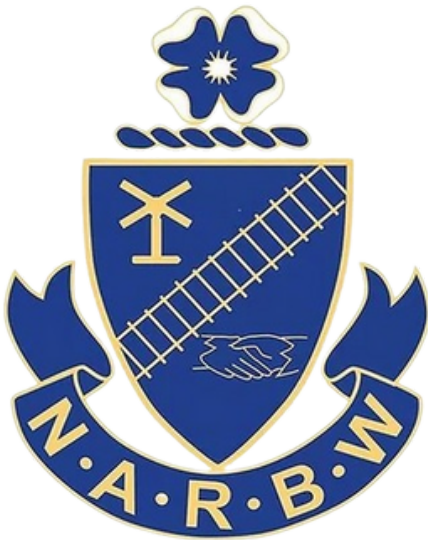


SOCAL NARBW RIGHT OF WAY



Southern California



PRESIDENT'S MESSAGE

As we enjoy this wonderful season of Spring, the NARBW Southern California chapter is delighted to be the host chapter for the 79th annual National Convention taking place in San Diego this May, National's most important event of the year. There will be other chapters joining us from far and wide! Their presence serves as a reminder to us all just how important our work is.

We are thrilled at the opportunity to network with our NARBW sisters from chapters across the country.

Rail in Southern California started in 1869 with Southern Pacific. This helped create a once-isolated state to a major economic and political force which helped lead to the state's rapid growth. Now, we are experiencing robust growth in freight, passenger and light rail systems in Los Angeles. As a Metrolink employee, I am proud to be a part of the ongoing expansion of public transit in our region.

Ladies of the Southern California Chapter and abroad, please enjoy the 79th Annual Convention that we planned for you and take time to do some "California Dreamin'" in our Golden State! ☀️

LAUNE LOPEZ, PRESIDENT
SOCAL NARBW



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WOMEN'S HISTORY MONTH



March was Women's History Month, an annual observance celebrating the contributions and achievements of women throughout American history. This year we focused on Embracing Equity. We are committed not only to empowering women to succeed, but ensuring that women of all cultures and backgrounds are recognized for their amazing strengths and contributions.

We loved that Metrolink profiled a few inspiring women in their organization this month, including Past NARBW Board Secretary **Sandra Martinez**, who is a Communications Supervisor at Metrolink; and SoCal NARBW member and past Vice President **Shamonda Jones**, who is a senior manager in charge of Dispatch at Metrolink.

Sandra emphasized the importance of knowing your worth as a woman in transportation and never forgetting your values. She said to make sure to surround yourself with people who will encourage and support you.

Shamonda, who has spent 25 years in railroading, advises any women considering a job in public transportation to not give up. "Sometimes you will feel intimidated. Sometimes you will get overwhelmed. Do not allow that to turn you away. Keep going." 💖



Shamonda Jones
Senior Manager, Dispatching

Embrace
Equity

NARBW WOMAN OF THE YEAR

2nd Time Nominee: Ilyssa DeCasperis

**I am mindful to practice
in the collaborative. Create trust.
Earn respect. Build relationships.
Discuss issues. Find solutions.**

We are excited to announce that our SoCal Chapter NARBW member, Ilyssa DeCasperis, has been nominated a second year in a row for NARBW Woman of the Year.

Ilyssa is the Chief People Officer at Metrolink/SCRRA and has a solid background in Labor and Employee Relations. As CPO, she has signed on as a signatory for Metrolink in APTA's Racial Equity Pilot Program and developed a team of employees to discuss how we can do better for our staff.

Ilyssa is a performance-driven professional with a proven record of success in providing excellence in all aspects of Human Resources. She thrives on educating women to take their rightful place at every table and to stand up for their rights.

"I am mindful to practice in the collaborative. Create trust. Earn respect. Build relationships. Discuss issues. Find solutions. Walk away with a collective understanding of what was accomplished. And move forward in a manner that satisfies both the employees and employer thereby creating a stronger and trusting workforce."

Additionally, Ilyssa has provided an extensive service to NARBW. Some of her contributions include:

- **Recommending affiliate links to help our Chapter in passive fundraising**



Ilyssa DeCasperis is the Sergeant at Arms for SoCal NARBW

- **Assisting in the first issue of our newsletter "ROW" as we move forward modernizing our Chapter**
- **Taking the role of Sergeant at Arms for our NARBW Chapter**
- **Working with Trischelle Baysden in making the National Convention in California 2023 a great event**

Ilyssa has also contributed greatly to her community. She is the co-founder of CompelAmerica, a 501(c)(3) dedicated to eradicating bullying, from childhood to adulthood. She also started the "Canyon Lake 9/11 Tribute in Light" in memory and honor of those we lost, those who survived and those who continue to live through illnesses acquired during search, rescue and recovery. 🧑‍🤝‍🧑



CONVENTION WELFARE PROJECT 2023

The Convention Welfare Project for this year is The Animal Pad Dog Rescue in San Diego and Southern California, an all-breed, non-profit Dog Rescue Organization with a focus on saving dogs from high kill shelters and the streets of Mexico. Please see the flyer (R) on how to support this project. You can also bring donations by May 13 to Metrolink at the lower-level DOC or the 12th and 15th Floors of the Wilshire Office. 🐾

SoCal's Welfare Project!
The Animal Pad
 (Theanimalpad.org)

An all-breed, non-profit Dog Rescue Organization...Focus on saving dogs from high kill shelters & the streets of Mexico

Amazon Wish List

- Vital Essentials Freeze Dried Cats Treats
- Smarty Cat 2-ct. Mouse Mates Plus Catnip Cat Toys
- Blue Buffalo Wilderness Cat Treats
- Pet Stages Mini Bone Tug Puppy Chew Toys
- Various Dog/Cat Collars
- Various Dog/Cat Food

(See website's full list under DONATE)

Chewy Wish List

- Blue Buffalo Homestyle Recipe Puppy Chicken Dinner with Garden Vegetables Canned Dog
- Smurfbones Twists Wrapped Chicken Dog Treats, 30 count
- The Original Poop Bags Orange Scented
- USDA Biobased Rolls, Green, Large, 120 count
- Various Dog/Cat Food
- Various Dog/Cat Collars

(See website's full list under DONATE)

How to donate?

