



WE ARE A 5-STAR CHAPTER



ASMC

'TROLLER

2010-2011

Chapter Officers:

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Deborah Chambers

President's Message

Deborah Chambers

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I don't like to make New Year's Eve resolutions, much less New Year's Eve diet resolutions but I think I will make an exception this year. Why, you might ask? Why this year? Well, there are several reasons why this year will be different. Let me explain.

1. I've had major surgery several years ago.
2. I'm getting older and I need to get/have an effective diet plan.
3. I have been overweight way too long "20" years.
4. I don't want to get diabetes.
5. I'm tired of looking drab and dull.
6. I want to feel better; and I'm tired of feeling tired!



So, what will be my New Year's Eve diet resolutions?

Before listing what my New Year's Eve diet resolutions will be, I need to say right from the beginning that I will continue my dieting and exercise programs with my best buddy, my husband. Dieting with him, being accountable to him on what I eat, how much I eat, when I eat and why I eat, has helped him to gain in 2010 over 23 pounds! His gaining this amount of weight has been fantastic because I am quite a bit overweight and his gaining this amount of weight has helped restore my confidence in myself and in my future. I would highly recommend this to anyone who wants to lose weight and to keep it off! If you can't find someone to be your diet buddy, keep a food and exercise journal. This will help you stay on your diet because you will see what you're doing and areas where you're succeeding and areas where you need help. But, if you prefer a buddy and can't find one, you are in LUCK, I will loan you mine. Here are my diet resolutions for 2011:

First, I will stop eating so much chocolate and nuts. And, I will monitor how much peanut butter and toast, cookies, I eat. I plan on doing this by keeping the peanut butter and cookies on the top shelf of my cabinet at my home. I will only buy what I need at home and no more for my credenza and bottom drawer of my desk at work.

Second, I plan on eating more salads, cereals, drink more water and limit my snacks to just one or two per day! To accomplish this, I will purchase only sugar coated cereals and will never buy any more of the fat free salad dressings.

Third, I will exercise more. I do exercise but it is my resolution to add much more exercise in my daily ritual such as using my treadmill 3 minutes a day and increasing my walking from 9 minutes a day to 10 and more as time goes by.

Fourth, I will limit my eating in front of the TV. I will do this by eating only my dinner in front of the TV on weekends and during the week. I usually only eat my lunch watching the TV on weekends because most of time we eat out at night. But, I have been told by my diet buddy that if I eat in front of the TV at dinner, not only will I not eat as much, but we will save money during 2011 by not going out. He is such a great supporter, and doesn't want me to eat too much at night because the food intake at night just lays there and adds to my caloric intake.

Fifth, I will quickly change any channel that shows perfect people who are extremely slim, beautiful, and worry-free. This is depressing, because I know that most people are not perfect looking and those who are doing these commercials are usually under the age of 21 and in good shape because it's their "job" to look beautiful and in shape. Maybe I should get one of those jobs, instead of working for the Department of Defense.



HAPPY BIRTHDAY!
Huntsville/Redstone
Chapter
25 years!

Sixth, hide the chocolate or better yet, only buy Godiva. Will limit the amount of chocolate I eat. I will limit the chocolate in my life by not buying as much and will only have 1/2 pound of chocolate at night after dinner.

Seventh, take the batteries out of the scales and weigh at least twice a week and track my eating and weight loss.

Eighth, take one day at a time and do my very best and if I mess up, don't criticize myself too much. It happens -- .If I can honestly just take one day at a time and get through it without overeating and not being lazy, I will count that positive and good. By looking at "

Continued on page 4

KUDOS CORNER

Submissions for the Chapter Member's Essay Award are now being accepted.

This year's topic is "given the SECDEF's announced goal of realizing \$100B in savings over the next 5 years, where would you seek those savings and why". For more information about the award contact Teresa Salmon at 955-6185 or e-mail at Teresa.d.salmon@us.army.mil. Essays will be accepted up till 18 Feb 11.



FAREWELL TO A FORMER PRESIDENT — CHARLIE BARNES

Mr. Barnes is a 1974 honor graduate of Alabama A&M University with a Bachelor's Degree in Economics and minor in Mathematics. He received his Master of Business Administration Degree from Florida Institute of Technology in 1980.

