

## AVIATION



## CHAPTER

# Wright Flyer



### Quote of the Month

**Courage is a mean with regard to fear and confidence**

**- Aristotle**



## A Five Star Chapter

### President's Message

**April 2010**

#### Inside This Issue

President's Message	1
Chapter Activities	2-7
Treasurer's Update	8
Professional Development	9
Special Interest	10-13
Member Feature	14-15
"The American Flag"	
By: Ms. Sally Easterling	
In The Spotlight	16-17
"Thank You for your Generosity"	
By: Mr. Michael Eberle	
Health and Wellness	18-19
National News	20
Board Meeting Minutes	21-24
Chapter Roster	25
Join ASMC	26



As the time for the PDI grows near, I get more and more excited! I have been to several PDIs in my career, and I have never come away from one disappointed. This year, as in years past, there are numerous workshops planned to increase our knowledge of general and specific comptroller related topics. And, as always, there are several workshops on leadership, management, and personal growth and development. The keynote and luncheon speakers are usually great—both informative and entertaining. This is an opportune time to gather Continuing Professional Education units to satisfy APDP and various financial management and accounting certification requirements. Speaking of certifications-- you will also have a chance to prepare for and take the CDFM exams. You may have time to visit exhibitor's booths to see what new technology or training is available to enhance your ability to be more efficient or effective. This is also your

chance to collect a few trinkets and register for great give-a-ways during the event. On top of all that, if you venture out just a little, you get to meet financial managers from all over the world and all branches of the military (plus the Coast Guard), working in all different financial disciplines to help you gain a much broader perspective of potential growth opportunities and assignments. Service Day provides an opportunity to find out from top leadership what is going on in the service, and what the burning issues are at that level. But best of all, you get to see old friends and colleagues, renew acquaintances, and catch up on current events. I hope to see you at Opryland. I'm sure we'll have a "Grand" ole time!

We are also nearing the end of this chapter year, and several positions on the Executive Board will be open for volunteers. I know that you will enjoy working with Michael Dobson, the in-coming president, and I encourage you to consider working with and leading some of the committees so vital to our success. My minister likes to say, "The vineyard is large, but the laborers are few". This is true for our chapter as well. We need your talents!

Carolyn Walker-Kimbro



The American Society of Military Comptrollers  
**Aviation Chapter**

P.O. BOX 33515 WPAFB OH 45433



Guest Speaker

**Mr. Gregory McCan**

**754 ELSG/EC**

**WPAFB**

**Topic: ECSS – Logistics Financial Systems**

**Luncheon: 20 May 2010**

**Social – 11:00 Lunch – 11:15**

**Place: Wright-Patterson Club & Banquet Center**

Interpreters provided for hearing impaired upon request. Contact Anita Kerns at [anita.kerns@wpafb.af.mil](mailto:anita.kerns@wpafb.af.mil)



**Buffet Style: Roasted Pork Loin, Classic Sautéed Salmon, Wild Rice, Pasta Primavera, and Bahama Blend Vegetables, Tossed Salad, Assorted Desserts, and Coffee/Tea/Water**

Chef salads available upon request.

Meal changes will not be accepted after headcount date.

**Ticket Price: \$11.00**

**TICKET REPRESENTATIVES**

HQ AFMC/FMP	Rebecca Tipton	7-6922	AFSAC/FMO	Emilie Bishop	6-0987
554 ELSG/FMA	Deborah McCreanor	7-0829	NASIC/DA	JoAnne Hutchison	7-4798
AFRL/RBFA	Stella Kirk	5-6499	ASC/FMCX	Janice Burke	6-5466
88 CPTS/FMA	Tosha Allen	2-3721	591 SCMG/GU	Lesia Leggett	7-8436
AFAA/QLS	Margaret Willis	6-0398	GAO	Dayna Foster	937-258-7967
AFAA/WP	Bill Holzinger	4-4998	478 AESW/FM	Samantha Gilmore	4-5333
AFIT/FMA	Roger Hardy	5-8400 x3617	AFRL/FM	Beth Jankowski	6-9057
AFRL/PRF	Brenda Myers	5-6195	702 AESG/SYF	Monique Grant	6-5308
645 AESG/SYF	Candice Lock	5-7308	SAF/FMP(AFFSO)	Sally Easterling	2-2235

**HEADCOUNT DUE to Pat Thompson (DSN 6-1267) noon on 14 May 2010**



## ASMC Aviation Chapter April Luncheon Guest Speaker: SA Paul Swiencicki, AFOSI



Special Agent Paul Swiencicki from the Air Force Office of Special Investigations (AFOSI), Wright-Patterson AFB, was the April 2010 luncheon guest speaker with a presentation on the role of the AFOSI in Fraud Investigations and how fraud, waste, and abuse affect the Air Force mission. The AFOSI protects the Air Force from losses of money and resources due to fraudulent schemes, diversion, and misuse of Air Force assets. SA Swiencicki gave information on general fraud indicators and insight into areas where we can help the AFOSI. So, how we can help protect USAF from fraudulent losses? 1) By identifying and discreetly reporting fraudulent activities to the AFOSI or to the Base IG 2) By being available to discuss matters with the AFOSI 3) By doing your part to faithfully execute your duty to protect AF assets.



