

OFFICIAL PUBLICATION OF THE
NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN

THE CAPSULE



THE CAPSULE - DECEMBER 2024

PRESIDENT'S MESSAGE



Dear NARBW Members:

I am hoping that everyone had a great holiday season and is off to a great start for the new year. 🎄 I'm sure that many of you have good intentions of fulfilling your new year's resolutions. I say "Let's re-energize ourselves in the best way possible and make this organization something we can be proud of." We have deadlines to meet and people to see in the upcoming months...a few of those will be new members who will be excited to see what NARBW brings and looking forward to have someone mentor them.

SAVE THE DATES

NARBW 2025 NATIONAL CONVENTION

May 15 – 17, 2025
Sheraton Houston
Brookhollow Hotel

See pages 21-24 for details.

Our national board will be meeting for our Winter Board meeting via Zoom in February and will post our resume in the next issue. We will have a full agenda and we'll be finalizing plans for the Houston convention. Our 81st National Convention Chair, Bridget Hammons, as well as the members of Houston Chapter have been busily planning the convention down to the smallest details. Our theme is Deep in the Heart of Texas. If you have not registered to be a part of this memorable and exciting convention, please do so as soon as you can. I sure hope to see many of you there and will do my best to chat with each and every one of you!

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We are pleased to say that with social media such as LinkedIn website and with a few of our ladies in attendance at the Women in Rail convention held in November, we have gained a few new members, as well as new members thru a few of our chapters. We have 15 ladies who joined chapters and three new ladies who are with Members-at-Large, which makes a total of 18 new members to NARBW.

Let's continue to grow NARBW and make new friends!

Sincerely,

Rhonda Gomez



1941 *84* 2025

Take the Hazel Cornell Founder's Day Challenge



Established in 1941, the National Association of Railway Business Women celebrates Founders' Day on February 14th. To recognize Founders Day and the incredible women who built this organization, we invite you to take the ***Hazel Cornell Founder's Day Challenge***.

Challenge Guidelines:

- **Objective:** Honor the vision of our founding members.
- **Participants:** Chapters and members-at-large.
- **Recognition:** Top Founder's Day chapter and member-at-large activity will be recognized at the 2025 National Convention in Houston, Texas.

Ways to Celebrate:

- **Wear Your NARBW Outfits:** Show your pride by wearing your NARBW gear.
- **Plan a Founder's Day Luncheon:** Host a luncheon for your chapter.
- **Community Outreach:** Take cupcakes to your local fire or police department.
- **Social Media Share:** Post your favorite NARBW moments on your chapter's social media.
- **Historical Talks:** Invite long-time NARBW members to speak about NARBW history.
- **Book Donations:** Donate books to a local school, nonprofit, or library.
- **Member Outreach:** Reach out to a member who has been ill or unable to participate.
- **Trivia Events:** Host a Founder's Day trivia session.
- **Charity Donations:** Donate to a charity.
- **Volunteer Work:** Volunteer at your favorite non-profit organization.

And most importantly, reach out to new members and ask them to join you. There are so many ways to celebrate Founders' Day and all the women that came before us.

I will reach out to the Chapter Presidents and members-at-large in March, and I can't wait to hear what you did to celebrate Founder's Day! Start brainstorming and get started! Which Chapter and member-at-large will win Founders Day 2025? Let's wait and see!

I look forward to hearing from you!

Yolanda Barbosa
NARBW
National 2nd VP



2024 NATIONAL BOARD CORNER

JOIN THE NARBW NATIONAL BOARD



Secretary

2nd Vice President/Finance Chair

3rd Vice President/Membership Chair

Nominations Deadline - February 1, 2025

Hello NARBW sisters, it's me again! Happy 2025 to each of you. I hope you found the holidays memorable and felt the love of your family, friends and NARBW sisters. Now that the rush of the holiday season is over, it's time to seriously consider running for the NARBW National Board. NARBW needs each of you to step up within your chapter and then up to the National Board. I held my Nominating conference call combined with Yolanda Barbosa, National 2nd Vice President in October, and opened it up to all members. Thanks to those that attended. I am very aware that it can be scary to step outside of your comfort zones, but stepping onto the board is a fantastic opportunity to serve and to learn more about yourself and this wonderful organization. Together as a board we can keep our organization going strong. Please think about what role you can fill and how you can continue to help grow NARBW. As your National Nominating Chairman, I am soliciting qualified candidates to run for office. See the following open positions and eligibility requirements:

- **Secretary** – Shall have been a member of a chapter for at least one year.
- **2nd Vice President/Finance Chair** – Shall have served as a Chapter President and been on the National Board for at least one year.
- **3rd Vice President/Membership Chair** – Shall have served as a Chapter President and been on the National Board for at least one year.

Refer to ARTICLE V. OFFICERS AND THEIR DUTIES, Sections 3 and 4 of the [National Constitution and By-Laws](#) and ARTICLE VII. STANDING COMMITTEES AND THEIR DUTIES, Section 3 (b) for additional 2nd VP/Finance Chairman duties. The deadline to submit the Nomination Form is February 1, 2025. The form is available on www.narbw.org website.

