

Current Assets

Volume 36, No. 02

Silicon Valley Chapter

August 2011



The Association for
Accountants and
Financial Professionals
in Business

ASWA / IMA JOINT MEETING

Panel Discussion

Taking the Plunge: Perspectives from female entrepreneurs.

REGISTER AT:

<http://www.ima-paloalto.org/mmmeeting.html>

Women entrepreneurs are changing the world. While they're at it, they're making a lot of money – sometimes a whole lot of money. It's inspirational to see some of the women who are becoming economic powerhouses internationally, often overcoming huge obstacles.

One of the greatest challenges for entrepreneurs is taking that first leap of faith to start your own business. Creating a new business involves great risk and the potential for great reward. Learn from women in both early and advanced stages of their ventures as they discuss the chances they took, the trade-offs they made, and the results of it all.

If you would like to join the Silicon Valley Chapter of ASWA, follow the link to our National website.

<http://www.aswa.org>

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August Membership Meeting

Topic: Entrepreneurship
Speaker: IMA Panel
Date: August 16, 2011
Time: 6:00 pm
Place: Biltmore Hotel, Santa Clara, CA
Cost: Members \$35, Guests \$45

Please respond to the Socializr invitation or call the chapter voicemail (408-235-0828) by noon on the Friday before the meeting to reserve or cancel.

Or simply log on to www.socializr.com and type in "ASWA 103 August 2011" to find the link to the invitation.

Credit Cards Are Accepted On Site

September Membership Meeting

Topic: Brand "YOU": The Power of Your Four Letters
Speaker: Ty Kaprelian
Date: September 27th, 2011
Time: 6:00 pm
Place: Biltmore Hotel, Santa Clara, CA
*Cost: Members \$35
Guests \$45*



Silicon Valley ASWA #103
2011 – 2012
President's Message:

Greetings!

I am very excited about being the Silicon Valley Chapter President. I will do my best to serve this chapter in a meaningful way. A lot of changes are occurring for me as I enter this upcoming year as ASWA President. I am a new "Mama Sue" to a sweet baby boy, Lukas Alessio, compliments of my youngest daughter, LaLandé. That has been a big change and I am again awed by the love and connection I have to this new life. I have also been promoted to Director of Finance at the Arts Council Silicon Valley. This has been very exciting but also has more responsibilities. I was even in the "People on the Move" in the Silicon Valley Business Journal. The Arts Council's Director of Communications has helped me with the content and wording of both the profile on the Arts Council website as well as my LinkedIn account. If you are not LinkedIn with me you should be. I will be posting as much as I can to promote our ASWA Silicon Valley Chapter. It would also be a great way for me to get to know some of you and you me. As with many of you, LinkedIn is still a new experience for me and I'm trying to figure out the best way to use it.

This year I hope will be filled with self discovery and increased awareness as we embark on a year of learning about ourselves and how to promote ourselves, both personally and as an ASWA Chapter. This all started when I read the book Brag! The Art of Tooting Your Own Horn Without Blowing It by Peggy Klaus. In the book she talks about the fallacies we live by about bragging. Especially as women we are often taught that it is unladylike to toot your own horn. She has many examples of the right way to brag and thoughtful exercises to help you find your story. It is through an interesting story that talk about yourself goes from bragging to interest.

This year we have planned a lineup of membership meetings that will help us all to learn how to toot without blowing it. We have meetings planned about the Myers Briggs research into personality types, learning communication techniques to give and accept criticism and other needed interactions, life balance, using social media as well as some important accounting topics that will qualify for CPE credits. I hope you join me and the current board for an exciting line up of topics.

Sue Stokke, President 2011-2012
Silicon Valley Chapter

**Board of Directors
2011-2012**

President:

Sue Stokke
suestokkeaswa@aol.com

President-Elect:

Position Open

Secretary:

Susan Lange
st.lange@comcast.net

Treasurer:

Nicole Letellier
nicoletel@sbcglobal.net

Immediate Past President:

Lili Clay
liliclayswa@gmail.com

Hospitality / CPE Compliance:

Sabrina Pacheco
scpacheco3@yahoo.com

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Louise McCracken
louisemccracken@att.net

Membership Chair:

Wendy Matthews
wendyjm@prodigy.net

Program Chair:

Julia Becklund
Julia@pcnt.com

Scholarship Chair:

Ty Kaprelian
tkaprelian@becker.com

Website:

Position Open

ASWA has been recognized as a team environment, so let's continue to pull together and "position ASWA as the home for all women accounting professionals whether new to the field, experienced or considering a career transition"!

