

THE SPOKESWOMAN

AMERICAN SOCIETY OF WOMEN ACCOUNTANTS

Ames Chapter No. 158

March 2004

Web Site

http://www.bus.iastate.edu/jduffy/default_aswa_ames.htm

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March Meeting Notice

Wednesday, March 17, 2004

Hotel at Gateway Center
Conference 1
US Hwy 30 and Elwood Drive
Ames, IA

Speaker: Sue Rybolt, CPA

Topic: Basics of City Government Accounting

Networking: 5:30 (Lobby Bar)

Speaker: 6:00

Dinner/Meeting: 7:00

Dinner Reservations by Noon, Tuesday, March 16

Theresa Samson
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Presenter's Background

Sue has been the assistant finance director for the City of Ames since January 3, 1989. She is in charge of accounting and auditing and responsible for the preparation of the Comprehensive Annual Report (CAFR) each year. Prior to coming to Ames, Sue was the fiscal officer for the Southern Iowa Economic Development Agency in Ottumwa for 6 1/2 years. She has also worked as a staff member at various CPA firms in Iowa and South Dakota.

Sue attended the University of Wichita (now Wichita State University) in Wichita, Kansas, Louisiana State University and the University of Maryland, European Division. She was granted an AA degree by the University of Maryland based on hours earned at other universities. She sat for the CPA exam on her experience and was granted a CPA certificate and license in February 1984.

Sue is currently a member of the Iowa Society of CPA's, Association of Government Accountants, Governmental Finance Officers Association, and Iowa Herpetological Society. She serves as the treasurer of the IHS and has done so for the past three years. (Yes, herpetological means reptiles; snakes, lizards, frogs and turtles.)

Sue runs a personal CPA business using office space in her son's computer business in Ankeny. She specializes in income taxes and keeps all the financial records for her son's business.

Sue enjoys fishing, especially in Minnesota, and is an avid reader of mysteries and nonfiction. She belongs to several conservation organizations in the state. She is not eligible for membership in PETA as she wears fur everyday compliments of two Siamese cats and one old beagle.



President's Message

Attitude is everything! How many times have you heard that? We all know that it's true and yet it is so easy to let a bad attitude get in our way. Sometimes you just get up on the wrong side of the bed; other days, things might start out great but then something happens to change your attitude. What can you do when your attitude needs an adjustment?

Depending on when and where that bad attitude hits, here are a few ideas to try:

- Exercise – get up and move around; take a walk; pop in an exercise tape and get moving. I am a recent convert but exercise has made a big difference in my life both mentally and physically.
- Take a mental break – take some deep breaths, try some relaxation techniques, focus on something else for a little while. Sometimes just changing what you are doing will help improve your attitude.
- Talk to a friend – sometimes you just need a shoulder to cry on or someone to help you laugh. Friends and family can be a good source to help us change our attitude. You just might be the person who can help change their attitude, too!

- Chocolate – I couldn't resist this one. Food isn't a cure-all but a special treat can be a nice pick-me-up. Maybe some freshly baked chocolate chip cookies bring back pleasant memories. I love the packages of ready-made cookie dough that allow me to make just a couple of cookies at a time. Or, maybe choosing something healthy is just the thing you need to remind you of the good choices that you can make in your life.
- Just do it! We can't always change our circumstances but we can change our attitude about them. It isn't always easy but you can will yourself into changing your attitude.

Let ASWA help you make an attitude adjustment. Come to the March meeting and enjoy good food, good friends and a good program. Hope to see you there!

Cindy

March's Meeting Agenda

1. Call to Order
2. Quorum
3. Approval of February minutes
4. Treasurer's Report
5. Committee reports:
 - A. Membership
 - 1) National 2003-2004 Member Renewal & Recruitment Campaign
 - B. Program
 - C. Scholarship
 - 1) Chapter scholarship
 - D. Bulletin
 - E. Nominating Committee for 2004-2005
6. Area Director report (optional)
7. Old business
8. New business
9. Next meeting: April 21, 2004
10. Announcements
 - A. Networking lunch – [Thursday, April 6 at 11:45 at Wallaby's](#)
11. Adjournment

Membership Meeting Minutes **February 18, 2004**

Call to Order: The February 2004 membership meeting of the Ames Chapter #158 was called to order by President Cindy Sippel at the Gateway Center in Ames on Wednesday, February 18th at 7:14 p.m. Members in attendance were Karen Jacobson, Theresa Samson, Cindy Sippel, Kate Mulder, Elisa Gibson, Kathy Strum, Margaret Munson, Janet Mortvedt, Soma Mitra, Pat Jenkins, Beverly Wandling, Anne Kurtenbach and Kara Mikesell. Sue Rybolt and Mary Mosiman attended as guests. A quorum of members was present.

