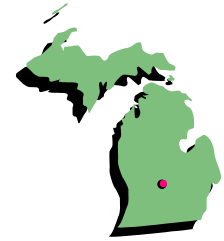


# The Leader



OHIO-MICHIGAN REGION



Volume I

September, 2009

### Points of Interest:

- Check out what is going on with regional chapters!
- Find out how to sign up for the Government Finance Case Challenge
- Learn about the AGA Performance Management Conference in Seattle

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### Message from the RVP

My name is Jason Denmede from the Cleveland chapter, and I am very excited to be serving as your Regional Vice President this year! I want to thank all the chapter representatives along with regional coordinators for joining in on our first RVP call to assemble our quarterly report to AGA National and the National Executive Council. Lori initiated the call last year and we feel the conference call is a catalyst to get the chapters talking while sharing ideas and information. The feedback has been positive so we will continue the quarterly conference calls to prepare the reports. I want to take a moment to introduce our RVP team for the year. Our regional team consists of:



Jason Denmede  
Ohio-Michigan RVP

#### RVP team

- \*Lori Mikesell, Greater Columbus Chapter, Immediate Past RVP.
- \*Cindy Osga, Greater Lansing Chapter, RVP-elect.
- \*Myself from the Cleveland chapter, RVP.

#### Regional Coordinators (RC)

- \*Chapter Development/Assistance is Heather Drake, Greater Columbus Chapter. We are filling a co-position for this as well. Cindy Osga, our RVP-Elect volunteered to assist until we do so.
- \*Membership/Early Careers are Stephanie Paschel, Cleveland Chapter and Lavaris Woods, Greater Columbus Chapter.
- \*Education is Donna Wolfe, Cleveland Chapter and we will fill a co-chair position effective July 1, 2010.
- \*CGFM is Ed Nierescher. Ed is out on medical leave for some time, so please keep him in your prayers. Cindy Johnson, Greater Lansing Chapter offered to assist during Ed's absence and thanks to her for doing so while serving in her chapter role as well. Ron Gedeon, Cleveland Chapter is the Co-RC.

#### Regional Communications

- \*Webmaster is Joanne Walsh, Cleveland Chapter. Our website is [www.agaohiomichigan.org](http://www.agaohiomichigan.org).
- \*Communication coordinators are Lyndsey Foell, Greater Columbus Chapter and Bethany Haupt, Cleveland Chapter.

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### Message from the RVP *(continued from page 1)*

Our chapters are:

- Greater Columbus
- Central Ohio
- Cleveland
- Cincinnati
- Dayton
- Greater Lansing
- West Michigan \*New chapter\* (Grand Rapids)
- Detroit

### **2009-2010 RVP goals and objectives**

- Building on the challenges set forth in the RCOW and incorporating observations of things we can change or improve upon
- Work with the AGA National office on possibility of establishing a retention scholarship to promote importance of, in addition to recruitment or additional funding opportunities for chapters
- Volunteers to be CCR producers/reviewers
- Enhance mentoring chapter program for each nurturing chapter
- Reach out to chapters for seed money or any help they can provide to the newly formed West Michigan Chapter
- Awards for RC's!
- Citizen Centric Reporting goals - establish task force to dramatically increase production path of CCR reports for Ohio-Michigan region. Goal this year, to produce at least one per state. At this time the committee consists of Brent Lang and Frankie Denmeade, Cleveland Chapter. I have reached out to additional folks soon to get on board.

### **Communication improvement goals**

- Utilize Linked In - **Soumaya from Detroit invited me to join**
- Share one best practice with all chapters on each RVP call with different topic
- Share corporate sponsorship letters - **in progress**
- Establish chain to improve communications - **completed**
- Calendar in newsletter and website
- What's new with oh-mi e-mail
- RC meeting minutes posted on the national website – **in progress**
- Send out org chart and pd's for the region - **completed**
- Contact info for region and RC staff - **completed**
- E-mail address lists - **completed**
- RC schedules/collaborate – **completed**

-Explore additional training goals  
GATS, Government Accounting Training Series  
Stephen Bland, see Ed N.

