

ASWA FAX RETURN

American Society of Women Accountants — Houston Chapter No. 33 www.aswahouston.org

Member of *The Federation of Houston Professional Women*

VOL. 55 No. 5

November 2006

Membership Meeting

November 28, 2006

Topic: "Women's Health Issues"

Speaker: Dr. Steven F. Hotze

Pre requisite: None required

Course level: Basic

Where: The Briar Club

2603 Timmons Lane

(corner of Westheimer and Timmons Lane)

Parking available in the member parking area across the street from the Briar Club. Valet parking is available.

Time: 5:30 p.m. Networking:

6:15 p.m. Dinner

7:00 Speaker

Prices: \$25 Members with reservations

\$30 Guests and walk-ins

\$15 Students

\$15 CPE only (no dinner)

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PRESIDENT'S MESSAGE

The Holiday Season is here! I wish everyone happy times with friends and family. I hope to see many of you at the Holiday party at Ann White's office. We always have a lot of fun and laughs. All dinner receipts are donated to the Memorial Fund for scholarships. Remember that we are collecting business suits and clothing for the Dress for Success program. You can bring items to donate to the November dinner meeting or to the Holiday party. If you cannot make it to either one, contact Arlene Dilworth or Debbie McKenney to make arrangements to drop your items off with them.

2007 promises to be another good year for our chapter. We have exciting speakers and events planned. I hope to see many of you there and bring your friends and colleagues.

Chocolate Strawberries Anyone?

Kim Goodwin

Our trip to the Chocolate Bar after the October meeting was delicious! Oops, I mean it was very enlightening. Appropriately decorated for Halloween, the bar had various treats available for the season in addition to other unique items. Did you know that you could buy chocolate in the shape of a motorcycle, guitar, or baby bottle? You can even buy a chocolate pizza! And, for those health conscience individuals, chocolate covered strawberries, oranges, and pears are available. If you are not able to find your favorite fruit, special dipping requests are accepted. Or why not buy a special gift for the person in your favorite profession? Check out the

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2006-2007 Officers & Committee Chairs

President H 281-894-5253 W 281-894-5253	Eileen Neucere eneucere@earthlink.net F 281-807-1520	Director H 713-660-8728 W 713-221-8596	Orapin Duangploy duangployo@uhd.edu F 713-226-5238	Student Activities
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Vice President H 281-659-7508 W 713-986-3129	Sonia Calloway scalloway@bdo.com C 281-659-7508	Programs	Kathy Pearce H 713-688-4057 W 713-831-5412	Newsletter papandkap@aol.com F 713-831-8653
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Past President H 281-894-5253 W 281-894-5253	Eileen Neucere eneucere@earthlink.net F 281-807-1520	Database		

Deadline for November newsletter: November 10, 2006
 Newsletter Editor: Kathryn Pearce
 Home: 713-688-4057
 Work: 713-831-5412
 Fax: 713-831-8653
 Email (home): papandkap@aol.com

Additions and changes to the mailing list should be submitted to Eileen Neucere
 Home: 281-894-5253
 Fax: 281-807-1520
 Email: aggie1978@earthlink.net

The FAX RETURN is the newsletter of ASWA Houston Chapter 33. It is published monthly, except December. You can receive the Fax Return by email or by snail mail. **Please let the editor know which form you would like to receive the newsletter.**

Standing Reservations

Loyce Anderson	Eileen Neucere
Jeri Barthel	Debbie McKenney
Colene Blankinship	Melanie Norton
Adrienne Brown	Kathy Pearce
Sonia Calloway	Eunice Reiter
Julianne Dorsett	Ann White
Suzi Martin	

The Chapter will bill for reservations that are not cancelled by noon Thursday prior to the meeting.

Please contact **Melanie Norton** to be added or deleted from the Standing Reservations List.
 713-353-1942 mnorton@bvccpa.com

CALENDAR OF EVENTS

- November 14 Board Meeting—American Gen.
- November 28 Membership Meeting—Briar Club
- December 12 Christmas Party—RBG offices
- January 9 '07 Mid Year Planning Meeting—TBD
- January 23 Membership Meeting—Briar Club
Tax Update
- February 13 Board Meeting—American Gen.
- February 27 Membership Meeting—Briar Club
“What Men Don’t Tell Women About Business”

For more information or to sign up, please contact Melanie Norton at mnorton@bvccpa or by phone at 713-353-1942.

