



The Leader



OHIO-MICHIGAN REGION



Volume I

January, 2010

Points of Interest:

- Check out what is going on with regional chapters!
- Find out about the upcoming National Leadership Conference
- Learn how you can get fit through office exercises

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Message from the Regional Vice President The Value of Teamwork

One of the most important things I have learned during my 13 years of government service is the value of teamwork. Over the course of my military and civil service, I've had the opportunity to work with some excellent managers who were also great teachers and motivators. One trait they all had in common was the ability to promote and foster teamwork. In those instances, someone had to be the team captain but each of these leaders developed, relied on, and depended on the people around them in order to be successful. I have, unfortunately, also had the opportunity to work with some managers who were terrible team players and, in fact, were not very successful. They were not good listeners, made decisions in a vacuum, did not rely on or help develop the people who worked for them, and in each instance failed as a leader. Our Regional Team works very well together and has the members' best interests at hand. We have, and will succeed largely in part due to everyone agreeing to do their part and step up when additional assistance is needed. No one person is more important or more critical than the other. We encompass a team of trust, shared values in producing exceptional value for the members, effective communication via e-mail and our website(s), humbled leadership and empowering each position to do their very best. I encourage you to become more active in your local chapter, regional, national activities and volunteer some of your time and expertise. There are many different talents that can be harnessed to make the chapters and region operate effectively. Ultimately, our teamwork has led us to earn numerous awards with many more to come. I look forward to hearing from you, building our relationships further and working together as a team to provide exceptional value for our members. I have been fortunate to visit the Central Ohio and Greater Columbus chapters so far during my tenure as RVP with Cincinnati next on January 26th. I look forward to visiting the remaining chapters when we can get scheduled. I sincerely thank you for all you do!



Jason Denmeade
Ohio-Michigan RVP

Jason

Jason K. Denmeade

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)



Western Michigan
Stephen Blann

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

Greater Lansing News

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

The Greater Lansing AGA Chapter had 37 attendees at the annual Fall Professional Development Seminar held on September 29 at the General Office Building. Thank you to all attendees and guest speakers for making this seminar a success. Topics included the Medici Effect presented by Holly Grandy-Miller and Nikki Wetherbee, MI Business One Stop presented by James Hogan and Paul Perla, Transparency Focus of ARRA presented by Beth Bingham, and GASB updates presented by Laura Mester. Special thanks to Plante & Moran for their sponsorship of the conference.

They recently completed the third and last of three Adopt- A- Highway cleanup days for 2009 on September 15th with 13 great volunteers (what a great turn out) that assisted with the clean up that day. The roads were pretty clean so we were able to finish in good time. Our next scheduled Adopt-A-Highway cleanup will not take place until the spring of 2010. We will request volunteers at that time to assist in cleaning up Old Lansing Highway from I-96 to Snow Road. Hopefully, you have seen our sign along this section of the road.

The Greater Lansing Chapter of the AGA continues to expand on our community service programs. Currently we are looking at participating with AIC (Asset Independence Coalition) and KRP (Kids Repair Program). AIC administers the VITA (Volunteer Income Tax Assistance) program. This program would require 16 hours of training 4 hours for 4 nights and onsite tax assistance throughout Feb, March and early April. The time commitment will vary on the person's availability. The KRP is in need of a treasurer and /or leadership position and it sounds like a 1-2 hour commitment a month is necessary. They do have monthly meeting which currently take place the first Thursday of the month but it sounds like that is flexible.

Cleveland News

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

Cleveland chapter is busy participating in community service events. Volunteers from AGA Cleveland paid a special visit to the Louis Stokes VA Medical Center on Veterans Day. Members Melissa Vega, Leah Huth, Kenny Kuss and Patricia Wasniak took time out of their holiday to pay tribute to the men and women that we honor across America every November.

Each of the volunteers spent time decorating cookies, writing thank you cards, crafting red, white and blue flag pins and filling goody bags before the event. On November 11, they gathered together in the early afternoon hours at the Wade Park Campus of the VA Medical Center. The group went door to door in ward 4A of the hospital and spent time with each of the veterans, thanking them for their service to our country and for the many sacrifices they have made on our behalf. The veterans were gracious and very humble. When thanking one veteran for all that he has done, he replied, "I haven't done anything." Others told stories of their families and some told stories of war. One gentleman chose to open his thank you card in front of the volunteers and looked up with tears in his eyes as he began to gush about his grandson that loves to "play soldier."