Mr. Barnes concluded his federal career journey on 1 January 2011 as Director, Program Integration Office, G-3, US Army Aviation and Missile Command (AMCOM), where he served as the principal advisor to the G-3 on business management functions that included, financial, contractual, personnel/manpower, policy formulation, and administrative functions.

His federal employment began in 1974 as an Army Materiel Command Budget Analyst Intern with the US Army Missile Command (MICOM). On December 15, 1976, he relocated to St. Louis, MO to his permanent duty location with the US Army Troop Support Command. In February 1979, he returned to MICOM and began to aggressively establish his professional career as an analyst, leader, mentor, and manager.

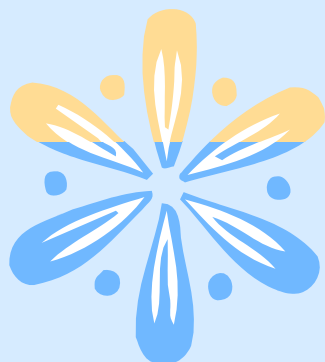
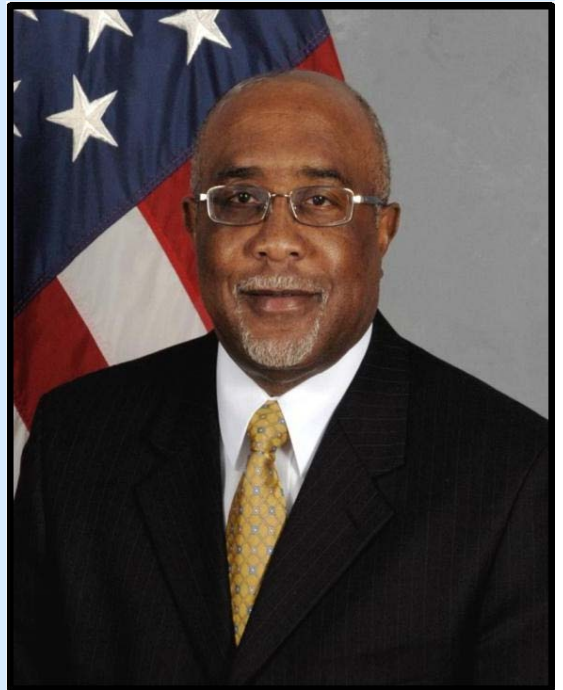
In recent past assignments, from March 2002 - February 2005, Mr. Barnes served as Director, Business Management, AMCOM Deputy to the Commander for Systems Support; from 1997 to 2002, as Business Management Officer, AMCOM Deputy for Systems Acquisition; and, from 1994 to 1997 as Deputy Director for Business Management, MICOM Weapon Systems Management Directorate.

Throughout his distinguished career, Mr. Barnes has served on a number of special projects; to name a few, Consolidation of Test, Measurement, and Diagnostic Equipment Calibration and Repair; Demilitarization of Pershing, Lance, and Redeye Missile Systems; BRAC 1995 and 2008; Acquisition Demonstration Project; and the National Security Personnel System.

He has worked continuously to maintain professional harmonious relationships between management and employees and was selected as a lead government negotiator for the current labor agreement (signed 7 May 2003) between AMCOM et al, and the American Federation of Government Employees, Local 1858, AFL-CIO.

Mr. Barnes has received numerous awards, including, the Superior Civilian Service Award, the Commander's Award for Civilian Service, the Federal Women's Supervisor of the year Award, Quality and merit increases, performance awards, and special acts.

Mr. Barnes is a native of Five Points, AL (Chambers County). He and his wife of 34 years, Gertha Lanette, have two Children: Reverend Brian Charles, Boston, MA and Lauren, Huntsville, AL; and daughter-in-law, Keishana and future Grandson (January 2011) Camden Bryant.



HAPPY BIRTHDAY!
Huntsville/Redstone
Chapter
25 years!