I am available to talk with you about the various positions up for election should you have questions. I am here to assist you in making a rewarding decision to run for a NARBW National office. Please consider throwing your name in the hat to run for one of these offices.

Ida Carmouche

National Nominating Chairman

Past National President

nominations@narbw.org

713-478-9167

2024 NATIONAL BOARD CORNER

National Scholarship Application Deadline: March 1, 2025

Scholarship
Application Deadline:
MARCH 1

NATIONAL SCHOLARSHIP APPLICATIONS

The deadline to submit National Scholarship applications is March 1, 2025. The Program details and application form are available at narbw.org under the [Documents – Member Forms](#) tab. Remember that NARBW chapters have set their individual deadlines to allow the scholarship chairs to receive, review for completion and forward to Scholarship Chair Gail Hendrix by the March 1st due date.

1st VP / Press and Public Affairs Chair Update - Railroad Retirement Board News

Tier 1 and Tier 2 Tax Update

The amounts of compensation subject to railroad retirement tier I and tier II payroll taxes will increase in 2025, while the tax rates on employers and employees will stay the same. In addition, unemployment insurance contribution rates paid by railroad employers will not include a surcharge, as continued improvements in the rail economy and reduced usage of unemployment and sickness benefits will result in an employer credit.

- **Tier I and Medicare Tax** - The railroad retirement tier I payroll tax rate on covered rail employers and employees for 2025 remains at 7.65 percent.
- **Tier II Tax** - The railroad retirement tier II tax rates in 2025 will remain at 4.9 percent for employees and 13.1 percent for employers.

Link for more details: <https://rrb.gov/Newsroom/NewsReleases/RetirementUnemploymentInsuranceTaxes>

Costs-of-Living Adjustment will Increase Railroad Retirement Benefits

Most railroad retirement annuities, like social security benefits, will increase in January 2025 based on a rise in the Consumer Price Index (CPI) from the third quarter of 2023 to the corresponding period of the current year. Cost-of-living increases are calculated in both the tier I and tier II portions of a railroad retirement annuity. The tier I portion, like social security benefits, will increase by 2.5 percent, which is the percentage of the CPI rise. The tier II portion will go up by 0.8 percent, which is 32.5 percent of the CPI increase. Vested dual benefit payments and supplemental annuities also paid by the Railroad Retirement Board (RRB) are not adjusted for the CPI change.

Link for more details: <https://rrb.gov/Newsroom/NewsReleases/RetirementBenefitsIncrease2025>

Important Upcoming Dates

FEBRUARY 2025

National Nominations Deadline – 2/1
Founders Day 2/14
National Winter Board Meeting - 2/15

MARCH 2025

National Scholarship Application Deadline – 3/1
National Per Capita Deadline – 3/10
Woman of the Year Deadline – 3/10
Report of Chapter Presidents Deadline – 3/22
Welfare Report Deadline – 3/29
National Donations Deadline – 3/31
National Scholarship Donations Deadline -3/31
Capsule Deadline – 3/31

APRIL 2025

Early Convention Registration Deadline – 4/1
Pre-Convention Tour Deadline 4/1
Memorial Service Report Deadline – 4/1
Report of Chapter Officers and Chair Committee Deadline 4/15