### QUARTERLY NEWSLETTER ARTICLE INCENTIVE AWARD

Here's another opportunity to shine and earn \$\$\$! The Aviation Chapter has established a quarterly incentive award in the amount of **\$25** for newsletter articles. This quarter award period is 01 Apr – 30 Jun 2010.

If you would like to participate on the Review Board for your organization, please contact your organizational VP. Review Board members must be active members and in good standing. If you are interested in competing for the Aviation Chapter Newsletter Article Quarterly Incentive Award, please prepare an article and submit it through your organizational ASMC Vice President. Guidelines for article submissions are as follows:

- Article must be no less than one page in length (Times New Roman, 12 pitch font, 1" Margins)
- Article must be authored by an active ASMC Aviation Chapter member in good standing
- Article must address one of the following topics within Financial Management, Auditing, or WPAFB Organizational experience with a clear connection to ASMC and/or its members: Leadership, current policy/trends/technology, professional development, current initiatives/hot topics, ethics, or a personal job-related experience that would serve to inspire others
- Articles must be current and not published in any past venue
- Articles must be received by the Newsletter Chair, through the organizational Vice President, by the 20th day of each month

#### AVIATION NEWS

"Did you know you can now access older ASMC Newsletter editions from as far back as 2001?" Well, you can...just go to [www.asmcaviation.org](http://www.asmcaviation.org) and click 'Newsletter'!



## Chapter Activities

### Aviation Membership

The ASMC Aviation Chapter would like to welcome new and transferred members 2009-2010.

#### New Members

Anessia Carter  
 Beverly James  
 Bowen Troyer  
 Brenda Haimebaugh  
 Candice Holovet  
 Catherine Parson  
 Cheryl A. Ware  
 Chris Rupp  
 Colin Williams  
 Connie Hedrick  
 Dave Jarvis  
 Divina G Livaudais  
 Brenda Strong  
 Erin McGinley  
 Fred Lamb  
 Gary Moore  
 Gina Parvani  
 Greg McDuffy  
 Jane Adams  
 Jane E. Hartley  
 Janet Landis  
 Jeff Umbreit  
 Jenn Glenn  
 Jennifer Fine

Jessica Moran  
 JoAnne Hereford  
 John Hayes  
 Karin Blaume  
 Kellie Veracco  
 Kelly Delaberta  
 Kelly N Fecher  
 Kristen Branham  
 Kristi Magee  
 Kristi Mackert  
 LaTanya Weaver  
 Lianne G Cordonnier  
 Linda Butler  
 Lisa Gallagher  
 Lorretta Plumline  
 Mark Koopman  
 Michelle Field  
 Michelle Schaefer  
 Noranne Bever  
 Pat Solberg  
 Jacalyn Patton  
 Patty Dersham  
 Rhonda Burnett  
 Rita Dohr

Robert (Andy)  
 Hostetter  
 Rosemary Vaughan  
 Ruth Petry  
 Sheila L. Lawson  
 Sherry Buchcanan  
 SrA Andre West  
 Stacey Reitz  
 Steve Zamosky  
 Steven Cone  
 Susan Brainard  
 Sylvia Franz  
 Tammy Hildebrand  
 Thom Brown  
 Tim Edwards  
 Travis Lykins  
 Valerie Henry  
 Valerie Soller  
 Velma Culpepper  
 Wilburn Slack  
 Wiltosha Allen

#### Transfer Members

Andrea Atkins  
 Connie Lipko  
 Jasolyn Evans  
 Loran P Higgins  
 Renee Randolph  
 Richard C McBride



### Aviation Membership

#### Membership Renewal

If you have received your renewal invoice, you may **renew online**. You may also **update your profile online** (*address, phone number, chapter and other information*).

Website: <http://www.asmcnline.org/membership/renew/>

#### Get Your Member Number

Using the same website, you may have your membership number e-mailed to you. Enter your email address into the text box and click Lookup. This email address will be used to locate your record in our system, and a profile of your membership will be sent to your inbox. You may also use this service to reset your password and update your profile.



## WAYS and MEANS

### Future fund raising events:

**Dayton Air Show – 17-18 July.** We are looking for volunteers to work a food booth for both days. Volunteers will get free parking and entrance into the show. So volunteer and come early or stay late (or both) to enjoy the air show. The Chapter will get the pro-rated share of the booth's proceeds; so more volunteers equals more funds we raise! For more information or to volunteer e-mail Beth Jankowski at [Marilyn.Jankowski@wpafb.af.mil](mailto:Marilyn.Jankowski@wpafb.af.mil).



