

CAPSULE

Volume 12, Issue 5

April/May/June 2008

MESSAGE FROM THE NATIONAL PRESIDENT

Ladies:

There were about 100 members and guests at the 64th Annual Convention in Philadelphia. Ellie Cain, Philadelphia Chapter President, Krista Pohl, National Convention Chairman and the ladies of the Philadelphia chapter went above and beyond to make sure every event was planned for our enjoyment, our comfort and to ease the flow of business. I thank them for their attention to detail and want them to know it was an amazing time! Everyone should have attended! As you'll see from the pictures we had a great time and we accomplished a great deal of business.

The biggest agenda item was financial planning. We approved a plan to invest in NARBW – to find an advertising/public relations firm to help us market the glory of NARBW. We plan to upgrade the website and our recruiting tools (pamphlets, brochures, advertising, flyers, and membership applications). What better use of our money than having first class tools to help us build our membership? But even with the best tools, building membership still comes down to every member inviting a friend or coworker to join NARBW; get involved in our communities; help strengthen our industry and expand their circle of friends across the nation. If you have ideas about how to help us accomplish growing our membership, please let me know!

The Summer Board Meeting was held in Kansas City and Ida Carmouche, National 3rd Vice President worked to establish contacts with the BNSF, KCS and UP employees there in hopes of starting a new chapter. I am writing this before the event, but will report to you all with the outcome.

The deadlines for District Conferences are fast approaching. District I will be meeting in Cincinnati, September 12 & 13. The last time NARBW met in Cincinnati was the 2000 Convention. I'm sure the city has changed since then and I am looking forward to seeing the changes and to enjoying the warm hospitality of the chapter! Houston Chapter is hosting the District II Conference in The Woodlands, TX, October 3 & 4. The Houston chapter knows how to have a good time and will charm us with their Southern Hospitality. Mark your calendars for one or both events!

I want to thank you for trusting me to be your National President. If you have a question, comment or suggestion please call, e-mail or write me. I know that together we can ensure the future of NARBW. I hope to see you at the Conferences!

Jay Nelson
National President



Inside this issue...

- Newly Installed Officers
- 2008 Women of the Year
- NARBW's Yearly Calendar (Page 8)



CONGRADULATIONS TO OUR NEWLY INSTALLED OFFICERS



Jay Nelson - National President Jay is employed by Union Pacific Railroad and is a member of the Omaha chapter. Jay served at the Chapter level as President for three years, Vice President two years, Press & Publicity Chairman seven years, Public Affairs Chairman two years, Parliamentarian two years, Ways & Means Chairman one year and District II Director for two years. She served on the National level as 1st Vice President for two years, 3rd Vice President two years, Jewelry Chairman one year, Public Affairs Chairman two years, Publication Chairman one year, Membership Chairman two years, Scholarship Chairman two years, and Welfare Chairman for two years. Jay was an Operation Lifesaver presenter for four years. Jay brings an abundance of knowledge and leadership to our organization. Congratulations Jay!

Joyce Higgs - National 1st Vice President Joyce is retired from Norfolk Southern. She is a member of the Roanoke Chapter. At the Chapter level, Joyce has served as President for two years, Vice President two years, Finance Chairman one year, Nominating Chairman two years, Public Affairs Chairman two years, Welfare Chairman two years, Ways & Means Chairman two years, Parliamentarian two years and she served as District Nominating Chairman for one year. At the National level, she served as Secretary for two years, Jewelry Chairman one year, Nominating Chairman one year, Revisions Chairman two years, 2nd Vice Chairman two years and Publications Chairman for one year. Joyce brings many years of NARBW experience to our organization. Congratulations Joyce!

Joan Waite - National Treasurer Joan retired from Conrail and currently works for the Strasburg Railroad. She is a member of the Philadelphia Chapter. Joan served her Chapter as Jewelry Chairman for two years and as Treasurer for six years. She has served as National Treasurer for six years. Joan is definitely a "numbers" person. Thank you and congratulations Joan for being National Treasurer for another two years!

Congratulations also to Monica Rodan and Rae Huebner who were elected as District I Director and District I Secretary/Treasurer respectively. These ladies are from the Philadelphia Chapter. If we judge their organizations skills by this past convention, we can be assured that their District roles will be a huge success. Congratulations ladies!

