



# The Leader



Volume II

January 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 facts on New Years resolutions

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## Message from the RVP

The holidays are behind us and we can now concentrate on the New Year. With each new year we inevitably make new year's resolutions – I hope each of you resolved to get more involved with your local AGA chapter and AGA in general. The new year is a great time to evaluate your career and how to increase your marketability. Even if you aren't in the market for a new job, it is a good time to consider pursuing a certification and increasing your financial management knowledge. AGA offers opportunities to prepare and sit for the CGFM. The modules can be purchased at a reasonable price and if your chapter has already purchased them, ask to borrow them and start a study group if your chapter doesn't already have one. AGA is offering an opportunity to sit for the CGFM at the National Leadership Conference being held February 19-20, 2009 in Washington DC. Information on registering to take the CGFM test is available on the National website, along with NLC information as well.



Lori Mikesell,  
Ohio-Michigan Regional Vice  
President

I also want to remind each chapter that National offers a hotel scholarship to each chapter to attend the NLC. For those who have never attended an NLC, it is an outstanding conference to learn and share information. The networking opportunities are comparable to the National PDC. I want to encourage each chapter to take advantage of the hotel scholarships.

Finally I want to thank all the chapters who participated in the November Ohio vs. Michigan food drive challenge. It was exciting to see the chapters get competitive to determine which state in the region would have bragging rights. While I am an avid Ohio State fan, I am still pleased to share that Michigan won the challenge by a landslide. Ohio collected 456 pounds of food and \$309 and Michigan collected 3160 pounds of food and \$5101.74. The feedback from the food pantries and charities that received the donations was overwhelming. Traditionally November is a difficult month for their charities and they greatly appreciated our generous donations. All the chapters from both states deserve a huge thanks for participating.

I hope everyone stays warm and enjoys the winter weather.

*Lori*

## Local Chapter Presidents



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



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



Detroit  
Soumaya Habhab  
[www.geocities.com/agadetroit](http://www.geocities.com/agadetroit)



Greater Columbus  
Jim Gillenwater  
[www.greatercolumbus](http://www.greatercolumbus)



Greater Lansing  
Tim Becker  
[www.lansing-aga.org](http://www.lansing-aga.org)

## AGA's National Leadership Conference

Make plans to attend AGA's seventh Annual National Leadership Conference (NLC) to be held February 19–20, 2009 in Washington, D.C. The NLC brings together the top minds in the industry to share best practices, leadership secrets, the newest management techniques, and the most recent information on always-changing standards and regulations.

The conference is centered on the theme "Dynamic Leadership for Changing Times," and few fields change as quickly as government financial management. Sessions will cover important topics and issues facing government financial managers, such as leadership, transparency, accountability, political transitions and what the future holds.

The NLC also features an exposition filled with the latest resources, products and services available from your partners in the private sector. Visit the exhibit hall to find pace-setting tools and technology that will help you do your job faster, more efficiently and more effectively.

Information about the conference agenda, speakers and sessions are available at:  
[http://www.agacgfm.org/nlc\\_2008/index.htm](http://www.agacgfm.org/nlc_2008/index.htm). Stay tuned to the website for more information.

Sign up today! Reserve your room at the JW Marriott Hotel where a block of rooms are set aside for NLC attendees. The JW is adjacent to the national theater and one block away from the Ronald Reagan Building and International Trade Center.

The AGA room rate is \$209 (plus tax) for single and double occupancy. Rates are guaranteed until Jan. 31, 2009, *or until the block is sold out*. We encourage you to make your hotel reservations early, for the best price and availability.

- To make a reservation, call the JW Marriott Hotel Pennsylvania Avenue at 800.393.2503 by January 31, 2009 and mention you are attending the "AGA NLC" to receive the discounted rate.



February 19–20, 2009  
Ronald Reagan Building and International Trade Center  
Washington, D.C.  
14 CPE Hours

## Central Ohio News

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

The 24th annual professional development conference, a landmark of training and networking for government financial management and accountability professionals in both the public and private sectors since 1988, was held on October 20 – 22 at the Columbus Athenaeum.

A joint effort of the Central Ohio and Greater Columbus Chapters of AGA, the PDC offered an excellent conference schedule with outstanding keynote speakers, a wide range of break-out sessions, and high quality training classes. Attendance at the conference, which offered 22 hours of professional CPE, exceeded 300.

## Greater Columbus News

The Greater Columbus Chapter had a unique opportunity to participate in a fundraising event in conjunction with Ohio State Football games. During the home games, the chapter sold Ohio State merchandise for The Official Team Shop. Volunteers assisted in selling clothing related merchandise in a stand located inside the stadium. The volunteers enjoyed the excitement of Ohio State football and had some fun with fellow members. The chapter raised \$3,371.90 for the 2008 football season. The following members made this fundraising event possible: Denise Arthur, Mike Bernstein, Ronda Carr, Henriann Franklin, Jim Gillenwater, Terra Hanson, Christal Harris, Vernell Howard, Ayisha King, Beth Layao, Aubrey Martin, Shawn McCracken, Yulonte Merrell, Lori Mikesell, Steven Murfee, Tonya Norman, Ben Novotny, Bob Palmieri, Keecha Parker, Kevin Ryan, Savannah Stewart, and John Yerkey.



