



The Leader



Volume III

April, 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 benefits of spring cleaning

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Message from the RVP

Spring has finally arrived. It's arrival is evidenced by the calendar, the sounds of birds singing in the morning and finally by the fact that I've attended my first baseball game of the season. Spring is the time of year we see more neighbors outside and begin to rekindle friendships that may have gone dormant over the long winter. Spring is also the time of year when we renew our annual AGA memberships. Annual renewals were due by March 31, and local chapters have begun the effort to remind members who forgot to renew that there is still time to do so and keep the many benefits of AGA arriving in their electronic and traditional mailboxes.



Lori Mikesell,
Ohio-Michigan Regional Vice

The Sectional Leadership Meeting (SLM) will be held in Baltimore on April 24 and 25. The national office has elected to hold only two SLMs; so this year section I will be combined with section II. While this decision is budget constraint driven I believe it's an extraordinary opportunity to gain insight and knowledge from other chapters and regions in section II. Additionally it provides a chance for each chapter of the Ohio-Michigan region to demonstrate the outstanding leadership I have witnessed each chapter exhibit this past year. While I will not be in attendance, I will be passing along pertinent information to Jason Denmeade, RVP-elect, so he can share the accomplishments and lessons learned from our region this past year. Please know that I appreciate each and every one of you as members and the accomplishments you have achieved. Attend the SLM with pride that you are a member of the Ohio-Michigan region and share the good news stories, like the amazing membership growth many of the chapters have achieved and the increased CGFM focus. Also, the thousands of pounds of food donated during the Ohio-Michigan food drive challenge.

Enjoy the spring weather and take advantage of the many benefits your AGA membership affords you.

Lori

Local Chapter Presidents



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



Cleveland
Carolyn Svetz
<http://agacleland.org>



Detroit
Soumaya Habhab
www.geocities.com/agadetroit



Greater Columbus
Jim Gillenwater
www.greatercolumbus



Greater Lansing
Tim Becker
www.lansing-aga.org

Get Jazzed Up for the Professional Development Conference!

Join us in the “Big Easy” June 21–24, 2009, for AGA’s 58th Annual Professional Development Conference & Exposition (PDC)—*the* premier education and networking event of the year.

The PDC is the authoritative source for the knowledge and contacts you need to succeed in today’s constantly changing environment. Hear from top-notch speakers, make new contacts, learn about the latest research, discover innovative management techniques and see the technological tools that can aid efficiency and improve effectiveness.

AGA has been a leader in providing the best training for more than 58 years, and this is the place where it all comes together. Offering 24 CPE hours, timely topics and an impressive line-up of speakers, PDC 2009 promises to be one of the Association’s best.

AGA’s 58th Annual
PROFESSIONAL
DEVELOPMENT
CONFERENCE
& EXPOSITION

June 21–24, 2009
24 CPE hours
New Orleans, LA

From the practical to the theoretical, sessions will help attendees hone their skills to bring greater efficiency and effectiveness to government operations. Exhibitors are also available to demonstrate the newest products, tools and techniques to help your agency achieve its mission.

In addition to an excellent technical education program, the PDC is packed with opportunities to network with colleagues from around the country and make new friends. While you’re here, please be sure to experience all the music, culture, history and fine dining New Orleans has to offer.

Laissez Les Bon Temps Roulez—register today!

Ohio-Michigan Chapter Updates

Central Ohio News

*24th Annual Regional Professional Development Conference
Visit the chapter website at <http://coaga.org/>*

In keeping with the CGFM theme for the month, we would like to highlight one of our own members, Virginia Brizendine, who has been instrumental in the CGFM program.

AGA held several meetings in the late 1980s to discuss a potential governmental certification. There was general agreement that such a certification was needed, but the organization was hampered by lack of funding and was unable to create a vision that included both federal and state/local governmental concepts.