Please share your chapter news. Everyone enjoys reading about your activities and accomplishments. Thank you for sending your Chapter newsletters. If there are any NEW Presidents, please send Diane Huntington an update with addresses and emails.

NARBW's WOMAN OF THE YEAR

This year there were fifteen women chosen as their Chapter Woman of the Year. All of them are dedicated members who work to help NARBW thrive and to make their communities a better place. Together they are the face of the National Association of Railway Business Women.



The photos above show the Women of the Year who attended convention in Philadelphia in May.

Kathleen Judge – Albany Kathy has been a member of the Albany chapter for more than 20 years. She volunteers at the local AARP, the food pantry, and the woman's branch of the Knights of Columbus and the Toys for Tots train. During her membership, Kathy has been the Chapter Secretary, Vice President and President. Kathy worked for the Delaware and Hudson Railroad and retired from the Canadian Pacific after having worked for 43 years in several departments.

Vanessa Estell – Atlanta Vanessa is an asset to the Atlanta chapter, serving as Revisions chairman and chapter Secretary. She is a wholehearted recruiter at the membership drives. She is actively involved in the Atlanta community helping at the battered women's shelter; her church's Nursery Foster Club and the NW Georgia Girl Scout Council. Vanessa is employed by CSX as a communications technician.

Margaret Harrison – Cincinnati As a loyal and good friend Margaret always asks "What can I do to help?" And help she does having volunteered at Children's Hospital since 1981, at the House of Peace (woman's shelter) and the Gospel Mission. Margaret has served as Welfare Chairman, Vice – President and Chapter President. Margaret is retired from the CSX and its predecessor Railroads.

Kathy Burks – Indianapolis Circle City Kathy keeps the chapter and her co-workers involved with collections for "Goodie Boxes" for armed services personnel. She walks for the March of Dimes, Susan Koman Race for the Cure, and Diabetes Association. Kathy works in Amtrak's Beech Grove facility. She has served the chapter as Secretary, Treasurer and President as well as conference chairman, coordinator of the "Spring Fling" and numerous fundraisers.

Mary Warner – Jacksonville A Jacksonville TV station awarded Mary a place in its' "12 who care" honor roll for her volunteer efforts with PACE Center for Girls. She is active in her church and volunteers at the City Rescue Mission. Mary is retired from the CSX (B & O, C & O and Seaboard Coast Line). She has served as Chapter Welfare, Sunshine, and Scholarship chairman and Vice-President and President. Mary always has a "smile on her face and a song in her heart".

Krista Pohl – Philadelphia Krista infuses the chapter with her enthusiasm. She has served as Membership and Publication chairman, Chapter 1st Vice President and National Convention Chairman. She volunteers for Parkinson's, Multiple Sclerosis and Celiac disease. Krista is a civil engineer for HNTB Corporation working on the DM&E Powder River Basin project as well as projects for Amtrak, CSX, and Patco. She is working on her Master's degree at Temple University.

Eileen Gross – Roanoke Eileen began her career at the Wabash Railroad in St. Louis, MO and moved to Roanoke with the Norfolk and Western Railway, then the Southern and the Norfolk Southern. She has served the Roanoke Chapter on many committees, is a tireless fundraiser and has actively recruited several members. Eileen belongs to the Rose Society, the Woman's Club of Roanoke and volunteers at the Brandon Oakes Nursing Home.

NARBW's WOMAN OF THE YEAR...CONTINUED

Clara Myers – Sacramento Clara is a charter member of the Sacramento Chapter and is currently serving as President, although she has held all the offices in the Chapter at one time or another. She volunteers for the Sacramento Association for the Retarded, Camp Fire Girls, the Mary House and the Sacramento Women's Council. Clara retired from the Southern Pacific having worked in El Paso, TX and Roseville CA.

Doris Hermes - Saginaw Doris is retired from the Grand Truck Western after 42 years of service. She served the former Detroit chapter as Ways & Means and Membership Chairman and Vice President and President. She has been a District Director and National Convention Chairman. She devotes uncounted hours to the Daughters of Charity and the Salvation Army, St Vincent De Paul and the children's hospital.