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MAP TO MONTHLY MEETINGS

ARTICLES FOR PUBLICATION must be submitted to the Editor by COB of the 20th of

COMMUNITY PROJECTS

The Community Projects committee is recruiting for volunteers to help with the 2011 Whistlestop Bar-b-que Festival which is scheduled to be held in Huntsville during Friday May 6 and Saturday, May 7. At this time, we do not have the exact volunteer positions or the times for volunteering, but should be in the areas of volunteering in the coke station, beer station, kids area, concessions or gateways. All proceeds benefit Early Works Children's Museum and educational programs for area children. If you are interested in volunteering to help with this community project, please contact Eura Reaves at 842-7093. Date and time preference is usually Friday evening, Saturday early morning, afternoon or evening. At this time, we do not know who the entertainers. This information will be provided later.

Thanks,
Eura Reaves
ASMC Community Projects Committee
842-7093



American Society of Military Comptrollers

To promote education, training and professional development in all aspects of military comptrollership.

The Congressional Budget Office (CBO) [projects](#) the FY2011 federal budget deficit will be almost \$1.5 trillion, about \$190 billion higher than FY2010. This deficit increase reflects an expected growth in government outlays (+\$252 billion) that exceeds a much smaller increase in revenue (+\$66 billion). According to CBO, payments in FY2011 for Social Security, Medicare, and Medicaid, and budgetary expenditures for stimulus programs will be far greater than reductions to payments for Fannie Mae, Freddie Mac and federal deposit insurance. The low expected growth in revenue reflects a continuing slow pace of economic recovery and the effect of the recently-passed compromise tax cut bill. That bill extends current tax cuts for two years and provides a two percent reduction in the payroll tax for social security in 2011. The CBO report also includes deficit estimates through 2021. These estimates show deficits declining significantly in FY2012 and FY2013 and leveling off at an average of about \$650 billion through the end of the decade. However, CBO does caution that these much lower deficit estimates may understate what actually happens because their baseline estimates assume a continuation of current law for both expenditures and revenue. For example, CBO's revenue estimates reflect the expiration of the extended tax cuts after 2012.



President's Message (cont'd from page 1)

life" one day at a time, I am not pressured to make my diet and exercise quota for 365 days, but for only one day. AND, I can do that!

Ninth, try to eat at home more often. I can and will do this by purchasing more

accessible and healthier foods that have all the food groups, like frozen pizzas; and things I know how to make and that don't take a lot of time like spaghetti, loaded baked potatoes, and fried chicken with gravy and biscuits and healthy sandwiches with lots of mayo and so forth. I will forgo the fast food joints.

If I am going to eat home more often, I will find out how to make tastier and less caloric cobblers and cakes with less fattening cream cheese icings, have more and different kinds of cookies and learn how to prepare them using Stevia.

So, by eating in moderation and at the kitchen table, stepping on the scales twice a week and exercising every day, being accountable to a buddy and taking only one day at a time, I will succeed in 2011 with my diet resolutions. I hope all of you are as successful with your resolutions, as I know I am going to be with mine.



Huntsville/Redstone ASMC Chapter Celebrates 25 Years

Submitted by Lisa White

The Redstone/Huntsville Chapter of the American Society of Military Comptrollers (ASMC) turns twenty five this year. The Chapter was chartered on 24 January 1986 with close to 400 members. It was the largest ASMC chapter ever chartered. The current chapter membership is almost with corporate sponsors.

Jennifer Sizemore, Associate Director of Membership and Chapter Development, National Headquarters offers her congratulations with these words: "My sincere congratulations are extended to the members of the Redstone - Huntsville chapter as you celebrate your 25th anniversary. The chapter and its members should be very proud of its accomplishments, both at the national and chapter levels."

The chapter has continuously won national recognition as a Five Star chapter since its inception. In addition, the chapter has been the recipient of more than thirty five other awards in the areas of community service, professional development, membership, leadership and overall excellence. Not only has the chapter excelled in its programs, but in its individual members. Debbie O'Neal, Becky Lake and First Commercial Bank have all been recognized for their achievements in support of the society.

Redstone - Huntsville has played host to three national PDIs in Dallas, New Orleans and Orlando, thus helping grow the professional development of the defense financial management community. Words cannot describe the dedication and commitment that the PDI Committee Chairs and volunteers have provided to ASMC. I think it appropriate to say that the organization and its staff hold the Redstone - Huntsville Chapter in the highest regard possible.

Enjoy this year of celebration and recognition - it is richly deserved."

