

# ASWA FAX RETURN

American Society of Women Accountants — Houston Chapter No. 33 [www.aswahouston.org](http://www.aswahouston.org)

Member of *The Federation of Houston Professional Women*

VOL. 59 No. 4

## Membership Meeting November 30, 2010

Speaker: Laura C. Holmes, CPA



Topic: Texas Franchise Tax

CPE: 1 hour Level: Basic Prerequisites: None

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 p.m. Speaker

Early bird reservations by Wednesday 5:00 pm prior to meeting:

Members and 1st time guests	\$30
Returning guests	\$35

Late reservations and walk-ins:

Members and guests	\$35
Returning guests	\$40

Administrative Policy: Per ASWA standing rules, if you register and do not attend, you will be charged for the regular meeting price.

Reservations need to be made by the Wednesday preceding the meeting to Kathy Long at [meetings@aswahouston.org](mailto:meetings@aswahouston.org). Please contact Kathy with late reservations, even on the day of the meeting. Special dietary requirements available upon request

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## From the President

By: Julianne Dorsett

I hope everyone had a wonderful Halloween. I cannot believe it is already November!

I hope everyone enjoyed our speaker last month. Phyllis Martin did a fantastic job informing up on Long Term Health Planning. Thanks Phyllis.

The Texas Women's Conference was November 10<sup>th</sup>. We had a booth for ASWA and I hope all of you were able attend. I will have a report for you next month on how the conference went.

Remember, **our meeting in November is on the 5th Tuesday, November 30**, instead of the 4th Tuesday, due to Thanksgiving week!

Also, please remember that our Christmas party is coming up December 14. We will have details at the November meeting.

Your committee chairs are still seeking committee members. This is a wonderful time for you to decide where you can serve best. The committee list is located on page 2 of the bulletin. Please email the chair if you are interested in serving. Also, please email ideas for meeting to Eileen Neucere at [eneucere@earthlink.net](mailto:eneucere@earthlink.net) and for the newsletter to Kristi DeNardo at [kdenardo@igloocorp.com](mailto:kdenardo@igloocorp.com).

I look forward to seeing all of you soon!

Julianne

**2010-2011 Officers & Committee Chairs**

<b>President</b> C 832-563-3840 W 281-884-5184	<b>Julianne Dorsett</b> president@aswahouston.org	<b>Membership</b>	<b>Director</b> C 832-287-5276	<b>Juliane Cauthron</b> JulianeCauthron@tutoringcenter.com	<b>Student Activities</b>
<b>President Elect</b>			<b>Director</b> H W 281-884-5183	<b>Suzi Martin</b> suzi_martin@petrochemintl.com F 281-884-5199	<b>Member Relations</b>
<b>Vice President</b> W 713-669-2608 F 713-669-2621	<b>Kathryn Sharp</b> ksharp@stagestores.com	<b>Publicity</b>	<b>Database</b>	<b>Pam Beaver</b> aswapam33@yahoo.com	<b>Career Center</b>
<b>Treasurer</b> H 281-550-3675 W 281-504-8655	<b>Kathy Long</b> treasurer@aswahouston.org	<b>Meeting Arrangements</b>	<b>Newsletter</b> C 832-595-5587 W 713-584-6451	<b>Kristi DeNardo</b> newsletter@aswahouston.org F 713-935-7701	
<b>Secretary</b> H 713-817-0318 W 281-884-5163	<b>Colene Blankinship</b> Colene_blankinship@petrochemintl.com F 281-884-5199		<b>Programs</b> H 281-894-5253 F 281-807-1520	<b>Eileen Neucere</b> eneucere@earthlink.net	
<b>Past President</b> H 281-469-0970 W 713-353-1942	<b>Melanie Norton</b> mnorton@BVCCPA.com	<b>Bylaws</b>			

Deadline for January newsletter: January 3, 2011  
 Newsletter Editor: Kristi DeNardo  
 Cell: 832-595-5587  
 Work: 713-584-6451  
 Fax: 713-935-7701  
 Email: newsletter@aswahouston.org

**Additions and changes to the mailing list should be submitted to Pam Beaver**  
 Home:  
 Fax:  
 Email: aswapam33@yahoo.com

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**

Colene Blankinship                      Kathy Long  
 Kristi DeNardo                              Kathryn Sharp  
 Julianne Dorsett  
 Suzi Martin  
 Eileen Neucere  
 Melanie Norton  
 Eunice Reiter  
 Ann White

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

Please contact **Kathy Long** to be added or deleted from the Standing Reservations List.  
 281-504-8655                      meetings@aswahouston.org

**CALENDAR OF EVENTS**

- November 30 — Membership Meeting — Briar Club — Franchise Tax
- November 30 — Board Meeting — immediately following Membership meeting — Briar Club
- December 14 — Christmas party
- January 25 — Membership Meeting — Briar Club — Tax Update
- January 25 — Board Meeting — immediately following Membership meeting — Briar Club

## 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.

### Charitable Project

Please remember to gather your sample toiletries when you travel and donate them to Miryam’s Hostel which is on the second floor of the Loaves and Fishes Soup Kitchen. It is a place where 6 – 8 women can spend the night, wash their clothes, take a shower and sleep in a bed. Then they are back out on the street. It is sponsored by Magnificat House which is affiliated with the Catholic church. They can use toiletries, towels, twin bed sheets, pajamas etc.

## 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](http://www.nsba.org).

## Speaker —Laura C. Holmes

Laura is a Principal with UHY Advisors TX, LLC. She is a licensed CPA with the State of Texas.

Her professional experience includes direct client responsibilities for a variety of clients as well as consulting in state income and franchise tax matters.

Laura received her BBA in accounting from University of Texas, Austin in 1992. Prior to joining UHY Advisors in January 2010, she was with Deloitte Tax LLP 1996—2010. She served as Multistate Services Tax Director 2008—2010.

She is active in the American Institute of CPAs as well as the Texas Society of CPAs.

Laura has had articles published in *Journal of State Taxation* and *Tax Management Weekly State Tax Report*.

### Federation of Houston Professional Women

Next Meeting: January 24, 2011  
Web site: [www.fhpw.org](http://www.fhpw.org)

Location: H.E.S.S. Building  
5430 Westheimer (between Chimney  
Rock and Yorktown)

ASWA Delegates: Eunice Reiter,  
Melanie Norton

Alternates: Colene Blankinship

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### 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.

### Career Center

Please remember to encourage friends and colleagues to register and that there is not cost to individuals to post their resumes. Members can help by letting their HR Departments at work know about the site. Using the site is a win-win-win-win proposition because 1) employers gain access to a pool of specialized job seekers, 2) individuals seeking employment in accounting and finance can easily connect with employers/recruiters looking for candidates with those skills, and 3) the ASWA raises funds that it uses to 4) provide scholarships to worthy individuals.

Support a worthy cause by spreading the news about the ASWA Career Center today!

### Memorial Fund Acknowledgements

The ASWA Memorial Fund acknowledges with gratitude the following contributions:

In memory of: Barbara Dow Files, former ASWA President

By: Colene Blankinship

Liz Pozzi

Eunice Reiter

In memory of Bea Flepa

By: Colene Blankinship

## 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.

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Kristi DeNardo**

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