It was during the year (1993-94) that Jeff Steinhoff was president that he and the National Executive Committee began the work in earnest to create what became the CGFM certification. Virginia was on the NEC at that time and they worked through issues of organizational liability, differences in state/local and federal accounting and budgeting, and grandfathering versus written testing from the beginning. Jeff was able to get high profile people in the government financial world to become the creators and overseers of the new process.

Jeff Steinhoff continued to be integrally involved with CGFM after he completed his presidency, as he was appointed to the CGFM Board. During the 1994-95 year, AGA promoted the CGFM designation to government financial managers who had the education and experience to warrant receiving the designation. The money and attention engendered by the CGFM grandfathering period provided the resources that allowed AGA to develop the body of knowledge requirements, surveys that showed the importance of governmental accounting concepts, and create a “psychometrically valid” examination process.

Virginia was president the third year (1995-96) when the grandfathering process came to an end. The CGFM Board was hoping for 7,000 people to have applied for the designation; Virginia challenged AGA to dream of 10,000 CGFMs. Even that dream wasn't big enough, as more than 13,000 people applied.

Following Virginia's year as AGA national president, she asked to be appointed to the Professional Certification Board and has been a member even since. It was difficult in the early years to get the certification to be recognized as a valuable asset both by CGFM holders and by employers. We have made great strides today – governments across the nation recognized CGFM as desirable and encouraged for promotions and hiring. Some even offer compensation for earning the designation. Governments are also either requiring or encouraging contractors, auditors and others doing business with the government to have the CGFM to show governmental accounting and auditing knowledge and expertise.

Cleveland News

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

The AGA Cleveland chapter has been off to a busy start for 2009. They sponsored two very well attended monthly luncheons that featured speakers from the Internal Revenue Service and Edward Jones. In January they hosted a Donuts with the Director event at which Cleveland site director, Martha Smith, and Ron Murlin, DFAS senior site representative for Strategic Business Management.

In March, the Cleveland chapter sponsored a community service event at the Cleveland Food Bank where they helped to sort and re-pack items that were collected during the annual Harvest for Hunger campaign. They are also in the process of forming a team for the Making Strides Against Breast Cancer walk being held on May 16.

The chapter continues to grow, and they recruited 15 members during the March Membership Open House. By using the money remaining from the fall 2008 recruitment scholarship from AGA National, they were able to offer each new member a ten dollar rebate, and one lucky winner received a gift card.

Greater Columbus News

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

The Greater Columbus AGA Chapter, The United Way of Central Ohio, and Columbus Public Schools (along with many others) once again teamed up to offer free tax return preparation services to low income and elderly tax-payers.

The Volunteer Income Tax Assistance (VITA) program provides preparation and electronic filing of tax returns for those who cannot afford a paid preparer.

The Greater Columbus AGA Chapter staffed the Northland High School VITA site for 5 Saturday mornings from 10:00 a.m. until 2:00 p.m. beginning with the last Saturday in January, 2009. We also sent many volunteers to other site throughout the city when needed.

Here are the Northland High School Statistics:

Total Return Amount	\$102, 240
Total Number of Returns Prepared	70
E-filed Returns	58
Paper Returns	12
Average Return Amount	\$1460.57

Greater Lansing News

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

Greater Lansing will hold their AGA/IIA Spring Seminar at the LCC West Campus on March 31, 2009.

The Greater Lansing chapter is getting ready to complete their first of three Adopt-A-Highway cleanup for 2009 to be held Wednesday, April 22, 2009 with a rain date Thursday, April 23, 2009. Since this is the first clean up after the wonderful Michigan winter **extra volunteers are needed**. They are seeking volunteers to assist in cleaning up Old Lansing Highway from I-96 to Snow Road.

Check their website for more information on these events.

Sectional Leadership Meeting

AGA's spring SLM will be held on April 24-25 in Embassy Suites Baltimore at BWI Airport. The SLM brings together AGA national, sectional, regional and chapter leaders with AGA National Office staff to discuss the following objectives:

AGA's national direction and initiatives

- Expectations of our national, regional and national leaders
- Ways to improve services to current members and recruit new members and leaders
- How to access information to be a more effective leader

These meetings are by invitation only. For more information about the SLMs, please contact Ray Harris or Jessica Jones. Check the national website for more information.

