

The Spokeswoman

AMERICAN SOCIETY OF WOMEN ACCOUNTANTS

Ames Chapter No. 158

June 2001



June Meeting Notice
Wednesday, June 20, 2001
Chef's Inn
6400 West Lincolnway
Ames, IA

Social/Meeting: 5:30 Program: 6:00 Dinner: 7:00

Dinner Reservations by noon Tuesday, June 19

Kate Mulder

(515) 382-6596

Email: cmulder@nev.hfmgt.com

Speaker: Barb Ettelson

Topic: Anger Analysis

About our Speaker: *Barbara Ettelson has provided training and organization development consultation for over 20 years to private, public and not for profit organizations including: Wells Fargo; Pioneer Hi-Bred; Amoco Oil; U.S. Chamber of Commerce; State of Iowa Departments of Human Services, Natural Resources, Personnel, and Human Rights. Barb has her B.S. Degree from the University of Wisconsin, Madison and her M.A. From the University of Iowa in Iowa City. She has served on the Board of Directors for Blue Cross and Blue Shield of Iowa, The Young Women's Resource Center, Planned Parenthood of Greater Iowa, The Women's Economic Development Group and the Leadership Iowa Program. Barb has been a loaned executive to the Central Iowa United Way Campaign and is a graduate of the Leadership Iowa Program sponsored by the Iowa Association of Business and Industry. Barb is owner of OUTCOMES UNLIMITED, a management training and consulting firm located in Des Moines, Iowa and co-author of a recently published book on Effective Project Management.*

Note: In preparation for this month's speaker, please complete the questionnaire at the end of this month's bulletin.



President's Message

Gary Koppenhaver gave an excellent presentation at our May meeting on the current economic conditions. The recent changes in the economy have caused many of us to step back and look at the overall market and our investment strategy. The discussion and information on the economics of the country was very informative. It's interesting to see that the old logic, of business cycles and trends basically holds true. I really appreciated how Gary boiled down the investment strategy into the stages of the business cycle. While many of us knew the fundamentals, to put it so simply made it very usable. A tool I will use often.

This month Karen Jacobson and I had the opportunity to attend the South Central Conference in Kansas City. While we're no longer in this region, I was assured we'd be welcomed with open arms. And we were.

The Kansas City chapter did an excellent job of recruiting and scheduling speakers. The topics included, among many, were "Crime in the Computer Age," "Stimulating Creativity in a Corporate Environment" and a very informative panel discussion on "Recruitment/Retention/Performance Evaluations." Even though I went for the CPE's, the added bonus was the installation of the national officers. The banquet Saturday night included the current and past national board members and many past presidents of the KC chapter. I have never met so many intelligent, diverse, and professional women in one place. We should be very proud of our heritage in ASWA. Many times I wonder if my daughter, or her generation, recognizes the achievements of women before her; and how much they have opened doors for us. I was very pleased to see women of many generations recognize the history that has brought us this far. ASWA has made a difference. And I'm proud to be a member.

If you ever get a chance, attend a conference and enjoy the many people that have built our organization.
Brenda



In Memoriam

The National President (2000-2001) Cindy Kessler's husband passed away two weeks before the KC meeting. His obituary follows:

FORREST ALAN KESSLER

Forrest Alan Kessler, age 45, of New Orleans, died of cancer on Thursday, May 17, 2001. A graduate of the University of Louisville Speed School of Engineering, he received a Bachelors and Masters Degree. He was an International Management Consultant and Vice-President for Frontline Group. Forrest co-authored the book, "The 24 Keys to High Performance." He specialized in Total Quality Management and organizational performance. A noted speaker, he was an award-winning Toastmaster and recognized by the American Society of Training and Development for the design of his training programs.

He is survived by his wife of 19 years, Cynthia Coleman Kessler; his parents, Wendell Kessler and Rita Grubbs Kessler of Louisville, Kentucky; father and mother-in-law, J. Preston Coleman and Amelia Turri Coleman of New Orleans, formerly of Memphis, Tennessee; two brothers-in-law, Preston Coleman and wife, Sue Ann, and Ronald L. Coleman and wife, Jan; a sister-in-law, Christine Coleman; eight nieces and nephews; a great-niece, Julea Coleman Pehl; a great nephew, Forrest Coleman McLain.

Visitation will be held on Saturday June 9th from 12:00 to 2:00 at Holy Spirit Church, 6201 Stratford Place, New Orleans, with a Memorial service following at 2:00 p.m.

The family requests that memorials be sent to:

Frontline Group
Atten: Carol Gantt
10333 Richmond Avenue
Suite 780
Houston, TX 77042
832-251-8900

Payable to: Arkansas Cancer Research Center

Your gift will add a leaf in Forrest's honor to the ACRC Tree of Life in support of helping prevent cancer, developing techniques for early diagnosis and providing state-of-the-art cancer treatment.

Proposed slate of Officers 2001-2002

President	Jan Duffy
Vice-President	Margaret Munson
Secretary	Jennifer Ketchum
Treasurer	Elisa Gibson
Program	Theresa Samson
Membership	Penny Strum
Bulletin	Pat Jenkins
Scholarship	Elisa Gibson Nancy Campbell To be determined later

Accounting Career Reception

Are you looking to enhance your career? Would you like to learn more about opportunities that exist in a dynamic and growing company? Do you hold an associate or bachelor's degree in Accounting or Finance? If you answered "yes" to these questions, please join us for an Accounting Career Reception! Principal Financial Group® Accounting Professionals will be on hand to answer your questions.

The reception will be held on Tuesday, June 26th from 4:00 PM - 7:00 PM at 650 8th Street, the corner of Ninth and Pleasant Streets. Please park in the lot north of the building and use the West Entrance (circle drive). Be sure to bring a current copy of your resume to share!

Don't miss this opportunity to network with talented accounting professionals and learn what The Principal has to offer! If you are unable to attend the reception, please send your resume and cover letter to: Principal Financial Group; HR-Employment ADRACR; Des Moines, IA 50392-0550 or fax: 515-283-5432; or email careers@principal.com with reference to ADRACR.

Membership List of Ames Chapter

<u>Name</u>	<u>Address</u>	<u>Home Phone</u>	<u>Work Phone</u>	<u>E-mail</u>
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Strum, Penny				Pstrum@uwstory.org CheePree@aol.com
Wandling, Beverly	Wandling Engineering 923 2 nd Ames, IA 50010	292-8722	232-0158	Bwandling@wandling.com

ANGER ANALYSIS --

Identify a recent situation in which you felt angry or hostile, then:

a. Describe the situation

b. Identify the assumptions that you made about what the other person was or was not doing or saying in this situation

c. Describe how you assessed your power to affect the situation

d. Describe how you dealt with your angry feelings

e. What would you identify as the threat or unmet expectation that may have precipitated your anger?

ANGER ANALYSIS - PART 2

What can you do differently to prevent a reoccurrence or modify your approach for the future?

a. How can you depersonalize the situation?

b. What information can you give to clients about what you are doing and why?

c. What can you do to enhance the clients sense of personal power to cope with the situation?

d. What can you say to affirm the clients feelings? What approach can you use to manage your defensiveness?

e. What in this situation can you reassess/reframe/or let go of in order to feel less reactive to this situation?

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