A Blast from the Past...

ArLyne Diamond, Ph.D.

Diamond Associates, Consultant to Management

When the Silicon Valley Chapter of ASWA asked me to talk with their group about Mentoring last year, I was delighted. Mentoring is so important and a subject near and dear to my heart.

The word "Mentor" comes from the Greek legend. Mentor was Odysseus' wise and trusted counselor. I suspect Merlin was to Arthur what Mentor was to Odysseus.

I "pay forward" mentoring since I was incredibly lucky as a teenager to have the most wonderful mentor in the world. Madeline taught me much about being an independent, attractive, and successful woman. So, I mentor others and admire those who want to learn about mentoring.

Mentors are there to help their mentee – not to order them about or to demand any particular behaviors or changes. Unlike parents, teachers, trainers, or coaches, the mentor makes no demands, doesn't keep score, and doesn't nag. She is there to help the mentee grow personally and/or professionally.

As I've said many times, mentoring is about an older and wiser individual helping someone – generally younger and less experienced – learn the ropes of life and of the business world.

I loved talking with the (mostly) women at ASWA because so many of them were dedicated to helping younger women entering the field learn the ropes. Instead of seeing newcomers as competition, these "older" (don't hit me!) women welcomed them into the fold and offered to help them grow professionally.

That night was interesting for another reason too. It was their annual fund-raising silent auction.

There were lots of interesting things to bid for – all donated by members of the group. I actually won one of the items I bid for that night.

Organizations like ASWA are so important. I really believe we should belong to and contribute to those organizations that support our professions. Although at the moment I don't, in the past I've been active in many such organizations.

Yes, we are all busy – too busy, perhaps, but nevertheless in order to honor our professions, make sure they are serving us and encouraging others properly, we do need to belong, become active, and support them in so many ways.

The women (and some men) I met last November at Silicon Valley ASWA were indeed dedicated and devoted to furthering their profession, their personal-professional interests, and that of the younger women coming into the field.

So, if you aren't active – perhaps you will take the time to re-visit your priorities and make some time to become more active in the service of this organization, and your professional future.

-Arlyne

www.DiamondAssociates.net



Pun: When the CEO dropped his brownie on the calculator, was he trying to fudge the numbers?

Chapter Information

The Silicon Valley Chapter of ASWA generally meets the fourth Tuesday of each month at the Biltmore Hotel in Santa Clara. Guests are always welcome!

Board of Directors' Meetings are held at 6:30 pm on the second Tuesday monthly, except December and April, at the offices of Sue Stokke, Arts Council Silicon Valley, at 4 North 2nd Street, Suite 500, in San Jose.

Why you should attend the Annual Conference for Women in Accounting

Are you an accounting or finance professional who is...

- Responsible for monitoring developments in accounting and taxation?
- Responsible for the quality and profitability of your company or firm?
- Supervising and/or training accounting and finance staff?
- Interested in developing a network of outstanding professionals?
- Ready to promote your company or product in today's marketplace?
- A beginner or veteran, with or without a degree, in private or public accounting, financial or academia?

If your answer to any (or many) of these questions is "yes," then you should attend the [Annual Conference for Women in Accounting](#)! A joint educational offering of the American Society of Women Accountants (ASWA) and the American Woman's Society of CPAs (AWSCPA), the Annual

Conference for Women in Accounting provides a program that offers myriad opportunities to help you meet your continued education goals as well as an opportunity to network with other women of similar backgrounds.

What will you learn at the Annual Conference for Women in Accounting?

1. The latest technical developments in accounting, auditing, tax, management, leadership, government and industry, E-commerce, budgeting, and accounting software applications.
2. Motivational strategies that work.
3. Methods for effective management of people and the marketplace.
4. Effective means of identifying and responding to economic problems.
5. Valuable leadership techniques.
6. Means for achieving effective communication.
7. How to make professional contacts in a variety of industries.

OCTOBER 24 – 26 2011
Westin Charlotte
Charlotte, NC



SHINING STAR ANNOUNCEMENT!

Congratulations to **NICOLE
LETELLIER** for her promotion on
CFO on August 8th! Yippee!