MAY 2025

Pre-Convention Tour – Houston, TX 5/15
National Convention – Houston, TX - 5/16 & 5/17

~~~~~  
★ WISHING YOU A HEALTHY HAPPY 2025! ★  
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CHAPTER NEWS

CENTRAL FLORIDA CHAPTER

💕🧸 Central Florida Ladies Give Back to the Recovery House 🧸💕



Central Florida Chapter members Gail Hendrix, Denisia Dukes, Amanda Jules and Denise Forbes along with staff members from the Recovery House of Sanford Florida, Inc., dropped off donations of food and clothing from our annual Thanksgiving Food Drive in November. In addition, through the kind and generous donations of our chapter members, friends and family we donated many games, toys, etc. for the Recovery House Visitor's Center.

The Recovery House of Central Florida, Inc. is a faith-based addiction recovery organization, offering over 26 years of professional and specialized services. The organization is dedicated to providing customized recovery programs, trauma-informed care, family reunification, and holistic healing through physical activity for clients in need.

🎄 Welcoming New Faces and Holiday Cheer in December 🎄



During our December 5th Chapter Meeting we held a Christmas door prize giveaway and welcomed two new members to our chapter! Dala Abounassif (left) and her mother Salwa Bouali (far right) are both Amtrak employees! Welcome to NARBW Dala and Salwa!

On December 7th Gail Hendrix, Sandy Hall, Melanie McKim and Sherrie Cook enjoyed a festive and fun Christmas Party with the Jacksonville Chapter in Jacksonville FL.



CHAPTER NEWS

CHICAGO CHAPTER

🎀 Walking Strong and Raising Money for a Great Cause! 🎀

NARBW Chicago participated in the Making Strides for Breast Cancer Walk and raised over \$1,000 for this worthy cause. This event is part of the nation's largest breast cancer movement, aiming to raise funds for breast cancer research, patient programs, and services.



🚂 Women in Rail Conference 🚂

Chicago ladies attended the Women in Rail Conference held at the Union League Club of Chicago on November 5 and 6. Chicago's very own Paula Taylor spoke at a panel titled "Women in the Field." She discussed her various positions and her experience working in the field of transportation. One of the highlights of the conference was a tour of Metra's rebuild shop and training center, where attendees explored in-house railcar and locomotive rehab programs, including the welding training areas and the 47th St Diesel Shop.



CHAPTER NEWS

CHICAGO CHAPTER (continued)

🎄 ⭐ ❄️ Holiday Cheer – Chicago Style! 🎄 ⭐ ❄️



Holiday Party Festivities: Members gathered at Strong Point Grill on November 9 to celebrate the upcoming holiday season with a tasty lunch. They also had a great time participating in the white elephant gift swap game.



Mentorship Matters: Chapter President Jasmine Manley sent out an invite to all Chicago members to join the board and receive mentoring directly from the President.

Growing NARBW: The Chicago chapter hosted a membership drive and luncheon at Chicago Union Station's Historic Barbershop meeting space.



Cle Shaw and new member Veronica Richardson-McKinney volunteered for Metra's annual Toys for Tots Drive at Chicago Union Station. New Chicago chapter member Judy Becerra and Cle and Shaw volunteered on Metra's annual Holiday Train. Joy and happiness was brought to many children in the Chicagoland area that day!



CHAPTER NEWS

KANSAS CITY CHAPTER

🌟🌟 Holiday Celebration and Community Outreach 🌟🌟



Ho Ho Ho: We held our yearly Christmas Breakfast and had our gift exchange, followed by a short NARBW meeting and visiting. Breakfast was delicious at Another Broken Egg. Kansas City ladies also addressed Christmas cards to residents of the Westchester Village nursing home. Rhonda delivered the cards, which were very much appreciated by the residents. We are looking forward to a great 2025.

HOUSTON CHAPTER

👏🌟😊 The Houston Chapter Wrapped up 2024 with Huge Success 👏🌟😊



The Houston ladies always have a great time at our monthly business meetings. (These photos are from our October and November meetings.)

CHAPTER NEWS

HOUSTON CHAPTER *(continued)*

Remembering Charles Stephens



It was with great sadness that we lost another one of our beloved NARBW husbands, Charles Stephens Jr, husband to member Pamela Gleason passed away unexpectedly in October. A proud veteran of the United States Coast Guard during the Vietnam era, Charles had a love of fast motorcycles and a keen appreciation for the thrills of life. Starting out as an engineer, he eventually traveled the world, designing motorcycle gear and pursuing his passion for adventure.

Charles shared 24 years of devotion, joy and companionship with his wife, Pamela. They were blessed with seven children and 11 grandchildren, whom he loved dearly

☀ Remember, Honor Teach – NARBW Houston Supports Wreaths Across America ☀



We participated in the Houston Wreaths Across America ceremony. The chapter also made a donation weeks before the ceremony to provide extra wreaths to be laid at the Houston National Cemetery.