Minutes: Motion made by Beverly Wandling and seconded by Margaret Munson that the January 2004 minutes be approved as printed in the Bulletin. Motion carried.

Treasurer's Report: The Treasurer's report was handed out. Treasurer Beverly Wandling noted that we have almost \$1400 in the Scholarship Fund and that all scholarships have been paid out for the year. She congratulated the chapter for their contributions allowing us to give \$2000 in scholarships for the past several years, without outside fundraising projects. After discussion the report was placed on file for review.

Committee Reports:

Membership: Cindy Sippel reported that she had received applications for regular membership from Sue Rybolt (Assistant Finance Director for the City of Ames) and Mary Mosiman (Story County Auditor). This will be forwarded to National for approval, as local chapter approval is no longer needed. She discussed the member challenge from National for the 2003-2004 Member Renewal & Recruitment Campaign.

Program: Theresa Sampson noted that the March program will be on the Basics of Government Accounting by our newest member Sue Rybolt. Theresa also noted that we are outgrowing the rooms available to us at the Gateway Center and that the \$9 menu will no longer exist after March 1, 2004. Suggestions for future meeting locations included Buford's at Starlight Village, with no room charge but opportunities for networking. Theresa will investigate and make the necessary decision. Watch the Bulletin for the next meeting location.

Scholarship: Kathy Strum noted that the applications for this year are out and on the website. The deadline is April 15.

Bulletin: Items should be sent to Dawn Tank.

Nominating Committee: The nominating committee was appointed and is composed of Margaret Munson (Immediate Past President), Theresa Samson and Kara Mikesell. Vice President Karen Jacobson has agreed to move up to President and Beverly Wandling has agreed to serve again as Treasurer. Anyone wishing to serve as Vice President (and moving up to President next year) or Secretary, as well as Program, Bulletin, or Membership should contact the Nominating Committee. Job-sharing has worked well for several of the positions.

Regional Director Report: Kate Mulder reported that our region has a new director, Dawn Abdon from Marion, IN. National is looking for a third regional director for our region. There are several regional conferences this spring (including Omaha, NE May 20-22, 2004) and the National Conference in Chicago in November. National has a conference manual available now for anyone wishing to host a regional meeting.

Old Business:

None

New Business:

Members were appointed to the Ames Chapter Woman of the Year Committee. Vice President Karen Jacobson will chair the Committee, with Kate Mulder and Cindy Sippel assisting. Nominations should be sent to Karen Jacobson by May 1, 2004. They should not exceed one page.

President Cindy Sippel presented Immediate Past President Margaret Munson with her President's Pin and thanked her for her service this past year.

Announcements:

Networking Luncheon: Friday, March 5th, at 11:45 at Panera's. Please RSVP to avoid the problem at the last networking luncheon.

Membership List: Theresa asked that a list of members' names, addresses and phone numbers be made available to the members only.

Next Meeting: March 17, 2004 with the location to be announced

Adjournment: Motion made by Kate Mulder and seconded by Theresa Samson that the meeting be adjourned. Motion carried. The meeting was adjourned at 7:55 p.m.

Respectfully submitted,

Karen E. Jacobson
Acting Secretary

Rules to Live By

Contributor: Kate Mulder
Source: another bulletin

1. Do not worry, for worry is the most unproductive of all human activities
2. Do not be fearful, for most of the things we fear never come to pass.
3. Do not cross bridges before you get to them, for no one yet has succeeded in accomplishing this.
4. Do face each problem as it comes. You can handle only one at a time anyway.
5. Do not take problems to bed with you for they make very poor bedfellows.
6. Do not borrow other people's problems. They can take better care of them than you can.
7. Do not try to relive yesterday for good or ill - it is gone. Concentrate on what is happening in your life today.
8. Do count your blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.

9. Do be a good listener, for only when you listen do you hear ideas different from your own. It's very hard to learn something new when you're talking.
10. Do not become bogged down by frustration, for 90% of it is rooted in self-pity and it will only interfere with positive action

ASWA Members

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