Houston ASWA Memorial Fund

The Houston ASWA Memorial Fund was chartered in 1973 with the two-fold purpose of:

- Providing scholarships to deserving accounting students
- Furthering the mission of the American Society of Women Accountants -- "To enable women in all accounting and related fields to achieve their full personal, professional and economic potential and to contribute to the future development of their profession".

The Memorial Fund receives contributions, in lieu of flowers, for members and their loved ones during times of grief. We receive contributions to celebrate special occasions and in honor of special people.

Please consider the ASWA Memorial Fund as an opportunity to honor or to memorialize the people in your lives.

Contributions should be made payable to:

ASWA Memorial Fund
c/o Eunice H. Reiter
5005 Woodway, Suite 200
Houston, TX 77056-1789

If your contribution is in honor or in memory of someone, be sure to include information regarding where to send the acknowledgement.

CHRISTMAS PARTY

When: December 10, 2006

Where: RBG USA, Inc.

4850 Wright Rd. Suite 150

Stafford, TX 77477

Ann White - (713) 459-5874 (cell)

ann.white@rbgltd.com

See directions on p. 4

ADVERTISING RATES

The ads are to be emailed to the newsletter chair no later than the 1st of the month in which the ad is to appear.

\$300/ year—full page

\$160/ year—1/2 page

\$ 10/ month—business card size

The Fax return is published monthly except December.

Official National Registry Statement

ASWA is registered with the National Association of State Boards of Accountancy (NASBA) as a sponsor of continuing professional education on the National Registry of CPE Sponsors. State Boards of Accountancy have the final authority on the acceptance of individual courses of CPE credit. Complaints regarding registered sponsors may be addressed to the National Registry of CPE Sponsors: 150 Fourth Avenue, Nashville, TN 37219-2417. Web site: www.nsba.org.

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profession gift sets for teachers, policemen, hair stylists and many others. Yes, they are made of chocolate too! Doggie lovers can even buy chocolate covered doggie treats. But don't worry, the brown stuff looks like chocolate but it's actually carob. Unfortunately, there was nothing for the cat lovers. Oh! I forgot about the kittens in the coffin (Asking Price: \$6.66). We rounded our visit off by indulging ourselves in ice cream and cake. I'm not at liberty to say who ate what, but for those of us who need it, you know who you are, Chocoholics Anonymous can help you. Un-ohh, that chocolate peanut butter cup is calling my name!! Fellow chocoholics in attendance were: Eileen Neucere, Debbie McKenney, Melanie Norton, Kathy Pearce and Colene Blankinship.

SPEAKER BIO

Steven F. Hotze, M.D, founder of the Hotze Health and Wellness Center, Physician's Preference, Premier Pharmacy International, and the American Academy of Biologically Identical Hormone Therapy enables his patients to enjoy a better quality of life by helping them obtain and maintain health and wellness, *naturally*. To accomplish this, guests are encouraged to follow an 8-point treatment regimen when indicated. (The 8-point treatment regimen includes, *natural female and male hormone replacement, natural thyroid hormone supplementation, treatment of adrenal fatigue, treatment of airborne allergies and food allergies, treatment of yeast, vitamin and mineral supplementation, and a nutritionally balanced eating program.*)

Dr. Hotze is a Member of the American Academy of Otolaryngic Allergy and the Association of American Physicians and Surgeons, and is Former President of the Pan American Allergy Society and founder and President of the American Academy of Biologically Identical Hormone Therapy. He is the author of *Hormones, Health & Happiness*, which was released in May, 2005. He has appeared on hundreds of television and radio shows across the nation, including ABC, NBC, CBS, and FOX affiliates, and appeared on CBS The Morning Show. He has been interviewed on nationally syndicated radio shows including The Frankie Boyer Show and The Deborah Ray Show.

Dr. Hotze has had the frequent honor of addressing his peers at various medical society meetings, including the Pan American Allergy Society, the American Academy of Otolaryngic Allergy, the Association of American Physicians and Surgeons, International Symposium on Man and His Environment, and the American Academy of Environmental Health. He has presented clinical studies about yeast, thyroid, cortisol, natural female hormones and testosterone. He is the 2004 recipient of the Dor W. Brown, Jr. M.D. Lectureship Award from the Pan American Allergy Society. Dr. Hotze and his colleagues host a radio program, "Health and Wellness Solutions", which airs Monday-Thursday from 12 p.m.- 1:00 pm.