Wreaths Across America is a nonprofit organization dedicated to honoring fallen and current U.S. military personnel. Their mission is to "Remember the fallen, Honor those who serve, and Teach the next generation the value of freedom." Each year, on the third Saturday of December, volunteers across the country participate in *National Wreaths Across America Day* by placing wreaths on the graves of veterans at over 2,100 locations, including Arlington National Cemetery. It's a beautiful way to pay tribute to those who have served and to teach younger generations about the importance of freedom and sacrifice

CHAPTER NEWS

HOUSTON CHAPTER *(continued)*



Holiday Cheer: In December, we held our 2nd annual Mingle Jingle luncheon where we gathered together for fellowship and exchanged Christmas ornaments. During the luncheon we also revealed the 2024 Secret Sisters.



PINK DEFYING GRAVITY: Our Houston sisters Rosa Martinez-Cuellar and Ida Carmouche inspired young women at the Pink Defying Gravity, Inc. Young Women's Leadership Conference at Woodcreek Middle School. 🏠 They shared valuable leadership skills and personal experiences, empowering and inspiring the young women in attendance. This event was an opportunity for young women to develop their leadership abilities, explore STEM fields, and connect with like-minded peers.



Pink Defying Gravity, Inc. aims to empower young women by fostering critical thinking, leadership, sisterhood, civic engagement, and career exposure. The organization believes in every young woman's immense potential and is dedicated to shaping a future where young women can boldly and confidently defy gravity and achieve success.

#EmpowerHer #SheLeads #NARBWInspires #GirlPower



CHAPTER NEWS

JACKSONVILLE CHAPTER

Jacksonville Ladies - Spreading Holiday Joy and Supporting Vital Causes

To quote former President Jimmy Carter who we lost December 29, 2024: "I have learned that our greatest blessings come when we are able to improve the lives of others, and this is especially true when those others are desperately poor or in need."

Our generous members are always great supporters of our welfare efforts. In November we contributed warm weather items to the 22nd Annual Mister Rogers Sweater Drive.

Items were dropped off at Vystar locations and were part of the distribution to people experiencing homelessness in Jacksonville.



Our Holiday Welfare Project supported the Holiday Shop for the children and parents at the Hubbard House Domestic Violence shelter in Jacksonville. (www.hubbardhouse.org) Our members selected lovely gifts for children and adults. Welfare Chair Nancy Von Dolteren handled the drop-off.

Our chapter received a note from Hubbard House which included the following sentiment: "Thank you for your donation of Christmas Gifts on 12/12/24. Your generosity ensured families in need could celebrate the holiday safely and together during a particularly challenging time of their lives." ❤️

CHAPTER NEWS

JACKSONVILLE CHAPTER *(continued)*

STEPPING AND BIKING FOR A CAUSE

In October, several members of the Jacksonville Chapter participated in charitable events, including the Heart Walk and MS Ride, which aim to raise awareness of heart disease, stroke and multiple sclerosis, while also funding vital research.



Good Times and Good Causes: Holiday Party and Scholarship Fundraiser Success



We had our annual Holiday Party where members of the Central Florida Chapter were able to join us. We had a great time eating, socializing, and exchanging gifts. We also collected more items for our Hubbard House project. We also had our annual Mini-Marketplace Scholarship Fundraiser in October, and it was another great success. Many people were able to get some of their holiday shopping done and support our Scholarship fund.

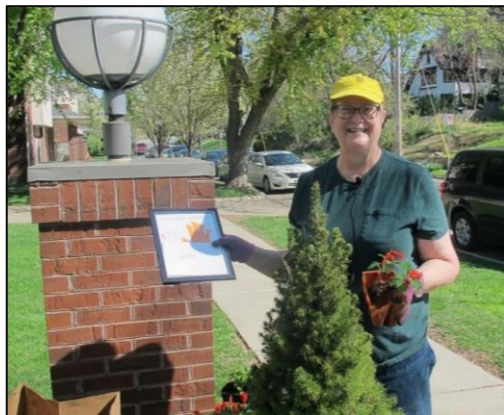


CHAPTER NEWS

OMAHA CHAPTER

Omaha Chapter's Busy Productive Fall Season

In October we suffered a devastating loss, when our member Jay Nelson passed away. Jay was invaluable to our chapter, and it will be hard to fill her shoes. Just some of the items she did in the last 12 months: Helped us with the garage sale, rang bells for the Salvation Army, sewed items for the Convention fundraiser, and assisted Kadie with the planning and execution of the National Convention. Please keep her husband Bob in your thoughts and prayers. In Jay's memory we decided to continue to collect pop tabs, to reach our goal of donating over a million tabs to the Ronald McDonald House. We are very close to our goal. We also voted on giving a chapter donation to the RMH for \$100.00 in memory of Jay. The total donated to the RMH was \$650.00 from our chapter and members. We also voted to fund a \$2,000 scholarship with National in Jay's memory.



Jay at the Ronald McDonald house.



Jay with her niece in Switzerland, two weeks before she passed away.

Omaha is BIG on Giving Back

Our chapter community involvement this fall included the Partnership for Hope Youth Mart, which provides necessary items for young adults who have aged out of foster care. The items we donated are available for them to "shop." The socks, feminine hygiene products, shampoos, and other personal products really help them stretch their budgets. In November we served lunch at a local homeless shelter, the Open Door Mission. With the help of all the donated purses and other items brought to Omaha last spring at our National Convention – we stuffed 206 purses for the Catholic Charities Domestic Abuse Shelter. This is the 13th year we have done this.