**Aviation Chapter's Exclusive Business Casual Shirt Sale** – You won't want to miss this sale! The Chapter is looking for volunteers to collect orders and money for this exclusive event. For more information or to volunteer e-mail Beth Jankowski at [Marilyn.Jankowski@wpafb.af.mil](mailto:Marilyn.Jankowski@wpafb.af.mil).





## Treasurer's Update



### By: **Nancy Skinner, Treasurer**

The days continue to warm up and the Aviation Chapter approaches its year end of 1 Jul 09 – 30 Jun 10. This is a time of increased activity for Kevin and I as we prepare for the National PDI in Nashville, TN and close our books for the chapter. As for the PDI, our chapter is fortunate to be able to fund 5 Aviation members to attend. In these times of tight budgets for the Air Force, the Aviation Chapter is working hard to provide training opportunities for its members.

These 5 members were nominated and selected by the board for their participation in the Chapter's activities throughout the year. The budget normally allows for only 3 members to attend, but by having these selected members apply to perform Assistant Instructor (AI) duties at the PDI, we were given registration rates of \$260 per person instead of the normal \$515 registration fees. The registration savings along with us driving versus flying to the PDI allowed the Chapter to send 5 members instead of the planned 3 members.

**Hope to see lots of you at the May luncheon! (The cruise was too much fun but back to work so I can afford the next cruise...)**





## Upcoming Events

### Professional Development Committee Members Needed

The Professional Development Committee is looking for individuals interested in helping to plan and execute professional development efforts such as teleconferences, CDFM study groups, and more. The committee routinely meets to plan these events. For more information and to volunteer, please contact Ms. Brenda Himebaugh at 257-0516 or Mr. Doug Cornelisse at 255-6959.

### Professional Development Questionnaire

Would you like to learn more about what is available for the CDFM modules? Would you like to be a part of a peer/mentor group? Do you know of professional development opportunities that you would like to see initiated by the Aviation Chapter? If you answered yes to any of these questions, then the Professional Development Committee encourages you to go to the website at [http://www.asmcaviation.org/index\\_files/Page343.htm](http://www.asmcaviation.org/index_files/Page343.htm) and fill out the questionnaire. Once you print it out and complete it, you can either send it via email or put it in the mail distribution to one of the individuals listed on the form.

### LinkedIn Professional Networking

LinkedIn is an online network of more than 25 million experienced professionals from around the world, representing 150 industries. ASMC has created a group on LinkedIn as a forum for discussion of ASMC matters. Discussion and membership will be moderated to a limited degree, and the opinions expressed on the group are those of the individual members and not of ASMC. You may find our group here at <http://www.linkedin.com/groups?gid=953357>.



# How funny can it be?

*Sally Easterling, CDEM, Aviation Chapter VP-At-Large*

I love to make people smile and it is even better when I can make them laugh. While I don't come to work to entertain, there are many times, without trying, that I seem to do just that! It might be something I say, I do or maybe just the way I do it. I don't even try to figure it out anymore...I just press on and try to behave!

During the American Idol tryouts this year, there was an elderly gentleman that sang a song called "Pants on the Ground". I don't know if any of you saw him but he was great and now is all over doing his one song. He makes people smile and laugh—one of the best accomplishments in the world is the ability to see the humor around and in us.

Sometime people make us laugh when they are not trying to and they may even be upset that we see humor when they were being serious. Recently, there was a news article with one of our members of Congress and Navy Admiral who were talking about Guam. All I can say is you need to watch this video to understand! You can see it on YouTube.com--I think you might find some humor there!

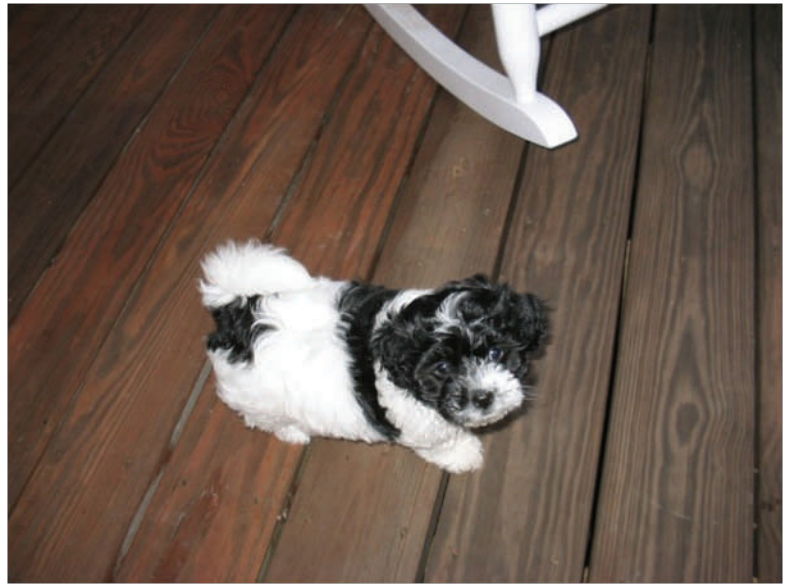
Recently life has gotten really busy for me. Work is busy and I am loving the pace! I am going to start back to school to finish my degree this summer! I have this huge yard and of course, my neighbors want me to mow my grass...what is that all about?