In 1972, Dr. Hotze received his Bachelor of Science degree in biology at the University of Texas at Austin, and received his medical degree in 1976 from the University of Texas Medical School at Houston. Currently, he is working to advance a "Wellness Revolution" which will change the way women and men are treated in midlife through the use of biologically identical hormone therapy, and furthering his practice, the Hotze Health and Wellness Center, located in the Galleria area of Houston and Katy, Texas.

DIRECTIONS TO CHRISTMAS PARTY.

RBG is located at the northeast corner of Hwy 59 and Hwy 90A. Approximately 1 block north of Hwy 90A and on the east side of Hwy 59.

Take Hwy 59 (SW Freeway) South towards Victoria

Exit passed Beltway 8 for W. Airport/Kirkwood

Turn left at the second light - Kirkwood (the first light is W.Airport)

Go through the light at Bluebonnet/Techinplex and passed the stop sign. Turn right on Alpine (first street passed stop sign) and you will see the sign for

4850 Wright Rd on the left. Turn in and suite 150 will be 1/2 way down on the right.

If you miss Alpine you can turn right on the next street which is Wright Rd. You will then turn right into the parking lot for 4850 Wright Rd and suite 150 will be 1/2 way down on the left.

You will need to watch for the suite number on the door as the company name is invisible.

Please feel free to contact me if you have questions or need additional directions.

One Minute of Office Organizing
Is It ADD or Modern Life Syndrome?

3% of the adult population suffers from ADD
90% of my corporate and entrepreneurial clients believe they have ADD.

The reality is that the pace of our modern society brings out the characteristics that mimic ADD. The question then becomes, are you suffering from Attention Deficit Disorder or from Modern Life Syndrome? Reflect on a few of the ADD symptoms:

- Trouble focusing attention for more than a few seconds
 - Tuning out in the middle of a conversation
 - Tendency to be restless, continually in motion
 - Likely to have many projects running simultaneously
 - Always in a rush and impatient
 - Feeling of being overwhelmed by daily life
 - Difficulty getting organized
 - Problems with time management
- Belief that you are not reaching your goals, regardless of achievement level

Do you know anyone who do not exhibit some or all of these traits? The truth is that society has evolved to bring those tendencies to the forefront for all of us. We are now suffering from Modern Life Syndrome as every part of our lives is barraged by messages demanding attention. Just picture for a moment some basic daily routines:

Opening a website page

- pop-up dialogs springing into view
- boxes of ads and comments lining the sides of the pages
- multiple colors screaming out at you

Driving down the freeway

- billboards, high and low,
- radio ads interrupting the traffic report
- your cell phone ringing

Watching your favorite television show

- Floating announcements advertising other shows
- Information strips scrolling weather updates
- Blaring commercials at the peak drama moments

All of that is before you get to the office. The frenetic pace continues as deadlines loom and you cope with constant interruptions. End results are often that you have to work late, bring work home with you, or come in early. You become tired and stressed, which makes it even more difficult to focus.

You may never find opportunities to sit and actually *think* for a period of time. I read of one person who would leave the office and go sit in his car when he had papers he needed to absorb and on which he had to form a decision. It was simply impossible for him to concentrate in the office.

Whether you are suffering from Modern Life Syndrome or ADD, you need to employ processes that will limit distractions and increase your productivity. The strategies are similar:

1. Determine what your goals are, business and personal, and make sure some of your efforts each day are moving you in that direction.
2. Prioritize your work before you leave the office each evening. You will be focused from the time you start working the next day.
3. Plan a solid block of time with limited interruptions. Use that time for your most important, focused work.
4. Track what causes the interruptions. Once you find the patterns, you can begin to eliminate some of these distractions.
5. Do not let email control your day. Set up specific blocks of time when you will focus on email alone.

If you do not stop now to make changes, the result can be a major overload because of constant stress. Stress is responsible for many of our illnesses, from colds and flu to heart conditions. 80% of our medical expenditures are now stress-related. When you are not willing to step back and make adjustments, you may wind up with a situation over which you no longer have any control.



American Society of Women Accountants

*Houston Chapter
Teams up with*



DRESS FOR SUCCESS®
Suits to Self-Sufficiency

Help someone get a job
leading them to independence
and self-sufficiency
Donate a SUIT!



A CALL TO ALL MEMBERS!

In the spirit of giving we are incorporating a *Dress for Success Suit Drive* with our annual Holiday Party scheduled for December 12, 2006!