Help Wanted!

The Editor of the Newsletter is looking for "Snoops" or Reporters to take photos and conduct interviews.

This can be a one-time-hit wonderful experience, or hop on board to the frequent flyer program, **THE CHOICE IS YOURS!**

For details see Louise McCracken at the Membership Meetings or email her at louisemccracken@att.net.

ADDITIONAL BENEFITS FOR SILICON VALLEY MEMBERS...

- * Members are enriched attending Membership Meetings
- * Opportunity to Network
- * Gain access to the Expertise of the Membership
- * Exposure to skilled Professional who are looking for Employment
- * Introductions to Potential Employers and Recruiters
- * An occasion to Showcase yourself



**SCHOLARSHIP
APPLICATIONS...**
To Ty Kaprelian
Due March 1st, 2012

ASWA
SAN FRANCISCO
Annual Picnic = Angel Island
September 24, 2011

We are invited to bring Family or a Friend or just ourselves (sorry, no pets - Park Service rule) to enjoy a relaxing day of scenery, exploring/hiking if you want, BBQ, and fun with members of the SF chapter and the new East Bay chapter of ASWA. The cost will be around \$10 (not set in concrete yet), and the SF chapter provides the basics (burgers, veggie options, salads, wine, soft drinks.) Guests are encouraged to bring a favorite dessert or hors d'oeuvre to share.



We always carpool to Tiburon (the ferry from there is \$13.50 round trip, less for children, bicycles \$1.00 each. See www.angelislandferry.com.) Carpooling is great because, besides saving money and the environment, it's an excellent opportunity to get better acquainted with members of our own chapter.

More info next month!

YAHOO!® LOUISE created a YAHOO GROUP to organize and simplify communication for the Chapter.

http://groups.yahoo.com/group/ASWA_SVC103

You will be receiving an invitation to join the group within a few days. Please check your spam filter in the event this message flows into the folder by accident.

Keep in touch with ASWA, we want to keep in touch with you!

PROGRAMS – What You Missed!

July



” It was great to see some colleagues I hadn't seen in several years, and I was delighted to see most of the members present use QuickBooks today. That was not the case several years ago with this chapter. Members pointed out issues they were having with QuickBooks, some easy to fix, some I still consider to be bugs, or disadvantages of the product. Great time, good food, good friends.

Thanks so much for having me.”
-Pat Carson

June PAYROLL TAXES – GETTING IT RIGHT

Due to circumstances beyond her control, Mindy Harada was not able to join us. However, a round table discussion brought enlightened member insight involving outside contractors and employees and multi-state situations.

May ANNUAL WINE GALA

“Mind in Business”
Bobbi Decker was enthusiastic and energetic in her presentation. It is

amazing how the only beverage she consumes is water or wine. How do you like that?

April ANNUAL SCHOLARSHIP NIGHT

Is it okay to text or answer emails during a presentation? If you did not know the answer to this question, our April meeting would have been the place to be to get the answer! Nicole Jagoe from Robert Half gave a great presentation on Business Etiquette. She talked about setting policies in the workplace and gave great suggestions on what is acceptable communication



SAVE THE DATE! UPCOMING MEMBERSHIP MEETINGS ...

For 2011
September 27th
October 25th

November 15th – Annual Silent Auction
December 14, Holiday Party with
ASWA San Francisco and East Bay Chapters
Robert Half International Office - Oakland

For 2012
January 24th
February 28th
March 27th

April 24th – Scholarship Awards
May 27th – Annual Wine Gala
June 26th

Pencil in ASWA to your Calendar.
We MISS You!

A PEEK AT NEXT MONTH'S MEETING

The Power of Your Four Letters

-by Ty Kaprelian

Using the Myers Briggs Personality typing can give us a window into how our minds work. We can learn if we get energized by being around other people or need to retreat and be alone to recharge our batteries - whether we like the concrete and get into the details or enjoy seeing the whole picture. It might tell us we like to make decisions based on logic or take into account how others might feel.

We can even predict if someone is more apt to plan a weekend getaway down to the minute, or like to go with the flow and keep things open-ended. These behaviors, innate propensities and ways of thinking shape who we are and how we interact with the world. What's even more powerful is how four simple personality letters combine synergistically to create 16 distinct personality types. As we struggle to understand "why we do the things we do", knowing our Myers Briggs Personality type will help us better understand ourselves. As a bonus we begin to realize everyone else has their own unique way of navigating through life, too.