Like the rest of you, I find myself trying to find the time to relax and take a break. It gets harder everyday, but knowing that there is a light at the end of the tunnel and a sense of accomplishment coming my way, I just keep on going! New motto is "Get her done!"



## Special Interest

Here is a picture of my puppy (she is bigger now but I wanted you to see her color). This dog is hilarious and I never know what she will do next....one night last week, I came home to find my little black and white dog with yellow spots all over her. She had decided to roll around in the dandelions during the day and give me a surprise! She was quite fashionable with her "spring coat" and she made me smile...again.



Look around and see what makes you smile or think about what you do that makes you smile. I have tons of stories I could tell you about things I have done that amaze me so I am pretty sure they stun others, but it also makes them smile...what an accomplishment!

Find the fun things in your life and balance out all the craziness that comes into this busy world we live in. If others smile/laugh at you...

NICE ACCOMPLISHMENT--GOOD FOR YOU!

SMILE, BE HAPPY, GOD LOVES YOU!

\*\*\*\*\*JUST A LITTLE HUMOR\*\*\*\*\*

Authors unknown

*There is great need for a sarcasm font  
Bad decisions make good stories.*

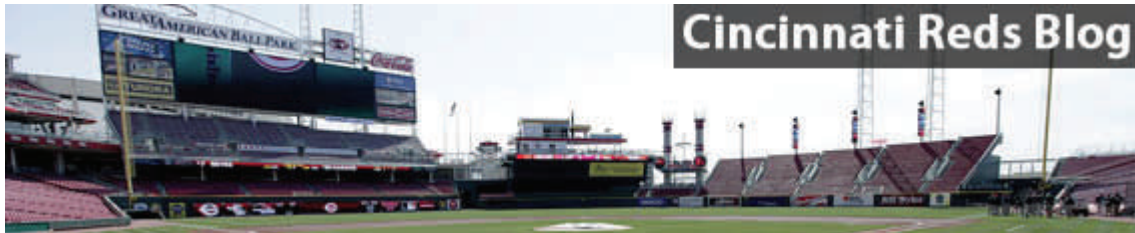
*I'm always slightly terrified when I exit out of Word and it asks me if I want to save any changes to my ten-page research paper that I swear I didnot make any changes to.*

*"Do not machine wash or tumble dry" means I will never wash this--ever.*

*I hate when I just miss a call by the last ring (Hello? Hello? but when I immediately call back, it rings nine times and goes to voicemail. What'd you do after I didn't answer?  
Drop the phone and run away?*

*My 4-year old son asked me in the car the other day "Dad what would happen if you ran over a ninja?" How do I respond to that?*

*I disagree with Kay Jewelers. I would bet on any given Friday or Saturday night more kisses begin with Miller Lites than Kay.*



## Harang on the opener

Posted by John Fay April 4th, 2010, 4:14 pm

I'm taking the day off, sort of. Jeff Wallner covered the workout for us. Here's his report on Aaron Harang:

*Aaron Harang is making his fifth consecutive Opening Day start tomorrow.*

*Despite a poor spring and coming off a pair of disappointing seasons, the Reds right-hander said there will be no added incentive when he takes the mound against the St. Louis Cardinals.*

*"The more pressure you put on yourself, the more likely you are to make mistakes," Harang said prior to Sunday's workout at Great American Ball Park. "I just have to go out and execute my pitches. I'm not putting any more pressure on myself. I've done too much of that in the past."*

*Harang, who is 1-3 with a 3.52 ERA in four previous Opening Day starts, will tie Pete Donohue (1923-'27) and Mario Soto (1982-'86) for the club record for consecutive Opening Day starts. Soto made six Opening Day starts, most in club history.*

*"I know Opening Day means a lot to the city," Harang said. "It means a lot to me to go out and get my fifth start. My goal is to go deep in the game and give us a chance to win."*

*Harang's struggles the past two seasons had some Reds fans questioning whether he was the most logical choice to start Opening Day.*

*While Reds manager Dusty Baker has scoffed at that notion, the past two seasons have been difficult ones for Harang, who has not pitched since August 20.*

*He was placed on the disabled list on August 23 following an appendectomy and missed the remainder of the season, finishing 6-14 with a 4.21 ERA in 26 starts.*

*In 2008, Harang was 6-17 with a 4.78 ERA in 30 appearances, missing nearly a month with a strained right forearm.*

*The Reds are eager to see if Harang can return to the form that helped him become the club's active leader in starts, wins, innings pitched and strikeouts.*



