



American Society of Women Accountants

THE VOUCHER

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AMERICAN SOCIETY OF WOMEN ACCOUNTANTS, KANSAS CITY, MISSOURI CHAPTER #30

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March 2010

March Meeting

Exercises in Your Office

Spring is nearly here! March 20th is the first day of Spring. Is your body ready for outdoor activities? If you replied no, then the March 16th ASWA meeting is for YOU!!

We will be joined that evening by Mr. Brian Haines from the Independence Family YMCA. He will be sharing with the group exercise techniques to prepare us for the spring activities. You need to bring only yourself as he will be showing us ways to use our office surroundings to do exercises.

Mr. Haines provided the following data for each of us to consider: "Exercise is critical for employees with sedentary jobs. 8 out of 10 people will experience some form of back pain at some point in their life. While there are many contributing factors, poor posture during activities of daily living and weak muscles in the lower back and abdominals are very common. Regular exercise can reduce the risk of back injuries and can also improve work performance. Exercise can contribute to improved work performance and job satisfaction while reducing absenteeism. With all of the snow in the central plains this winter, regular exercise will prepare you for shoveling your driveway. By the way, did you know a 135 pound, 5'5", 35 year old female will burn approximately 288 calories per hour shoveling snow by hand?"

Mr. Haines brings over ten years of experience to our meeting. His background includes time working in the for-profit and medical wellness areas as well as six years with the YMCA. He is serving the Greater Kansas City YMCA in two main functions, that of the Executive Director of the Independence YMCA and as the Health & Wellness team leader for the Greater Kansas City YMCA. Mr. Haines is a faculty level instructor for the YMCA of the USA and a certified instructor for the American Council on Exercise Personal Training Exam

preparation course. He is a certified strength and conditioning specialist (National Strength and Conditioning Association) and a certified personal trainer (American Council on Exercise). Mr. Haines is the recipient of two degrees (B.S.-Health Promotion and Wellness and M.S.-Exercise Science) from Fort Hays State University (KS).

While the Officers and Board cannot guarantee your fitness after this meeting, the ideas and suggestions from Mr. Haines will certainly get you started on the path to a "fitter" spring! Ask guests to join us for this informative evening. We begin our gathering at 5:30 pm for the social time. Dinner will begin at 6 pm. Contact me with any questions.

See you March 16th!

Aneita Remus, Program Committee Chairman

When: Tuesday, March 16, 2010

5:30 PM	Social
6:00 PM	Dinner
6:45 PM	Speaker

Cost: Members	\$30.00
Non members	\$33.00
First time guests	\$15.00

Where: Marriott Country Club Plaza
4445 Main Street (Main & 45th Street)
Kansas City, MO 64112

Menu: Chicken Paillard with Herb Polenta with tomatoes, Capers and Mushrooms, Tossed Garden Salad, Chef's Selection of Dessert

Special dietary requests should be made with reservation.

Reservations:
For reservations, please contact Jessica Galati at (816) 508-4103 or by e-mail, jessica.galati@hotmail.com
Reservations are due by **noon Friday, March 12th**.

Note: All standing reservations have been cancelled. In addition, any cancelled reservations must also be received by Friday, March 12th. Any cancellations received after this time will be billed for the meeting.

Officer's Message

While contemplating what to write for the Officer's Message, I began to reflect on the many roles I have had with the Kansas City Chapter of ASWA: guest, member, board member, committee member, committee chair.

Moving to Kansas City and looking for a group to help me grow both professionally and personally, I first checked out ASWA as a guest. After attending a few meetings and getting to know some of the members, I joined the Kansas City Chapter back in 2003. Later, I began serving on the board and various committees over the years. It seems a little strange to be taking a break and not be part of the 2010-2011 chapter board. But I know our chapter is in great hands. The proposed slate of officers is a terrific group of women that will surely lead our chapter to another successful year.

Yet, I still wanted to contribute to the chapter...and so, I will continue as editor of The Voucher, chapter website, and our new LinkedIn group. And this is where the personal pitch begins.....these are meant for you, our members. Have news to share with other members (promotions, new job, births, etc.)? Would like to see different information on the website? Tips for making the LinkedIn group a more useful tool for our members? Please let me know of any suggestions or feedback that you may have.