In December, five of us met at Nebraska Furniture Mart and rang bells for the Salvation Army. 🛎 It was great to see all the shoppers and witness their generosity (all while being warm inside the buildings' entrances!) We also donated winter hats, scarves, and gloves to the Catholic Charities Domestic Abuse Shelter program. On December 5th, we had our Christmas Party at our president Anne Menichetti's house. We did a gift exchange and a fun sock exchange.



Pictured: Diane Ballinger, Connie Prokupek Kathy DuVall, Anne Menichetti, Janet Anderson.

CHAPTER NEWS

OMAHA CHAPTER *(continued)*

👛 STUFFING PURSES WITH A PURPOSE 👛



Stuffed purses: Sue Hess, Janet Anderson, Rosie Donahoe, Anne Menichetti, Diane Ballinger, Julie Nelson, Kadie Leslie.



Sue Hess and Diane Ballinger delivering the 206 purses.

Anne Menichetti and Kathy DuVall ringing bells for S.A.

NARBW SISTERS HOLIDAY FUN



Janet Anderson, Anne Menichetti, Julie Nelson, Colleen Brabec, Connie Prokupek, Diane Ballinger, Kathy DuVall, Kadie Leslie.

We held a fun sock exchange at our annual Christmas party hosted by Anne Menichetti.



CHAPTER NEWS

PHILADELPIA CHAPTER

☀️ Productive Meetings, Community Service and Holiday Cheer ☀️

The Philadelphia Chapter extends its heartfelt wishes for a blessed, productive, prosperous, and joyous New Year to all. May this year bring renewed opportunities, cherished moments, and success in all your endeavors. In October, our business meeting was conducted via telephone conference call, ensuring that members could stay connected and engaged despite the challenges of in-person gatherings. On November 16th, we convened at Mount Carmel Church in Glenside, Pennsylvania for a highly productive meeting. Following our discussions, members came together for a meaningful service project: assembling 120 gift bags for Meals on Wheels. These thoughtfully curated bags included an assortment of candy, greeting cards, word puzzle books, highlighters, and other small yet thoughtful items intended to brighten the recipients' day. Rae, along with other dedicated members, delivered the gift bags, spreading kindness and goodwill to those in need.



The Philadelphia Chapter held our annual Holiday Party and Toy Drive on December 7th at Pca's Restaurant in Upper Darby, PA.



This year, as in many years past, we supported the Salvation Army's Eliza Shirley House, an emergency shelter for women and children in Philadelphia. Members filled the room with hundreds of new toys and gifts and contributed money to purchase \$20 gift cards

from "5-Below" for the 20 older kids. On December 10th, chapter volunteers met with the director of the shelter on site at the shelter to deliver the truck load of donations. The Director was overjoyed that we once again provided Christmas cheer to their temporary residents. The Philadelphia Chapter is proud of our members for their gracious generosity and proud of our charitable outreach.



CHAPTER NEWS

PHILADELPHIA CHAPTER *(continued)*



Sisters Gone But Not Forgotten

Rosemary Wise



On New Year's Eve, we received the heartbreaking news that Rosemary Wise had passed away on Monday, December 30, 2024. Rosemary was a cherished member of our organization and served as our dedicated Sunshine Chair for an incredible nine years. In this role, she excelled at ensuring that each member and their families were celebrated during life's joyful moments and supported through life's challenges. Her thoughtful gestures and unwavering commitment to others left a lasting impact on our chapter.

Rosemary joined the National Association of Railway Business Women (NARBW), Philadelphia Chapter, in 2003 and quickly became a cornerstone of our community. She was deeply involved in our charitable efforts, volunteering every Wednesday with Meals on Wheels and participating in all of the chapter's outreach initiatives. Her selflessness and dedication were evident in everything she did, and her contributions extended far beyond her official roles.

Even as her health began to decline, Rosemary remained a faithful attendee of chapter meetings and was a valued friend to every member. Her gentle smile, boundless kindness, and compassionate nature brought warmth and sunshine to everyone fortunate enough to know her. Rosemary's connection to the railroad industry spanned decades. She began her career in 1968 with the Penn Central Railroad, where she worked in various departments and held numerous clerical positions. Her dedication and professionalism saw her through significant transitions in the industry, and she retired from Conrail in 1999 after 31 years of distinguished service.

Rosemary's passing leaves a profound void in our hearts and within our chapter. Her legacy of kindness, service, and friendship will continue to inspire us all. She will be deeply missed but fondly remembered by everyone whose lives she touched.

Monica Boca Jones Rodan



It is with great sadness that the Philadelphia Chapter bids farewell to one of its most beloved, caring, and dedicated members, Monica Boca Jones Rodan (September 9, 1941 – December 19, 2024). Monica was a cornerstone of our organization, serving as both photographer and historian while actively contributing to nearly every aspect of our chapter's work. Her passion and commitment were evident in all she did, and her presence will be deeply missed by all who knew her.