## Special Interest

*He quickly established himself as the ace of the Reds' starting rotation with consecutive 16-win, 230-plus inning seasons during his first three campaigns after being acquired from Oakland at the 2003 trade deadline.*

*Harang has since fallen on hard times, but Baker insists his status as the club's No. 1 starter isn't about to change any time soon.*

*"I know a lot of people have asked, 'Why Harang?' (on Opening Day)," Baker said. "He's the most comfortable I've got to be in that situation. It's easy if you have a guy like (Johan) Santana or (Roy) Halladay. I'm confident in Harang."*

*Baker added that today's game, albeit Cincinnati's traditional home opener, shouldn't carry any additional significance when it comes to evaluating how Harang will fare this season.*

*"It's just one game," Baker said. "It's an important game in Cincinnati. But, it's a long season."*

*Harang, who went 1-3 with a 9.88 ERA in 13.2 innings pitched this spring, did not approach Spring Training any differently this time around, aside from a few minor tweaks to his workout routine.*

*"I changed some things in my preparation," he said. "I did a lot of work on flexibility this offseason. I feel like I have a little more drive behind the ball. I'm ready to get the season rolling."*

*And, amid all the pomp and circumstance surrounding Opening Day in Cincinnati, the soft-spoken Harang said he'll treat today's outing like it's just another game.*

*In the meantime, he's turning a deaf ear to his critics.*

*"I feel really good to start the season," Harang said. "People tend to look at the numbers in Spring Training. But, there's a lot more to it. I've been figuring out how to set guys up later in the year and working out some kinks. Spring Training doesn't go on the back of your baseball card. Today, is when everything counts."*

Link to article: <http://cincinnati.com/blogs/reds/2010/04/04/harang-on-the-opener/>



# The American Flag

Sally Easterling, CDFM, Aviation Chapter VP-At Large

During the next few months, there are holidays and events which we often fly the American Flag. The flag is a symbol of our nation, freedom, courage and bravery. Each one of us serve the flag everyday as we drive onto Wright Patterson AFB and give our time and dedication to the US Air Force.

There are many rules and regulations involving the flag. The official document for the Air Force is AFR 900-3. The following laws and regulations are a few that may assist in how you display the flag:

- *The flag should be displayed every day but especially on: New Year's Day; Inauguration Day; Lincoln's Birthday; Washington's Birthday, Easter Sunday; Mother's Day; Armed Forces Day; Memorial Day (half-staff until noon); Flag Day; Independence Day; Labor Day September, Constitution Day; Columbus Day; Veterans Day; Thanksgiving Day; and Christmas Day*
- *The flag, when it is displayed with another flag should be on the right (the flag's own right) and its staff should be in front of the staff of the other flag*
- *No flag or pennant may be placed above the flag or to the flag's right*
- *Eagle finial should be used only when the President is present and with the Presidential Flag, however, if a service flag is displayed with the Presidential Flag, then both may have the Eagle finial*
- *The Spearhead is the primary finial to be used by the Air Force*



Continued next page



## Member Feature



### Continuation

Here are some "don't" to remember about our flag:

- *The flag should not be displayed on days when the weather is inclement, except when an all-weather flag is displayed*
- *The flag should not be draped over the hood, top, sides, or back of a vehicle or of a railroad train or a boat*
- *The flag should never be used as wearing apparel, bedding, or drapery. It should never be festooned, drawn back, nor up, in folds, but always allowed to fall free*
- *The flag should never be used as a covering for a ceiling*
- *No part of the flag should ever be used as a custom or athletic uniform. However, a flag patch may be affixed to the uniform of military personnel, firemen, policeman, and members of patriotic organizations. The flag represents a living country and is itself considered a living thing. Therefore, the lapel flag pin, being a replica, should be worn on the left lapel near the heart*

One of the biggest mistakes you see every day is the American Eagle atop the staff that flies the American Flag. As you read earlier in this article, that honor is reserved for the President of the United States and should not be used daily in our environment. The regulation actually states that this is not a mandate that everyone replaces the eagle immediately but as you replace or buy new flags you should also purchase a spearhead to sit atop the staff.

As we approach many of the holidays that honor our past, present and future service members, please remember the respect due not only to our flag but to those who have, are and will serve to protect our nation, freedom, courage and bravery.

**GOD BLESS ALL OF YOU AND GOD BLESS AMERICA**



### Thank You for Your Generosity

By Mr. Michael Eberle, Aviation Chapter Secretary

For the last 3 years I have served as the Secretary for the Aviation ASMC Chapter. In this capacity one of my responsibilities is to collect incoming mail that is addressed to the chapter and share the mail with the relevant Executive Board members. Week in and week out one thing that never ceases to amaze me is the amount of thank you-letters we receive from a whole host of individuals and organizations. All of these thank-you letters are a constant reminder to myself (and the Executive Board) of all the great things that our chapters does for our local community. I thought I'd take this opportunity to make the general membership aware of how much we have done for the community over the past 12 months.

