

Contents:

- President’s Message..... 1
- Meeting Notice 2
- Recent Events 2
- Upcoming Events..... 3
- TechCasts..... 3
- AWSCPA Mission..... 3
- Announcements 4
- Welcome to AWSCPA 4
- Charitable Endeavors..... 5
- Board of Directors 6
- Job Forum 7

PRESIDENT’S MESSAGE

By Kristen Smith, CPA

Welcome to Tax Season! We had a great turn out at our January meeting, where Ann Pardo from Canyon Ranch reminded us to breathe when we get stressed...among other stress reducing tips. Those tips will go a long way in helping many of us get through the next couple months! For those of you who do not work in public accounting, it is time again to be thankful that you won't be working the long, late hours to keep up with demand.

I want to recognize the two recipients of our scholarship awards – Nicollette Daly and Loren Devine. They proved through their application that their qualifications make them deserving of the scholarships. For those that will be able to attend this month’s meeting, please search them out to welcome them and congratulate them on their success.



I'll see you all there!

MEETING NOTICE

Retirement Plan Designs for High Income Clients - by T.J. Orr

Date & Time: Wednesday, February 20, 2008, 11:30 am – 1:30 pm
(please allow time for check-in, lunch is served at noon)

Cost: \$25 members / \$30 non-members / \$10 students

CPE: Counts as one (1) hour of CPE

Place: Elle Wine Country Restaurant, 3048 E. Broadway Blvd

Menu:

- 1) **Elle Chicken Caesar Salad** with crisp romaine hearts tossed in Caesar dressing and topped with parmesan cheese, ciabatta croutons, and anchovy filets
- 2) **Roasted Turkey Sandwich** with sliced avocado, tomato, apple-wood smoked bacon, and gazpacho mayonnaise
- 3) **Penne Tossed with Broccoli Rabe** over dried tomatoes, roasted garlic cloves, and extra virgin olive oil

Reservations: Notify **Chris Elzy** at celzy@azlitho.com
Reservation deadline: **Friday, February 15th** at 12:00 pm

Note: Participants who sign up but are unable to attend will be billed unless they notify [Chris](#) of the cancellation **24 hours** in advance of the luncheon.

RECENT EVENTS

January Luncheon – Reducing Stress

By Susan Piña, Co-Director – Communications

On January 16, 2008, the American Woman's Society of CPA's Tucson Affiliate gathered at the Old Pueblo Grill to enjoy good company, a good lunch, and to learn *Everyday Balance: 5 Practical Ways to Reduce Stress* as taught by Ann Pardo, Director of Behavioral Health at Canyon Ranch. As many members were heading into their busy season, it was good to take a time-out to learn some new ways to help us reduce the stress inherent during this time of year.



We began by learning the importance breathing has in calming a stressful moment. She taught us how to breathe correctly to get the most benefit from it, and she suggested we try to be aware of our breathing instead of ignoring it and taking it for granted. We all had a chance to practice our breathing with her guidance, and you could feel the room relax when we had finished the exercise.

After our breathing exercise, Ann explained the dynamics of stress and how lifestyle can contribute to it. She discussed how our society doesn't place enough value on the importance of sleep. We learned



that every adult should have eight hours of uninterrupted sleep each night. She considers anything less to result in sleep deprivation. She had some statistics on the relationship between car accidents and sleep deprived drivers. (Did you know more car accidents are caused by sleep deprivation than by drunk drivers?) As sleep goes, our brains are much like our ancestors who slept in caves where it was



cool, dark, and quiet. Our bodies require the same atmosphere to sleep well, and she recommended our bedrooms should be kept cool (68° or less), dark (as in black), and silent when it is time for sleep.

Toward the end of the lunch presentation we were encouraged to complete a Lifestyle Management Checklist. When we finished our checklist, we added up our scores and determined what kind of lifestyle changes we could make in our everyday life that could reduce some of the stress we may feel.

The luncheon was a great break, and I am sure we all took away something that will help to make the busy time ahead a little easier.

UPCOMING EVENTS

Save the Date! for AWSCPA upcoming luncheons and other events:

- | | |
|-------------------|---|
| February 20, 2008 | AWSCPA luncheon, T.J. Orr, see page 2 |
| April 23, 2008 | AWSCPA luncheon, Laura Shaw – Tucson's Economic Development |
| May 8, 2008 | AWSCPA board meeting at Hammel, Beal & Lauer, P.C. |
| May 21, 2008 | AWSCPA joint meeting with ASCPA, TBD |
| June 18, 2008 | AWSCPA luncheon, TBD |

TECHCASTS

We will be sponsoring group sessions for the **AWSCPA** techcasts. Each techcast lasts an hour (or more) and occurs about once a month. You can sign up to view the techcasts through the AWSCPA or join us for a group session.