6 Ways That Spring Cleaning Can Relieve Stress

<http://stress.about.com/od/tensiontamers/a/cleaning.htm>

After a long day at the office, the first thing you want to do is come home and clean the house, right? If your answer is no, don't worry. Many people associate cleaning more with drudgery than relaxation, but there are several reasons why cleaning can be a great stress reliever. Some of these reasons have to do with the process of cleaning, and some come from the end results of your cleaning efforts. Either way, the following information may just make you want to start cleaning the next time you feel stressed.



Cleaning Provides Relief From Clutter: Let's face it: Clutter can be stressful. Walking into a home that has piles of paper on every surface, stacks of laundry needing to be put away, and random items strewn on the floor feels different than walking into a model home. It's a difference you can feel viscerally. While most of us want that neat, ordered home environment, far too many of us live in cluttered surroundings that cause us stress.

Cleaning As A Money Saver: If you find yourself late on paying bills (because you can't find them), replacing items you still have (because you don't know where they are), and eating out more often than you need to (because your kitchen is too cluttered and messy for regular cooking), a little spring cleaning may actually save you money. You may not even realize the ways that a clean house can also be a money saver until you live in one.

Cleaning And Gratitude: When your home is dirty or messy, you fully appreciate it. I've had many readers say that they actually avoid going home because it's a stressful place -not the haven from stress that it should be. Because inner peace comes more from wanting what you have than from having what you want, unearthing the wonderful haven beneath the dirt and clutter can bring a new level of gratitude for all that you have.

Mindfulness: While the end result of a major cleaning session -- a beautiful and clean home -- can be a great stress reliever, the act of cleaning your house can be a stress management technique in itself. If you incorporate mindfulness into your cleaning, the work can actually be a form of meditation, leaving you more relaxed after you finish.

Music: If you're not one to get into a zen state as you clean, why not go in the other direction, and turn your cleaning experience into a mini party? Music has many wonderful stress relief benefits, and playing music as you clean can make the activity much more enjoyable. Play your favorite dance music as you clean, and you may actually work faster and be done sooner.

Physical Activity: The act of cleaning, if done right, can bring the added benefit of getting you a little extra exercise, which can be great for relieving stress. Running up and down the stairs, carrying items from room to room, and scrubbing windows and floors can burn calories, release endorphins, and help you blow off steam. Spring cleaning is a workout routine that brings many benefits indeed.

Fitness as a Lifestyle

Ten Tips—To Fit from Fat

By: Jason Denmeade



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. This will allow your body to burn fat at an optimal rate.
2. **Vary your caloric intake:** This is another way to outsmart your body and continue to lose body fat without lowering your metabolism. By doing this every few days, you can keep the starvation mechanism in check and continue to burn fat.
3. **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.
4. **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. It can also help to vary your carb intake in the same way you vary your caloric intake mentioned above.
5. **Stack your carbs:** Eat most of your good carbs in your morning meals and your post workout meal. This will help to stabilize your insulin levels and help you burn body fat for energy later in the day. Forego the pasta, potato or rice at your evening meal for proteins like fish and a side of veggies. This is also a place to enjoy your favorite protein shake recipe.
6. **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. Along with carbs full in fiber, take in more protein as your body burns more calories when you eat these than it does digesting fats or carbs.
7. **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. You definitely want to avoid this as it is the exact opposite of what you are trying to achieve.
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.
9. **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.
10. **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



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Mark your calendars!

Upcoming AGA National Events Calendar:

April:

22nd: AGA/ASMC Spring Seminar
 24th-25th: Sectional Leadership Meeting

June:

21st-24th: Professional Development Conference
Jazzing it Up: Best Practices in Government Accountability,
New Orleans, LA



We're on the web!
<http://www.agaohiomichigan.org/>