

The Leader



Volume IV

June, 2009

Points of Interest:

- Check out our new "Fitness as a Lifestyle" section by Jason Denmeade for tips and ideas for living a healthy life!
- Find out what's going on with the Ohio/Michigan chapters
- Discover the dates all National Parks will offer free admission

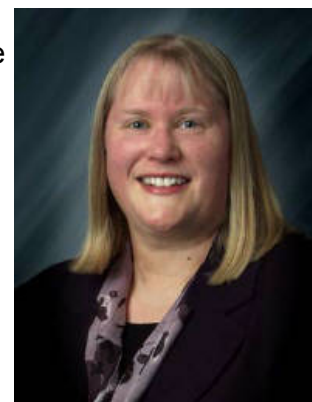
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Message from the RVP

When I was a young girl, my grandmother used to tell me how quickly time went by. As a young girl, I couldn't understand how time could go quickly. School days lasted forever and summers were even worse when I didn't get to see my friends each day. Surely my grandmother was confused and didn't really mean what she stated.

As an adult I have come to learn my grandmother was a wise woman and knew exactly what she was speaking of. This past year as your RVP has gone so quickly it doesn't seem like 12 months have passed. It seems just like yesterday that my term was beginning and I was planning the coming 12 months.



Lori Mikesell,
Ohio-Michigan Regional Vice
President

While the time has gone quickly, we have achieved several accomplishments this past year. We started with a strong planning session of the RVP team to develop a two year plan for the region. We participated in the Ohio versus Michigan food challenge with Michigan winning by a landslide. There were multiple local and regional PDC's held with CPEs awarded to all who attended. Tim Becker, Lansing Chapter President, identified and acted on the idea of establishing a new chapter in western Michigan and that is becoming a reality. The region had national award winners in Stephanie Paschal as "Recruiter of the Year" for all of AGA and Lyndsey Foell as the "Early Career Recruiter of the Year". Many of the chapters achieved recognition with the CRP and other notable achievements that will be announced at the National PDC in New Orleans.

I am pleased that as a region we have achieved such notable recognitions, not only for the sake of recognition, but for the reasons behind the recognition. These achievements highlight the dedication and commitment of our members and how we strive to improve the quality of governmental financial management. We are making our mark in financial management and leaving a legacy in our agencies and within our states. I hope everyone is as proud as I am.

I close with my most sincere thanks for your support during this past year. It has truly been an honor and privilege to serve as your RVP. Jason Denmeade will be your new RVP and I know he will continue and improve the foundation we collectively have built this past year. Again, thank you for a wonderful year and the memories that go along with it and I look forward to seeing each of you at the PDC in New Orleans.

Local Chapter Presidents



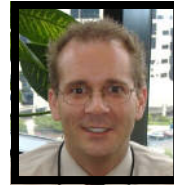
Central Ohio
Patricia Wooldridge
<http://coaga.org>



Cleveland
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Detroit
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Greater Columbus
Jim Gillenwater
www.greatercolumbus



Greater Lansing
Tim Becker
www.lansing-aga.org

Greater Columbus News

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

The Greater Columbus Chapter recently installed their new officers at their May luncheon. They are as follows:

Nancy Zmyslinski – Chapter President
Justin Sponseller – President-Elect
Aubrey Martin – Treasurer
Barb Bail – Secretary

The luncheon was held at the TAT Ristorante and was well attended. The Chapter was lucky to have Regional Vice President of the Ohio Michigan Region, Ms. Lori Mikesell, on hand to speak. Mikesell assisted in presenting awards to all committee directors for their hard work during the program year. Justin Sponseller and the Committee Directors briefly discussed their role in the chapter. The luncheon was a good opportunity to educate members on what the committees do and also to gather interest in getting members to become more active and get the most out of their membership in AGA. There will be not be a luncheon in June due to the AGA PDC. The next luncheon will be in July and will be the Membership Appreciation luncheon.

Central Ohio News

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

The Central Ohio Chapter would like to welcome the following new members who joined our Chapter in April:

- Alice Balestra – Auditor of State
- David Stevens – Auditor of State
- Susan Tsen – Ohio Historical Society

The Numbers Are In! - Membership Statistics for 2008-2009 year

The National AGA's 2008-2009 membership year has come to a close. We are happy to report the Central Ohio Chapter had an outstanding year!

We welcomed 90 new and returning members – 0 exceeding the 10 percent goal of 46 new members set for us by the National AGA.

Our Chapter is now 490 strong – up from 461 at this time last year and meeting the 5 percent base growth goal set for us by the National AGA.

We are the largest Chapter in the Ohio-Michigan region and rank fourth nationally.

Reminder! We still have members who have not yet renewed their membership for the 2009-2010 year. If you still need to renew, we encourage you to do so as soon as possible to avoid suspension of your membership benefits. Remember – if you are also a CGFM – payment of your CGFM dues is a requirement to maintain an active CGFM status.

Have you Recently Moved or Changed Jobs?

