



American Society of Women Accountants

THE VOUCHER

PRESIDENT: Rachel Speth
(913) 928-7038
Email: rachel.speth@kiewit.com

EDITOR: Jessica Galati
(816) 508-4103
Email: jessica.galati@hotmail.com

MEMBERSHIP: Tammy Lawson
Email: tlawson@hntb.com

www.aswa-kc.com (Kansas City Chapter)
www.aswa.org (National Organization)

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

Volume 59, Number 9

April 2010

April Social

Spa Night!

During these busy times, do you:

- Need to remember to take time to relax?*
- Want a night to hang out with the girls?*
- Need to refresh and regroup?*

If you answered yes to even one of those questions, then Tuesday, April 20th is the night for you! Come spend time with friends, enjoy some great food, learn secrets on how to relax, and find new ways to pamper yourself.

Joining us for our Spa Social are the following vendors: BeautiControl, Dove Chocolate Discoveries, Gulledge Chiropractic & Acupuncture, Isagenix, PartyLite, and Tastefully Simple. All vendors will have tables set up, so if you ever had a question or would like to check out their newest products...now is your chance! Terri Blanscet, Massage Therapist and Healing Hands Massage will also be providing a relaxing chair massage for attendees.

After ample time to eat, socialize, and get that chair massage... we will have two short presentations beginning around 7:00 pm:

Gulledge Chiropractor & Acupuncture will discuss breathing techniques and meditation

Isagenix will discuss the benefits of a detox

We also have some great "spa-themed" raffle prizes with all proceeds benefiting the ASWA – Kansas City Chapter Scholarship Fund. (See the article in this month's Voucher for this year's scholarship winners.)

Don't hesitate. Mark your calendar now for that all important "me-time" appointment and plan on joining us for a fun-filled event!

See you April 20th!

When: Tuesday, April 20, 2010 – 6:00 PM

Cost: \$25.00

Where: 360 Architecture Inc.
300 W 22nd Street
Kansas City, MO 64108
(see attachment for directions)

Menu: Generous Appetizers and Drinks

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, April 16th**.

Officer's Message

Can you see the light at the end of the tunnel? For those of you in the heart of tax season you know what I am talking about. Even those not in tax season, the ever changing business environment places tremendous demands from the accounting and finance functions. Risk based assessments of projects, management of company cash flow, developing company governance structure, maintaining fit budgets are all necessary in this economic environment. Those crunching through tax returns not only have to follow the complexities of the current code, but stay abreast on new legislation. Can anyone say Healthcare!

It is easy see how many of us find ourselves chained to our laptops, blackberries, and other mobile electronics that keep us linked to the office. But it is time to cut the ties from the office, even if just for a few hours. Rachel Speth and the rest of the Board have put together a great event this month, and we would like all of you to take advantage of this opportunity. Please join us and bring your friends (whom you may not have seen since January) for an evening of food, fellowship, and pampering. I hope to see you all there!

Megan Sumners
Treasurer

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

Respectively submitted by the 2009-2010 Nominating Committee.

Rachel Speth
Aneita Remus
Megan Sumners

New Members

Please join the Kansas City Chapter Board in welcoming our two new members:

Rebecca Katz
Melissa Moody

Scholarship Board Meeting

The Kansas City Chapter #30 of the American Society of Women Accountants will be awarding three scholarships for the 2010-2011 school year. Each year, applications are sent to area universities and colleges. This year they were sent to eighteen area schools. The Kansas City Chapter received twenty applications. The outside judges this year were: Jodi Atkinson, Kiewit Power Engineers Co.; Amy Pino, Jefferson Wells; and Frankie Sumners, Retired Business Education Instructor. The judges had a hard time and there were three applicants that fell at the top of the rankings.

The Scholarship & Awards Board of Directors then met and reviewed the rankings, the applications, and the applicant's essay. All three were awarded a scholarship, along with a complimentary student membership to ASWA. The winners have been invited to the April Social and chapter's June 15th regular meeting. It is very rewarding to see such three diverse individuals as winners this year – one studying abroad, one interested in the not-for-profit world, and one being a college education advocate.