Margaret Ruffin – St. Louis Margaret volunteers with CORP (transporting residents to DR's appointments) she is a blood donor, a member of The Twilight Singers entertaining at nursing homes, and volunteers at the American Legion and the Intercommunity Housing Association. Margaret retired from the Union Pacific Railroad. She has served the St. Louis Chapter as a chairman of every committee and as Secretary, Vice President and President.

Sue Von Feldt –Topeka Sue is retired from the BNSF and serves as the Chapter Vice-President. She has chaired several committees and truly cares about the members of NARBW. She is involved in the Sante Fe's "Old Timers", assists with the County Food Pantry and Meals on Wheels. She is a "positive person who offers ideas for the chapter's betterment."

Patty Helling – Twin Cities Patty has been the membership chairman for the Twin Cities chapter since 1992. She takes the photographs at all their events. She handles all of the 50/50 drawings and other fundraisers to help the chapter. She volunteers for United Way and is a member of the BNSF Employee club. Patty is employed by the BNSF in St. Paul.

Susan Carlson – Twin Ports Sue began her Railroad career with the LST& T and is now the Chief Clerk for the BNSF at their Taconite facility. She is an enthusiastic and active member of the chapter having served as Secretary, Vice President, Treasurer and President as well as District Secretary Treasurer. She supports the Center Against Sexual & Domestic Abuse and the Dwelling Place, the Relay for Life and the Salvation Army.

District II – Woman of the Year – Cynthia Chandler, Omaha Chapter Woman of the Year Cynthia began her Railroad career and her involvement with NARBW in Houston where she was employed by the Missouri Pacific Railroad. After the MP/UP merger she and her family moved to Omaha. Cynthia volunteers at the Ronald McDonald House, Toys for Tots, Koman Race for the Cure, the Salvation Army, the Lydia House Woman's Shelter and others. While National 3rd Vice President she organized a "Meet and Greet" in Ft. Worth to help the chapter increase their membership. She has served NARBW in most chapter offices, as District Director and as National 3rd Vice – President (twice) and National Welfare and Revisions Chairman. She is currently the National Secretary.



National Woman of the Year – Marion McClure, Indianapolis Charter Marion's dependability, congeniality and willingness to accept responsibility earned the respect of the departments Heads she worked for during her 32 years with the Pennsylvania Railroad/PC/Conrail and CSX. She has served the Railroad industry with her Operation Lifesaver activities, and as State Chairman of the Railway Women's Day. Marion has served her community as a Salvation Army Bell ringer, a scout leader, and as a volunteer for a mental health association's "gift of life" to mention a few. NARBW has benefited from the many members Marion has recruited, her service in several chairmanships, as Vice President and President of her chapter, as District Conference Chairman, and at the National Conventions she has attended. Marion was chosen as the **District I Woman of the Year** and as the National Woman of the Year for her years of service to the community, her service to the Railroad Industry and her service to NARBW.



65TH NATIONAL CONVENTION

Asheville, NC

May 22-24, 2009

Mark your calendars now for the 65th annual convention, to be held in Asheville, North Carolina.

The Pre-Convention Tour will be on Thursday, May 21, 2009, at the Biltmore House.

It promises to be another wonderful time in a beautiful location. Convention Chairman, Doris Stromberg, will be sending out additional information soon.

- NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN -

Yearly Calendar of Deadlines

August 2008

- 1 District Chapter Dues Deadline –
District Secretary/Treasurer
Rae Huebner or LouAnn McClendo
- 2 Plans of Work distributed by National Board

September 2008

- 10 National Chapter Dues Deadline –
waived for this year
National Per Capita Deadline –
waived for this year
- 12 District I Conference – Cincinnati, OH
September 12-13
- 30 Capsule Deadline –
National Publications Chairman Diane Huntington

October 2008

- 3 District II Conference – The Woodlands, TX
October 3-4

December 2008

- 1 Jewelry Order Deadline –
National Chairman Monica Rodan
- 10 National Per Capita Deadline –
waived for this year
- 15 Revisions Deadline –
National Chairman Monica Rodan
- 31 Capsule Deadline –
National Publications Chairman Diane Huntington

February 2009

- 1 National Nominations Deadline –
National Chairman Barbara Barthle
- 6 National Winter Board Meeting – Atlanta, GA
February 6-7

