

The Spokeswoman

AMERICAN SOCIETY OF WOMEN ACCOUNTANTS

Ames Chapter No. 158

November 2000



November Meeting Notice
Wednesday, November 15, 2000
Chef's Inn
6400 West Lincolnway
Ames, IA

Social/Meeting: 5:30 Program: 6:00 Dinner: 7:00

Dinner Reservations by Tuesday noon, November 14

Kate Mulder
(515) 382-6596

Email: cmulder@nev.hfmgt.com

Guest Speaker: *Barb Ettelson*
Topic: "*Anger Analysis*"

Barbara Ettelson has provided training and organization development consultation for over 20 years to private, public and not for profit organizations including: Wells Fargo; Pioneer Hi-Bred; Amoco Oil; U.S. Chamber of Commerce; State of Iowa Departments of Human Services, Natural Resources, Personnel, and Human Rights. Barb has her B.S. Degree from the University of Wisconsin, Madison and her M.A. From the University of Iowa in Iowa City. She has served on the Board of Directors for Blue Cross and Blue Shield of Iowa, The Young Women's Resource Center, Planned Parenthood of Greater Iowa, The Women's Economic Development Group and the Leadership Iowa Program. Barb has been a loaned executive to the Central Iowa United Way Campaign and is a graduate of the Leadership Iowa Program sponsored by the Iowa Association of Business and Industry. Barb is owner of OUTCOMES UNLIMITED, a management training and consulting firm located in Des Moines, Iowa and co-author of a recently published book on Effective Project Management.

Note: In preparation for this month's speaker, please complete the questionnaire at the end of this month's bulletin.



President's Message

October we joined the Des Moines Chapter at the Ankeny Airport to hear Miriam Dunlap, co-owner of the Atherton House in Adel. It was great to see our colleagues from Des Moines. And I was very surprised at what a nice facility the Ankeny Airport had. It was fun to try something new.

The presentation on the Atherton House was perfectly timed, as we start thinking about the holidays. The store in Adel sells "gifts with a story." And she told about the people that made a number of the items they sell. We all seemed to enjoy the light discussion and interesting stories.

This month promises to be another informative meeting. Barb Ettelson will be speaking on Anger Analysis. It sounds like some fun things are planned. Some of our members will be returning from the annual meeting and we hopefully will be able to hear all about it.

I hope to see you there.

Brenda

American Society of Women Accountants

Ames Chapter #158

Board Meeting

October 17, 2000

Call to Order: The October 2000 Board meeting of the Ames Chapter #158 was called to order by President Brenda O'Neill-Smith at the airport in Ankeny on Tuesday, October 17, at 6:00 p.m. Those in attendance were Kate Mulder, Margaret Munson, Brenda O'Neill-Smith, Cindy Sippel, and Penny Strum. A quorum was present.

New Business:

A motion was made by Kate Mulder, seconded by Cindy Sippel, that all business be suspended except consideration of an application for membership. Motion carried.

Penny Strum moved that Jennifer Ketchum's application for membership be accepted subject to approval by National. Cindy Sippel seconded. Motion carried.

Adjournment: Motion made by Cindy Sippel and seconded by Brenda O'Neill-Smith that the meeting be adjourned. Motion carried. The meeting was adjourned at 6:03 p.m.

Respectfully submitted,

Margaret Munson
Secretary

American Society of Women Accountants

Ames Chapter #158

Membership Meeting

October 17, 2000

Because of the joint meeting with the Des Moines Chapter, no membership meeting was held.

Thank You

Dear ASWA family,

Thank you for contributing to a memorial for my dad. Mom and her minister have chosen to buy youth hymnals. Dad would like that. Your caring support is especially meaningful to me and my family. We continue to celebrate dad's long life and his devotion to his family. We have great memories of his time with us.
Love Beverly.

Changes!

Congratulations to **Theresa Samson** on her new job! Theresa has accepted a position as a Financial Accountant I with The Principal Financial Group in Des Moines. She began her new career on October 23, 2000.



