

CAPSULE

Volume 10, Issue 8

January/February/March 2006

MESSAGE FROM THE NATIONAL PRESIDENT



Dear NARBW Members:

I hope this message finds you all well and that you are in the midst of a wonderful spring environment that has you feeling like beginning a new with your life and NARBW.

The Winter Board meeting was held in Green Valley, AZ and we had the opportunity to visit with the residents of our Residence along with some members of the Tucson and Roanoke chapters. We had a catered lunch and the weather was so beautiful that we ate outside and after lunch had the opportunity to get to know each other by telling something about ourselves to the group. I know that I had a great time and it appeared that our ladies in attendance did also. It is a privilege and a pleasure for the board members to get together with our members wherever the board meeting is being held, so that we can expose more members to the workings of the national board, perhaps we might even find someone out there willing to run for an office.

Our Chapter Presidents should have received the proposed budgets as well as the proposed Revision changes for discussion with your chapter members before the convention. I urge each of you to review all of

this information with your chapter members to enable your delegates to vote respectively for or against these issues during our 62nd Convention in Indianapolis. It is also very important that we get our reports to the respective National Chairman in a timely manner this will enable us to have the information contained in these reports current for the convention body.

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

A special thanks to the Chapters for sending the Chapter newsletters to me, it has kept me informed of the activities that you all are so involved in and also kept me updated on the lives of our members. I have truly loved every minute of my tenor as your President and I hope to see all of you in "Indy" in May!

Sincerely,

Sandy Hall
National President



In this issue...

- **Farewell from our National President**
- **Legislative Updates**
- **Winter Board Meeting Resume**
- **Message from your Editor**

NEWS & VIEWS

ALBANY

Plans are being made for the District I Convention to be held at the Crown Plaza in downtown Albany on September 22-23, 2006. More details to follow in the next issue of The Capsule.

ALTOONA

Our best wishes to Joan Rhiver recovering from eye surgery and Violet Worley, recovering from knee surgery.

ATLANTA

Welcome three new members from CSX—Lisa Edwards, Kathy Shell and Norma Hodge Thompson.

BALTIMORE

Welcome new member Anne Yang from Amtrak

CINCINNATI

Our deepest sympathy to Mary Teetor on the recent loss of her husband Ray. Best of health to Lail Clott, Mary Wagner and Elizabeth Parisen. Our sympathy is extended to Karen Ranger on the sudden death of her grandson. We also send get well wishes to Jeanne Keegan who sprained her ankle. We wish Marion Schoenfelt a speedy recovery from her recent surgery.

HOUSTON

Our sincere condolences to Mary Belle Griffin and her family on the recent loss of her son Robert. Welcome new member Helen Cook to NARBW. Helen is the mother of Carolyn Cook.

INDIANAPOLIS CHARTER

Welcome new members Angela Miller from Spencerville, Indiana and Debbie Mohr, daughter of member Sarah Haynes from Indianapolis. Our sympathy to Dot Baker on the recent loss of her husband Donald, who passed away February 5. Please keep the following members in your prayers: Phyllis Finchum, Dora Brown, Pauline Larsen, Barbara Hartwell, Debbie Throckmorton, Pat McGovern, Bea Nicoson and Joanne Smith.

INDIANAPOLIS CIRCLE CITY

Ladies, Start your engines—62nd National Convention, May 10-12, 2006—Don't miss it!

KANSAS CITY

It is with regret to inform you that the Kansas City chapter voted to disband their chapter. It is our hope that members will join the Topeka Chapter, St. Louis Chapter or become Members at Large. Our sympathy to Betty Englund and Deanna Wester on the recent passing of their mother.

LOUISVILLE

Always ready to party, Mary Jane and Ruth Ann are hosting the Annual Spring Fling on April 8th in downtown Jeffersonville, IN overlooking the Louisville skyline and the Ohio River. Cincinnati and Indianapolis chapters will be sharing this event with Louisville.

NEWS & VIEWS, continued....

OMAHA

Our best wishes to President Dianne Koppelman who is recovering from back surgery.

PHILADELPHIA

Welcome three new members to Philly – Carol Evans, L’Vonne Taylor and Margaret Bissil. Get well wishes to Janice Goodworth, recovering from a broken foot, and Marianne MacLure recovering from knee surgery

PITTSBURGH

Get well wishes to Lois Kelly.

RICHMOND

Get well wishes to Marjorie Smith, Audrey Gillespie and Shirley Lawson, all recovering from surgery.

ROANOKE

Membership in Roanoke is increasing. Welcome three new members, Meghan Okuley, Melody Villarini and Courtney Sartin. Please keep Jane Chapin, Chick Graves, Frances Lowe and Bertha Schoolcraft in your prayers. Our sympathy to Catherine Butler on the recent loss of her husband Buddy on March 11.

SACRAMENTO

Sympathy is extended to Mary Rexwinkle and her family on the recent loss of her son Jimmy.

TOPEKA

Get well wishes to Nancy Lord who is recovering from knee replacement surgery and Dee Woodson also recovering from surgery

TWIN CITIES

Our sympathy to Sue Clancy on the death of her father John Holzschuh who passed away on January 19.