The winners are as follows:

Lindsey Stiles, Kansas State University. Lindsey also is the Kansas City Chapter's applicant for the Foundation Undergraduate National Scholarship. She is a well-rounded candidate as she maintains her GPA while being involved in extracurricular activities – both at her university and in the community. Lindsey is currently studying in the Czech Republic gaining a global perspective. Her ultimate goal is to obtain her Masters in Accounting, become a CPA and work in the audit practice for one of the big four public accounting firms.

Joy McBride, University of Missouri in Kansas City. After spending twelve years in the not-for-profit world, Joy is working toward her Master's in Accounting. After receiving her undergraduate degree in Human Resources, she spent two years in Switzerland. While there, she led retreats for international students. She maintains a 4.0 GPA and has been involved in many extracurricular activities. Joy has been a tax preparer for VITA, a volunteer tutor for beginning accounting students, and a volunteer at her church. Joy plans to work as an auditor or controller for a not-for-profit organization.

Melissa Kehoe, University of Missouri in Kansas City. Melissa is an accounting major and should complete her undergraduate degree in December 2010. Her many roles include: full-time student, mom, vice-president of Beta Alpha Psi, and instructor assistant. She feels her main goal is to be a leader for her three daughters and show them the importance of a college education. Melissa plans to pursue either being a partner or a professor, while continuing to volunteer her time helping others.

South Central Regional Conference

Do not miss your opportunity to attend this year's South Central Regional Conference in Wichita, Kansas. The conference will be held June 24-25, 2010 at the Hyatt Regency Wichita. This is a great way to network with ASWA members and earn CPE. An early bird discount is available to those registering before April 30, 2010. More details can be found at www.wichitaaswa.org.

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.

Corporate Membership Program

The ASWA Corporate Membership Program was developed to encourage companies to take advantage of the benefits of ASWA membership for their employees by offering discounts and bonuses for multiple memberships. The program has three levels of participation (based upon number of members enrolled) with excellent bonuses for the top two levels. Individuals who become members under this plan will receive all the benefits of ASWA membership at a special discounted dues rate, and the company will be eligible to choose from several corporate bonuses. All members must be employed by the same affiliated group, but may work at different company locations. ASWA requests one group payment and a contact for communication throughout the year and for annual renewal notification. Please see the ASWA National website for a [brochure](#) featuring the details of this new program.

March Recap

Brian Haines, a Certified Strength and Conditioning Specialist with the YMCA of Greater Kansas City, spoke at the March meeting on "Fitting Exercise into Your Workday", concentrating on cardio, resistance training and stretching. This is an important concept as most people are short of time and don't get enough exercise to maintain or improve their physical fitness. He also answered the question "what is the best type of exercise?"

Cardio training can be done in ten minute increments with a goal of 20 to 60 minutes per day in your target heartbeat range. Your target range is calculated by multiplying your maximum heart rate (220 less your age) by 55% to 95%. Strive for cardio exercise 3 to 5 days a week. Walking and climbing stairs are two cardio activities that can easily be done at work. (All guidelines in this article are minimal guidelines.)

Strength training should be done two days a week working each of the ten major muscle groups: quads, hamstrings, glutes, calves, hips, chest, back, shoulders, biceps and triceps. One set equals 8 to 12 repetitions.

Work each muscle group to the point of fatigue. You can do modified squats into your chair or bicep/tricep curls using a resistance band.

Flexibility is the one component of exercise most people ignore; however it is one that should be done a minimum of 2 to 3 days a week for at least 10 minutes. Again, this can be broken down into short time segments. Sitting at a desk all day tightens your hamstrings, hip flexors, chest, neck flexors, anterior deltoids and abdominals. Each stretch should be held for 20 to 30 seconds.

Core work is currently a big topic. Mr. Haines suggests strengthening your deep abdominal muscles every time you receive an e-mail or answer the phone. Pull your belly button in (act like you are trying to touch your spine), sit up tall, pull your shoulder blades together, ears above your shoulders and ankles below your knees. While you are tightening your abs, take a minute to view www.acefitness.org or www.healthyfamilyhome.org

So, what is the best type of exercise? It's the one you enjoy doing!

Here's to your good health!

Pam Fraley
Vice-President

Anniversaries

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

Pam Fraley

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 May 4, 2010.



American Society of Women Accountants

Upcoming Events:

Kansas City Chapter ASWA Monthly Meetings:

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