March 2009

- 2 Woman of the Year Deadline –
District Directors
Monica Rodan or Ginger Stanbery
- 6 National Scholarship Deadline –
National Chairman Melanie Bennett
- 10 National Per Capita Deadline –
waived for this year
- 20 Deadline all donations –
National Treasurer Joan Waite
- 31 Capsule Deadline –
National Publications Chairman Diane Huntington

April 2009

- 1 District II Elections Deadline –
Ballots to District Election Chairman
- 10 Convention Registration Deadline –
Nat'l Chairman Doris Stromberg
- 15 Memorial Service Report –
National 3rd Vice President Ida Carmouche
Report of Chapter Officers Deadline –
Nat'l Secretary Cynthia Chandler
Welfare Reports Deadline –
National Chairman Ginger Stanbery

May 2009

- 21 Pre Convention Tour –
Asheville, NC – Biltmore House
- 22 65th National Convention –
Asheville, NC May 22- 23
- 24 Post Convention Tour – Blowing Rock, NC

June 2009

- 30 Capsule Deadline –
National Chairman Diane Huntington

Join in the fun of Fall Conferences...

District I

September 12-14, 2008

Cincinnati, OH

Cincinnati Marriott

North at Union Centre located at 6189 Muhlhauser Road, West Chester, OH 45069

Deadline for hotel registration is August 22nd

1-800-MARRIOTT or directly at 513-874-7335.

Room rate is \$109 plus 12.5% tax. Suites are available at \$120.

The Cincinnati chapter will host a hospitality room on Friday evening.

The district meeting will follow breakfast on Saturday.

Great entertainment is planned for Saturday's Banquet.

There are many restaurants and shopping opportunities within walking distance of the hotel. West Chester Mall and a new IKEA store are close by.

District II

October 3-4, 2008

The Woodlands, TX (near Houston)

Woodlands Marriott Waterway Hotel

Deadline for hotel registration is September 5th

1-800-228-9290 or directly at 281-367-9797 .

Room rate is \$169 + tax

The Houston chapter will host a hospitality room on Friday evening.

The district meeting will follow breakfast on Saturday.

The Woodlands is an upscale location just north of Houston. The hotel is located on the waterway and there is an abundance of shopping and nice restaurants within walking distance.

Contact your chapter president for conference registration forms and please make your hotel reservations as early as possible. Look for additional details on our website.

CHAPTER BULLETINS...

Albany- The Albany ladies kept busy this past year helping with Hospice, food pantries, and Meals on Wheels.

Atlanta- The Atlanta ladies donate to the Women's Crisis Center, the Eyes for the Needy and their churches. Congratulations to Kathy Shell, Atlanta's new President. Thank you to Dot Chumley for her many years of service.

Baltimore- The Baltimore ladies kept busy this past year with telephone counseling, volunteering at the Good Samaritan Hospital, driving seniors to appointments, volunteering at the Methodist Home, the Women's Crisis Center and the House of Ruth. The Baltimore Chapter celebrated its 50th anniversary on April 26, 2008. Get well wishes go out to Jan Wood. Please pray for Pat Lewis' son, John.

Chicago- The Chicago ladies kept busy this past year volunteering at the Kenosha Hospital, Hospice, and the Senior Center. In addition they are helping hands with the Handicapped.

Cincinnati - The Cincinnati ladies put in many hours at hospitals, nursing homes, Women Crisis Center, food pantries and Meals on Wheels. They also visit and assist the elderly and mend/sew for residents at the nursing-retirement home. The Cincinnati ladies are busy planning the fall conference in September. They are looking forward to a huge attendance.

Fort Worth- We are saddened to learn that the Fort Worth Chapter turned in their charter during the Philadelphia convention.

Houston- The Houston ladies sponsored an Operation Lifesaver booth at the Houston Livestock Rodeo. They volunteered money/hours to Habitat for Humanity and Eyes for the Needy. They are busy planning the fall conference to be held at The Woodlands in October and hope to have a huge turnout!