Our Community Actions Committee has been our organization's backbone for giving back to the local community. Typically, each month the Community Actions Committee has a scheduled activity in which members are invited to participate. Since Apr 2009, this committee has hosted many events including: collecting non-perishable food items for the Miami Valley Foodbank, preparing and serving meals to the needy at a local soup kitchen named the House of Bread, collecting a variety of items for two separate Wounded Warrior campaigns, collecting non-perishable food for less-fortunate local school children through the Hope Foundation, and participating in the Toys for Tots campaign. In order to achieve a successful outcome, each of these events require adequate resources (time, money, consumables, etc) and every time, the members of our chapter step up to the plate and deliver. Whether it's bringing canned goods to a luncheon, buying something extra at Christmas time for a child in need, or volunteering a few hours to serve soup to the homeless, our members are always willing to go the extra mile to help out the less fortunate. If you would like more information regarding events sponsored by our Community Actions Committee and opportunities to volunteer, please contact Kortney Taylor at [kortney.taylor@wpafb.af.mil](mailto:kortney.taylor@wpafb.af.mil) or Greg McDuffey at [gregory.mcduffy@wpafb.af.mil](mailto:gregory.mcduffy@wpafb.af.mil).



Another great way in which the Aviation Chapter gives back to the community is through the Augsburg Scholarships we award. Each year, our Scholarship committee awards 2 individual scholarships of \$1,000 to high school students. Each recipient has the opportunity to renew their scholarship as long as they meet the GPA requirements and submit their request to the committee. Each of these scholarships has the potential to turn into a \$4,000 scholarship. Our local high school winners are submitted to compete at the National level for additional scholarship money. Aviation Chapter also awards two \$1,000 scholarships each year for college students under the continuing education program. The promotion of continuing education is at the core of our mission and the Augsburg scholarships we award are a great way to provide assistance to local students while promoting continuing education at the same time.

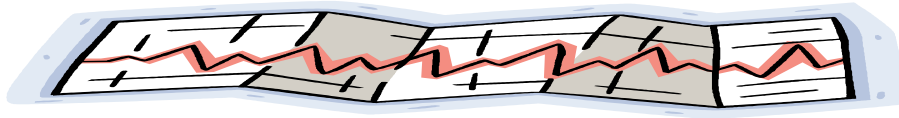
Our chapter also gives back to the WPAFB community. As many readers are aware, each of our monthly luncheons includes a guest speaker. As a way of showing our appreciation to each of the guest speakers, we make a \$25 donation in the guest speaker's name to the Fisher Nightingale House, which provides lodging for patients and family members receiving critical treatment at the Wright-Patterson Medical Center. This is just another example of the giving-nature of our organization.

On behalf of our President, Ms Carolyn Walker-Kimbrow and the Executive Board, I would like to express my most sincere thanks to all of our Aviation Chapter members who have contributed in any form or fashion to any of the many ways we support our local community. Without your continued willingness to give, we would not achieve the wonderful results we see on a regular basis. It is very humbling to be associated with such a generous group of people.

Thank you.



## THE HEALTH & WELLNESS ZONE



### GIVE THE GIFT OF LIFE

**For current information on upcoming blood drives click on:**

**<http://wpmc1.wpafb.af.mil/blooddonorcall/>**

***Thanks for continuing to support our troops!***

## HEALTHY NEIGHBOR

*This section will be provided monthly by the Health and Wellness Committee to answer health questions.*

Various wellness questions (physical or mental) are welcomed as we plan to answer a couple of questions in each Newsletter. Please submit your questions by the 6th of each month to have a possible response in the current month's Newsletter. Send all questions to

**[alice.becton@wpafb.af.mil](mailto:alice.becton@wpafb.af.mil) or [kristine.wilkerson@wpafb.af.mil](mailto:kristine.wilkerson@wpafb.af.mil)**



## Ask A S M C

(A Sharing Motivational Champion)

***No questions submitted this month but here are a few suggestions to make your recipes healthier.***

**Some basic tips for making your favorite recipes healthier include:**

- Decrease the meat and increase the vegetables called for in stews and casseroles.
- Choose whole-grain versions of pasta and bread; substitute whole-wheat flour for bleached white flour when you bake.
- Serve imaginative whole-grain side dishes like bulgur or kasha instead of white rice or pasta. Cook with less fat by using non-stick skillet.
- Blot all fried meats on paper towels. Or better yet, try baking instead of frying.
- Avoid cooking with soy or Worcestershire sauce and products that contain monosodium glutamate (MSG).
- Use garlic or onion powder instead of garlic or onion salt, and use unsalted or low-salt vegetable broths and products.
- Buy reduced-fat cheese or use mozzarella, which is naturally lower in fat.
- In recipes calling for milk or cream, substitute reduced fat versions or try using other “milks” such as rice milk, nut milks or soy milk. Also use low-fat cream cheese, yogurt, an mayo.
- Unhealthy fats like certain oils, butter, or margarines can usually be cut by 1/3 to 1/2 in recipes. At first try a small cut-back and then use less and less over time; you'll hardly notice the difference.
- You can also use fat substitutes like prune purees and applesauce in baked goods.
- Use fresh-frozen fruit without added sugar if fresh is unavailable.
- Cut the sugar called for in most recipes by one-third to one-half.
- Sweeten waffles and quick breads with cinnamon, cardamom, vanilla or almond extracts in order to cut the sugar content.
- Try salsa on a baked potato or salad rather than high-fat dressing or butter.