Baltimore ~~National Conference~~ Conference Report

The 60th Annual Conference of ASWA was held in Baltimore on Nov. 2-4. Attending from the Ames chapter were Karen Jacobson, Kate Mulder, Kathy Strum, Beverly Wandling and Cindy Sippel. There was the opportunity for 24 hours of CPE credit and lots of good bonding with other ASWA members across the nation. No major items were discussed at the annual meeting but it was an interesting experience to watch. The Ames chapter was awarded with a certificate for having 93% retention! **Congratulations to us!** Baltimore was a great city. We all participated in the fun night, which was a murder mystery cruise, and we took advantage of the seafood available on the coast. We even came up with a short quiz to give you at the November meeting. There will be a prize awarded to the winner! We'll see how well you know the members who attended the conference. Next year's conference is in Scottsdale, Arizona. Make plans to attend, it is a great experience!

Reminder from the Bulletin Chair!

Please let me know of any items of interest about our members, new jobs, etc. I would like to include them in the bulletin. Also, let me know if any updates needed for our membership list. I will publish an updated list in the each bulletin.

**THANK YOU,
Cindy Sippel, Bulletin Chair**

Membership List of Ames Chapter

<u>Name</u>	<u>Address</u>	<u>Home Phone</u>	<u>Work Phone</u>	<u>E-mail</u>
Campbell, Nancy	3630 Fletcher Ames, IA	232-1173	239-6456	Ncampbell@sauer.com Campbell@ames.net
Doran, Mike			294-9448	Bdoran@iastate.edu
Duffy, Jan	2935 Eisenhower Ames, IA	232-2213	294-1481	Jduffy@iastate.edu Jduffyisu@aol.com
Gibson, Elisa				Egibson@midwestins.com
Jacobson, Karen	107 Lafayette Ave. Story City, IA 50248	733-2660	733-4325	Bethany@storycity.net Kejacob@ames.net
Ketchum, Jennifer				
Kobernusz, Lisa	1409 Aldrich Avenue Boone, IA 50036	432-3999	432-8636	Henkel@opencominc.com
Landers, Marti	3310 N.E. Briarwood Dr. Ankeny, IA	965-8142		Mlanders244@earthlink.net
Martin, Sherri	404 I Avenue Nevada, IA 50201	382-3824		
Munson, Margaret	1314 Grand Ave. Ames, IA	232-9950	281-7716	Mmunson@max.state.ia.us Dmunson@ames.net
Mulder, Kate	4705 Dover Drive Ames, IA 50014	292-7693	382-6596	Cmulder@nev.hfmtg.com Kmulder@midiaowa.net
O'Neill-Smith, Brenda	1463 Y Ave. Ames, IA 50014	292-8718	292-0140	Oneall@isupress.edu Mooncat@pcpartner.net
Ravenscroft, Sue		268-0294	294-3574	Sueraven@iastate.edu
Samson, Theresa	206 Sandburg Crt Ames, IA 50014	292-1442	362-0615	Samson.theresa@principal.com
Sippel, Cindy	1232 20 th Street Ames, IA 50010	232-6939	248-8086	Sippel.Cynthia@principal.com Ricksippel@aol.com
Strum, Kathy	Hertz Associates, Ltd. Nevada, IA 50201	382-4853	382-6596	Kstrum@nevia.net
Strum, Penny				Pstrum@uwstory.org CheePree@aol.com
Wandling, Beverly	Wandling Engineering 923 2 nd Ames, IA 50010	292-8722	232-0158	Bwandling@wandling.com

ANGER ANALYSIS --

Identify a recent situation in which you felt angry or hostile, then:

a. Describe the situation

b. Identify the assumptions that you made about what the other person was or was not doing or saying in this situation

c. Describe how you assessed your power to affect the situation

d. Describe how you dealt with your angry feelings

e. What would you identify as the threat or unmet expectation that may have precipitated your anger?