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## Heartfelt sayings...

- ♥ God gives us the ingredients for our daily bread, but he expects us to do the baking.
- ♥ If you want to see a rainbow, you have to put up with the rain!
- ♥ Always remember: Today is not a dress Rehearsal – today is the PLAY.
- ♥ I think these difficult times have helped me to understand better than before how infinitely rich and beautiful life is in every way and that so many things one goes around worrying about are of no importance whatsoever.
- ♥ Don't grow old saying, "I wish I had. I should have. Why didn't I?"

The official publication of  
The National Association of Railway Business Women

# CAPSULE

Volume 12, Issue 8

April/May/June 2009

MESSAGE FROM THE NATIONAL PRESIDENT

Ladies:

I wish you all could have experienced "Spring in the Blue Ridge Mountains" at our 65<sup>th</sup> National Convention in Asheville, NC. National Convention Chairman, Doris Stromberg planned trips to showcase her new home and made sure the convention ran smoothly. I think you'll be able to tell from the pictures that we enjoyed ourselves while accomplishing our business. Thank you Doris!

One of the main topics of discussion at convention was our finance. We are a rich organization and the finance committee is working to safely invest our money. We have financial security and are hopefully making wise investments, but it is only by increasing our membership numbers that we can survive and flourish. Each one of us can make an investment in NARBW by inviting someone to join us. National Membership Chairman, Krista Pohl has some ideas to help us, but ultimately it comes down to each of us asking someone else to join (just as we were once asked). Share the secret of NARBW; recruit a new member and get her involved in our chapter and you will help to secure our future.

Our new website was unveiled at convention. It will be online shortly ([www.NARBW.org](http://www.NARBW.org)). The website has a new look but more importantly it has several sections that allow us to feature members and chapters. If you would like to highlight one of your welfare projects or a member's achievement, make sure to take pictures and forward them and an article to Publications Chairman Diane Huntington. She will make sure to get them posted.

The planning for the District conferences is still underway and I know the District Directors will have the information to you soon. Let's not miss the chance to enjoy one of the best reasons for membership – fellowship. Plan to attend one (or both) of the District conferences. By being an involved and active participant in our activities (Chapter meetings, District conferences and National Conventions) you learn so much about our organization, our members and the industry that supports us and brings us together.

Your National Board is meeting in Kansas City in July to review our plans of work. The plans of work along with contact information will be distributed to the chapter presidents in August. If you have any suggestions, comments, or questions, please contact us.

I'm confident this will be a great year for our National Association of Railway Business Women. Together there is nothing we can not accomplish!

Jay Nelson  
National President



## Inside this issue...

- Newly Installed officers
- NARBW's Women of the Year
- 66th National Convention
- NARBW Calendar

## CONGRADULATIONS to our newly installed officers

**Melanie Bennett - National 2<sup>nd</sup> Vice President** Melanie is employed by AMTRAK and is a member of the Indianapolis Circle City Chapter. Melanie served at the Chapter level as President for two years. She also served as National Convention Chairman, District Director for two years and National Scholarship Chairman for one year. Melanie is young and vibrant and will bring lots of energy to our organization. Congratulations Melanie!



**Krista Pohl - National 3<sup>rd</sup> Vice President** Krista is a former employee of AMTRAK; she currently works for HNTB Corporation. She is a member of the Philadelphia chapter. Krista served at the Chapter level as President for one year, Vice President for four years and Publications Chairman for three years. She also served as National Convention Chairman. In addition to 3<sup>rd</sup> Vice, Krista will serve as our National Membership Chairman - she has lots of new and exciting ideas for making our organization grow. Congratulations Krista.



**Pat Lewis - National Secretary** Pat is a retired AMTRAK employee. She is a member of the Baltimore chapter. She has served as District Director, she was National Convention Chairman and she held many offices at the local level. Pat has forty-plus years of Secretarial experience - being Secretary for NARBW will be a breeze... Congratulations Pat!



Congratulations also to **Cynthia Chandler and Theresa Harper** who were elected as **District II Director and District II Secretary/Treasurer** respectively. Cynthia is from the Omaha Chapter and Theresa is from the Houston Chapter. They each have served many years at the National level as well as held many offices at the local level. They will bring lots of NARBW experience to the Board. Congratulation Cynthia and Theresa!