## NATIONAL NEWS

### Free CDFM testing to Active Duty Military through DANTES

Defense Activity for Non-Traditional Education Support (DANTES) has announced the availability of 375 CDFM exam modules to Active Duty Military

Each candidate may take up to three exams covering:

1. Government Resource Management
2. Budgeting and Cost Analysis
3. Accounting and Finance

For more info, go to <http://www.asmconline.org>

**Once at the Home page, click on the following:** Certification (CDFM) > CDFM Information > Testing Resources > Special Arrangement and DANTES Exam Instructions

**Interested individuals can also contact DANTES for more information at** [certprog@navy.mil](mailto:certprog@navy.mil), 850-452-1111 Ext 3213, DSN 922-1111 Ext 3213 (DANTES Code 20F)



# Exec Board Minutes

## ASMC Aviation Chapter Board Meeting Minutes 14 April 2010

### Present:

<b>President</b>	Ms. Carolyn Walker-Kimbrow (via call-in number)
<b>President Elect</b>	Mr. Mike Dobson (via call-in number)
Secretary	Ms. Linda Viverette (for Mike Eberle)
Treasurer	Ms. Nancy Skinner (via call-in number)
Alternate	Mr. Kevin Pendergast
Alternate	Ms. Wiltosha Allen (via call-in number)
AFAA VP	Ms. Tami White (via call-in number)
AFMC VP	Mr. Shawn Kain
AFRL VP	Ms. Colleen Robinson (via call-in number)
554 <sup>th</sup> ELSG VP	Mr. Wil Jameson

### Committees

Awards	Mr. Mike Daniels
Chapter Competition	Ms. Etta Cobb (via call-in number)
Co-Chair	Ms. Angela Franz (via call-in number)
Communications	Ms. Linda Viverette
Community Actions	Ms. Kortney Taylor (via call-in number)
Alternate	Mr. Greg McDuffy
Membership	Ms. Cynthia Payne (via call-in number)
Programs	Mr. Pat Reams
Scholarship	Ms. Becky McCutcheon (via call-in number)

**1. CALL TO ORDER:** Ms. Walker-Kimbrow called the meeting to order at 0905.

**2. SECRETARY'S MINUTES:** No Report.

**3. TREASURER'S REPORT:** The treasurers are working to register all chapter-funded PDI attendees. They have the 3<sup>rd</sup> quarter report completed and will provide it to the Audit committee upon completion of the Audit committee's 2<sup>nd</sup> quarter review.



## Exec Board Minutes

### ASMC Aviation Chapter Board Meeting Minutes 14 April 2010

#### 4. COMMITTEE REPORTS:

**Audit** – Committee is currently working the 2nd quarter review.

**Awards and Recognition** – All PDI Award winners are funded. We did not submit any corporate members to National. Mr. Daniels plans to develop better practices to try to obtain corporate nominations for next year.

**Chapter Competition** – Ms. Cobb and Franz said we submitted a complete and timely package to National. We should receive the results in mid-May.

**Communications** – Ms. Viverette thanked everyone for the timely articles as we completed the Newsletter ahead of schedule.

**Newsletter:** The ASC VP is responsible for a feature article this month & AFMC as the stick for May. This month's inputs are due by 20 April.

**Photography:** No report

**Website:** No report

**Advertising/Journalism:** No report

**Community Actions** – At our April monthly luncheon, we are collecting non-perishable items for the Miami Valley Food Bank. We plan to support the 'Shoes for Haiti' campaign in May and feed the hungry at the 'House of Bread' in June. Since Sunday volunteers are needed for June, Ms. Taylor will send an e-mail to poll for volunteers.

**Health & Wellness** – No report.

**Investment** – No report.

**Membership** – We will have 20 new members at the 15 April Luncheon. Ms. Payne is working to send all new members letters and supporting package documents electronically. She will also submit a membership article, which will include our new members for the year.

**PDI Chapter Booth** – No report.



## Exec Board Minutes

### ASMC Aviation Chapter Board Meeting Minutes 14 April 2010

#### 4. COMMITTEE REPORTS:

**Professional Development** – The committee is working with Treasurers to send Chair to the PDI.

**Programs** – The April 15<sup>th</sup> joint luncheon with the Institute of Auditors will have approximately 200 people in attendance. The May luncheon topic will provide information on financial logistics systems.