If you have recently moved or changed jobs, we may not have your current contact information in the AGA national database. If you, or a member you know, is not receiving regular emails from the National AGA and the Central Ohio Chapter, please contact us so we can update your information. We don't want to lose touch with you!

Member News

Have you had a recent promotion, job change, etc.? If so, please let us know so we can share your good news with the other Chapter members and National AGA.

We encourage all members to continue to spread the word about the Central Ohio Chapter of the AGA and recruit new members!

If you have any questions about your membership, updating contact information, recruiting new members or other membership questions, please contact your Central Ohio AGA Membership Co-Chairs:

Leanna Abele at lmabele@auditor.state.oh.us

Melvin Striblin at melvin.striblin@obm.state.oh.us.

Greater Lansing News

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

86 people attended the AGA/IIA Spring Professional Development Conference, “**Future Outlook for Accountability and Economic Recovery**”. The conference was held at the Lansing Community College’s West Campus March 31. The conference provided participants with seven hours of continuing professional education.

Fred Headen and Suzanne Schafer, employees with the Michigan Department of Treasury, presented an enlightening review of the State’s role in local governments. Erin Skene-Pratt, with the Michigan Non-Profit Association, and Wes Miller, from Grand Valley State University, shared the results of recent surveys of non-profit associations, and how they are being affected by recent changes in the economy. The group viewed the sobering video I.O.U.S.A. covering the serious financial issues facing the federal government. Uma Ire and Terri Koslowski, of Deloitte LLP, presented XBRL information and ways it can be used to improve efficiency and reduce the cost of data collection and analysis. Dan Lohrmann, from the Michigan Department of Information Technology, gave a spirited presentation on eReputation. Jeff Guilfoyle, from the Department of Treasury, and Colleen Gossman, from the Office of the State Budget presented the impact of the American Recovery and Reinvestment Act on Michigan.

The final presentation of the day was a report on the benchmarking of financial services presented by Dave Quigly, from the State Budget Office.

Cleveland News

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

The AGA Cleveland chapter finished the 2008-2009 program year with a bang. Cleveland was awarded the highest membership growth for all chapters in Group B, with an impressive 28 percent growth. Stephanie Paschel was awarded Recruiter of the Year for the second year in a row, and the newsletter and web site both placed first among Group B entries.

In April, Cleveland hosted a joint Spring Seminar training event with the ASMC Cleveland chapter. Over 135 individuals representing federal, state, local government and private industry attended the seminar. Booz Allen Hamilton, Inc. served as corporate sponsor for the event. This year's theme was "Today's Challenges, Tomorrow's Opportunities" The agenda featured topics such as Earned Value Management, Lean 6, the Economy, Leadership, and Retirement Planning.



Bill Walsh (left) presents the 2009 Scholarship winner, Kimberly Hawthorne (middle), along with AGA Ohio Michigan Regional Vice President Elect, Jason Denmeade

The May luncheon featured the Lorain County Health Commissioner who spoke about the lessons that were learned from an incident of employee fraud/theft in his organization. The Cleveland chapter also raised money for the American Cancer Society by competing as a team in the Making Strides Against Breast Cancer walk in downtown Cleveland. They also were awarded a \$250 college scholarship to Kimberly Hawthorne at the Spring Seminar. Kimberly is currently working towards her Master's Degree in Accounting at the University of Phoenix.

Looking for a Cheap Vacation? Enjoy the National Parks This Summer – For Free!

WASHINGTON (AP) - The National Park Service will allow visitors free entry during three weekends this summer to encourage Americans to visit national parks such as the Grand Canyon, Yosemite and Rocky Mountain National Park.

The fee waivers - one each month in June, July and August - will apply to all 391 national parks across the country, from Alaska to Florida.

Interior Secretary Ken Salazar said the free weekends should help American families struggling with the recession afford a memorable vacation. All 147 Park Service sites that charge fees for entry will waive entrance fees from June 20-21, July 18-19 and August 15-16, Salazar said.

Entry fees being waived range from \$3 to \$25. That does not apply to fees charged for camping, reservations, tours or concessions.

Fitness as a Lifestyle

Put the "V" In Your Tee

By: Jason Denmeade



The T-shirt Body workout focuses intently on lifting weights for the chest, biceps, abs, and other "trophy muscles" that comprise the ideal summer body. However, the priority will be your shoulders and trapezoid muscles which are the large, diamond-shaped muscles that run between the back of your shoulders and reach up your neck. Not only are the "traps" two of the largest and most important muscles in the upper body, when properly developed, they form the immensely imposing "yoke" or the appearance of a thick rim of muscle that erupts up from your shoulders and supports the neck. Large trap muscles are considered a sign of a serious lifter and a strong guy. You'll find plenty of men on the beach with big pectorals and arms, but an awesome set of traps will set you apart from the pack instantly, helping you fill out your shirts and making you look bigger.