### NARBW has a New Website...

We have contracted with Janet Lackey-Schmalfeldt of Janet Lackey Designs in St. Louis to redesign our Website ([www.NARBW.org](http://www.NARBW.org)). I am sure you will agree that the new site is easier to maneuver, as well as more pleasing to the eye; plus, it will contain a lot more member and chapter accomplishments.

Our new site will be available soon, Please contact Diane Huntington, Publications Chairman, with any suggestions, comments, concerns or articles for our new site.

## NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN

### August 2009

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

### September 2009

- 10 **National Chapter Dues** Deadline – National Treasurer Joan Waite  
National Per Capita Deadline – National Treasurer Joan Waite
- 25 District I Conference - Indianapolis - September 25-26
- 30 Capsule Deadline – National Publications Chairman Diane Huntington

### November 2009

- 5 District II Conference – Cruise out of Galveston - November 5-9

### December 2009

- 10 National Per Capita Deadline – National Treasurer Joan Waite
- 15 Revisions Deadline – National Chairman Monica Rodan
- 31 Capsule Deadline – National Publications Chairman Diane Huntington

### February 2010

- 1 National Nominations Deadline – National Chairman Barbara Barthle
- 5 National Winter Board Meeting – Sacramento, CA February 5-6

### March 2010

- 1 National Scholarship Deadline – National Chairman Mary Lee Cabbler
- 2 Woman of the Year Deadline – District Directors  
Monica Rodan or Cynthia Chandler
- 10 National Per Capita Deadline – National Treasurer Joan Waite
- 31 **Deadline all donations** – National Treasurer Joan Waite  
Capsule Deadline – National Publications Chairman Diane Huntington

### April 2010

- 1 District I Elections Deadline – Ballots to District Election Chairman  
Jewelry Order Deadline – National Chairman Monica Rodan
- 10 Convention Registration Deadline – National Chairman Virginia Austin
- 15 Memorial Service Report – National 3<sup>rd</sup> Vice President Krista Pohl  
Report of Chapter Officers Deadline–National Secretary Pat Lewis  
Welfare Reports Deadline – National Chairman Cynthia Chandler

### May 2010

- 13 Pre Convention Tour – Thomas Jefferson's home - Charlottesville, VA
- 14 66<sup>th</sup> National Convention – Roanoke, VA May 14-15
- 16 Post Convention Tour – Williamsburg, VA May 16-18

### June 2010

- 30 Capsule Deadline – National Chairman Diane Huntington

## 66th National Convention Roanoke, VA May 14-15, 2010

Mark your calendars now for the 66th annual convention, to be held in Roanoke, Virginia.

The Pre-Convention Tour is being planned for Thursday, May 13, 2010, at Thomas Jefferson’s home in Charlottesville, Virginia with lunch at Michie Tavern.

A three-day, two-night post-convention tour is being considered to Colonial Williamsburg including a visit to Presidents Park and to Berkeley Plantation with time for shopping.

It promises to be another wonderful time in the beautiful Blue Ridge Mountains.

Convention Chairman, Virginia Austin will be sending out additional information soon.

### Join in the fun of Fall Conferences...

At press time, both fall conferences were still in the planning stages. Details will be sent to chapter Presidents as soon as plans are finalized. Look for information on both Fall Conferences on our website in a few weeks.

#### District I September 25-26, 2009 Indianapolis, IN

The District I Fall Conference will be held at the Holiday Inn North Caribbean Cove Indoor Water Park, the room rate is \$75 per night based on double occupancy. Phone the Holiday Inn directly at 317-872-0790. The hospitality room will be open on Friday evening and Saturday’s banquet will be held at Beef ‘N Boards Dinner Theater where 7 Brides for 7 Brothers will be showing. Cost for the theater will be around \$57. More information to follow. Hope to see you there!

#### District II November 5-9, 2009 Cruise out of Galveston, TX

The District II Fall Conference is being hosted by the Houston Chapter. They have planned a 5-Day cruise out of Galveston which includes a stop at Cozmel. Cost will be around \$485 for an outside cabin and around \$410 for an inside. \$150 deposit will be required by August 10th. As soon as plans are finalized information will be sent to the Chapter Presidents.