In the December 24, 2021, issue of our chapter newsletter, *The Raillette*, Monica shared a beautifully written piece titled "My Story," offering us a glimpse into her life and journey. Since that time, Monica's family grew even larger, as two great-grandsons were born, bringing new joy and life into her legacy. As we remember Monica, we honor her countless contributions, her unwavering dedication, and the love she poured into our chapter. Her memory will remain an enduring inspiration to all of us in the Philadelphia Chapter of the National Association of Railway Business Women. On the following page, please see Monica's story:

CHAPTER NEWS

PHILADELPHIA CHAPTER *(continued)*

My Story, by Monica Rodan

In 1938, my family literally, walked away from their home and furniture business to get away from the Russians. (Just like in Fidler on the Roof.) They wound up in Breslau, Germany, where I was born in 1941. Fled that city in 1944 because the Russians were advancing and by cattle train, went south to Austria where they were turned back because no more immigrants were welcome. Finally they found themselves in Munich, in a displaced persons camp run by the Americans. On October 2, 1951, they came to Ellis Island and to the USA. We did not speak the language. Our sponsor provided an apartment and a job for my father. My parents learned the language by watching TV programs early in the morning that were teaching the language. I learned through school.

I graduated from Little Flower in June of 1959 and got married in October of 1959. My husband, Bill, was a Philadelphia policeman. We bought a row home in the Northeast, and in 1966 I worked for the IRS who taught me keypunch. We had three children, Michael, Sandy and Bill. On September 11, 1968, I was hired by the Penn Central RR in keypunch, second trick. Loved the job. I took the computer room test and passed. I was an assistant computer operator, and later graduated to computer operator. I then went to third shift, moved to KOP, took the programming test and passed. There was a freeze with hiring programmers, so I was promoted to Operations Analyst.

I was with Conrail for 22 years when I received an invitation to join the NARBW. I never heard of them and threw the paper away. Ann Hennigan, a co-worker, went to that meeting and couldn't say enough about how nice the ladies were, how welcoming, and that I should join her for the next meeting. Pat Lennon made a last ditch effort to keep the Philadelphia Chapter alive. The older women who were there during the heydays of the 50's and 60's were ready to turn in the charter. Pat captured sixty new members, and there must have been close to ten just from the computer room. In May of 1990 we packed up my van and drove down to Roanoke for our first National Convention. It was exciting to meet women from all over the country who worked for the different railroads. At that time, NARBW had six districts spread out from coast to coast. Each district held a Fall Conference, and it was like a mini convention. Over the years, we lost the districts and the fall conferences and the District Directors and District Secretaries.

At present it is hard to get any one to run for any office at the Chapter to National level. Times have changed. The railroads have shrunken to a few, and the pool to recruit new members has dried. I have held many positions in NARBW from being Chapter President, Treasurer, Secretary to various memberships within the chapter. I have been District One Director, National Jewelry and Revisions (twice), and then back to being Chapter President.

I love NARBW. It has helped me grow and gave me a purpose. I have made many wonderful lasting friendships and treasure their support. I am very grateful to have found the railroad. It has given me a new life. I divorced Bill in 1972 and married Harry. We have two daughters, Monica J and Carol. With my five children, we have been blessed with eight granddaughters ranging from 29 to 6.



Life is good.

CHAPTER NEWS

ROANOKE CHAPTER

★ ★ ★ KRISTIE RIDDLE - MEMBER SPOTLIGHT ★ ★ ★



Kristie grew up in Elkton, VA but has lived both in Norfolk and Roanoke. She received her Bachelor's degree in 2001 from James Madison University in business. She moved to Florida in 2003 where she worked for a mortgage broker in the secondary market and also obtained her real estate license. In 2005, she moved to Elizabeth City, NC just across the state line from Norfolk, VA where she attended Old Dominion University and completed her Master's in Business Administration in 2007.

At this time, she started her career with Norfolk Southern and had 17 years' experience in sales and marketing at the railroad both with Norfolk Southern and Canadian Pacific as well as a couple of third-party transportation providers for machinery and over-dimensional loads.

Kristie has a dog (Lola) and three cats (Beulah, Oscar and Archie) as well as 13 chickens and a pair of peacocks. She has been with her significant other, Rodney for over three years now, and he has three daughters, Avery (21), Ashlyn (20) and Ayda (14). She likes to travel, especially with Rodney whenever possible and tries to attend as many sporting events as possible with Ayda who plays high school softball and volleyball.

Volunteering for a Worthwhile Cause