The volunteers left the hospital with a renewed sense of appreciation for those that serve all across America. Some left with tears in their eyes. They found the experience to be so rewarding that they plan to visit the hospital again around Christmas.

Another special event the Cleveland chapter participated in was Toys for Tots. 2009 marked the seventh year that the Cleveland Chapter of the Association of Government Accountants (AGA) has volunteered to assist the U.S. Marine Corp Reserves with the Toys for Tots program. While AGA serves government accountability professionals by providing education and fostering professional development and certification, they are also dedicated to supporting the community in which they operate.

With a majority of AGA Cleveland members being employed by government agencies, the Toys for Tots program was an excellent opportunity to partner with a military organization and contribute to such a great cause.

On Saturday, December 19, AGA Cleveland contributed to this tradition by volunteering to help the Akron Marine Corp Reserve Unit in making this season special for thousands of children and their families. Six individuals volunteered on behalf of AGA Cleveland and assisted families in "shopping" for children age 14 and under at the Salvation Army distribution center. Volunteers also helped sort and stock toys, books, stuffed animals and stocking stuffers. Other items provided to those families in need were winter coats and boxes of food. Many thanks to all those who campaigned, volunteered, donated and sponsored; helping give local children and families a very special holiday this year.

Greater Columbus News

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

The Greater Columbus chapter held their 2009 Early Career month during November. Early Career month was a success on many levels! Our speed mentoring session in conjunction with the Early Career breakfast was a complete hit with our Early Career members! Early Career members had the privilege of listening and discussing career related questions with DFAS leadership. Mentors who participated in the event included: Mrs. Nancy Zmyslinski, Mr. Jonathan Witter, Mr. Jim Likes, and Mr. Jim McNutt. Our membership drive on November 24th resulted in 10 new Early Career members joining the Greater Columbus chapter. The AGA Early Career social was attended by many Early Career and Full members. The social was held as a conclusion to Early Career month at the Buffalo Wild Wings in Whitehall. Our new members were able to attend and network with existing AGA members and sign up to participate in our numerous chapter committees.

Central Ohio News

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

The 25th annual Central Ohio AGA Professional Development Conference (PDC) was held October 19, 20, and 21, 2009 in the labyrinth corridors of the historic Athenaeum in Downtown Columbus. 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 up to 22 hours of professional CPE, was approximately 300 eager participants.

Keynote speakers for the first day of the conference were Ken Schermann of the Governmental Accounting Standards Board with an update on several new GASB statements and Cynthia Fagnoni from the Government Accountability Office with a presentation on ARRA funding coming to the state of Ohio and the GAO's role in monitoring ARRA. Tuesday's keynote speakers were economist Dr. Ken Mayland with his thoughts on the current economic crisis and potential recovery, and Chuck Landes from the AICPA with an auditing standards update.

In addition to the keynote speakers the PDC offered a variety of break-out sessions on several tracks, with a number of topics relevant to attendees from all levels of government and the private sector. In addition, this year Central Ohio AGA members showed their concern for the environment by "going green" and making all slide presentations available electronically to attendees rather than automatically providing paper copies (copies of all presentations are still available at <http://www.coaga.org/education%20opportunities.htm>) as well as their charitable inclinations by donating \$65 and 24 pounds of food to the Mid-Ohio Food Bank (a contribution which was matched by AGA National). Next year's PDC is already scheduled for October 25-26 at the Confluence Park River Club, a location which offers free parking, easy access to all rooms, and beautiful views of downtown Columbus. We hope to see you there.

Eighth Annual National Leadership Conference

Government financial managers are deeply committed to producing timely, reliable and useful financial information, with the goal of running government programs more efficiently. At AGA's National Leadership Conference (NLC), those sentiments are more than just words.

The NLC brings together a stellar lineup of respected government financial management and accountability leaders to share valuable insight, proven strategies, lessons learned, and discuss the newest management techniques and the most recent information on always-changing standards and regulations.