**Scholarship** – Ms. McCutcheon stated we had two high school applicants to win the local Aviation Scholarships. We forwarded the two winners' packages to National and sent notification letters to all applicants (winners & non-winners). The committee will request checks from the Treasurers in July and is tentatively looking to invite winners to the July luncheon.

**Ways & Means** – The Dayton Air Show is 17-18 July. Once we receive confirmation information from the Air Show, the committee will solicit for volunteers. Plans to sale Polo shirts will occur later in the year.

#### OFFICER REPORTS:

<b>President Elect</b>	Mr. Dobson surveyed the executive board members in regards to board participation for next year's term. The majority responded; all others are due by 16 April. Mr. Dobson also reminded us that internal elections, per the Constitution/By-laws, should occur for the 88 <sup>th</sup> , AFMC, AFRL, and the At-Large VPs.
<b>88<sup>th</sup> ABW VP</b>	No Report
<b>ASC VP</b>	No Report
<b>AFAA VP</b>	No Report
<b>AFIT VP</b>	No Report
<b>AFMC VP</b>	No Report
<b>AFRL VP</b>	No Report
<b>At Large</b>	No Report



**ASMC Aviation Chapter  
Board Meeting Minutes  
14 April 2010**

**OLD BUSINESS:** No Report

**NEW BUSINESS:** No Report

**ADJOURNMENT:** Ms. Walker-Kimbro adjourned the meeting at 0940.

The next meeting of the Aviation Chapter Executive Board is 12 May 2010, 0900 in the A3/F CR, bldg 262. The meet-me-number is 255-0103.



# Chapter Roster

## FY09-10 Aviation Chapter Executive Board



### AVIATION CHAPTER ASMC Executive Board 2009-2010

President	Ms Carolyn A. Walker-Kimbrow
President Elect	Mr. Michael Dobson (AFRL)
Secretary	Mr. Mike Eberle
Treasurers	Ms. Nancy Skinner Mr. Kevin Pendergast
88th CPTS VP	Ms. Kellee Pritt
Alternate	Vacant
ASC VP	Mr. Jeff Schrader
Alternate	Ms. Samantha Gilmore
AFAA VP	Ms. Jennifer Stapp
Alternate	Ms. Tami White
AFIT VP	Mr. Roger Hardy
Alternate	Ms. Ann Marburger
AFMC VP	Mr. Shawn Kain
Alternate	LtCol David Peeler
AFRL VP	Ms. Colleen Robinson
Alternate	
At Large VP	Ms. Sally Easterling
554th ELSG VP	Mr. Wil Jameson
Alternate	
Contractor VP	Ms. Candice Holvoet
Alternate	

### Committees

Audit	Ms. Lourdes Barrientos
Co-Chair	Ms. Katie Corbett
Awards	Mr. Mike Daniels
Co-Chair	Vacant
Chapter Competition	Ms. Etta Cobb
Co-Chair	Ms. Angela Franz
Communications	Ms. Linda Viverette
Co-Chair	Ms. Amie Schell
Web Page	Mr. Andrew Papp
Photography	Ms. Debbie Ward
Advertising/Publicity	Ms. Patti Heyman
Newsletter	Mr. Sean Foulk
Newsletter Alternate	Ms. Roberta Brown
Community Actions	Ms. Kortney Taylor
Co-Chair	Mr. Greg McDuffy
Health & Wellness	Ms Kris Wilkerson
Co-Chair	Ms. Alice Becton
Co-Chair	
Investments	Mr. Mark Olson
Co-Chair	Mr. Steve Helphinstine
Membership	Ms. Cynthia Payne
Co-Chair	Ms. Angela Brown
PDI National	Ms. Susan Richardson
Co-Chair	Mr. Jason Ninnemann
Professional Development	Ms. Brenda Himebaugh
Co-Chair	Ms. Terri Desch
Co-Chair	Mr. Douglas Cornelisse
Programs	Mr. Pat Reams
Co-Chair	Ms. Margaret Willis
Scholarship	Ms. Becky McCutcheon
Co-Chair	Ms. Debbie Vonada
Ways & Means	Ms. Cheryl Deckard
Co-Chair	Ms. Beth Jankowski
Tickets Chair	Ms. Patricia Thompson



Join ASMC

AVIATION



CHAPTER

# Join ASMC!



## Enhance Your Professional Skills

Each year an ASMC chapter hosts the national PDI that provides professional development training. In addition, most local chapters host their own mini-PDI's and luncheons throughout the year.

## Networking

As an ASMC member, you build your professional network through participation in ASMC activities, whether they be social or professional. Learn from your colleagues in a network of 140 chapters.

## Leadership Opportunities

ASMC provides many opportunities for you to demonstrate leadership.

To join ASMC go to the following URL:

<http://www.asmconline.org/membership/application.shtml>

*Aviation Chapter*

*Newsletter*

*P.O. Box 33515*

*WPAFB, OH 45433*

*Website:*

*[www.asmaviation.org](http://www.asmaviation.org)*