The Agape Center is a community of volunteers creating a sense of belonging for those in need. From Christ-centered mentorship to providing physical items, Agape is a place where you are seen, heard, and loved! Thank you to all the Narbies who volunteered at this organization on 11/21!

CHAPTER NEWS

SOUTHERN CALIFORNIA CHAPTER

♥ American Heart Association Walk ♥

On October 22nd, together with Ilyssa's son, husband, and the LA Metro Family, NARBW SoCal participated in the American Heart Association LA Heart Walk in honor of both Ilyssa and Jay, raising \$7,157.11 in under two weeks.



🎄 The Reason for the Season 🎄

HNARBW SoCal understood the assignment, and as always loves to give to others.

For Thanksgiving, SoCal NARBW donated 10 blankets and 45 decorated paper bags for homebound seniors.

 Southern California You better not shout You better not cry You better not pout I'm telling you why SoCal NARBW Is coming to town!!	Fri. Nov. 29 Meals on Wheels Orange County Donating Blankets & bags to the elderly
	Sat. Dec. 7th Metrolink's Holiday Express - Riverside Vendor/Booth Post Office for Children to write letters to Santa
	Sat. Dec. 7th SoCal NARBW Year End Event Piano Piano Bar - Claremont
	Sat. Dec. 14th Warriors for Children - Upland Donating & Wrapping gifts for traumatized children



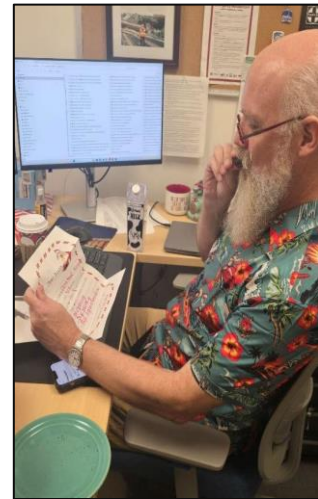
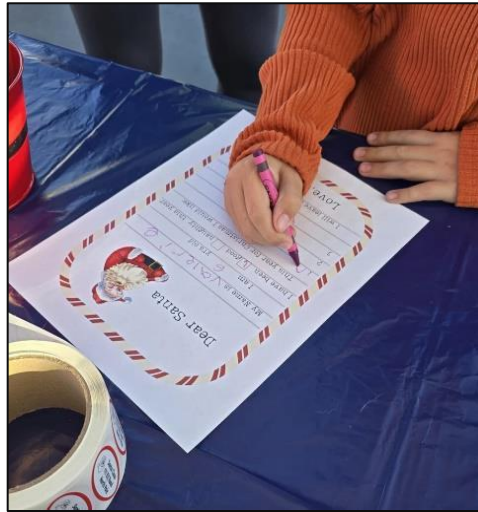
NARBW SoCal held our year end event at Piano Piano Bar. Good Food + Good Drinks = Good Time.
Shhh! What happens at Piano Piano, stays at Piano Piano.



CHAPTER NEWS

SOUTHERN CALIFORNIA CHAPTER *(continued)*

At Metrolink's Holiday Express, NARBW SoCal delighted 160 children by helping them write letters to Santa. Those precious letters were then delivered to Santa himself as he read while enjoying his milk and cookies.



At Metrolink's Holiday Express

NARBW SoCal continued our holiday spirit as Santa's elves by donating 94 toys and wrapping gifts for Warrior for Children.



2025 NATIONAL CONVENTION SPOTLIGHT

Pre-Convention Tour - May 15, 2025

National Convention - May 16 & 17, 2025

**Sheraton Houston Brookhollow Hotel
Houston, Texas**



Deep in the Heart of Texas, our 2025 convention theme is also a famous TEXAS song. The song was originally written by June Hershey and Don Swander, the song gained popularity when Alvin Rey released his version in 1942. However, it wasn't until Ray Charles covered the song in his album "The Genius Hits The Road" in 1960 that it truly resonated with audiences. This title is more than a theme or a song title. It's a symbol of Texan pride and heritage. It encapsulates the beauty of our state's landscapes and traditions, reminding us of the strong spirit that resides in the heart of Texas. Texas is also known as the friendship state! We are excited to welcome you, our FRIENDS and NARBW sisters to Houston, Texas to for the 2025 National Convention!

Hotel

- Located minutes from Downtown at Interstate 610 and U.S. Highway 290.
- George Bush Intercontinental Airport (IAH) and Hobby Airport (HOU), Amtrak Station and Greyhound Bus Station are easily accessible.
- Rooms equipped with Highspeed Internet access at no charge, flat screen television, and a spacious work desk with an ergonomic chair.
- Enjoy the fully-equipped Fitness Center or lounge by the outdoor pool.
- Lobby equipped with a business space.
- Hotel dining available at Ella's Table, one of Houston's great restaurants, for breakfast, lunch, and dinner; or relax with a cold beer, a glass of wine, or a refreshing cocktail in Ella's Table Bar. You can also indulge in a private meal via room service.
- Complimentary Free Parking

Room rate \$105 per night (plus applicable tax/fees). Book by 4/24/2025 (Rate Available 05/13/25 to 5/19/25) Book by calling 1-888-236-2427 or 713-688-0100 (referencing NARBW National Convention) or use the convenient link/QR Code to book your reservations or [click this link!](#)



CONVENTION SCHEDULE

- **Wednesday, May 14** Pre-Convention Board Meeting
- **Thursday, May 15** Registration, Pre-Convention Tour and Lunch, Hospitality Night
- **Friday, May 16** Business Meeting, President's Brunch, Market Place, Business Meeting, Candidate's Reception, Fun Night
- **Saturday, May 17** Memorial, Business Meeting, Elections, Market Place, Membership Lunch, Business Meeting, Post-Convention Board Meeting, Group Photo, Reception, Banquet
- **Sunday, May 18** Check out and Good-Bye's

For **Fun Night**, plan on a night of TEXAS style FUN! Texans like to say "Everything is bigger and better in TEXAS!" You can bet this will hold true for our Texas sized NARBW FUN night! Come dressed up as your favorite Cowgirl! Boots, bling, buckles, hats, anything TEXAS goes! You can bet we will throw in some cowgirl shenanigans!

2025 NATIONAL CONVENTION SPOTLIGHT

Join us on Thursday, May 15th for Pre-Convention fun! We will embark upon a guided tour of Houston, TX followed by lunch and excursions at Houston's Beautiful Downtown Aquarium Restaurant.

Houston, Texas Pre-Convention Tour - Wednesday, May 15, 2025 \$125 (lunch included)

Come relax and enjoy an exciting tour of our diverse city, hosted by Houston City Tours! Soak in the history, art and cultural delights of Houston, the 4th largest city in the US. On this tour you will experience live commentary, unforgettable panoramic views and discover our city's wonders.