So as part of our "Brand You" theme this year, self understanding really begins the process and sets the foundation for further growth in both our personal and business development. An essential part of branding, is knowing the product, the product called "You".

---Visit <http://similarminds.com/jung.html> to get your four letters, and bring them to the meeting.



Silent Auction, November 15th

Looking for Donations

Our annual fundraising event to support our Scholarship Program is right around the corner and every year we face a challenge of acquiring items for the Auction. A committee is forming so the many tasks necessary are spread out several

people with minimized effort and the event runs smoothly. Participating in this committee will also provide you with an exceptional opportunity to share your ideas to make this the best event of the year.

Do you have a creative talent to make something or put a gift basket together? Julia surprised us at the recent Board Meeting by presenting us with some lovely earrings she has made! (photo below). Is there a new Restaurant in the neighborhood that you enjoy? **Now** is the time to think about approaching businesses and asking them about making a contribution.

Here is your opportunity to help out and get a great sense of accomplishment.

Julia Becklund, our Program Chair, will be more than happy to talk to you at any Chapter Meeting or send her an email to Julia@pcnt.com and let her know what you can do to help make the Silent Auction a great success!



Heat Exhaustion and Heatstroke

-by Louise McCracken

We have had quite a cool summer this year. Alas, we have been experiencing some heat waves recently so I would like to share with you my experiences dealing with heat exhaustion and heatstroke. First, let's get some basics on the natural reaction when the body is exposed to a warmer atmosphere. Next we will explain the differences between heat exhaustion and heatstroke and the symptoms to recognize them. Then we will be advised on how to manage these conditions and what you can do to prevent this experience as well as recover.

Atmosphere:

Weather is forecasted and announced daily on the radio and television, or read in the newspaper or online. The information tells you the expected temperature of the day. But we have all experienced, at one time or another, that the wind makes all the difference whether it truly *feels* like "68°F" as broadcasted. Thus, when you notice the warmth of the weather, you are experiencing the rise of the

Heat Exhaustion vs. Heatstroke:

temperature of the air. There is term for this which we will address later in this article.

Your body has a natural reaction to heat... sweat. There is a famous expression, "Men sweat and Women glow." Okay, however you look at it, your body secretes a fluid and your skin is moist. The cooling factor is when this moisture evaporates from your skin. Visualize that your body has a built-in cooling unit. Interference with this cooling sequence is what causes problems and an adverse reaction. For example: If you are in a place where it is hot and humid, the moisture of your body cannot evaporate and keep you cool and comfortable because the moisture in the air is preventing your sweat from evaporating.

Let me take this opportunity to emphasize that the core of your body is naturally maintained at a constant temperature. This is the key factor. Much like your first reaction when you or someone you know feels sick, you check their temperature to see if they have a fever. So in hot weather, if your core is cool, you feel more comfortable. If your core is warm or hot, you are uncomfortable and may become ill.

<i>HEAT EXHAUSTION</i>		<i>HEATSTROKE</i>	
<i>The lesser or the two evils. Heat exhaustion happens when your core gets too hot. It can be caused by physical exercise or hot weather.</i>		<i>Heatstroke is a more serious illness and requires immediate attention. This happens when your body gets too hot during strenuous exercise or when exposed to very hot temperatures, or it can happen after heat exhaustion isn't properly treated.</i>	
<i>SYMPTOMS</i>		<i>SYMPTOMS</i>	
★	<i>Heavy Sweating</i>	★	<i>High Fever = 104°F or higher</i>
★	<i>Feeling weak and/or confused</i>	★	<i>Severe headache</i>
★	<i>Dizziness</i>	★	<i>Dizziness and feeling light-headed</i>
★	<i>Nausea</i>	★	<i>A flushed or red appearance to the skin</i>
★	<i>Headache</i>	★	<i>Lack of sweating</i>
★	<i>Fast Heartbeat</i>	★	<i>Muscle weakness or cramps</i>
★	<i>Dark-Colored urine = sign of dehydration</i>	★	<i>Nausea</i>
		★	<i>Vomiting</i>
		★	<i>Fast Heartbeat</i>
		★	<i>Fast Breathing</i>
		★	<i>Feeling confused, anxious or disoriented</i>
		★	<i>Seizures</i>