Indianapolis Charter- The Indianapolis Charter ladies were very busy last year as Salvation Army Bell Ringers; they also volunteered at Stanford University, Ronald McDonald House and the public library. They collect blankets for premature babies, and volunteer at/donate to food pantries and Women Crisis Center. Congratulations to Connie Hunt, who completed walking the mini-marathon on May 3rd and bettered her previous time. Proceeds for the marathon were donated to Riley Children's Hospital. Welcome new members: Marge Harper, Mary Hoback and Pat Hulett. Get well wishes go out to Connie Hunt's mother.

Indianapolis Circle City- The Indianapolis Circle City ladies shipped ten boxes to our soldiers overseas and they baked cookies for a battalion at Camp Atterbury. Last year they helped the needy at Christmas, volunteered at nursing homes, food pantries and the American Cancer Society. Indianapolis Circle City hosted the annual Spring Fling on April 26th. Twenty-six members from Indianapolis Charter and Circle City enjoyed a delicious lunch and delightful conversation before heading next door to the Edinburgh outlet mall for some serious shopping.

Jacksonville- The Jacksonville ladies kept busy this past year helping with the Pace/Hubbard women's shelter, Empty Bowls, City Rescue Mission, Walks for Cancer, Diabetes & Downs Syndrome, Civic Roundtable, Toys for Tots, Churches, American Heart Association and making Operation Lifesaver presentations.

Louisville- The Louisville ladies volunteered/donated money to the Habitat for Humanity, children's charities, needy families, hospitals, and women's crisis centers. We send get-well wishes to Jennie Queen who is recuperating at home.

Omaha- The Omaha ladies kept busy last year through recycling, helping the elderly, volunteering at nursing homes, Teen Centers, women's shelters, NE Children's Home, Susan B Komen/Race 4 Cure, Toys 4 Tots, Ronald McDonald House, making Operation Lifesaver presentations and their Churches. Recently they donated eight boxes of cards to the Christ Child Center and ten or fifteen pounds of pop tabs to the Ronald McDonald House.

Philadelphia- The Philadelphia ladies donated toys to the Women & Children's Shelter. They also donated money/volunteered hours to soldiers in Iraq, hospitals, churches and the Habitat for Humanity. They did all of this while planning a wonderful convention. Thank you ladies, you made every event special!

CHAPTER BULLETINS...CONTINUED

Pittsburgh- The Pittsburgh ladies volunteer at the Homeless shelter, Red Cross blood drives, hospitals, nursing homes, Food Bank, Eyes for the Needy, Children's Burn Unit and Women's Crisis Center. They also gathered books for service men.

Richmond- The Richmond ladies volunteered with the Salvation Army, donated blankets for needy babies, worked at hospitals, nursing homes, food pantries, Meals on Wheels and their Churches.

Roanoke- The Roanoke ladies are extremely busy! They donate money and/or hours to the American Cancer Society, Rescue Missions, Ronald McDonald House, Church, Clothes Closet Community Centers, League of Older Americans, Life Academy, Red Cross, Salvation Army and World Changers. Doris Underwood, received a U.S. Flag from MSG Carson Wilson upon his return from Iraq. Carson wished to thank the members of the Roanoke Chapter for supporting him with cards, letters, prayers and a Christmas goodie package during his tour. The Roanoke ladies baked dozens of sugar free cookies to pass out at the Mission of Mercy's dental clinic. Several Roanoke ladies participated in the Relay for Life on May 31st. On May 15th members participated in a May Dessert Shower for the Ronald McDonald House. Welcome new members: Linda Koester and Sylvia Long. Get well wishes are being sent to Linda Barlow and Alverta Steptoe; also to Chick Graves, Ruby Wisemiller, Peggy Peltier and Melody Villarina who are recovering from recent surgeries. Please pray for Frances Lowe's son, Chuck who is undergoing Chemotherapy before his next bone marrow transplant. Our Sympathy goes to the families of members Barbara Nell Craft and Betty Leonard.

Sacramento- The Sacramento ladies were busy volunteering at hospitals, nursing homes, women's crisis centers, food pantries, Meals on Wheels, churches and tutoring children. We send get-well wishes to Jean Cannon recuperating in Carmichael, CA. Our Sympathy goes out to Berenice Hall on the loss of her husband, Chester.

Saginaw- The Saginaw ladies volunteer at hospitals, churches and the Senior Center.

