inside this issue...

- 2010 National Scholarship Winners
- Summer Board Resume
- Upcoming Deadlines
- 2011 Convention Information & Raffle

## *CONGRADULATIONS to our 2010 Scholarship Winners!*

At the 2010 annual convention in Roanoke, Virginia the Scholarship program awarded eight scholarships in the amount of \$1,750. each. What better tribute to our organization than the educational opportunities we give to our scholarship applicants and winners. Following are the winners. Congratulations to all.



### **Cassandra Baier**

Cassandra is a senior at Robbinsville High School and a perspective student at Rutgers University and looking forward to pursuing a teaching career. She is financing her education by working and through college loans. Cassandra was sponsored by her aunt, Maryann Santitoro, of the Philadelphia Chapter.



### **Samantha E. Bryant**

Samantha is pursuing a degree in Pharmacy at the University of the Sciences in Philadelphia (USP). She is financing her education through employment, educational loans, scholarships and a parent plus loan. Samantha was sponsored by her aunt, Nancy Harmon, of the Indianapolis Circle City Chapter.



### **Courtney M. Gutteridge**

Courtney is currently attending Florida State College, Jacksonville, Florida pursuing a Forensic Science degree. She is financing her education through family assistance, loans and scholarships. Courtney was sponsored by her aunt, Laura A. Gutteridge, of the Jacksonville Chapter.



### **Alicia M. Kruse**

Alicia is graduating from Mesa High School, Mesa, Arizona. Her goal is to attend Mesa Community College in the fall and, within two years, transfer to the nursing program at Arizona State University. She is financing her education through scholarships, grants and possibly student loans. Alicia was sponsored by her grandmother, Winnie Sage, of the Omaha Chapter.



### **Phillip Nahirniak**

Phillip is currently a student at the University of Michigan, Ann Arbor. With a passion for science his goal is to complete his bachelor's degree then apply to medical school. He is financing his education with assistance from his parents, student loans and through employment. Phillip was sponsored by his great aunt, Doris C. Hermes, of the Saginaw-Great Lakes Chapter.

No Photo  
Available

### **Amanda E. Paffe**

Amanda was a previous NARBW winner in 1996 and is presently attending Florida State College at Jacksonville, pursuing a career in nursing. She is financing her education through scholarships and hoping to qualify for federal and/or state funding. Amanda was sponsored by her mother, Elaine Mosley, of the Jacksonville Chapter.



### **Thomas M. Rocky**

Thomas is graduating from Franklin Central High School, Indianapolis, Indiana. He plans to attend Indiana University, Butler University or the University of Indianapolis majoring in Mathematics and minoring in Communications related to sports broadcasting. He is financing his education through scholarships and loans. Thomas was sponsored by his grandmother, Judith L. Adams, of the Indianapolis Charter Chapter.



### **Amy L. Carson Thompson**

Amy is attending Bellevue University, Bellevue, Nebraska. She is pursuing a Bachelor of Science Degree in Human and Social Service Administration. She is financing her education through grants, scholarships and loans. Amy was sponsored by her sister, Colleen Brabec, of the Omaha Chapter.

## CHAPTER BULLETINS...

**Albany** The Albany Chapter continues to hold their monthly meetings at member's homes. They volunteer many hours to the local Hospice, driving elderly to the market and doctor's appointments, and they donate food and toiletry items to local food pantries on a monthly basis.

**Altoona** The Altoona ladies continue to get together on the first Saturday of the month for lunch and a small meeting after.

**Atlanta** The Atlanta ladies are active in many community service endeavors; their recent project was to help with the clean up the Appalachian Trail. Again this year they will collect toys for the Atlanta Union Mission and tabs for the Ronald McDonald House. They are also making plans to provide a meal to the families of those sick children staying at the Ronald McDonald House. Last year they held several fund-raisers with the help of additional, enthusiastic members wanting to become involved in the building of the chapter. Way to go ladies and good luck again this year.

**Baltimore** The Baltimore Chapter is pleased to report that Bernadette Bridges, has been appointed by Transportation Secretary LaHood to the New Transit Rail Advisory Committee for Safety which will be drafting National Safety Measures for Rail Transit. Bernadette is one of Baltimore's newest members. Sunshine wishes to Pat Lewis who recently underwent knee replacement surgery. Pat is doing very well with therapy and recuperation.

**Chicago** The Chicago ladies meet every other month at a restaurant or a member's home. They continue to volunteer their time and money to museums, food banks, Kenosha Hospital and the Senior Center.