### Legislative Issues...

*From time-to-time we receive notifications from our employers to act quickly and let our voices be heard. The following is a sample of a recent notification requesting our urgent action. In the next design phase of our new website, we hope to have a page with links to our Senators and State Representatives where you can simply click on a link and easily get to the email location of the representative in your area.*

Following is a partial notification that was sent to us the last week in May:

It’s time to use your voice in Washington to speak up against antitrust legislation that both the House and Senate will begin considering next week. This week, every employee needs to send a letter, email or place a call to his or her Senators and Member of the House of Representatives to let them know that the pending railroad “antitrust exemption” bill as written threatens the health of the rail industry—which impacts our jobs. Please go to the Legislative Action Center and take action—write to Congress.

Over the last few years, we’ve kept you informed about developments in Washington, D.C., relating to economic regulation of the railroad industry. We’ve always been concerned about “re-regulation” and argued that the rules governing rail rates must be balanced and fair, and any changes to them must be reasonable.

But the groups that have been unsuccessful in re-regulating railroads have undertaken a different legislative approach that achieves the same thing in a different way—regulating our industry through the courts....  
...The rail industry and rail labors are working to defeat this bill in its current form. Part of that strategy includes having Congress hear from you, a constituent and a voter.

*Hopefully, we will have our web page designed and activated by the time we receive the next notification. Remember: individually we are one vote, as an organization we are the voice of hundreds.*

## CHAPTER BULLETINS...

*My apology if some of the comments in the following chapter briefs are outdated. This Capsule issue contains some data that was received prior to March 2009. I didn’t want to delete any of the information that I had previously entered in case those of you not attending convention hadn’t yet heard this news. Sincerely, Diane Huntington, Publications Chairman.*

**Albany** *The Albany ladies hold their monthly meetings at member’s homes to raise money for their Treasury - members pay (\$10) the hostess of the month for their meal. They volunteer many hours to AARP, church, hospitals, Hospice and various nursing homes. They also donate monthly to a local food pantry.*

**Altoona** *The Altoona ladies continue to hold meetings on the 1<sup>st</sup> Saturday of each month. This Chapter will celebrate its 37<sup>th</sup> anniversary this year with a special dinner.*

**Atlanta** *The Atlanta ladies collect coats and blankets for the Battered Women’s Shelter and they collect reading books for the Union Mission. They also collect dog and cat food for the Atlanta food banks - what a unique idea. This past spring they had a very successful membership drive at the NS and CSX; they are starting to regain prior members plus obtain a new generation of members.*

**Baltimore** *The Baltimore Chapter continues to support NARBW charities as well as American Cancer Society’s Reach to Recovery Program, House of Ruth and Maryland Food Bank. Sunshine wishes go out to Sylvia Insko, Phyllis Anderson, Cleo Evans, Janet Ridge, Mary Monroe and to Pat Lewis’ son John. Our Sympathy goes to the families of Helen Nelsen who passed away in December, Margie Herskovitz who passed away in February and Ruth McClelland who passed away in March.*

**Chicago** *The Chicago ladies meet every other month. They are continually busy volunteering at the Kenosha Hospital, Hospice, and the Senior Center. In addition they are helping hands with the Handicapped.*

**Cincinnati** *The Cincinnati Chapter continues to support the City Gospel Mission and collect pop tabs for the Children Hospital Shriners Burns Unit. They also donate to Our Daily Bread, Mary Magdalen House in Cincinnati and to The Parish Soup Kitchen in Covington. On May 22<sup>nd</sup>, the Chapter celebrated its 81<sup>st</sup> anniversary as Railway Business Women of Cincinnati. Sunshine wishes go out to Betty Dusing’s grandson and to Jesse Ireland still recovering from a fall last winter. Our Sympathy goes to Virginia Connor on the loss of her husband, Tom in March.*