My chapter visits scheduled thus far are to the Central Ohio/Greater Columbus PDC on Oct 19<sup>th</sup> and Detroit on Nov 18<sup>th</sup>. I look forward to scheduling time to see the other chapters as well.

Finally I want to thank Lori Mikesell for her outstanding service as the previous regional vice president. She received the Platinum award for her service to the region which truly was earned and deserved. We owe Lori and all who serve our thanks for her year of service to us!

## Meet your new AGA chapter presidents for the Ohio-Michigan Region!

### Local Chapter Presidents



Central Ohio  
Caren Murdock  
<http://coaga.org>



Cleveland  
Leah Huth  
<http://agacleveland.org>



Greater Columbus  
Nancy Zymslinski  
[www.greatercolumbus](http://www.greatercolumbus.org)



West Michigan  
Stephen Blann

**Not pictured:** Dayton: Pete Campisi; Detroit: Mark Lockridge; Cincinnati: Martin O'Neill; Greater Lansing: Corey Sparks

### Cleveland News

Visit the chapter website at <http://agacleveland.org/>

Cleveland Chapter has had a very busy summer with various community service events and member picnic:

On June 27th, AGA Cleveland joined the Make-A-Wish Foundation at the Cleveland Metroparks Zoo for the 17th Annual Walk For Wishes. The Make-A-Wish Foundation was created in 1980, when an ailing boy named Chris expressed his desire to be a state trooper for a day. Members of his community worked together to help make his wish come true. Since then, the Make-A-Wish Foundation has granted nearly 175,000 wishes for children all over the world. These children with life-threatening illnesses have wished for things such as trips to Disney World, meeting famous athletes and once-in-a-lifetime opportunities, such as swimming with dolphins.



At last tally, this year's Walk For Wishes event raised \$123,600 - which will help to fund wishes for children in the greater Ohio, Kentucky and Indiana region. Participants in the walk received admission to the zoo and rainforest for the entire day. Music and laughter filled the air, as friends gathered to show their support for such a worthy cause. The day was full of exciting activities, such as face painting and performances by local dancers.

Representing AGA Cleveland at the event were Gunnery Sergeant Kenneth Kuss, Melissa Vega, Leah Huth, Sherlene Morihisa, Adrienne Stewart, Robin Vanco and Amy Wiles.

They recruited family, friends and co-workers to join them, forming a team of 23 wish walkers and 6 volunteers. Together, they raised \$1,255 for the Make-A-Wish Foundation of Greater Ohio, Kentucky and Indiana. If you would like to learn more about the Make-A-Wish Foundation, visit the following website: <http://www.makeawishohio.org/>

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*Cleveland Chapter News: Continued from page 2*

On Saturday, July 18, members of the AGA Cleveland chapter gathered at the NASA picnic grounds with their friends and family for one of the chapter's largest annual summer gatherings ever.

On this beautiful summer day, attendees enjoyed the outdoor activities, delicious food and good company. To wrap up the 2008-2009 program year, the picnic concluded with raffles for door prizes and the annual "passing of the gavel" from the chapter's outgoing president, Carolyn Marcinek, to the incoming president, Leah Huth.



On September 12, AGA Cleveland participated in the American Diabetes Association's Step Out: Walk to Fight Diabetes event in Hudson, Ohio. Participants in the walk/fundraiser included: Shirrell Brown\*, Jason Denmeade\*, Nicci DeWalt, Frederica Downing, Bethany Haupt\*, Leah Huth\*, Kenny Kuss\*, Elizabeth Ladiha\* and her son Bryan, Joe Miller\*, Cori Redden, Ashley Shipman\*, Adrienne\*, Brandon and Chase Stewart, Judy Stickland\*, Melissa Vega\*, Linda Weatherspoon, Eric West

Collecting a total of 115 donations, Team AGA raised \$2,503.85 for Diabetes research and awareness, and was listed as the top club/organization team for the event. Six of the team members were listed as top overall fundraisers. It was a gorgeous morning as walkers enjoyed a light breakfast provided by Panera Bread before heading on a two-mile walk around the beautiful Hudson Springs Park. Upon completion, lunch was provided by Luchita's and participants had the chance to win several prizes in a raffle drawing. Everyone involved in this event had a great time and found it to be a very rewarding experience!