**Cincinnati** We are saddened to report that the Cincinnati Chapter decided to turn in their charter. We hope we will continue to hear from these ladies and see some of them at future conventions. Our Sympathy is extended to Doris Stemmer on the loss of her brother-in-law and her sister, Shirley Webb.

**Houston** LouAnn McClendon, President of the Houston Chapter writes "Everyone in our Chapter is "Gifted" with special talents. With our help, we can have each of our members bloom in every season." She encourages members to attend an upcoming meeting.

**Indianapolis Charter** The Indianapolis Charter ladies say welcome to new members Jeanne Keegan and Carmen Taliaferro from the Cincinnati Chapter. Members and guests from Indianapolis Charter enjoyed a very successful bus trip to the Grand Victoria Casino in Rising Sun. Gerry Foster with the help of Marian McClure and Joanne Smith did a terrific job organizing this event. Thank you to Pat Amrhien for taking the aluminum tabs to the annual drop off location. Members say thank you to Phyllis Breden and Carolyn Dickey on the canning and food preservation tips and for the wonderful jars of homemade apple butter, vegetables and fruit. Our Sympathy is extended to the family and friends of long time member Phyllis Finchum and to Jeanne Keegan who's sister recently passed away. Sunshine wishes to LaVerne Mercurio.

**Indianapolis Circle City** The Circle City Chapter says thank you to Mel Bennett, Susan Wood, Lisa and Don Stout and others for representing their chapter of NARBW in the Susan Komen "race for the cure". Phyllis Harrison and her daughter continue working for "The Refuge" food pantry. Donna Carter continues to care for artistic children. The Indianapolis Circle City chapter did a fund-raiser at the race track and they held a fund-raiser at the Beef and Board Dinner Theater. Proceeds from both will benefit their needy family in December.

**Jacksonville** The Jacksonville Chapter had a tremendous success on items donated for their July "Clothes Closet" benefiting PACE, a Center for Girls. They also sold nuts and chocolate bars as a Ways and Means fund-raiser. Jacksonville held two "meet and greets" recently and welcome four new members: Cathy Cleaves, Karen Hogg, Emily Pate, and Richalyn Williams! On October 2nd the Jacksonville ladies participated in the National Down Syndrome Society's Buddy Walk.

**Kansas City** NARBW welcomes our newest chapter—Kansas City! Joyce Higgs, National President; Jay Nelsen and Cynthia Chandler attended their meeting on October 7th and installed the officers: Melissa Collins, President; Mechelle Price-Pouncy, Vice-President; Rhonda Gomez, Secretary and Michelle Kelly, Treasurer. They are an enthusiastic group and have already held fund-raisers, charitable events, and are making big plans to do much more. Welcome ladies!

**Louisville** The Louisville Chapter welcome members from the former Cincinnati Chapter: Doris Stemmer and Eileen Zilberberg. Their “Christmas in July” auction netted \$109 to benefit their welfare fund. Kudos to everyone who donated such lovely items and especially to those who successfully bid on them.

**Omaha** The Omaha ladies hosted a collection for the Local Humane Society. The fund-raiser was a huge success. Several members of the Omaha Chapter participated in the Susan G. Komen Breast Cancer Foundation Nebraska Race for the Cure on October 3rd. The Omaha Chapter does a great deal of good in the Omaha/Council Bluffs community. Not only through the items they collect (pop tabs, clothing, box tops for education, etc) but through the cash they donate to local charities. *In addition to their annual fund-raisers and events, the Omaha ladies are busy making plans to host the 2011 National Convention—please mark the dates of May 20-21, 2011 and plan to attend!* These ladies are off to a great start with their convention fund-raising and give a huge thank you to Kay Leslie for single handedly organizing a golf tournament in September and to all of the wonderful volunteers who helped make it a success! Sunshine wishes to Amy Schapp on her recent surgery.

**Philadelphia** The Philadelphia ladies continue to donate their time to local churches and hospitals. They plan to prepare meals again this year for Ronald McDonald House. Our Sympathy is extended to the family and friends of Ellie Cain on the loss of her husband, Fred. Fred was a wonderful man and a faithful attendee of NARBW conferences and conventions—he will be missed.

**Pittsburgh** The Pittsburgh ladies are all retired but they continue to have monthly luncheons where they socialize and conduct business.

**Richmond** The Richmond chapter welcomes its newest members: Vera Sandlin and Ann Boykin. Sunshine wishes and a speedy recovery to Vera Sandlin who broke her leg. Our Sympathy is extended to the family and friends of charter member Elizabeth Salmon and to Shirley Lawson on the loss of her husband.