TWIN PORTS

Our prayers are with Bob Johnson, husband of Barbara Johnson who is recovering from surgery and undergoing radiation treatments. Bob is a familiar face and known to many NARBW members and accompanies Barb to many conventions.

MEMBERS AT LARGE

Welcome new member Ruth Grenier from Portsmouth, VA. Ruth works for Norfolk Southern Railroad as a secretary in the Marketing Department.

WE WOULD LIKE TO HEAR FROM.....Chicago, Dallas/Fort Worth, Jacksonville, Saginaw, St. Louis and Tucson!

LEGISLATIVE REPORT

AAR: "Railroad Re-regulation: Way off Track"

In a press release this week, the Association of American Railroads (AAR) decried recent calls by shipper groups for rail re-regulation. AAR President Ed Hamberger stated, "Before the Staggers Rail Act of 1980 [the law that partially deregulated railroads] was enacted, more than 20 percent of the railroad industry was in bankruptcy. And the term 'railroad service' was regarded as almost an oxymoron." Recent studies by the Congressional Budget Office (CBO) and AEI-Brookings Institute Joint Center on Regulatory Studies confirm what the rail industry claims: railroad de-regulation was a "rare win-win situation for consumers and industry." Since the passage of the Staggers Act in 1980, rates have decreased, saving consumers \$10 billion annually; accident rates have decreased by two-thirds; and railroads have reinvested more than \$360 billion in their infrastructure to boost capacity and maintain and improve equipment and infrastructure. CSX, like its Class I colleagues, will invest \$1.42 billion in FY 2006 alone for capital projects. CSX will continue to tell the railroad story to Congressional members and urge their sustained opposition to rail re-regulation legislation.

Rail Retirement, NTSB Legislation Approved

Last week, the House Transportation and Infrastructure Committee approved H.R. 5074, the "Railroad Retirement Technical Improvement Act of 2006."

Introduced by Chairman Don Young, R-Ark.; Railroad Subcommittee Chairman Steve LaTourette, R-Ohio; Jim Oberstar, D-Minn.; and Corrine Brown, D-Fla., the bill amends the Railroad Retirement Act, keeping the U.S. Treasury as the disbursing agent for railroad retirement benefits. Both rail labor and rail management supported this change.

The House Transportation Committee also approved legislation last week affecting the National Transportation Safety Board.

Reps. Don Young, R-Alaska; James Oberstar, D-Minn.; Jerry Costello, D-Ill.; and John Mica, R-Fla., introduced the "National Transportation Safety Board Amendments Act" (H.R. 5076). The legislation provides over \$286 million to the NTSB over three years and increases the NTSB's emergency fund to \$4 million.

Amtrak Appoints New Transportation Head

Amtrak announced last week that Thomas Schmidt will be the new head of its Transportation Department.

Schmidt, a 35-year railroad industry veteran, held a variety of positions at CSX from 1985 to 2003 and served as president of the Richmond, Fredericksburg and Potomac Railroad. He retired from CSX in 2003 and has most recently been with Transystems Corporation, a transportation infrastructure planning firm based in Jacksonville.

As Amtrak's assistant vice president of transportation, Schmidt will report to Customer Service Vice President Emmett Fremaux and be responsible for safe service operation, federal operating rules compliance and efficient system-wide train and crew allocation.

HURRICANE KATRINA DISASTER

On behalf of the National Association of Railway Business Women, National President Hall presented a check in the amount of \$3,000.00 to Commissioner W. Todd Bassett, National Commander of The Salvation Army to be used in the aid of the hurricane victims of 2005.

This is the response Sandy received from The Salvation Army.



DOING THE MOST GOOD™

January 26, 2006

Dear Friends:

Re: Your Contribution to The Salvation Army for Hurricane Katrina Disaster Relief

The Salvation Army thanks you for your caring gift given to support our Hurricane Katrina disaster relief work. Thoughtful giving such as yours enables The Salvation Army to provide food, shelter, services and comfort for the victims of disaster.

We trust that you will feel personally enriched by The Salvation Army disaster relief work made possible by your gift.

May God bless you.

Sincerely,

John Falin, Lt. Colonel
National Treasurer & Secretary for Business Administration

*Please retain this information for your tax files.
The Salvation Army did not provide any goods or services in consideration for this contribution*

Deposit Date: 12/30/2005

Check#: 4598

Receipt#: HKR 87502

Amount: \$3,000.00

**Ms. Sandy Hall
Nat'l Assoc. of Railway Business Women
12115 Cranefoot Dr.
Jacksonville FL 32223**

MEMBERSHIP

Membership has always been a major priority and goal for NARBW and we welcome ideas from our members. We encourage our members to contact friends and acquaintances who have railroad affiliation, and relatives who may be interested in joining our organization.

A young and ambitious lady, with a BSE in Civil Engineering from the University of Pennsylvania, working for Amtrak as a Senior Estimator/Scheduler, hails from Riverton, New Jersey and currently holds the position of Vice President of the Philadelphia Chapter as well as their membership chairman, takes her duties very serious!