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## Greater Lansing News

Visit the chapter website at <http://www.lansing-aga.org/>

The first of three Adopt-A-Highway cleanup days for 2009 was kicked off on April 23rd. There were 9 great volunteers that assisted with the clean up that day. The Greater Lansing AGA is responsible for a portion of the Old Lansing Highway from I-96 to Snow Road. If interested, please contact Jean Young at ([jean.young@plantemoran.com](mailto:jean.young@plantemoran.com)).

Sunday May 3rd the Greater Lansing chapter participated in the National Multiple Sclerosis Society annual walk at the Potter Park Zoo. There were 6 volunteers along with various family members that participated in the walk. It was a beautiful day and a great walk through the zoo. Donations were raised to help a worthy cause.

## Greater Columbus News

Visit the chapter website at <http://www.greatercolumbusaga.org/>

The Great Columbus Chapter partnered with the ASMC Buckeye Chapter to host their September luncheon at DFAS Columbus. Representatives from the Ohio Society of CPAs were on hand to discuss membership opportunities and benefits as well as their largest community service program, Accounting for Kids Day. Now in its ninth year, Accounting for Kids Day introduces elementary school students to important financial literacy concepts such as saving, budgeting and investing. Through a special partnership with Columbus Public Schools, the program will reach over 1,000 students in 50 classrooms this year. The event will be held on November 12th this year, and AGA members are encouraged to get involved. Emails will be sent out to the Greater Columbus Chapter in October with further details on how you can volunteer.

To learn more about The Ohio Society of CPAs and Accounting for Kids Day you can visit the Society's Web site at [www.ohioscpa.com](http://www.ohioscpa.com) or contact the Greater Columbus Community Service Director, Kortney Whiteman at [kortney.whiteman@dfas.mil](mailto:kortney.whiteman@dfas.mil).

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## Central Ohio News

Visit the chapter website at <http://coaga.org/>

The 25th annual Central Ohio AGA Professional Development Conference will be held October 19, 20, and 21, 2009 at the Athenaeum in Downtown Columbus. We hope you will join us this year for another excellent slate of speakers. More detailed information can be found on our website at [www.coaga.org](http://www.coaga.org).

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## Detroit News

Visit the chapter website at: <http://www.agacgfm.org/membership/localchapters/www.geocities.com/agadetroit>

March 24, 2004, the AGA Detroit Chapter, had its 50<sup>th</sup> Anniversary. It took a lot of dedicated and inspired individuals to get the Detroit Chapter where it is at today.

Our Chapter had a wonderful year. The Education Committee worked very hard to put together a very successful one-day development seminar. The Committee also brought an array of monthly speakers who informed and delighted us with their topics, from the Deputy of Wayne County Auditor General to the Deputy of the City of Detroit Auditor General. The Detroit Chapter provided a total of 14 CPE's in 2003-2004.

The Membership Committee has been working very hard on recruiting new members as well as convincing suspended members to renew. As of March 31, 2004, the Chapter had 104 members. The Public Services Committee should be applauded for an astonishing year. Through the generosity of the members, we donated toys to the "Toys for Tots", toiletries and non-perishable items to the Interim House, and mitten and hats for needy children.

## Government Finance Case Challenge 2009

The best undergraduate accounting/financial management/business students in the country are invited to compete in the third annual Government Finance Case Challenge, sponsored by the Association of Government Accountants (AGA).