Here are a few happenings from 1986: Major Events — Nuclear disaster at Chernobyl; Space Shuttle Challenger explodes; Iran Contra Affair

Sports — NBA Winner: Boston Celtics; NCAA Football: Penn State; Heisman Trophy: Vinny Testaverde (Miami); Super Bowl: Chicago Bears; World Series: New York Mets; World Cup: Argentina; Stanley Cup: Montreal Canadiens; US Open Golf: Ray Floyd

Number Ones:

Song: "That's What Friends Are For" - Dionne Warwick and friends

Movie: "Aliens"

Books: "It" by Stephen King (Fiction)

"Fatherhood" by Bill Cosby (Nonfiction)

Television Show: "The Cosby Show"

Academy Awards:

Best Picture: "Out of Africa"; Best Director: Sydney Pollack

Best Actor: Paul Newman; Best Actress: Marlee Matlin

Grammy Awards:

Record of the Year: "Higher Love" - Steve Winwood

Song of the Year: "That's What Friends Are For" - Burt

Bacharach, Carole Bayer Sager

Best Album: "Graceland" - Paul Simon

Male Vocalist: Steve Winwood - "Higher Love"

Female Vocalist: Barbra Streisand - "The Broadway Album"

Additional tidbit: The writer of this article turned 25 in 1986!

HAPPY BIRTHDAY, HUNTSVILLE/REDSTONE!!

Winter

Please unscramble the words below

- | | |
|-------------------|---------------------|
| 1. WRINET _____ | 2. OCDL _____ |
| 3. NNOSAWM _____ | 4. EEZIFRNG _____ |
| 5. YARAUNJ _____ | 6. CIE _____ |
| 7. OFTRS _____ | 8. ALOWEFKSN _____ |
| 9. LOSVGE _____ | 10. AHT _____ |
| 11. TCOA _____ | 12. TOOBS _____ |
| 13. ACFRS _____ | 14. HOLEVS _____ |
| 15. DOWSAYN _____ | 16. NDLDSTEG _____ |
| 17. NIIGKS _____ | 18. AOWNLSBSL _____ |

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A LOOK AHEAD—>>>>



American Society of Military Comptrollers (ASMC)



Redstone/Huntsville Chapter

February Luncheon Speaker:

Ms. Imogene Tilson

Behavioral Health Services, Huntsville Hospital

Topic

Dealing with Day-to-Day Stress

“Finding Balance in a Topsy-Turvy World”

When: Thursday, 10 February @ 1130

Where: Trinity United Methodist Church

Menu: Salad, Ham & Cheese Quiche, Vegetable Medley,
Rolls, Dessert, Coffee, Tea, Water

For ticket information, contact:

Audrea Edwards, 313-2382 or Lisa Lowry, 876-7086

Need reservations by 1000, Thurs, 3 Feb 10

Ticket Price - \$13.00 members/\$14.00 Non-Members



VISIT OUR WEBSITE: <http://www.orgsites.com/al/hsv-redstone-asmc/>



ASMC Mini-PDI 2011

**All Together Now: Applying Finance and Leadership in
Support of the Warfighter**

3 March 2011

One day training (lunch included), earn 7 CLPs

Speakers:

Mr. Mark Easton, DoD Deputy Chief Financial Officer;

MG James Rogers, Commanding General, AMCOM;

Col Chip Fulghum, Director, Budget Programs and Integration (SAF/FMBP);

Ms. Suzie Humphreys, Nationally renown motivational speaker; and

Col Barbara Gilchrist, Director, Defense Financial Management &
Comptroller School



Location:

**Jackson Center at Hudson/Alpha
Institute, 600 Genome Way**

Registration: 0700-0800

Seminar Time: 0800-1615

Deadline to register – 11 Feb 2011

**Register Early for this exciting
training opportunity!**

COST: \$125 for each attendee

Charged to Government IMPAC card

Enter into TIP System: Catalog #F112MPDI

Course Title: ASMC MINI-PDI 2011

**Call in reservation with IMPAC credit card
information to:**

Dana Wilbanks, 876-4283

Amanda Bertus, 842-8444

Theresa McBride, 842-9272

Information Required:

**Name, Member Status, Phone Number, Email
Address, Credit Cardholder Name, Card
Number, Card Expiration Date, 3 digit code.**