**Houston** *Some fund-raisers the Houston ladies have planned for the coming year are Bus Trips to the Casinos, selling World’s Finest Chocolates and holding 50/50 raffles. These ladies also collect used cell phones and eye glasses for refurbishing. Members volunteer many hours to the Houston Live Stock Show and Rodeo, Habitat for Humanity, Memorial Herman Hospital and Operation Lifesaver. Our Sympathy goes to Grace Nowlin on the loss of her brother and to Deborah Regan on the loss of her brother-in-law. The Houston chapter has expanded – they have members in Tennessee, Louisiana and Arkansas.*

**Indianapolis Charter** *As always, this Chapter has been very busy and productive. The Indianapolis Charter ladies continue to take canned goods and other items to Servant’s Heart food bank, as well as continuing to collect pop tabs for Ronald McDonald House. They also collect used cell phones and eyeglasses for recycling. Several members make baby blankets for Project Linus. For fund-raiser, they sell Abbott’s Candies and organize bus trips to a nearby casino. In May, Mary Hoback and Connie Hunt participated in the Indianapolis Mini-Marathon in support of Riley Children’s Hospital. In addition to the Riley Children’s Foundation, the Indianapolis Charter generously donates to the American Heart Association and Beech Grove Public Library. This Chapter had a very successful day selling candy bars at Christy’s Auction House on June 10<sup>th</sup> - they raised \$146! Sunshine wishes to Pauline Larsen.*

**Indianapolis Circle City** *The Circle City Chapter continually sends car packages to soldiers in Iraq. In 2008, they began participating in Cell Phones for Soldiers. Members donate books and magazines to local nursing homes and schools and they collect used clothing and personal hygiene items for an abused woman shelter. They also participated in Relay for Life, the Indianapolis Human Society Mutt Strut, and the Arthritis Walk. This fall they plan to work concessions at the Colts games. Get well wishes continue for Nancy Harmon’s son, Lisa Stout’s husband, and Jan Oviatt on their spring illnesses.*



**Jacksonville** The Jacksonville ladies continue to be involved with the PACE (Practical Academic Cultural Education) Center for Girls, an alternative education program for young ladies 12-18 years old who are at risk. They periodically collect supplies for the Clothes Closet and will again be Christmas “Angels” by fulfilling wish lists for the needy. They plan to host the Empty Bowls luncheon during Thanksgiving. Members volunteer in community fund-raising events such as the American Heart Association “Heart Walk”, Juvenile Diabetes Walk to Cure Diabetes, March of Dimes Walk America and the Down Syndrome Association “Buddy Walk”. The Jacksonville Chapter awards two (minimum \$800) scholarships to encourage members and their relatives to further their education. At each chapter meeting, they hold a 50/50 drawing. Throughout the year, they also sell knives, candies and pecans. These are very busy ladies helping their community!

**Louisville** The Louisville ladies hold their meeting/luncheons in member’s homes with attendees donating \$8 towards their Welfare fund. Locally, their members volunteer for the Crusade for Children, Noah’s Ark, Habitat for Humanity, the Wayside Christain Mission, the Center for Women and Families and at local hospitals, nursing homes and churches. Our Sympathy goes out to Ruth Ann Spears on the loss of her husband, Randall.

**Omaha** The Omaha ladies collect pop tabs for the Ronald McDonald House, Campbell Soup labels, Box Tops for Education, toiletry items, Greeting cards, VCR tapes and postage stamps. They continue to help the women’s homeless shelter that assists pregnant young women in need. This year they made a donation to Youth Emergency Services and to Lydia House. In April they cooked and served dinner to the families of Ronald McDonald House.

**Philadelphia** The Philadelphia ladies are always thinking of fun and exciting activities to do. In March they attended another Broadway production (Jersey Boys) and in April they had another tea at the New Leaf Tea Room. On May 9<sup>th</sup> they traveled to Washington, DC to celebrate National Train Day. In June they planned their first chapter retreat in Long Beach Island for their meeting and installation of new officers - we’re looking forward to hearing the outcome! In August they will attend a Phillies game. As a fund-raiser, this chapter sells Bergin’s Candy and Marion Kay Spices and they have a Silpada demonstration planned for July.

**Pittsburgh** The Pittsburgh Chapter boasts of four charter members! They are all now retired and have accompanying physical ailments, but they keep holding their monthly business luncheon meetings. They support the National Scholarship and Welfare funds and are involved with various local charities.