St. Louis- The St. Louis ladies spent many volunteer hours and/or donated money to hospitals, nursing homes, the Adopt-A-Family program, food pantries, Meals on Wheels, churches, Special Olympics and Veterans organizations. They continue to collect canned goods/money for Feed My People at each meeting.

Topeka- The Topeka ladies volunteer at church, food pantries and nursing homes. The Topeka Chapter held a food fund-raiser to celebrate Cinco De Mayo and members volunteered as hosts at the annual Sunflower Music Festival. Get well wishes to Margaret Woods who is recovering from knee surgery and other complications and to President, Nancy Lord who had knee surgery upon her return from Convention. Our Sympathy goes out to Margaret Woods on the passing of her husband, Jim. Margaret and Jim recently celebrated 69 years of marriage.

Tucson- The Tucson ladies are quite busy volunteering at the Whipple Observatory, Salvation Army, Green Valley Food bank, hospitals, nursing homes, Meals on Wheels, and food pantries.

Twin Cities- The Twin Cities ladies are another busy bunch. Last year they donated money/volunteered their time to the Disabled American Veteran's Auxiliary, Veterans Hospital, Hallie Q. Brown Community Center, Alexandra House for Abused Women, Habitat for Humanity, Naomi Family Center, Second Harvest Food Shelf, Theresa Living Center, Meals on Wheels and their community's nursing homes, hospitals, food pantries, senior centers, schools and churches. These ladies had a very successful silent auction on March 8th adding \$400 to the Twin Cities treasury for disbursement to local charities. Charitable contributions this year reached an outstanding \$2,400! Way to go Twin Cities! Our Sympathy goes out to the families of Virginia King on the passing of her husband, George and to Georgia Mealey on the loss of her sister, Patricia.

Twin Ports- Last year, the Twin Ports ladies volunteered/donated to the LS&M RRR Handicap Car, the China Car at the Depot, Women's Crisis Center, Meals on Wheels, Salvation Army and their churches. On May 8th the Twin Ports Chapter celebrated their 32nd anniversary! Our Sympathy goes out to the family of member Mae Hansen. Mae passed away in March at the young age of 96. Mae was a charter member of the Twin Ports chapter. We offer get-well wishes to Marillyn Persch and Pat Cohen who are recovering from recent surgeries.

You have a new Publication Chairman!!

Please send your chapter news to:

Diane Huntington
4411 Hickory Lane
Hillsboro, Missouri 63050

The quarterly deadlines, as reported in the yearly calendar (in this issue) are June 30, September 30, December 31, and March 31

Listed below is the bylaw item that was amended and adopted at the 2008 National Convention in Philadelphia, PA. Chapter dues were lowered from \$80. Chapter and Per Capita dues are waived for this year but are not a bylaw amendment.

ARTICLE III. MEMBERSHIP AND DUES – Page 9 SECTION 5(a) Annual dues for each chapter shall be forty dollars (\$40.00) payable on or before September 10 and ten dollars (\$10.00) per capita, payable on or before September 10, December 10, and March 10.

Submitted by: Theresa Harper
National Revisions Chairman (Past)

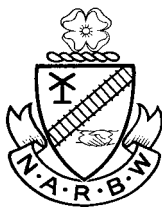
Apology

I would like to apologize to you if your zip code was wrong on the last Capsule. In the email process from me to the printer, somehow the zip codes were all wrong. I mailed out - to the proper zip code - all of the Capsules that were returned to me. Sorry for any inconvenience this may have caused or if you did not receive your copy.

If you have any questions, email or call me. Looking forward to seeing you soon.

Joyce Higgs, Former Publications Chairman

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



First Class Mail
U.S. Postage
PAID
Clifton Park, NY
Permit No. 53

Words of Wisdom...

- * Feelings are everywhere – be gentle.
- * There are no language barriers when you are smiling.
- * A 90-year-old woman was asked to what she attributed her longevity. “I reckon.” she said, with a twinkle in her eye, “it’s because most nights I went to bed and slept when I should have sat up and worried.”
- * Life is an attitude. Have a good one!
- * *I’ve learned that:*

Just one person saying to me, ‘You’ve made my day!’ makes my day.

Having a child fall asleep in your arms is one of the most peaceful feelings in the world.