You can check out all of the upcoming webcasts at <http://awscpa.org/home.htm>

AWSCPA MISSION

The **American Woman's Society of Certified Public Accountants (AWSCPA)** is a national organization dedicated to serving all women CPAs. The **AWSCPA** provides a supportive environment and valuable resources for members to achieve their personal and professional goals through various opportunities including **advocacy, networking, LEADERSHIP TRAINING, education, and public awareness.**

ANNOUNCEMENTS

Congratulations to the recipients of the Tucson Affiliate scholarships for 2008 – [Nicollette Daly](#) and [Loren Devine](#). Both are students at the University of Arizona. The scholarships will be awarded at this month's luncheon.



Moving Up... [Anne C. Hoff](#), CPA has been promoted to partner at [Kleinhans, Lashbrook, Butler & Hoff, PLLC](#). Anne specializes in tax planning and compliance for individual, small business, and fiduciary clients. She has additional expertise in alternative dispute resolution and divorce taxation. Anne has been an [AWSCPA](#) member since 2002 and has served on the Tucson Affiliate board as President, Director of Programming, and Director of Membership. Congratulations, Anne!

KUAT Tax Tips Hotline – For the 17th consecutive year KUAT-TV's newsmagazine [Arizona Illustrated](#) is providing special tips to help viewers get the most out of their tax returns. [Wednesday, February 6th](#) is AWSCPA night. [Lori Hoby, CPA](#), will appear on the Arizona Illustrated program with host Bill Buckmaster. The program will air from 6:30 to 7:00pm. During the program, [AWSCPA](#) Tucson Affiliate board members [Chris Elzy](#), [Lisa Gundvaldson](#), [Debi Moore](#), [Lynda Nigh](#), [Susan Piña](#), and [Svetlana Pitman](#) will accept telephone calls for free answers to viewers' tax questions. Our affiliate has volunteered their time and talents for many of the 17 years!

Special Thanks again this year to [Beach Fleischman & Company](#) for hosting our Techcasts. Without their sponsorship, we may not have won a [Silver Star](#) award at the 2007 [Joint National Conference](#).

AWSCPA Virtual Mall – Keep this [opportunity](#) in mind... [AWSCPA](#) has partnered with several companies, who will donate a portion of each [AWSCPA](#) purchase to the [CPE Foundation](#), which provides national scholarships and helps affiliates with their scholarship programs. See the Virtual Mall on www.awscpa.org (from the home page click "Useful Links" then choose Virtual Mall) for a complete listing. To count toward their contribution, most of the vendors require you to begin your shopping at the Virtual Mall.

Kaplan CPA Review is a long-time affinity partner with [AWSCPA](#). Kaplan is dedicated to helping CPA candidates pass the exam with confidence on the first try. Student or professional members of [AWSCPA](#) are entitled to a [25% discount](#) on all of Kaplan's Complete Learning Systems and live classes. This discount alone will more than pay for your annual [AWSCPA](#) membership investment! To learn more about this discount, contact [AWSCPA](#) at info@awscpa.org.

WELCOME TO AWSCPA!

[AWSCPA](#) is dedicated to serving all women CPAs. As a member of this national organization, you will find yourself in a [supportive](#) environment with valuable resources to help you achieve your [personal](#) and [professional goals](#). You will also find rewarding [opportunities](#) for [leadership](#), [networking](#), and [education](#).

MEMBERSHIP QUALIFICATIONS Membership in the [AWSCPA](#) is open to [all](#) individuals (male and female) who are or who are [aspiring](#) to become certified public accountants.

READY TO JOIN? If you would like more information and a [membership application](#), please contact [Nannon Roosa](#) (nannon.roosa@cliftoncpa.com) or [Lynda Nigh](#) (lnighcpa@msn.com). You may also speak to any board member at our monthly luncheons.

ALREADY A MEMBER? Let your associates know how valuable your [AWSCPA](#) membership has been to you! Just a reminder: when you renew your annual dues, [please](#) be sure to include the [affiliate fee](#) of [\\$30](#) for your local group. This fee enables us to continue providing high quality programs in Tucson!

Did you know – For each new member you recruit, you'll be entered into the semi-annual drawings for a grand prize. All new members will be listed in the monthly newsletters (New Members article) online (www.AWSCPA.org) – and if you see someone you personally recruited, let the National Office know and your reward will be sent.

We appreciate your support and attendance at our programs! Please feel free to contact any board member if you have questions, concerns or suggestions! You may also visit the website of the AWSCPA National Office at www.awscpa.org.

CHARITABLE ENDEAVORS

In an effort to give back to the community, the **AWSCPA** Tucson affiliate has started a tradition of collecting donations for select charities and other charitable endeavors each year. We have our own **scholarship** fund through which we have given scholarships to deserving college students – we awarded two \$500 scholarships in each of the last three years. We have also collected clothing for the **YWCA Your Sister's Closet**. This year we have plans to help the community as follows:

YWCA YOUR SISTER'S CLOSET This worthy organization provides unemployed women with clothing that is appropriate for job interviews and to begin employment. They need professional clothing that is stylish, clean and preferably ON HANGERS. Clean out a closet and bring your gently used items to our next luncheon. You'll receive a receipt for your contribution, and we'll take care of delivering them to the YWCA. Find out more about this organization by visiting their website at <http://www.ywcatucson.org/>.