**Roanoke** Welcome to Roanoke’s newest member, Cora Carpenter. The Roanoke ladies enjoyed their summer outing at Wildwood Smokehouse and the play at Showtimmer’s afterward. The chapter has definitely set their sights on another successful year; they will donate hours to projects benefiting the Rescue Mission, veterans at the VAMed Center and Relay for Life. They sponsor at least two children from the Salvation Army’s Angel Tree and donate filled eggs for their Easter Egg Hunt. They collect tab tops for Ronald McDonald House, toiletries for the homeless, used eyeglasses for the Lions Club and used greeting cards for elementary art projects. They also send cards to service personnel who have a connection with their members and they support the League of Older Americans Soup for Seniors drive. In September, they collected old towels and blankets and cat and dog food for Homeless Animals. These ladies keep busy, busy, busy!! Our Sympathy is extended to National President Joyce Higgs and to Betty Gregory on the loss of their brother. Sunshine wishes to Linda Waggoner who had out-patient foot surgery and to Pat Broadneux who had knee surgery. Congratulations to Brandi Smith on the birth of her daughter Vicki Arlene and to Mark Krucke, grandson of Jessie Swiercinski, who recently graduated from Wilmington university with five awards for his outstanding work.

**Sacramento** The Sacramento chapter holds monthly 50/50 drawings. They also volunteer their time to local hospitals, nursing homes, food pantries, Meals on Wheels, and churches.

**CHAPTER BULLETINS continued...**

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

**St. Louis** At each meeting, the St. Louis ladies hold 50/50 drawings, white elephant sales, and collect canned goods. At their September meeting, they brought school supplies and made monetary donations for the children at Feed My People. Thank you to Peggy Kuehle for the installing theme of "Recipe for Success" and the delicious cookies afterwards. Our Sympathy is extended to the friends and family of Irene Hansen who passed away in August and to the family and friends of long time member Elnora Harris. Elnora's daughter wrote that her "mother was proud of her connection to NARBW her entire life!" Sunshine wishes and a speedy recovery to Ruth Polson who recently had another skin cancer on her face.

**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 hold many fundraisers to support their charities; including selling pecans and coupon booklets for the Herberger's Department Store "Coupon Day". Meetings will now be held on the 3rd Tuesday of every other month. These ladies had a wonderful meeting and Installation where they were "tied together (with colorful ribbons) for a wonderful year in fellowship". Recently they carpooled to Duluth, took a personal tour of the NARBW China Dining Car and rode the train to Lester River and back where they experienced a "Run Around". Sunshine wishes to Bernice Killian on her knee replacement surgery and to Shirley O'Connor who had a kidney removed. Our Sympathy is extended to Donna Clark on the loss of her husband, Grant.

**Twin Ports** The Twin Ports Chapter welcomes their newest member, Linda Anderson. These ladies will continue to sell Happenings Entertainment coupon books as a fund-raiser. The Twin Ports ladies hope every member is happy, healthy and enjoying the beautiful autumn colors that adorn our trees.

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

**Please send Chapter news to your National Publication Chairman.**

Diane Huntington  
4411 Hickory Lane  
Hillsboro, Missouri 63050

NARBWHuntington@charter.net  
Phone: 636-789-4203  
Cell: 636-208-7173

**Upcoming Deadlines...**

December 2010

- 1** Jewelry Order Deadline – National Chairman Theresa Harper
- 10** National Per Capita Deadline – National Treasurer Laura Gutteridge
- 15** Revisions Deadline – National Chairman Theresa Harper
- 31** Capsule Deadline – National Publications Chairman Diane Huntington

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***The Railroad from a Woman's Perspective...***

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Since 2006, Brenda Barksdale of the Roanoke Chapter has been gathering information for a book that would document the American railroad experience from a woman's perspective. She has a sizeable amount of information but there are still many gaps to fill. Brenda wants to tell this story primarily using photographs with historical captions and some first-hand stories from women who experienced the challenges of working in this predominantly-male, male-dominated industry. While continuing to research, she is now trying to find a publishing venue that also has a distribution opportunity in place for interested readers.

\* \* \* \* \*

In 2008 NARBW endorsed Brenda's project saying "Railroad women's history is a small part of railroad history and this is why it has significance. The time is now to gather the information on the women who worked for the railroads and make sure it is documented."

This project has also been endorsed by The Chesapeake and Ohio Historical Society and the Virginia Museum of Transportation, Inc., the museum that now houses the archives of this Association. At the Annual Convention in Roanoke in May, a number of the attendees expressed interest in this project.