Granted, the symptoms are very similar. The best practice is to treat heat exhaustion before it progresses to heatstroke. Primary indicators tell you when you are in a situation of dealing with heatstroke

- Skin that feels hot and dry, but not sweaty
- Confusion or loss of consciousness
- Frequent vomiting
- Shortness of breath or trouble breathing

A fast heartbeat (when you notice your heart pumping in your head) is determined by your reaction how hot

it **feels** outside in the shade (sound familiar from the previous paragraph?). It is not the same as the outside temperature. This is commonly known as a "Heat Index." The heat index is a measurement of how hot it feels when relative humidity is combined with the effects of the air temperature. When you are standing in full sunshine, the heat index value is even higher. A heat index of 90°F or higher is dangerous.

What to do with heat exhaustion:

If you think you have heat exhaustion, get out of the heat quickly. Go into a building which has air-conditioning and sit down and relax. Okay, for those of you who know me, I am a cyclist. And I have been known to ride my bicycle 100 – 200 miles in weather of 100°F or more. When I feel the symptoms of heat exhaustion, I find a cool, shady place. Drink plenty of water and other fluids with electrolytes and eat salty snacks. Caffeinated drinks (such as soda) can make heat exhaustion worse. I have a bandana-fabric tube filled with gel beads that expand when soaked in water. This fabric tube is soaked in ice water (it cannot be frozen), and I wear this around my neck to help beat the heat elements. Some organized rides hand out tube socks filled with ice and tied at the loose end to wear around the neck at the rest stops. You have seen runners pour water over their heads during the marathon; cyclists do this too. Others have been known to drink a super large slurpee (brain freeze) at 7-11 before a hot weather event. These are all measures to keep that core cool.

It is common for people to think that an ice cold beer is the epitome of happiness and relief on a hot summer day. I strongly disagree. Consuming alcohol leads to dehydration, which can contribute to heat exhaustion. For those of us who are inside, if you feel the symptoms of heat exhaustion, take a cool shower or bath, or apply cool water to your skin. Take off any tight or unnecessary clothing. If you do not feel better within 30 minutes, contact your doctor. If heat exhaustion is not treated, it can progress to heatstroke.

What to do with heatstroke:

Heatstroke can cause damage to your organs and brain. In extreme cases, it can kill you. This sounds scary, but I cannot emphasize enough the seriousness of this condition. If you think someone is experiencing heatstroke, call 911 immediately. While you are waiting for Paramedics to arrive, take the person into an air-conditioned building or a cool, shady place.

Victims of heatstroke cannot treat themselves; they need assistance. This CAN be accomplished with one person, but it is best to have a team of people helping out. Timing is of the essence so jump in and do what you can to help out if you see someone experiencing heatstroke. Remove the person's unnecessary clothing to help cool him or her down. Try to fan air over the person while wetting the skin with water. You can also apply ice packs to the person's armpits, groin, neck and back. These areas contain a lot of blood vessels close the surface of the skin. Cooling them with ice packs can help the person cool down.

How medicines affect heatstroke:

The following are some medicines that can put you in danger of heatstroke because they affect the way your body reacts to heat:

- Allergy medicines (antihistamines)
- Some blood pressure and heart medicines (beta-blockers and vasoconstrictors)
- Diet pills and illegal drugs such as cocaine (amphetamines)
- Laxatives
- Some medicines that treat mental health conditions (antidepressants and antipsychotics)
- Seizure medicines (anticonvulsants)
- Water pills (diuretics)

Consult with your doctor about medicines you are taking. He or she can tell you if your medicine puts you in danger of heatstroke.

Heat Illness Prevention:

Standard recommendations are to stay indoors in air-conditioned areas when the heat index is high. For the athletic enthusiast like me, let me share a few tips:

- Wear lightweight, light-colored, loose-fitting clothing.
- Protect yourself from the sun by wearing a hat or using an umbrella.
- Use sunscreen with a sun protection factor (SPF) of 15 or more.
- Drink plenty of water before starting an outdoor activity. This is where the brain freeze suggestion fits into the mix.
 - Drink extra water all day, throughout the day, even though you don't feel thirsty
 - Some sports drinks can help replenish the salt in your body lost through sweating.
- Not only high temperatures and loss of fluids cause heat-related illnesses, a lack of salt in the body is another contributor that cannot be ignored.
- Drink fewer beverages that contain caffeine (such as tea, coffee and soda) or alcohol.
- Schedule the more vigorous outdoor activities for cooler times of the day -- before 10:00 a.m. and after 6:00 p.m.
- During an outdoor activity, take frequent breaks. If you have clear, pale urine, you are probably drinking enough fluids. Dark-colored urine is an indication that you're dehydrated.