The Pre-Convention Tour will conclude with lunch and an excursion of Houston's beautiful Downtown Aquarium Adventure Restaurant. Downtown Aquarium is the product of redeveloping two downtown Houston landmarks – Fire Station No. 1 and the Central Waterworks Building. This magnificent six-acre entertainment and dining complex is home a Texas size 500,000- gallon aquatic wonderland, home to over 300 species of aquatic life from around the globe. Aquarium guests can experience many adventures here including, Shark Voyage, Diving Bell Ferris Wheel, Aquatic Carousel, Lighthouse Dive, Stingray Reef, Tigers of the Maharaja's Temple and much more! Join our **Houston Convention Facebook Group!** Stay up to date on the latest on convention!



Registration forms for the convention and pre-convention tour and more convention information are available on NABRBW.org/convention.

Be sure to join our private Facebook group:
[Houston 2025 National Convention](#)

For questions, contact our 2025 National Convention Chair Bridget Hammons 281-914-2903 or convention@narbw.org.



2025 NATIONAL CONVENTION SPOTLIGHT

See the convention registration form on the back page.



Join us in Houston, Texas for the 81st NARBW Pre-Convention Tour
May 15th, 2025, 9:00am - 4:00pm \$125 per person (lunch included)



We will leave the Sheraton Brookhollow Hotel at 9:00 am. Be back at the hotel by 4:00 pm.

This day will consist of an 80 min guided informative Houston City Tour to explore Houston's top attractions with a 360 view on and open-air double-decker tour bus. We will then head to the Downtown Aquarium where you will enjoy the amazing 500,000-gallon aquatic wonderland, home to over 300 species of aquatic life from around the globe, 8 Aquarium Adventure Exhibits, shopping and a variety of amusements.

Lunch will be served as we dive into a dining adventure with over 100 aquatic species. The view is fascinating!

Number of Tickets _____ Chapter: _____

Name(s): _____

Phone: _____ Email: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Emergency Contact (NOT SOMEONE ON THIS TOUR):

Name: _____ Phone: _____

Register by April 1st, 2025 – (\$125 per person). Add \$5 per person if registering late – (April 2nd– April 15th)

METHOD OF PAYMENT (Choose one) – Refunds not guaranteed after event tickets have been purchased.

- PAY BY ZELLE:** Zelle to: Theresaeharper@gmail.com (watch the spelling)
Mail this form to: Jeri Rose 10134 Pine Trace Dr. Tomball, TX 77375
- PAY BY CHECK:** Check Payable to: NARBW Houston (with pre-convention in memo)
Mail your check and this form to:
Jeri Rose 10134 Pine Trace Dr. Tomball, TX 77375

For additional information contact Jeri Rose 281-731-5048

2025 NATIONAL CONVENTION SPOTLIGHT

NARBW Convention Registration Form

81st Annual Convention in Houston, TX. May 16 - 17, 2025
 Sheraton Houston Brookhollow Hotel, 3000 North Loop W
 Houston, Texas 77092



All registrations must be postmarked by April 1st. No refunds after April 29th.
You must complete sections 1-3. **Keep a copy of this for your records.**

Use a separate form for each attendee. There are three sections to this form, please be sure to complete **ALL THREE**. This Registration Form may be photocopied or it can be printed from the NARBW website (www.narbw.org).

SECTION ONE: Personal Information

Please type or print clearly.

Name: _____
 Mailing Address: _____
 City: _____ State: _____ Zip Code: _____
 Telephone: _____
 E-mail: _____
 Chapter: _____ Railroad Affiliation: _____
 Emergency Contact
 Name: _____
 Phone: _____

Please check one:

Delegate
 Alternate
 National Board
 Emeritus Council
 Member
 Guest
 Chapter President

SECTION TWO: Registration Fees and Meals - Covers Registration and 4 Convention Meals

Please enter the dollar amount(s).

<p>Members:</p> <p>_____ \$330 (by April 1st) _____ \$355 (after April 1st) _____ \$280 Host Chapter</p> <p>Chapter Presidents:</p> <p>_____ \$280 (by April 1st) _____ \$305 (after April 1st)</p>	<p>Emeritus Council:</p> <p>_____ \$220</p> <p style="text-align: center; background-color: #e0e0e0; padding: 2px;">Emeritus Council pays Membership Luncheon, Fun Night & Banquet</p>	<p>Non-Members (Guest):</p> <p>Guest Name: _____ Convention Meals only (enter all that apply)</p> <p>_____ \$50 Presidents Brunch _____ \$80 Fun Night _____ \$50 Membership Luncheon _____ \$90 Reception and Banquet</p>
<p>\$0.00 Registration Total (check should be made payable to NARBW)</p> <p>Your total payment amount should match the registration total in this section.</p>		

SECTION THREE: Survey

Please check all that apply to you.

_____ This is my first NARBW Convention.
 _____ I require vegetarian meals. _____ I require gluten-free meals
 _____ Request Marketplace Table for _____ Chapter.
 _____ Interested in a roommate.
 _____ Special Needs/Requests/Food allergies

If you have any questions, please call Bridget Hammons (281) 914-2903 or email convention@narbw.org

Mail your check and this completed form to:
 2025 NARBW Convention Registration
 Julie Nelson
 15467 Jaynes Circle
 Omaha, NE 68116

Mail or email copy of form to Convention Chairman:
 NARBW National Convention Chairman
 Bridget Hammons
 19322 Sanctuary Robin Ln
 Spring, TX 77388
convention@narbw.org

Payments now accepted through Zelle by using email address: Treasurer@narbw.org