Stay on top of issues that affect you. Sessions cover current issues relating to the American Recovery and Reinvestment Act, the effects of political transitions, a look at the first year of Obama's presidency, and what the future holds. This event also features the newest tools and innovations to help agencies do their jobs more easily and more effectively.

Don't miss this opportunity to earn 14 CPE hours, share best practices, find solutions to shared challenges, network with your peers and learn from the top financial management leaders and industry experts.

Join us **Feb. 18–19, 2010** at the Ronald Reagan Building and International Trade Center in Washington, D.C. and show your commitment to a more accountable future.

Visit http://agacgfm.org/nlc_2010/index.htm for more information.



February 18–19, 2010
Ronald Reagan Building and International Trade Center
Washington, D.C.
14 CPE Hours

Fitness as a Lifestyle: Office Exercise Challenge

By: Meghan Casserly

Flat abs, slender thighs and toned upper arms. That's the goal.

For now, they're still the problem—areas we struggle to eradicate, minimize or disguise through endless exercises, skintight slimmers or, worse, unflattering clothes.

But if only minutes a day could make an actual difference in toning and shaping these zones, would you give it a try?

Forbes enlisted the help of celebrity trainer Bob Harper of NBC's *The Biggest Loser*.

On, one more thing. We're not leaving the office. After all, it's where we spend the majority of our day. This way, we can squeeze in a workout in between deadlines and meetings in the familiarity of our offices or carpeted cubby-holes.

"I always get the question of *when* I should work out," says Harper, and his much-repeated response is that the perfect time is *anytime* you can fit some exercise into your schedule. Sure, there are some benefits to increasing your heart rate in the morning hours, he says, including a raised metabolism. "With the right nutrition, you will be a fat-burning machine throughout the day."

But if afternoon office fatigue is better fought off with a few toning exercises (rather than a candy bar), that's equally important. And, if mid-day toning is used in conjunction with a regular cardio routine, the combination can really kick problem areas to the curb. Harper defines toning exercises as body-specific, weight-bearing routines that build lean muscle, often using no equipment and only your own body weight as resistance.

Target Area: Hips and Thighs

With your back up against a wall and your legs shoulder-width apart, sink your legs down into a 90-degree angle, shoulders back on the wall. Hold this position for 30 seconds while imagining that you have a ball between your legs—squeeze the air out of the ball—and release. If you can't make it to 30, hold for 10 seconds and rest for five, altering for one minute. Return to start position and repeat five times. You will feel a great burn in your lower body *and* core.

Target Area: Arms and Shoulders

Try doing push-ups on the side of your desk. With your hands a little wider than shoulder width and elbows in bent position, sink your body down to the corner of your desk until your chest touches. Harper says: "Try doing a crazy amount like 20! 50! 100!"

Target Area: Abs

Using a physio (yoga) ball in your office in place of your chair, and you will be doing ab work *all day long*. Sitting on a ball forces you to engage your abs for as long as you are in that position. If you don't have access to a ball, just get yourself down on the floor and commit to doing a certain number of regular ab crunches before you leave at the end of the day (and you don't need to do them all at one time). This goal will keep you motivated throughout the day to get ab crunches off your "to do" list.

**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, [Justin Sponseller](#)
 Greater Lansing, [Corey Sparks](#)
 West Michigan, [Jessica Jones](#)

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 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

Mark your calendars!

February 18-19th: Eighth Annual National Leadership Conference

April 16th: Deadline for National Award Nominations

April 23rd-24th: Sectional Leadership Meeting for Sections 1 and 4-Baltimore, MD

July 11-14th, 2010: 69th Annual Professional Development Conference

Audio Conference Schedule

February 10th: Understanding IT Audits for Program Managers and Auditors

March 3rd: The War Against Fraud and Abuse: Are We Winning?

March 24th: Suggested Guidelines for Voluntary Reporting

April 21st: The Latest Tools and Techniques for Auditors

May 19th: Ethics

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



59th Annual
**Professional Development
 Conference & Exposition**

July 11-14, 2010 | Orlando, FL | Orlando World Center Marriott

2010 & Beyond:
 Dream. Learn.

Achieve.