Student teams will collaboratively analyze and offer a written response to a case centered on how a U.S. city government implements a performance management system. The registration deadline is Friday, Oct. 2, 2009. All members of the two highest-scoring teams will receive a scholarship to attend AGA's National Leadership Conference, set for February of 2010 in Washington, D.C. Teams will present their finalized solutions before a panel of federal/state/local government leaders, corporate partners and CFOs. The winning teams will be announced at the awards luncheon on the final day of the conference.

Cash prizes will be awarded to the winning team. Each student participant will receive a free one-year membership to AGA.

Students will compete with teams from various colleges around the country. The experience promises to challenge students' moral reasoning, raise their awareness of the importance of government accountability and open doors to a future career in government. Check out the AGA website to register for the challenge!

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## AGA Performance Management Conference in Seattle

Welcome! If you are a practitioner of performance reporting at your government entity, no conference does a better job of helping people like you than AGA's Performance Management Conference (PMC).

AGA's Fifth Annual PMC will take place on Nov. 5–6, 2009, at the W Hotel in Seattle, where leaders in performance reporting from all levels of government, the private sector and academia will share how-tos, lessons learned and cooperative initiatives among governments. Attendees have told us that the PMC is the place to be for those on the front lines of performance reporting, even if your government is just starting out. This event brings together government officials who are using performance reports to measure progress toward achieving their goals every year.

At a time when public demands for transparency, accountability and results have never been greater, performance reports communicate how tax dollars are spent. At the same time, results-based performance measures provide program managers with the information they need to improve public services. Some experts say more and more governments are turning to performance reporting during the economic downturn.

In addition to practical guidance—AGA will unveil its Toolkit for Preparing a Performance Report at the conference—the PMC offers many opportunities for networking and exchanging ideas with colleagues. Meet leaders in the field, as AGA will also recognize governments that have received gold, silver and bronze awards through the Certificate of Achievement in Service Efforts and Accomplishments Reporting Program.

Sleepless in Seattle? In addition to an outstanding technical education program, this event is packed with opportunities to network and connect with colleagues from around the country.

Take the lead in improving transparency for your government agency—register today.

## Fitness as a Lifestyle:

By: Jason Denmeade

I attended an offsite for my organization a couple weeks ago and one of the main themes was about health. Matthew Perry, the author of "Dream Weaver", spoke about nothing impacting organizational health like the health of the people who drive the organization. I am not a paid spokesperson for Matthew or his company Floyd Consulting, but I am a fan. Let's break down each main factor into some helpful tips to achieve better nutritional and physical health. These will also lead overall to stress reduction, improve blood pressure/good cholesterol (HDL) levels, and reduce bad cholesterol (LDL)/triglycerides levels. All these working simultaneously together will make you the best version of yourself.

### **Nutrition**

1. *Reduce your calories gradually.* If you are looking to lose fat, don't make huge caloric cuts. This will engage your body into starvation mode, thereby reducing your metabolism and making it more difficult to burn off the fat. You should reduce your caloric intake slowly, making reductions weekly or biweekly in order to prevent this metabolic slowdown.

2. *Eat more fat.* Getting enough of the good fats will help you lose fat, build muscle and recover faster from your workouts. Also, it has a myriad of health benefits including being good for your heart. Good fats include polyunsaturated (Omega 3's) from fish, nuts and monosaturated, from peanut butter, olive oil, egg yolks and fish oil.

3. *Cut carbs.* The bottom line is that reducing your carb intake typically will assist in losing fat. This is especially true for carb sources like sugar and starches. You should focus on non-processed carbs like natural oatmeal and vegetables.

4. *Increase your protein.* Increasing your protein will increase metabolism and help to maintain muscle mass. Specific food combos can help to burn calories by ramping up your metabolism. Eat foods rich in fiber as they take longer to digest and you will feel fuller longer.