\* \* \* \* \*

As far as Brenda knows, there is not a single book available on this topic in general. **She is asking each of us to help compile one by sharing any pictures we have and some of our experiences in the form of short narratives. Articles about railroad women from your railroad's and other publications would be welcome contributions as well.** Unless you want items returned to you, any information you provide will be given to the archives of this Association whether or not it is included in the book.

\* \* \* \* \*

Brenda wants to take this opportunity to again thank the members of the Roanoke Chapter 19 who spent many, many hours helping her sort through thousands of documents at the Virginia Museum of Transportation and, to thank you in advance for sending your pictures and stories to:

\* \* \* \* \*

Brenda W. Barksdale  
1623 Wilbur Rd., SW  
Roanoke, VA 24015-3625

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**National Association of Railway Business Women**

**Resume of Summer Board Meeting**

**July 10, 2010 – Linthicum, MD**

The Summer Board Meeting was called to order by President Joyce Higgs on Saturday, July 10, 2010 at the Courtyard by Marriott in Linthicum, MD with all but one board member in attendance. On Friday, July 9th, the National Board held a “Meet and Greet” in the Inner Harbor at Luckie’s Tavern. We had 15 ladies from CSX, Maryland Transit Administration (MTA), Amtrak and Bowie & Jensen. Six (6) ladies from the Baltimore Chapter were able to attend. We received two (2) new paid members.

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

National Finance Chairman, Jan Oviatt’s Plan of Work stated that Vanguard will not honor the original proposal made to NARBW. The National Board proposed that we maintain the status quo with our investments until the next convention, where the National Board will make a new recommendation.

National Revisions Chairman, Theresa Harper, gave her report; and after much discussion concerning revision changes to the Bylaws with the dissolution of Districts, it was decided changes would be made and reported at the February Board Meeting, for final review at the National Convention in Omaha.

The upcoming National Conventions are as follows:

May 20 -21, 2011 – Omaha, NE – Embassy Suites

May 2012 – Chicago, IL

The Winter Board Meeting will be held February 18 - 19, 2011 in Forth Worth, TX. A “Meet and Greet” is planned for Friday, February 18th, 2011.

Meeting adjourned 5:45 p.m., Saturday, July 10, 2010.

***NARBW’s Website...***

Login at [www.NARBW.org](http://www.NARBW.org).

If you would like to highlight one of your welfare projects or a member’s achievement, make sure to take pictures and forward them with an article to your National Publication Chairman, Diane Huntington at 4411 Hickory Lane, Hillsboro, Missouri 63050. Or email to [NARBWHuntington@charter.net](mailto:NARBWHuntington@charter.net)

## *National Association of Railway Business Women* National Drawing

<p style="text-align: center;"><b>National Association of Railway Business Women</b> <b>\$100 Macy's Gift Card –</b> <b>December 1, 2010</b></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 – Five Dollars \$5</b></p>	<p style="text-align: center;"><b>National Association of Railway Business Women</b> <b>\$100 Macy's Gift Card –</b> <b>December 1, 2010</b></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 – Five Dollars \$5</b></p>
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**The National Board of Directors is selling raffle tickets for a Macy's Gift Card in the amount of \$100. The proceeds from the drawing will be donated to the National General Fund. Please take time to fill out the raffle tickets above and mail your check (Payable to NARBW) to our National Finance Chairman, Jan Oviatt. 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!!**

**Jan Oviatt, 1978 Shellbark Court, Columbus, IN 47201**

As National Finance Chairman, one of the fund-raisers I am holding this year is a raffle for a \$100 Macy's Gift Card—just in time for Christmas. Please make copies of these raffle tickets, take back to your chapter meetings, sell them to your family, co-workers, and neighbors, and fill them out yourself. When you win this card, you could either keep it for yourself or give it to someone special as a very awesome gift. Each raffle ticket is \$5.00. **The deadline to return the raffle tickets to me is November 15, 2010.** The winner will be announced December 1, 2010. Thank you in advance for your wonderful support! Jan Oviatt, National Finance Chairman

## Legislative Issues...

### ***Staggers Act reaches 30th Anniversary!***

AAR: Rail industry-saving Staggers Act reaches 30th anniversary

Yesterday (October 14th), the U.S. freight-rail industry marked the 30th anniversary of the Staggers Rail Act of 1980, a “watershed piece of legislation that revitalized the nation’s railroads and removed a century’s worth of excessive regulation,” according to the Association of American railroads (AAR).