**Richmond** The Richmond chapter boasts of one charter member! They gained four new members this past year - way to go Richmond! Welcome to their latest new member, Marjorie Winter who joined in March. This Chapter contributed to the American Cancer Society in honor of a member who had breast cancer, they contributed to the Henrico County Christmas Mother fund for needy families, and two members volunteered their time and talents to St. Mary’s and MCV Hospitals. The Richmond ladies enjoy the camaraderie of the group and look forward to seeing each other at their monthly meetings to catch up on all of the news.

**Roanoke** The Roanoke chapter welcomes Liz Cykowski, Jane Shoemaker, and Patricia Broadneaux into their chapter and they welcome back Susan Hetherington. Congratulations to Eilene Gross on her 85<sup>th</sup> birthday and to Virginia and Melvin Austin celebrating their 50<sup>th</sup> wedding anniversary on June 18<sup>th</sup>. Congratulations to Chelsea Austin, granddaughter of Virginia Austin on winning a National Scholarship. The Mary Kay party held in April was a great success raising \$100. Virginia Austin and the Roanoke ladies are busy planning next year’s convention. Mark your calendars now to save the dates: May 15-17. As usual, the Roanoke ladies are busy with community service and charity work. In May they participated in the Relay for Life, held a dessert shower for Ronald McDonald House and sent letters to military service men and women in time for Memorial Day. Their most profitable fund-raiser is selling pecans, cashews and chocolate covered raisins. This past year they supported the Roanoke Rescue Mission, Salvation Army, Veterans Administration - Patient Activity, Turning Point, Ronald McDonald House, American Cancer Society - Relay for Life, Greenvale School, West End Center, Virginia Museum of Transportation as well as our National Projects. WHEW!! Sunshine wishes go out to Roberta Boyer, Leigh Russell and her husband Dwaine, Bertha Schoolcraft and Miriam Thornton. Our Sympathy goes to the family and friends of Ruby Wisemiller who passed away in January and to Frances Lowe whose son lost his battle with cancer on January 14<sup>th</sup>.

**Sacramento** In addition to supporting National funds, the Sacramento ladies support their local Diabetic Youth Foundation and the Special Olympics. They are involved in the Sacramento Women’s Council, local churches, hospitals, schools and “Loaves and Fishes (a homeless facility). They continue to collect toiletries for Mary House and pop tops for the Ronald McDonald House. Our Sympathy goes out to the Sacramento ladies and to her husband, Fred, on the loss of their President, Clara Myers. Clara was a great and loyal member of the Sacramento Chapter and was a wonderful asset to the whole organization; she was a solid fixture at conventions and will be missed by many.



## Fun in the Blue Ridge Mountains - May 2009



**Saginaw-Great Lakes** The Saginaw-Great Lakes local charities include the Underground Railroad of Saginaw, Salvation Army of Flint, FISH in Tawas and the Children's Hospital of Michigan Foundation in Detroit. In May members handed out crayons and coloring books to children riding the train at Flint AMTRAK train station.

**St. Louis** The St. Louis ladies celebrated their 60<sup>th</sup> anniversary in February. They continue to hold 50/50 raffles, white elephant sales and collections for Feed My People at each meeting. Members regularly volunteer at food pantries, churches, and help neighbors with grocery shopping and to doctor appointments. Sunshine wishes continue to Janice Schneider's daughter, Chris and to Margaret Ruffin's continued recovery from a broken hip. Our Sympathy goes out to Diane Huntington on the loss of her brother.

**Topeka** The Topeka ladies will have pizza sales, hot dogs & chips sales, gift basket raffles, and miscellaneous merchandise sales throughout the year to raise money for their welfare projects. They sponsor a local (\$500) scholarship for a member or relative.