Bring your donation items to Convention or...

Send your donation check to NARBW - **note "For Welfare Project" by May 1st**

Jasmine Manley 18917 Jodi Terrace, Homewood, IL 60430



Have You Registered Yet?

The 79th annual NARBW Convention in San Diego on May 17-21 is fast approaching. Meet chapter colleagues, network, enjoy the city and have fun!

Register today at

<https://www.narbw.org/convention>

SOCAL NARBW MEMBER SPOTLIGHT

[Q&A WITH TRISCHELLE BAYSDEN]



SoCal NARBW founding member Trischelle Baysden has been working in Rail for over 30 years. Her background includes conducting, engineering, dispatching, scheduling and federal compliance work at top rail organizations including Metrolink and Omnitrans, as well as her current position as a senior project manager and tech expert at RailPros. She began her rail career with BNSF Railway Co., where she worked her way up from brakeman/footboard yardmaster to chief dispatcher. As one of the first women in Rail, she has the distinction of having held many titles no other woman had before her. We caught up with Trischelle just before she boarded a plane for Paris taking a small break from her role as convention chair.

What attracted you to rail?

I've held a lot of positions in rail and each one was groundbreaking for women. When I was first starting out, there were very few, if any, women who worked on the rail. It seemed like every position I had made some people mad because a woman got the job and not their son.

My first job was as a Brakeman for BNSF, and I would switch box cars and put the train together. I was the only woman in Pensacola, Fla., in BNSF. It was challenging and it made me very resilient. My dad also worked in rail and had encouraged me to join the industry. A lot of my co-workers were friends with him, but they didn't treat me very well until I beat them in Poker and they had to ask me for their breakfast money back!

I love being a consultant, and ultimately, I'd like to travel to different countries and see the technology they use in public transportation. That would be cool. They're always a little ahead of us on that front.

What's your favorite thing to do when you're not improving our rail system?

I think I'm pretty blessed, so I like to give back. I'm on the San Bernardino Symphony Board. I took ballet when I was 5-14 years old which really started my appreciation for classical music.

I'm also very involved with REAL Journey Academies (RJA), a non-profit, charter school organization headquartered in the Inland Empire region of Southern California. We recently opened a fifth one! I also work with The Unforgettables, an organization that helps at-risk and grieving families with finances to help them afford a timely and dignified funeral for their child.

We help people who are misfortunate and lose their small child by helping pay for funeral costs like the casket.

I'm looking to join Habitat for Humanity!

CONTINUED

SOCAL NARBW MEMBER SPOTLIGHT: TRISCHELLE BAYSDEN



CONTINUED FROM PREVIOUS PAGE

How did you become the convention chair?

When we went the first year, everything was new to us. I fell in love with the comradery and genuine caring at that convention. National liked my energy so they asked if SoCal NARBW would be interested in hosting the convention in 2023. We had just started the Southern California chapter. I said, "Sure, we'd be delighted to!" I have been working on it for three years.

How many times have you attended the national convention?

This year will be my third time, and this time I'll be running for the National Third Vice President position.

I have a few campaign trinkets I'll be handing out and I wrote a small excerpt about why I want the position. I'll be creating and promoting NARBW, and getting new chapters started. At the end of this year's convention, I'll find out if I win. **Elections are Saturday, May 20**, and then they'll announce the winner.

What excites you most about the NARBW convention?

The friendships you create! I love getting to meet new people who become lifelong friends. It's amazing to give out hugs and catch up with peoples' lives from the past year. In the railroad business, for certain people, those friendships last forever. We need to stick together, because there are not a lot of us women in rail. Women need to use their networking skills. And the convention is so productive in that way because it doesn't matter if you're a CEO or whatever position, you are treated the same. I'm also excited to give away scholarships! 🙌



Support the SoCal NARBW Mission



DID YOU KNOW IT'S EASY TO SUPPORT THE MISSION OF THE SOCAL NARBW RIGHT FROM YOUR DESK!?

AMAZON



SoCal NARBW now has an affiliate relationship with Amazon! Simply click the Amazon link on the front page of our website and start shopping. You get all the same pricing and offers from Amazon, and we receive a percentage of the sale to support our organization.

It's that easy! Start at <https://www.socalnarbw.org/> and click on the green Amazon box which links you to shop on Amazon!



GIFT CARDS

Need a gift card? When you buy through our link, you pay the same price and this company sends us a percentage of the sale to support SoCal NARBW.

Just follow these steps

1. Go to <https://www.raiseright.com/enroll>
2. "Join an Existing Program" and enter code: XQJ8UY9L7IIW
3. Create your account and start shopping! Easy, peasy!

Dues News

We have updated our procedures for membership dues. Standing Rule 5 Dues: All membership dues to be submitted by June 1st for the coming year. Returning members will pay \$55. For new members, the \$60 dues will be prorated based on month joined (Revised membership form will show proration).

You can pay your dues either through Zelle or by Check. We no longer accept PayPal due to the fees being charged.

Zelle: (661) 803-2930 - Jerri Stoyanoff

By check: Jerri Stoyanoff

SoCal NARBW - Treasurer

Jerri Stoyanoff

SoCal NARBW - Treasurer

28137 Ashbrook Lane

Valencia, CA 91354