Recovering from Heat Exhaustion or Heatstroke:

Your body is more sensitive to heat and warm weather after experiencing heat exhaustion or heatstroke. Thus, the common recommendation for everyone, regardless of fitness level, is to give your body a week to recover. Training or exercise routines are to be reduced to half their regular intensity, and a minimal amount of activity in hot weather if it cannot be avoided all together. Consult with your doctor about resuming normal activities.

So have fun and stay cool and hydrated.

Cheers. 😊

COMMITTEE UPDATES

Programs

Chair: Julia Becklund

There is an excellent line-up of programs for the Silicon Valley Chapter this year



<u>August 16, 2011</u>	ASWA Silicon Valley Chapter / IMA Joint Meeting
6:30 pm	Biltmore Hotel
<u>September 27, 2011</u>	Branding: How to Master the Art of Self-Promotion
6:30 pm	Biltmore Hotel
<u>October 25, 2011</u>	Communication Skills
6:30 pm	Biltmore Hotel
<u>November 15, 2011</u>	Annual Auction to support Scholarship Fund
6:30 pm	Biltmore Hotel

Hospitality / CPE Compliance

Chair: Sabrina Pacheco

Reservation and cancellation policy:

Reservations or cancellations are requested by noon on the Friday preceding each meeting. Remember that vegetarian meals must be reserved and will not be offered to walk-ins or those who reserve after the preceding Friday. Call the chapter voicemail number (408-235-0828) to reserve or cancel. The goal is an accurate count for the hotel. Unreserved guests and members take potluck, which may include a meal chosen by the hotel as a substitute, and will be served last. Unreserved members (not guests) incur a surcharge of \$5.00.



Reserved members or guests who are no-shows will be billed if not cancelled by noon the preceding Friday. We do want you to come to the meetings and reservations are helpful but if you have to cancel let us know beforehand to avoid incurring the cost of the meal. **WE ACCEPT CREDIT CARD PAYMENT AT THE DOOR!**

Volunteers are always welcome at our monthly membership meetings. Lend a helping hand to make our monthly events and meetings even more interesting while

building a great network and forming new relationships.

CPE credit is available for participating in any of our qualified programs. See Sabrina for more details in person at the meeting or email her at scpacheco3@yahoo.com

Newsletter

Chair: Louise McCracken

The newsletter is prepared and distributed on a monthly basis. Members and interested parties receive the publication via PDF file attachment by e-mail. If this Chapter does not

have your e-mail address, please contact Louise McCracken at



louisemccracken@att.net.

We encourage our membership to submit articles of interest for our monthly newsletter. Please make your submission under the following criteria...

- Prepared as a Microsoft Word document
- Photos in JPEG format
 - captions are okay, no imbedded text, please
- 600 words or less

COMMITTEE UPDATES (Continued)

Membership

Chair: Wendy Matthews

QUALIFICATIONS:

All Levels of Accounting
Bookkeepers
Corporate Accounting Finance
Public Accounting
Management & Educators
Recruiters



If you would like to join the Silicon Valley Chapter of ASWA, follow the link to our National website.

<http://www.aswa.org>

Please feel free to complete it or forward a copy to someone you think would benefit from joining our Chapter.

MEMBERSHIP BENEFITS

- Prestigious status of professional affiliation
- National contacts for networking and professional information
- Forum for CPE
- Scholarships
- Leadership opportunities in supportive arena
- Subscription to *Accountability* e-newsletter
- National and regional conferences at a discounted rate
- Access to Career Center
- Access to ASWA's LinkedIn, Facebook and Twitter groups and National online membership directory
- Discounted membership to the Institute for Management Accountants (IMA)
- Discounted products and services through affiliation agreements
 - CPA review courses, CCH tax & accounting books, Long Term Care Insurance and Bank of America credit card.