**Tucson** The Tucson ladies raise money selling coffee and donuts during the annual White Elephant parade, they also work election polls and donate time and gifts to help a family enjoy the holidays. They collect cans and pop tops for Continental school, coupons and newspapers for Lions Club, donate to the Salvation Army, and collect documents for the Transportation Museum in Tucson. They serve meals at the Senior Citizens center, donate time to the Telecare project and drive the elderly for errands and doctor visits. These ladies support the Heart Association, Habitat for Humanity, and their local churches. The Tucson ladies are hoping to "adopt" a piece of land on LaCanada Street within the median. They will plant a tree and put up a large stone with the NARBW sign on it for remembrance of their precious home and to help beatify this mile of the median

**Twin Cities** The Twin City ladies held several fund-raisers this past year; they sold pecans and See's candies, they held 50/50 drawings, a silent auction and continued their office "garage sale". Members donated over a thousand hours, non-perishable food items, and money to the community. They donated over \$1,700 to nine local charities. This year's contributions went to the Autism Society of Minnesota, Cancer Society, Disabled American Veteran's Auxiliary, Alexander House for Abused Women, Hallie Q. Brown Center, National Scholarship Fund, Minnesota Veteran's Home, Second Harvest, Harriet Tubman Center and the Ronald McDonald House. Sunshine wishes go to Sue Lick, Ramona O'Connell and Donna Clark. Our Sympathy goes out to Joyce Gutz on the loss of her husband, Bill; to Doris Stromberg on the loss of her nephew; Jan Binning on the loss of her aunt and to Jane Sebeczek on the loss of her sister.

**Twin Ports** The Twin Ports ladies continue to support three Salvation Army locations, three local food shelves, and two Women's coalitions locally plus National funds. They have two major fund-raising projects: the sale of Happenings Entertainment coupon books and See's Candy. Both projects raise the necessary funds to make their budgeted goals and to promote activities for the Chapter and National Convention. Members Marillyn Persch and Pat Piggott continue to clean and maintain the China Car display at the Railroad Museum (DEPOT) in Duluth, MN. In May these ladies collected items for CASDA as part of their Women in Transportation Day activities. Our Sympathy goes to Pat Piggott on the loss of her son David in March and to Betty Gronski on the loss of her mother-in-law in March.

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

### NARBW Jewelry...

As a reminder... As most of you know, the price of gold has escalated the past few years. The costs of our President's Pins have gone up significantly as well! Some of our more ambitious members have volunteered as Chapter Presidents for more than one term over the years and may have multiple presidents' pins. If this is the case and you no longer use/want these pins – NARBW has a market for them. If you would like to sell or donate one or more of your pins, please contact our Jewelry Chairman, Monica Rodan. Monica can contact other chapters that may not have the funds (the cost of gold as it is) to purchase a new pin.

It has also come to our attention that many chapters / ladies may have unique jewelry that they have inherited or no longer wear. Monica will happily accept these donations for an auction to be held at a future convention. The past two auctions raised several hundred dollars towards our Scholarship fund.



# NARBW's WOMEN OF THE YEAR

This year there were eleven women submitted as their Chapter Woman of the Year. Each of these ladies are dedicated members who work to help NARBW thrive and to make their communities a better place.

## Chapter Women of the Year

**Diana Ham - Albany** - Diana has been a member of the Albany chapter for 19 years. She volunteers much of her time at the food pantry. She volunteered for Operation Lifesaver, safety days and family days. She represented the Railroad at the State Fair as a clown, doing face and hand painting and handing out safety information. Diana is an accomplished artist and has donated hand painted items as ways and means projects. During her membership, Diana has been the Chapter Vice President, Secretary, and Welfare Chairman and has served on many committees. Diana worked for Penn Central and Conrail.



**Anita Jeppi - Baltimore** - Anita has been a member of the Baltimore chapter since 1990. She has served as Secretary, Corresponding Secretary and is currently the President and continues to motivate the Chapter. She is credited with designing the newsletter, the Bay Ripple. She volunteers her time to Welfare projects; and as a breast cancer survivor; she goes out of her way to assist sister cancer survivors. Anita worked for the B&O and AMTRAK.



**Pat Amrhein - Indianapolis** - Pat has been a member of the Indianapolis chapter for ten years. She has served as 1<sup>st</sup> Vice President and Welfare Chairman. Pat and her husband, Bruce, have been with the Railroad for 43 years starting with the Erie Lackawanna, then Conrail and at the present time Norfolk Southern. Pat volunteers time as Cookie Chairman and she participates in numerous walks for breast cancer and American Diabetes. Pat has recruited two of her children as NARBW members!