I am so thankful for all that I have learned and the many great women that I have had the opportunity to work with over the years. Our chapter is made up of some utterly amazing women!

Jessica Galati
Director

Monthly Question

A new tradition began last year by our President, Rachel Speth. By asking an "icebreaker" question at the beginning of each meeting, we learned a little more about our fellow ASWA members. We plan on continuing this fun activity, but are now giving you an opportunity to prepare your answers. So, do your homework and come prepared to share a bit about yourself at the next meeting! But do not stress too much, this is meant to be a fun, quick way to learn about others.....no essays required.

What would you like to do most with a free hour?

2009-2010 Kansas City Chapter Officers and Directors

The following members have been elected to the 2009-

2010 Board of Directors:

President:	Rachel Speth
President Elect:	Tammy Lawson
Vice President:	Pamela Fraley
Secretary:	Bridget Sturr
Treasurer:	Megan Sumners
Director:	Krista Johnson
Director:	Aneita Remus
Director:	Jessica Galati

2009-2010 Kansas City Chapter Committee Chairs

Bulletin:	Jessica Galati
Budget:	Megan Sumners
Chapter Dev:	Rachel Speth
Member Handbook:	Pamela Fraley
Membership:	Tammy Lawson Krista Johnson
Program:	Aneita Remus Bridget Sturr
Meeting Logistics:	Carla Neely
Reservations:	Megan Sumners
Scholarship:	Mary Roach
Web Site:	Jessica Galati Lana Scroggins

Nominating Committee Report

The following members of the Kansas City Chapter of ASWA will be presented as Officers and Directors for the year of 2010-2011.

President:	Tammy Lawson
Vice President:	Megan Sumners
Secretary:	Bridget Sturr
Treasurer:	Tamara Schantell
Director:	Teresa Kazemi
Ex-Officio:	Rachel Speth

We will vote on this proposed slate at the March 16th meeting.

Respectively submitted by the 2009-2010 Nominating Committee.

Rachel Speth
Aneita Remus
Megan Sumners

April Social

Help us celebrate spring with our Spa Social! This year's social is all about you... spend time with friends, enjoy some great food, share secrets on how you relax, and find new ways to pamper yourself. In these busy times when we take care of so many, sometimes we need to be reminded to take care of ourselves. Please mark your calendars and join us on Tuesday, April 20th for a night to celebrate you!

Scholarship Board Meeting

The board will be voting on the Scholarship awards at a Scholarship Board meeting following the March 16th dinner meeting. All members are welcome to attend.

Join ASWA's LinkedIn Group Today

We encourage you to join ASWA's "LinkedIn Group." LinkedIn is an online network of more than 25 million experienced professionals from around the world.

LinkedIn provides ASWA members:

- The ability to quickly find fellow ASWA contacts nationally for networking and professional information
- An ASWA group discussion forum to ask questions, make recommendations and more!
- The power to connect with industry experts
- Exponential opportunity to increase local, regional and national membership
- The ability to know more than a name – view rich professional profiles from fellow ASWA Group members
- A platform to accelerate careers/business through referrals from ASWA Group members

To join ASWA's LinkedIn Group, all you need to do is click on the [Invitation](#) and build your profile. ASWA's National Membership Committee has assembled a simple to follow set of [ASWA LinkedIn Group Instructions](#) to guide you through the process. If you have questions or need assistance, please contact ASWA Headquarters at aswa@aswa.org.

We look forward to networking with you on ASWA's LinkedIn Group!

And now available....the ASWA Kansas City Chapter Group!

Membership Stimulus Plan

The ASWA Membership Committee invites your chapter to stimulate your passion for ASWA with this year's membership campaign. This year's goal is to recruit 800 new members and to achieve at least 90% retention for each chapter. There are two ways to win free registrations to the 2010 Joint National Conference (JNC) in Nashville, TN, September 27-29, 2010!