Dress for Success has been serving clients since 1997. The organization provides women with an appropriate suit for interviewing. After the woman finds a job, she can return for additional clothing that can be mixed and matched to make several outfits, providing her with the foundation for a professional wardrobe.

Finding a job is only one step in a woman's journey towards economic independence; remaining employed and building a rewarding career are just as important. Dress for Success also provides the Professional Women's Group Program to aid women in employment retention.

Through the Career Corner, Dress for Success promotes confidence and professionalism by offering women career guidance, the chance to acquire technology skills and assistance in their job searches. Additionally, Dress For Success developed an initiative that focuses on the crucial first 30 days of employment, during which newly-hired women face many potential challenges.

LET'S JOIN TOGETHER AND HELP THIS WORTHY CAUSE and
HAVE A GOOD TIME DOING IT!

ATTEND THE DECEMBER 12, 2006 MEETING
AND BRING THOSE SUITS TAKING UP SPACE IN YOUR CLOSET

BRING:

- Suits: Coordinated, contemporary, interview – appropriate skirt and pant suits.
- Pants: Career appropriate, all sizes, basic colors (black, navy, brown, taupe).
- Skirts: Career appropriate, all sizes, basic colors (black, navy, brown, taupe).
- Blazers: Career appropriate, all sizes, basic colors (black, navy, brown, taupe).
- Blouses: Professional Blouses, shells, short-sleeved, long-sleeved, all sizes
- Shoes: Career appropriate, close toed, closed heel, basic colors (black, navy, brown, taupe)
- Handbags: Career appropriate, basic colors (black, navy, brown, taupe)
- Scarves: All shapes and sizes, all colors
- Pantyhose: New only, basic colors, day sheer, all sizes

DO NOT BRING:

- Suits: Casual suits, evening suits, suits that are stained, suits in need of mending, outdated suits
- Pants: Casual pants, capris, jeans, shorts
- Skirts: Casual skirts
- Blazers: Casual blazers, outerwear jackets
- Blouses: Casual blouses
- Shoes: Sandals, tennis shoes, mules, white shoes, open toe shoes
- Handbags: Casual handbags, clutches, evening bags
- Scarves: Outerwear scarves
- Pantyhose: Used pantyhose
- Dresses of any kind
- Belts
- Undergarments
- Men's clothing or suits

MEMBER NEWS

On October 24, 2006 Total BackOffice Solutions, Inc. (TBS) was named one of four winners in the Cisco Systems Growing with Technology awards program in the Customer Relationships category, which focuses on ways companies are using the internet and networking technologies to provide more value to their customers and to increase customer loyalty and retention through better customer service. A total of 20 winners in 5 categories received awards out of approximately 400 participants nation wide. Participation in the program was limited to companies with fewer than 1,000 employees.

The five categories considered by Cisco, the world's leader in networking solutions included:

1. Customer Relationships
2. Operational Excellence
3. Sales and Marketing
4. Non-Profit
5. Public Sector

Arlene Dilworth, the President of Total BackOffice Solutions, Inc. and Houston Chapter member stated "It was an honor to be included in such a progressive group of companies and it was absolutely amazing to hear about the many ways technology is being used in business today. We were thrilled that our efforts were recognized in the area that we feel is the most important category of them all—Customer Relationships."

MORE CHRISTMAS PARTY NEWS;

Bring your Dress for Success donation
Bring your White Elephant Gift
Get ready for fun and relaxation with a back massage. Sign up sheets will be at the meeting on Tuesday.
Bring your pot luck dish.

Better yet! Bring yourself.
Hope to see you all there.

Federation of Houston Professional Women

Next quarterly Meeting: January 22, 2007

Speaker:

Location: At H.E.S.S Building
5430 Westheimer

Web site: www.fhpw.org

ASWA Delegates: Melanie Norton, Kathryn Pearce
Alternates: Pam Ahlers, Eileen Neucere

Federation of Houston Professional Women (FHPW)

The Federation of Houston Professional Women is an alliance of women's professional organizations, chartered by the state of Texas as a non-profit, non-partisan business league. Each FHPW member organization, although diverse in style and structure, has professional or businesswomen members focused on education, networking, specific careers or community service. FHPW offers quarterly events designed to bring its diverse membership together to promote a place of POWER and INFLUENCE. Quarterly events are open to both members and guests and allow Houston professional women the opportunity to network, have some fun and learn something new.

If you are a member of ASWA then you are automatically a member of FHPW.

ASWA
American Society of Women Accountants
Kathryn Pearce
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