Greater Columbus member, Aubrey Martin sells merchandise at the OSU game



Greater Columbus members, Ben Novotny, RVP Lori Mikesell, Greater Columbus president Jim Gillenwater, and John Yerkey at the OSU game

## Cleveland News

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

The AGA Cleveland chapter has had a busy second quarter. We sponsored two very well attended monthly luncheons that featured speakers from the Federal Trade Commission and the City of Lorain Port Authority. In November, our chapter participated in the RVP's food bank challenge by raising over \$120 for the Cleveland Food Bank. Since the food bank has much better purchasing power than the average consumer, each donated dollar equals four meals for hungry men, women and children in Northeast Ohio. We continued our spirit of giving by volunteering at the Toys for Tots distribution day in Akron where we assisted families with their toy "shopping."

Our chapter continues to grow, and we recruited 12 members at our November Membership Open House. By using a recruitment scholarship from AGA National, we were able to offer each new member a ten dollar rebate and one lucky winner received a gift card. We are also excited to announce the formation of a new CGFM study group in our chapter. Our chapter's board purchased four copies of the Government Environment review book to assist the group in their test preparation. Finally, our chapter celebrated the holiday season at our annual holiday party, which was held at the downtown Winking Lizard. It was a great opportunity for members and their guests to unwind after work and socialize with their fellow AGA members.



## Detroit News

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

Detroit chapter picture at the right shows off the Toys they collected for Toys for Tots.



## Greater Lansing News

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

Greater Lansing recently completed the last of three Adopt-A-Highway cleanup days for 2008 on September 18th. They had seven great volunteers that assisted with the clean up that day. The roads were clean so they were able to finish in good time.

## New Years Resolutions—The Facts

<http://www.funfacts.com.au/new-years-resolutions-the-facts/>

During the last few weeks of the year, millions upon millions of people around the world will be formulating their New Years Resolutions.

Here's how things usually end up:

- 63 percent of people are still keeping their resolutions after the first two months
- 67 percent of people actually make three or more resolutions
- The top resolutions usually involve promises to exercise more (37 percent), increasing the time devoted to study or work (23 percent), losing weight, stop smoking or drinking (alcohol and/or coffee), and to eat healthier
- People make more resolutions to start a new habit (84 percent), than to break an old one (16 percent)
- 65 percent of people made their resolutions between December 28 and New Year's Day. The rest usually take up until the end of January.
- Of those who successfully achieved their top resolution, 40 percent of them did so on the first attempt. The rest made multiple tries, with 17 percent finally succeeding after more than six attempts

*To teach my son to read before kindergarten*

*To patent my invention*      *To get 8 hours sleep every night*

*To spend more time with my parents*

*To go back to school*      *To publish a newsletter*

*To eat more vegetables*

*To play the guitar*

*To discover a comet*

*To date more often*

*To laugh more*

*To sail the Caribbean*

*To build a cabin on the lake property*

*To finish what I start*

*To watch more foreign films*

*To read the classics*

*To benchpress 225*

*To climb Kilimanjaro*

*To remodel the kitchen*

## Fitness as a Lifestyle

By: Jason Denmeade



### Top Ten Nutritional Mistakes We Make

1. **Missing breakfast:** Experts agree that skipping it in the morning, you'll make up for it later by most likely by giving into a craving for something not-so-healthy. Jump-start your metabolism by eating first thing in the morning.
2. **Not eating before training:** Your body needs fuel to perform its best. Try yogurt or anything high in complex carbs and low in fat.
3. **Waiting too long after a workout to eat:** Aim to eat a small meal made up of protein and complex carbs within an hour after exercise. It will help speed up metabolism and aid in recovery.
4. **Having only a protein bar or shake instead of food:** Most bars pack in just as many calories and fat as a Snickers bar, and many shakes lack fiber. Nothing is equal to real food.
5. **Trusting labels:** Don't believe everything you read, especially on the side of a supplement bottle. Unfortunately, the supplement industry remains largely unregulated, so do your research and don't trust every claim you read.
6. **Not consuming enough calories for your activity level:** Be sure that you're eating enough to fuel your activities but not so much that you can't burn the calories off.
7. **Thinking exercise is a free pass to pig out:** Whether you train occasionally or often, you should plan a healthy diet around your workout regimen. But always watch what you eat or you'll be training for nothing!
8. **Not enough hydration:** Dehydration is never good, especially if you live in a warm climate. Be sure to drink before, during and after your workouts.
9. **Jumping on the latest fad diet:** It's known and it's tempting. If you can get results fast and easy, it's worth a shot right? Wrong! There's usually fine print and a never-ending list of side effects. Keep it basic and be patient.
10. **Eating too much protein and not enough carbs:** The current passé trend of high protein diets had many people passing on rice and bread and living on poultry alone. Complex carbs are important for muscle growth in moderation.



### 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 Newsletter Editor, [Lyndsey Foell](#), Greater Columbus Chapter  
 Regional Newsletter Editor, [Bethany Haupt](#), Cleveland Chapter  
 Regional Webmaster, [Joanne Kmets Walsh, CGFM](#), Cleveland Chapter

## Mark your calendars!

Upcoming AGA National Events Calendar:

### January:

1st: Happy 2009!  
 19th: Martin Luther King Jr. Birthday  
 21st: How XBRL Can Enable Improved Financial Performance Reporting

### February:

16th: President's Day  
 18th: National Executive Committee (NEC) Meetings  
 19-20<sup>th</sup>: AGA's Seventh Annual National Leadership Conference

### April:

22nd: AGA/ASMC Spring Seminar

