



# THE SPOKESWOMAN

## Websites

National: <http://www.afwa.org>

Local: <http://amesafwa.org>

LinkedIn: <https://www.linkedin.com/groups/13567139>

### MISSION STATEMENT

The mission of the Accounting & Financial Women's Alliance is to enable women in all accounting and finance fields to achieve their full potential and to contribute to their profession.

**Note that the March meeting date has been changed to Tuesday, March 5, 2024.**

### MEETING INFORMATION

#### March Ames Chapter Meeting

#### Spend Smart, Eat Smart

**Date:** March 5, 2024

**Time:** 5:30 pm Social Hour  
6:00 pm presentation/program  
7:00 pm dinner served; meeting to follow

**Location:**  
Old Chicago  
1610 S Kellogg Ave  
Ames, Iowa

**Presenter Bio:**  
Jody Gatewood is an Assistant State Nutrition Program Specialist with Iowa State University

Extension and Outreach. Jody is responsible for the program's [xxx] blog for the Spend Smart, Eat Smart program, providing details on food costs and shopping tips, preparation and recipes. Additional resources are available at the program's website (<https://spendsmart.extension.iastate.edu/>)

**Learning Objectives & Program Content:** With the impact of inflation affecting many households, the ISU Extension & Outreach programming of "Spend Smart, Eat Smart" Jody will introduce ways to manage a healthy diet while adhering to budget friendly recipes and meal planning.

**Field of Study:** Personal Development  
**Program Level:** Basic  
**Program Prerequisites/Advance Preparation:** None  
**Instructional Delivery Method:** Group Live  
**Recommended Amount of CPE Credit:** 1 credit hour

### PRESIDENT'S MESSAGE FOR MARCH

As I'm writing this, there is a temperature of 19 degrees outside and it feels like 5 degrees. Two days ago it was in the 70s! It reminds me of a book I'm beginning to read on change



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management. A quote I like is “There are two ways to be happy: change the situation, or change your mindset towards it.” ~unknown. I guess we can’t change the temperature but we can change our mindset if we choose to. So much of what I do now is centered around projects and leadership more than actually doing accounting. It’s important to continue to learn and grow in both technical, personal, and management areas. Have a great March as Spring gets closer!

Carla

## MARCH MEMBERSHIP MEETING AGENDA

1. Call to Order
2. Quorum
3. Approval of Minutes – November 2023
4. Treasurer’s Report
5. Committee Reports
  - a. Membership/Publicity
  - b. Programs
  - c. Scholarship
  - d. Newsletter
  - e. Webmaster
6. Old Business
7. New Business
  - a. Scholarship Presentation
  - a. 2024-2025 Nominating Committee
8. Announcements
9. Adjournment

## FEBRUARY MEETING MINUTES

There are no February meeting minutes because there was no membership meeting due to lack of quorum.

## NOVEMBER MEETING MINUTES

Accounting and Financial Women’s Alliance  
Ames Chapter #158  
Membership Meeting  
November 14, 2023

### Call to Order:

The November Membership Meeting of the Ames Chapter #158 was called to order by President Carla Danielson at 7:39 p.m. on Tuesday, November 14, 2023, at Old Chicago in Ames, Iowa. Those in attendance were members Kate Mulder, Carla Danielson, Kayla Sander, Annmarie Kurtenbach, Margaret Munson, and Cindy Sippel. A quorum was present.

### Minutes

Margaret made a motion to approve the minutes of the September 2023 membership meeting as printed in the bulletin. Kate seconded the motion that was approved.



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### Treasurer's Report:

Cheryl emailed the September and October financial reports. The balance in the general fund was \$5,211.28. The scholarship fund has a balance of \$3,939.50. Of this balance, \$2,350 is restricted for the Kathy Strum scholarship and the remaining balance of \$1,589.50 is available for the Beverly Wandling Memorial Scholarship. The Treasurer's Report will be placed on file for review.

### Committee Reports:

#### Membership:

Kate noted that member retention was discussed at the annual conference and that she bought a book on membership retention. She is looking for ideas.

#### Programs:

Kayla gave us an update on programs: December will be the Christmas party. January – no meeting. February 13 – tax update, March 5 (note the date) – health and wellness, April – HR issues today, up and coming talent and their demands, May – looking at doing a company tour, if possible, June – Virtual AFWA national program.

**Newsletter:** No report.

#### Scholarship:

Scholarship applications were due November 1. We received one application from Rylee McNaughton, a student at DMACC. After discussion, Kate moved

and Ann seconded a motion to award a \$1,000 scholarship to Rylee McNaughton. The motion was approved.

In addition to posting the application forms on our website and sending to the colleges and universities, Kayla asked that the application forms be sent to her so she can help distribute them.

**Publicity:** No report

**Webmaster:** No report.

#### Old Business:

None.

#### New Business:

#### 2023-2024 Chapter Dues

Current chapter dues are:

Regular/affiliate	\$25
Student/associate	\$10
Retired	\$10
Emeritus	\$ 0

Margaret made a motion to keep chapter dues for the upcoming year at the same amounts as the current year. Kate seconded the motion which was approved.

#### Holiday Party

The Holiday Party will be on our regular meeting night of December 12 at 6:00 at Cindy Sippel's home in Ankeny. We will do a potluck dinner along with a white elephant gift exchange. Contributions will be accepted for the scholarship fund. Margaret offered to send out and invite to our member.



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### Announcements:

ISU will be hosting the Contemporary Issues in Accounting Conference on December 15. There will be a focus on industry presentations this year including Technology in Auditing, Lessons from Integration, economic update and Airport Finance 101.

The next networking lunch is Monday, November 27 at the Cafe.

Kayla and Kate attended the AFWA national conference in Reno. Next year's conference will be in Hilton Head, South Carolina

### Adjournment:

Meeting adjourned at 8:26 p.m.

Respectfully submitted,  
Cindy Sippel  
Secretary

### NETWORKING LUNCH SCHEDULE

Networking Lunch	Restaurant	Location
3/25/2024	Dublin Bay	320 S. 16th St, Ames
4/22/2024	Hickory Park	1404 S Duff Ave. Ames
5/20/2024	Brick City Grill	2640 Stange Rd, Ames
6/24/2024	Provisions Lot F	2400 N Loop Dr, Ames

### 2023-2024 OFFICERS

President: Carla Danielson

Vice President: Lisa Palmersheim

Secretary: Cindy Sippel

Treasurer: Cheryl Carlile

Programs: Jenny Sturgill / Kayla Sander

Program Coordinator: Ann Kurtenbach

Scholarship: Jan Duffy, Cindy Sippel, Cheryl Carlile

Membership/Publicity: Kate Mulder

Past President: Cheryl Carlile

Nominating Committee Chair: Cheryl Carlile

Bulletin: Margaret Munson

Webmaster: Margaret Munson

Articles and submissions to the newsletter are welcome. Please contact [bulletin@amesafwa.org](mailto:bulletin@amesafwa.org)