- **Recruit, recruit, recruit!** – Members recruited from July 1, 2009 through May 31, 2010 will count towards the campaign so if you haven't already started recruiting new members this year, you should get going!
- **Retain your members!** – Chapters that retain at least 90% of their membership count from June 30, 2009 will

win a free registration for any chapter member to attend the 2010 JNC.

The Compass

ASWA members can access articles of interest in the "Four Points" categories of Accounting & Auditing, Controllership, Leadership and Tax. Click on any of the Four Points each month for a new and noteworthy article, case study or research paper in each of these categories.

February Recap

Our session leader for the February meeting was Kathleen Ames-Oliver, Manager of Learning and Development at the University of Kansas. She led us through the topic of "Communicating Across the Generations" by sharing both important information and current examples.

Ms. Ames-Oliver began the discussion by defining the four generations found within the workforce. The generations include: Traditionalists, Baby Boomers, Generation X, and Generation Y. She explained how the events and experiences that occur during our formative years play a major part in defining who we become and our views of the world. It was interesting to see how the generations differed in the generational descriptors she provided to us. Differing in everything from their definition of success, to how they see the future, ideas on managing money, what constitutes family, etc.

Ms. Ames-Oliver then discussed each generation concerning their assets vs. liabilities in the workplace, feedback style, and what motivates them. From the information and discussion, it was easy to see how misunderstandings can occur, and as a result, we were reminded how important it is to recognize that each generation has both strengths and weaknesses. By taking the time to determine and understand how others think, improvements can be made within the workplace.

We ended the 2 hour session with an open discussion on some areas where conflict may arise between the generations. Some examples of areas discussed included: loyalty, dress codes, and communication styles.

Anniversaries

The following are celebrating their anniversary this month with ASWA Kansas City Chapter:

Marie LaFever
Mary Jo McCann

Reservation Reminder

Reservations for the monthly meetings are due to Jessica Galati by noon on the Friday prior to each

meeting date. Those who have made a reservation at any time and are unable to attend will be billed for the meeting cost. The Chapter Officers and Board of Director members appreciate your understanding and cooperation in this matter.

Happy Anniversary

The Kansas City Chapter will be celebrating its 60th Anniversary in January 2011. Please start gathering stories, photos, videos, etc. and share them with a board member. Please also share any ideas you may have on how we may celebrate this anniversary in style!

ASWA News

National Website

ASWA is proud to announce the launch of our new website at www.aswa.org. We encourage you to visit our redesigned site as soon as possible to utilize our online resources.

Member News

If you have any program ideas for the 2009-2010 meetings please contact Aneita Remus at aneita_remus@hotmail.com.

Contact Information

Remember to update your contact information when it changes on the ASWA web page www.aswa.org.

Footnotes from the Board

Web Site: Check our chapter's web page at www.aswa-kc.com. **All Voucher information is there. Any comments or suggestions would be greatly appreciated.**

Suggestions or News for the Bulletin?

Do you have news to share with the chapter? Weddings, births, promotions, new job, won the lottery? Professional news? Suggestions? If so, please send your information to Jessica Galati at (816) 508-4103 or by e-mail – jessica.galati@hotmail.com

The next voucher deadline is April 2, 2010.



American Society of Women Accountants

Upcoming Events:

Kansas City Chapter ASWA Monthly Meetings:

April 20, 2010	Chapter Social
May 18, 2010	Non-Profit Auditing During these Economic Times – Marie Lafever & Tondee' Lutterman
June 15, 2010	New Accounting Grads: What to Expect in Year One – Alee Phillips

ASWA Conferences:

May 6-7, 2010	Southwest Regional Conference	Santa Barbara, California
May 14-15, 2010	Southeast Regional Conference	Fort Walton Beach, Florida
May 21-22, 2010	North Central Regional Conference	Milwaukee, Wisconsin
June 18-19, 2010	Northwest Regional Conference	Portland, Oregon
June 25, 2010	South Central Regional Conference	Wichita, Kansas
August 19-21, 2010	Northeast Regional Conference	Cuyahoga Falls, Ohio
September 27-29, 2010	Joint National Conference	Nashville, Tennessee