When Krista Pohl was nominated membership chairman for the Philadelphia Chapter, she set her own personal goal to boost Philadelphia's membership. She has brought in 13 members for their chapter during her term. She took this project a step further and with the technology available to Krista, she surfed the Internet, focusing first on Amtrak's female employees. Krista continued to contact female railroad industry workers throughout the US, sending over 700 e-mails and has received great feedback. Members at Large and Chapters from Albany, Atlanta, Chicago, Roanoke and Sacramento have benefited from Krista's efforts.

Krista is a bright young lady with many ideas to keep this organization going and we look forward to the day when she will be sitting on the National Board and sharing more of her ideas with us!

REMEMBER OUR MEMBERS

~ Obituaries ~

KANSAS CITY

Our condolences to the family and friends of Anita Fraas who passed away November 14 at the age of 108. Anita was employed by the Rock Island Railroad as a secretary until her retirement.

Kansas City also lost longtime member Marian Whiteaker. Marian worked for the ATSF Railway and was a legal secretary for 35 years. She retired in 1981 and enjoyed traveling.

SACRAMENTO

Sympathy is extended to the family and friends of Jeanne Sedgley Goff who passed away December 22, 2005 at the age of 78. Jeanne worked for the Union Pacific Railroad until retirement and was a member of the former Salt Lake City Chapter before joining Sacramento.

Dorothy Samuelsen passed away February 5, 2006 at the age of 81. Dorothy was employed by the Southern Pacific Railroad in Sacramento, CA for 30 years and was a charter member of NARBW and very active in their chapter.

Jeanne and Dorothy will be missed by their NARBW friends and families.

TWIN PORTS

Our condolences to the friends and family of Bernice Hookland, long time member of NARBW who passed away in January.

WINTER BOARD MEETING RESUME

Resume of Winter Board Meeting
February 10-11, 2006
Green Valley, Arizona

The 2006 Winter Board meeting was held at the Best Western Hotel in Green Valley Arizona, February 10-11, 2006, with 11 members present. Lynne Sisto, Publications Chairman was unable to attend.

National Treasurer presented the Treasurer's Reports for the period June 1, 2005, through January 31, 2006.

President Sandy Hall stated she had written letters of acceptance to the Jacksonville and Philadelphia Chapters for bidding on the 2007 and 2008 conventions, respectively.

Corrections have been made to the President's Handbook and will be distributed to the Chapter Presidents at the National Convention in May. The 2006 Proposed General Operating Budget was finalized and will be sent to the Chapter Presidents.

Third Vice President stated that membership continues to decline.

One nomination has been received for President, First Vice President and Treasurer. Two revisions have been received and will be mailed to Chapter Presidents.

National Convention Chairman Melanie Bennett presented her progress report on the 2006 Convention. Plans are well under way for another two-day convention.

The Residence is fully occupied and there is one name on the waiting list. Residence Chairman Barbara Barthle stated the outside of the residence needs painting and presented a proposal in the amount of \$14,787, plus tax, including labor and material.

District Directors announced their conference dates:

Dist I – Sept. 22-23, 2006, Albany, NY

Dist II – Oct. 13-15, 2006 in Atlanta, GA

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

Joyce Higgs

National 2nd Vice President



Chapter President Dot Chumley wishes to remind everyone she still has NARBW seals for sale. For those of you who aren't familiar with the seals, they are the NARBW logo. You can purchase the large seals, 15 for \$1.00 and small seals, 20 for \$1.00. Please contact Dot Chumley at 2963 Woodstream Point #10696, Big Canoe, GA 30143. The seals are gold in color.

NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN

Lynne Sisto
National Publication Chairman
17089 SE 76th Creekside Circle
The Villages, FL 32162



From Your Editor

After four years and 16 issues of The Capsule, it's time for me to say goodbye and turn The Capsule over to the capable hands of a fellow member who will carry on.

Here we are, celebrating our 62nd convention. We've been through a decline in membership, lost many beloved members but we will continue to strive in spite of it all. We are now attracting new members, making plans to update our website, focusing on our scholarship program and providing assistance to those in need through our charitable contributions from our chapters and districts.

It's been my privilege and pleasure to work with Immediate Past President Doris Stromberg and current President Sandy Hall. They have provided tremendous support and made my job easier and enjoyable and for that, I thank both of them.

We are very fortunate to have the Capsule to keep us informed and hope it continues for many years to come. It is especially important to our members who do not have access to our website and our members at large who are unable to attend monthly chapter meetings.

The purpose of my job was to inform and enlighten you and I want to thank you, the great ladies who sent me articles, updates, your comments, (both positive and negative). I welcomed all memos, e-mails and phone calls.

The Capsule has been a great experience for me and I am going to miss sitting at my computer preparing these issues. However, most of you are aware, I retired a year ago and moved to a very active community and have become involved in many new activities and believe it's time for me to move on and focus on the dance class, Italian class, pickleball, golf (this is a tough one to conquer), and other activities they have to offer, and I'm especially grateful for the beautiful Florida weather we've been experiencing!

I intend to remain a member of the Albany Chapter and look forward to seeing you all at the upcoming conferences and conventions.

My best wishes,
Lynne