5. *Eat 6 smaller meals per day vice 2 to 3 larger ones.* This will ensure you supply your body with the nutrients necessary to build muscle and burn fat. This will also boost your resting metabolic rate. It will prevent your body from kicking into starvation mode which happens when you go too long in between meals. If this happens, your body will start burning muscle for energy and increase your body fat stores. This will also slow down your resting metabolic rate.

### **Physical Fitness**

6. *Strength train with weights.* Training with weights does a number of things for your fat loss. Weight training itself burns calories and unlike aerobic exercise, weight training increases the calories you burn at rest for up to 39 hours after your workout. In addition, the more muscle your body has, the more calories you burn each day. Even if your goal is solely to lose body fat, you need to train with weights. This will help prevent any of the weight you lose from being muscle, which will slow your metabolic rate, stall your fat loss and turn you into a skinny, fat person.

7. *Inject high intensity interval training.* You can train in intervals by alternating a brief period of exercise with a brief period of rest. This makes the overall length of your workout much briefer in duration than your typical aerobic sessions. One example of interval training is jumping rope. This may require some practice, but after a brief warm up, jump as fast as you can for 20-30 seconds, followed by a slower rate for half a minute. This can be brutal but will get your heart rate up fast. Always warm up before starting your intervals and start lightly if you aren't in the best of shape. Here is a sample progression of intense interval training: alternate jogging with walking, running with jogging, sprints with walking and sprints uphill then walking down the hill.

8. *Stay off the scale.* The fact that you gain muscle and lose fat is one reason to stress for people not to follow the scale. Body composition (% of body fat) and how you look in the mirror are a lot more important than what the scale says. The scale lies. You could train hard, eat right, build five pounds of muscle, lose five pounds of fat and what will the scale say? That you still weight the same. This leads to frustration even though you are making good progress. You can use the scale as a guide, but how you look in the mirror, how you feel and how your clothes fit are far better indicators of your progress.



So the question is, what are you going to do, to become a better version of yourself?

**EXECUTIVE OFFICERS**

Regional Vice President, Jason Denmeade, Cleveland Chapter  
Regional Vice President Elect, Cindy Osga, Greater Lansing Chapter

**CHAPTER PRESIDENTS**

Central Ohio, Caren Murdock  
Cleveland, Leah Huth  
Cincinnati, Martin W. O'Neill  
Dayton, Pete Campisi  
Detroit, Mark Lockridge  
Greater Columbus, Nancy Zymslinski  
Greater Lansing, Corey Sparks  
West Michigan, Stephen Blann

**BOARD**

Regional Coordinator for Chapter Development/Assistance, Heather Drake, Greater Columbus Chapter  
Regional Coordinator for Chapter Development/Assistance, Cindy Osga, West Michigan Chapter  
Regional Coordinator for Membership, Stephanie Paschel, Cleveland Chapter  
Regional Coordinator for Early Careers, La'Varis Woods, Greater Columbus Chapter  
Regional Coordinator for Education, Donna Wolfe, Cleveland Chapter  
Regional Coordinator for CGFM, Ed Nierescher, Greater Lansing Chapter  
Regional Coordinator for CGFM, Ron Gideon, Cleveland Chapter  
Regional Communication Coordinator, Lyndsey Foell, Greater Columbus Chapter  
Regional Communication Coordinator, Bethany Haupt, Cleveland Chapter  
Regional Webmaster, Joanne Kmets Walsh, CGFM, Cleveland Chapter

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**Mark your calendars!**

**October 2:** Registration deadline for Government Case Challenge

**October 19, 20, 21:** Central Ohio Regional Professional Development Conference  
(see Central Ohio news on page 4 for more information)

**November 5– 6:** Performance Management Conference

**Audio Conference Schedule**

**Nov. 18:** Auditors' Role in Government Performance Measures

**Dec. 16:** Latest Trends in Occupational Fraud

**Check us out on the web! <http://www.agaohiomichigan.org/>**



*AGA's Fifth Annual*  
**PERFORMANCE  
MANAGEMENT CONFERENCE**

November 5–6, 2009 | W Hotel | Seattle, WA