After your traps, the second most worked region in this program is your arms. You'll do plenty of curls and compound exercises like the pull-up and dip, all of which lead to sleeve-splitting biceps and triceps. Finally, we also have you performing a good deal of isolated forearm work in the form of regular and reverse wrist curls with both barbells and dumbbells. Often your weakest link on heavy strength exercises, your forearms and grip will benefit from the direct attention, preparing you for more intense loads on more complex exercises as the program goes on.

Despite the emphasis on upper body, we aren't neglecting your lower half. Not only because we expect you'll be wearing shorts this summer, but because leg exercises generate muscle growth everywhere. Heavy testosterone-releasing moves like the squat and dead-lift are keys to success on our program, keeping your body in balance and your progress moving forward. Furthermore, three days a week you'll perform cardio or some other calorie-burning activity. This is essential for searing excess fat from around the midsection and completing the taper from your soon to be wide shoulders down to a narrow waist, carving out a classic V shape that looks great in a tee and even better when your shirt comes off.

T-SHIRT NUTRITION

Custom fit the way you eat to your fitness goals. Every guy fits into his shirt a little differently. And while our workout is appropriate whether you're looking to gain muscle or lose fat, you'll need to adjust your diet according to how much bulking up or leaning out you want to do. For example, if you're beginning the program as a skinny guy who needs another set of arms to fill out his sleeves, your daily menu will be much different from that of the guy whose shirt can barely contain him. Follow the guidelines below to determine how you should be eating.

FIND THE CALORIES YOU NEED

A rough, but good estimate of your caloric needs-what your body needs just to maintain your current weight-is easy to determine. Just multiply your body weight by 15. So, for example, a 170 pound man would need approximately 2,550 calories a day.

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TO GET BIGGER

Add between 100 and 500 calories to the number you just calculated, and strive to consume that amount each day, adjusting accordingly as you gain weight. (The man in our example would start out eating 2,650-3,050 calories per day.) Let these calories come mostly from carbs, relying on starches such as potatoes and rice.

TO GET LEANER

Subtract between 100 and 500 calories from the number you calculated above, and strive to consume that amount each day, adjusting accordingly as you lose weight. The man in our example would start out eating 2,450-2,050 calories per day. Let most of the calories you cut come from starchy carbs; replace them with more slowly digested carbs like oatmeal, sweet potatoes, whole-grain bread, and more fruits and vegetables. No matter what your goal, the remainder of your diet should consist of foods high in protein. You should aim for about a gram per pound of body weight a day moderate in fat or 30 percent of your total calories, and rich with fresh fruits and vegetables. Whether you're cutting carbs or adding them to your diet, remember that it's best to consume the bulk of them in the morning and around your workout, when they are less likely to be stored as fat.

Rapidly absorbed sugar that will help your muscles recover and soak up protein. Avoid mixing starchy carbs and fat in the same meal. Food combinations such as steak and potatoes or peanut butter with jelly cause rapid rises in insulin, a hormone that has the potential to store fat.

GENERAL GUIDELINES

- Eat every two to three hours, and include vegetables with every meal.
- Eat a variety of protein sources. Consuming egg whites, fish, lean beef, and cottage cheese, for instance, will provide a wider spectrum of muscle-building amino acids than relying on protein shakes and chicken breasts alone.
- Let 20 percent of your fat intake come from unsaturated sources like nuts, such as almonds and walnuts and oils, such as olive and peanut.



**EXECUTIVE OFFICERS**

Regional Vice President, [Lori Mikesell](#), Greater Columbus Chapter
Regional Vice President Elect, [Jason Denmeade](#), Cleveland Chapter

CHAPTER PRESIDENTS

Central Ohio, [Patricia Wooldridge](#)
Cleveland, [Carolyn Svetz](#)
Cincinnati, [Unknown President](#)
Dayton, [Unknown President](#)
Detroit, [Soumaya A. Habhab, CFE, CIA, CICA](#)
Greater Columbus, [Jim Gillenwater](#)
Greater Lansing, [Tim Becker, CPA](#)

BOARD

Regional Coordinator for Chapter Development/Assistance, [Heather Drake](#), Greater Columbus Chapter
Regional Coordinator for Membership, [Stephanie Paschel](#), Cleveland Chapter
Regional Coordinator for Early Careers, [Yulonte Merrell](#), Greater Columbus Chapter
Regional Coordinator for Education, [Donna Wolfe](#), Cleveland Chapter
Regional Coordinator for CGFM, [Ed Nierescher](#), Greater Lansing Chapter
Regional Communications Coordinator, [Lyndsey Foell](#), Greater Columbus Chapter
Regional Communications Coordinator, [Bethany Haupt](#), Cleveland Chapter
Regional Webmaster, [Joanne Kmets Walsh, CGFM](#), Cleveland Chapter

Mark your calendars!

Upcoming AGA National Events Calendar:

June:

19: National Executive Committee Meeting

21-24: AGA Professional Development Conference & Exposition, New Orleans

July:

15: Audio Conference: Using Performance Measures to Manage Government Services



Check out what's new with the Ohio-Michigan region by visiting us on the web at www.agaohiomichigan.org