

American Society of Military Comptrollers Razorback Chapter



Month: Nov 07



Issue: 07-2

President's Message

It has been 4 months since I assumed the position of President and I would just like to say thank you to all of those that have been instrumental in the progress we have made thus far in this short period. Since July 2007, we have had two successful fundraisers, three guest speakers, and plans are scheduled for a holiday social and community involvement. Check out the website (<http://www.orgsites.com/ar/asmc-razorback/index.html>) to stay informed of all upcoming events: local and national.

As we approach the holiday season I hope everyone has an enjoyable and safe holiday. Thanks again for all you do.

Nicole Ford
President, ASMC-Razorback Chapter

Chapter Officers

President: Ms Nicole Ford
Vice President: 1Lt Suzanne Overstreet
Treasurer: Ms Misty Bowers
Secretary: Cpt Joseph Nicholas/ Jan Turney (Alt.)





National ASMC News

Defense Financial Highlights - Want to keep up to date on what's going on in defense financial management without spending a lot of time? ASMC provides members with Defense Financial Highlights covering key events affecting defense financial management. Learn what is going on with

the budget on the Hill and more. These write-ups appear on the home page of the ASMC website under the title "Defense Financial Highlights". This section is updated regularly so long as news and time permit.

Members' News

Happy Birthday!!  to the following members with birthdays in November and December

-  14 November – Jason Cooksey
-  21 November – Gillian Ballard
-  25 November – Laverne Tucker
-  29 December – Donna Mattingly

Welcome to our newest member!!!

Brian Augsburger	314 CPTS
Jennifer Rock	314 CPTS
Jeffery VanScoy	314 CPTS

Current Meeting

October Meeting. Major Rob Culpepper discussed his assignment as an International Affairs Specialist in Ghana. His presentation, *Africa...is it important to the U.S.?*, highlighted general information about Africa, the U.S. strategic interest in the country, the new AFRICOM, and his personal experiences in Ghana. Our President, Nicole Ford, presented Major Culpepper with a certificate of appreciation for being a guest speaker at our October meeting (pictured next page).

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Upcoming Events



November Meeting

Date: 15 November 2007 Time: 1100
Location: Pizza Hut (Jacksonville)
Guest Speaker: CMSGT Jeffery Vanscoy
Superintendent, 314 CPTS



Yard Sale Fundraiser. ASMC members smile for the camera after a very profitable day at the base yard sale!



From Left to Right: Donna Mattingly, Misty Bowers, Nicole Ford, Brian Augsburger, and Suzanne Overstreet (with Jan Turney taking the photo).

December Meeting










Date: 11 December 2007 Time: 1130
Location: Airman Family Readiness Center
(Bldg 668 LRAFB)
Guest Speaker: Ms Patricia Pope
Financial Counselor



Food Pantry.

Bring nonperishable goods (soups, pasta, spaghetti sauce, peanut butter, jelly, vegetables, etc.) to the 15 November meeting. With Thanksgiving coming up, consider donating things suitable for a holiday meal (stuffing mix, cranberries, pumpkin pie filling, etc.). We'll take your donations to the Food Pantry at the Family Support Center where airmen can pick up these items to help feed their families. Those donating items will be entered in a drawing for the chance to have their lunch paid for at the November meeting.

The chapter would like to thank the following people for donating items to sell:

-  Mr Brian Augsburger – 314 CPTS
-  Ms Misty Bowers – AFAA
-  Ms Nicole Ford – AFAA
-  Ms Marilyn Johnson – 314 LRS
-  Ms Donna Mattingly – AFAA
-  Cpt Joseph Nicholas – 314 CPTS
-  Ms Jan Turney – AFAA



Chapter Holiday Social.

We have planned a night out at **Murry's Dinner Playhouse** on **Friday, 7 December** to see the production "Love, Sex and the IRS". A buffet dinner is served from 6:00 – 7:30 p.m. and the show begins at 7:45 p.m. The cost will be \$23 per person for members and one guest, additional guests will be \$32. All funds will need to be collected by 15 November.

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Featured Article

10 Ways to Reduce Holiday Stress *By Janice Lovelace, Ph.D.* (reprinted from Parenthood.com)

Use these tips to make this holiday season be more of what you want it to be:

1. Be realistic. You can't do everything portrayed on TV or in magazines. Be realistic about expectations of family and friends. Family members will be the way they always are.

2. Reassess. As a family, decide which activities are important and which can be eliminated.

3. Start a new tradition. Find one activity the family enjoys and create a new tradition this year.

4. Prioritize. What has to be done and when? Plan ahead on how to use your time. If you plan and schedule activities, you won't feel so pressured.

5. Keep your routine. During this hectic time, changing the normal family routine can be stressful to children.

6. Delegate responsibilities. Ask for help around the house or divide tasks among adults and older children.

7. Simplify. Plan easy meals, especially on those days when there are other commitments.

8. Plan for fun. What do you enjoy? Drive around to see holiday lights or get together to go to a local tree farm. What activities are low or no cost?

9. Explore how other cultures celebrate the season. What are some other holidays that are different than yours?

10. Carve out time for yourself. Make a little quiet time - maybe a long bath or a walk by yourself or time to read. Make sure you are getting enough rest

ASMC Membership Benefits

- Professional development
- Leadership opportunities
- Monthly luncheons
- Subscription to the Armed Forces Comptroller magazine
- Community involvement
- Networking

Membership Applications can be found at the following website:

<http://www.orgsites.com/ar/asmc-razorback/pgg2.php3>

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