Named after former Rep. Harley Staggers (D-W.Va.), who at the time chaired the House Interstate and Foreign Commerce Committee, and signed into law by former President Jimmy Carter on Oct. 14, 1980, the Staggers Act replaced a regulatory structure that had existed since the 1887 Interstate Commerce Act and deregulated the U.S. rail industry. Prior to 1980, government regulations inhibited rail completion, causing many railroads to go bankrupt and rail infrastructure to crumble, restraining rail investments and worsening the quality of rail service, AAR officials said in a prepared statement.

**“Before the Staggers Act was passed, the future looked bleak. Today, freight rail is a driving force in the nation’s economy, supporting more than 1 million jobs and keeping American businesses competitive,”** said AAR President and Chief Executive Officer Ed Hamberger.

The Staggers Act is credited with lowering average inflation-adjusted rail rates by 55 percent; improving rail safety and productivity; increasing rail marketshare; and returning financial stability to an industry that since 1980 has reinvested \$460 billion back into its infrastructure, according to the AAR.



The Omaha Chapter of NARBW hosted a collection for the Love the Pets-NE Humane Society. Take a look at the load of donations for the local shelter! What a great welfare project.



Several members of the Omaha Chapter participated in the Susan G. Komen Breast Cancer Foundation Nebraska Race for the Cure on Sunday October 3, 2010. Their registration fee will help fund Nebraska’s fight against breast cancer through local education, early detection and national research efforts.

## 67th National Convention

*Omaha, Nebraska May 20-21, 2011*

Mark your calendars now for the 67th annual convention, to be hosted by the Omaha Chapter, on May 20-21, 2011.

Convention Chairman, Amy Schapp and the Omaha ladies have planned a very exciting convention for us .

The Embassy Suites—Downtown/Old Market in Omaha will be the location and a block of rooms has been reserved for \$139. per night. Due to the dissolution of Districts, a Membership Luncheon will replace the District Luncheon this year.

Fun Night will be “O! What a Night/Red Carpet”. Everyone will be dressed to the “nines”!

The Pre-Convention on Thursday, May 19th includes a tour of Father Flanagan’s Boys Town, a cruise on the River City Star, lunch at Union Pacific Center and a visit to Union Pacific’s Harriman Dispatch Center.

The Post-Convention motorcoach leaves on Sunday, May 22nd for South Dakota on a four-day, three-night tour and includes the Bad Lands, Crazy Horse, Wall Drug, Corn Palace, and Mount Rushmore.

### **Convention Deadlines...**

February 2011

- 1** Early Pre-Convention tour registrations save \$10.  
Post-Convention tour deposit of \$100 is due.

April 2011

- 1** Early Convention registrations save \$15.  
Pre-Convention tour registration with \$60 payment is due.  
Post-Convention tour balance of \$450 is due.
- 15** All Convention registrations must be postmarked by April 15th.

The Omaha Chapter is conducting a **raffle with one grand prize of a free registration** to convention. This prize will include the registration fee, the Presidents’ Brunch, Fun Night, Membership Luncheon, and the formal banquet, a \$200 value. Tickets are \$5 each or three for \$10. **The drawing will be held March 15, 2011.** Send tickets and payment to Joann Flood, P.O. Box 252, Valley, Nebraska 68064-0252.

<p style="text-align: center;"><b>National Association of Railway Business Women Convention Registration Drawing March 15, 2011</b></p> <p>Name _____</p> <p>Chapter _____</p> <p>Address _____</p> <p>City _____ State _____ Zip _____</p> <p style="text-align: center;"><i>Donation –Five Dollars each or 3 for Ten Dollars</i></p>	<p style="text-align: center;"><b>National Association of Railway Business Women Convention Registration Drawing March 15, 2011</b></p> <p>Name _____</p> <p>Chapter _____</p> <p>Address _____</p> <p>City _____ State _____ Zip _____</p> <p style="text-align: center;"><i>Donation –Five Dollars each or 3 for Ten Dollars</i></p>
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*NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN*

Diane Huntington  
National Publication Chairman  
4411 Hickory Lane  
Hillsboro, MO 63050

*Heartfelt sayings...*

- ♥ Friends are the nicest things you can have and one of the best things you can be.
- ♥ Don't cry because it is over, smile because it happened.
- ♥ Adopt an open door policy—let in new ideas and experiences.
- ♥ Character is not an inheritance; each person must build it for herself.
- ♥ Happiness comes through doors you didn't even know you left open.
- ♥ Silence is sometimes the best answer.
- ♥ A truly happy person is one who can enjoy the scenery on a detour!
- ♥ A smile is a curved line that gets things straight.