Bringing guests to our Membership Meetings is encouraged by non-members as well as by members. Our electronic invitation system is a simple way to inform us ahead of time. We are all interested in meeting fresh faces and expanding our network. Our Chapter is famous for our warmth and hospitality. So bring a friend, colleague or business associate.

Earlier in July, we had a very successful strategic planning meeting. A primary factor recognized is that all of our Board Members have a full plate of tasks and responsibilities to accomplish for the year. With that in mind, please see what you can do to help out. Great or small, every effort is highly valued.

Scholarship

Chair: Ty Kaprelian

Reaching out and talking to prospective scholarship applicants is a great pleasure and delight. Our annual events have been very successful in supporting this program. This accomplishment is reliant upon the teamwork and participation of everyone in the Chapter. Feel free to contact me directly at the meeting or send me a message at tkaprelian@becker.com.



Did you know??? The mission of the American Society of Women Accountants is to enable women in all accounting and related fields to achieve their full personal, professional and economic potential, and to contribute to the future development of their professions.

Question of the Month...

"What do you do to keep from the "sleepy afternoon" blues?"

Don't know about you, but when the office has an offsite lunch, or I eat a big lunch, I tend to feel sluggish and sleepy in the afternoon (around 2:00 or 3:00). What do you do to keep yourself alert and awake? Go to the bathroom and splash water on your face? Probably not, it will make a mess out of your make-up and you will look like "The Joker's" sister from the movie "Batman Returns". What do you do?

"While I no longer attend meetings, nor am I a current member (I now teach yoga and make ceramics exclusively. Well I also manage and do light bookkeeping for a yoga studio) I do remember the afternoon sinkers! I would either take a brisk walk around the building or, if time was short, go into the bathroom and do a few forward folds and stretches with my arms over my head with deep exhale as I folded and full inhale as I stretched. This would get oxygen to my brain and liven me up! DO NOT eat candy or sweets - a piece of fruit is good or a few almonds. Really... it makes a difference not only in how long you stay lively but what your mood will be." – Kyczy Hawk

"Earl Grey" – Lili Clay

"I usually go to the kitchen and make myself an iced latte. During tax season, we sometimes take a break and drive to the nearby Starbucks and get a coffee treat." – Pam Hedblad

"I usually try to go take a short walk around the building (outside). I put on my sunglasses, evaluate my footwear (some days sensible, some days not so much) and take a trek around the building. It's between 700 and 800 steps (for those of you that count that sort of thing). If I feel really adventurous (and have a day with sensible footwear), I may even walk around it twice! 😊 And sometimes, I'll even put in a quick call to a girlfriend during the 5 to 10 minute adventure. The ultimate multi-tasking! I think it's funny when the cigarette breakers look at me funny for walking!" – Monika Miles

"I would take my afternoon break by walking as fast as I could. The walk would wake me up."

– Marie Sternberger

"Chocolate and/or coffee, this is not a good habit!"

– Susan Wright

"I am now in San Diego with RHI and connected with the local ASWA chapter... however, I love this question and couldn't help but add my 2cents! ☺ My drug of choice for the afternoon blues is a chocolate chip cookie and a 5 Hour Energy Drink... pomegranate flavor preferred! Sad, I know... But the only thing that seems to do the trick! Hope all is well in Northern California!" – Nichole Logan

"I send out an e-mail and ask people to join me at the frozen yogurt shop. It wakes me up; it is entertaining, and very Yummy!" – Nicole Leteillier

"Coffee; which after 1pm is a "no, no", and multiple stretch breaks was the only way I made it through the day. I also had to use my candy stash -- not the healthiest but oh so necessary." – Allison Williams

"Drink water and go to bathroom, and repeat as needed" – Jinn Chao

"I work for a small, start-up company of 12 employees. The atmosphere is much like an extended family. You can tell when everyone is starting to fall asleep, it is simply too quiet. One Colleague will loudly announce from their cubicle "Goodnight Mary Joe!" which starts "Good night Billy Bob!" and so on and so forth. When we notice there is no response in an occupied cubicle, we rush over and see if they have crawled under the desk or slumped over the keyboard of their computer. Collectively, we will make a gesture of loud noises to wake them up. Too funny, especially when it's the boss!" – Louise McCracken

"I take a nap when severe sleepies hit."

– Susan Lange



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NEXT MONTH

*When you were a child, who
your Hero?*