**Colleen Brabac - Omaha** - Colleen is currently serving Omaha as Chapter President. She loved NARBW long before she became a member and has been part of it since she was young - her Mother being a past Chapter President. Colleen became a participant in NARBW's efforts and as soon as she was qualified to join, she became a member. Colleen served Omaha as Welfare Chairman and these projects soon became her passion. She is self-employed with a co-owner operating a business that serves the handicapped; they sell and service wheelchairs, hospital beds, riser chairs and chair lifts.



**Linda Barlow - Roanoke** - Linda has been a member of the Roanoke chapter since 1997. She has served as President, 1<sup>st</sup> Vice President and Treasurer. She also served as chairman of arrangements, public affairs, jewelry, telephone and ways and means committees and was District I nominating chairman for two years. Linda volunteered in the Rescue Mission kitchen. She is employed with the former President and Chairman of the Board of Norfolk and Western Railway Company. Linda is credited for the creation of the scholarship fund and implementation of the computer bookkeeping system for Roanoke City Schools.



**Arlene Hayes - Saginaw-Great Lakes** - Arlene has been a member of NARBW for 49 years and has seen many changes. In 1960 NARBW had over 5,000 members nationally. She was a member of the Grand Rapids Chapter in the 60's and served as President, Vice President, Treasurer and Recording Secretary. In the 80's, she was President and Treasurer of the Saginaw Chapter. Arlene volunteered weekly for welfare projects. She worked for the B&O, C&O, and Chessie Railroads for 27 years.



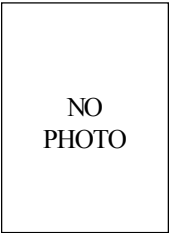
**Melba Cookston - St. Louis** - Melba is currently serving as St. Louis' chapter President. She has also served her chapter as Vice President, Recording Secretary and Treasurer and she has served on almost all committees. Melba volunteers her time and money in welfare projects such as Feed My People, Christmas charity raffles as well as other organizations she belongs to. Melba goes out of her way to help other members. She has attended most of the NARBW Conventions since she joined. Melba worked for the Missouri Pacific and Union Pacific Railroads.



**Ruth Hunnicutt - Topeka** - Ruth is currently serving as the Topeka President. She has previously served as Vice President, Secretary and Treasurer. Ruth served many committees during her tenure with the NARBW (23 years) with both the Kansas City and Topeka chapters. With the assistance of Norfolk Southern's Mechanical Department and the local Operation Lifesaver representative; Ruth and the Kansas City Chapter organized the American Royal Parade for eight consecutive years. The Chapter was always invited to participate in the area parades. Ruth worked with Norfolk Southern for 36 years. She volunteers her time in Welfare projects.



**Anne Chettle Reinke - Member at Large** - Anne is new to NARBW and has worked for the CSX for five years. She is currently the Director of Government Relations at the CSX Federal Affairs' headquarters in Washington. Anne is currently the Treasurer of the CSX Good Government Fund and an active contributor to the Cityyear community service projects and several DC women's business leagues.



## District II – Woman of the Year

**Brenda Salzman - Jacksonville Chapter Woman of the Year** - Brenda is currently serving Jacksonville as Treasurer and 2<sup>nd</sup> Vice President. She has served as Chairman of the District II Fall Conference and as Convention Chairman when Jacksonville hosted the 63<sup>rd</sup> Convention in Jekyll Island, Georgia. Brenda has been a member of NARBW for four and a half years. She gives of her time volunteering for community fund-raising events such as the Jacksonville Humane Society and JDR Foundation. She is employed by Verizon Business who services the CSX telecommunication system. Congratulations Brenda for being chosen District II Woman of the Year.



## National Woman of the Year

**Ellie Cain - Philadelphia Chapter Woman of the Year** - Ellie Cain has been a member of the Philadelphia chapter since 1990. She led the Chapter to become strong and successful with the many capacities she served. Ellie is presently Publications Chairman for the District I Cannonball. She worked for Conrail and retired from Sunguard in 2005. Ellie was involved in Operation Lifesaver and donates much of her time to Welfare projects. Ellie was chosen as the **District I Woman of the Year** and as the National Woman of the Year for her many years of service to her community, her service to the Railroad Industry and her service to NARBW.