SCHOLARSHIPS The Tucson **AWSCPA** has a scholarship program for female accounting students who have taken a non-traditional path to their education. Our 07/08 scholarships will be awarded at our February luncheon. There are several ways you can help fund these scholarships:

\$\$\$ Give and receive... participate in the **50/50 raffle** at each meeting – one ticket for \$1 or six tickets for \$5. The proceeds are split – half to the winner and half to benefit the scholarship fund. **OR** you can purchase tickets for the next raffle by sending your check (made out to **AWSCPA**) to: **Lynnae Fritz, AWSCPA Treasurer (fbo scholarship), c/o Beach Fleischman & Co., P.C., P.O. Box 64130, Tucson, Arizona 85728-4130**. Please indicate "Raffle tickets" and the number of tickets on the memo line.

In addition, you can help this cause through a **tax-deductible contribution** directly to our scholarship fund at **The University of Arizona Foundation**. Simply complete the contribution form below and mail it along with your contribution to the Foundation or give it to a Board member at the next luncheon.

Thank you in advance for your generosity and support.

Please accept my donation of \$_____ to the AWSCPA Scholarship fund.

Donor name: _____

Address: _____

Phone (optional): _____

Make your check payable to The University of Arizona Foundation, with "fbo AWSCPA Scholarship" on the memo line.

Mail this form with your check to:

The University of Arizona Foundation
 Attention: Scholarship Development Office
 PO Box 210109
 Tucson, AZ 85721-0109

THE 2007-2008 BOARD OF DIRECTORS...



President:
 Kristen Smith
 625-4929
kristensmithcpa@yahoo.com



VP / President-elect and Director Hospitality:
 Chris Elzy
celzy@azlitho.com



Past-President / Co-Director Membership:
 Lynda Nigh
 299-5755
lnighcpa@msn.com



Secretary:
 Lisa Gundvaldson
 791-9599
lgundvaldson@cox.net



Treasurer:
 Lynnae Fritz
 321-4600
lfritz@bfcopas.com



Co-Director Membership:
 Nannon Roosa
 790-3500
nannon.roosa@cliftoncpa.com



Co-Director Programming:
 Sara Tomchin
 887-7039
tomchins@cox.net



Co-Director Programming:
 Katie Newburn
 322-6994
katie@hslproperties.com



Co-Director Communications (media):
 Susan Pina
 321-4600
spina@bfcopas.com



Co-Director Communications (newsletter):
 Kelly Crandall
 886-3181
kellyc@cpahammel.com



Director Outreach (scholarship):
 Debi Moore
 751-2729
debi.moore@horne-llp.com



Member-at-large:
 Darlene Brady
 733-2530
darlene@bsbcopas.com



Member-at-large:
 Lori Hoby
 545-1117
lhoby@cfsoaz.org



National Board Member:
 Alex Miller
 721-5000
alexmillercpa@mindspring.com



Hospitality Committee:
 Svetlana Pitman
spitman@bfcopas.com
 Brittney Williams
brittneyw@heinfeldmeech.com



Programming Committee:
 Sheri Campbell
sheri.campbell@earthlink.net

JOB FORUM – IT'S ALL ABOUT YOU!

The Tucson AWSCPA affiliate strives to develop more networking opportunities for our members and meeting attendees. As part of this networking, we are providing the forum for employers with positions available to match these opportunities with individuals seeking employment. This will be a confidential service if you are seeking employment.

For those seeking employment contact Kelly Crandall (email: kellyc@cpahammel.com). For those with positions available, contact any Board member to announce your opening at a monthly meeting or in our newsletter. (NOTE: Newsletter postings must be received by the 5th of the month for inclusion in that month. Ads must be 200 words or less – no logos or tables – submitted in a Microsoft Word® document. All postings may be further edited as needed for space limitations.)

PLEASE communicate this employment connection to your employers for future employment opportunities for others. This is a FREE service for those looking for great CPA's – that's you!

Job Openings

Hammel, Beal & Lauer, P.C. is seeking to fill multiple tax positions in our expanding practice. **We offer:**

- Experience with a diverse industry mix
- Partnership opportunities
- Ongoing training and leadership development
- No travel
- Involvement in management
- Relocation reimbursement
- Unlimited potential for growth and advancement
- Competitive salary and bonuses
- Family friendly work environment
- Flexible schedules
- Generous vacation/paid time off
- 401(k) plan with match

We are looking for some of the best and brightest tax professionals to join our firm! Qualified candidates will have a minimum of 3 years public accounting tax experience, CPA, strong desire to excel in public accounting, and excellent communication and presentation skills. If you have an interest, **CONTACT US!**

Our firm's mission is to help our clients achieve their goals by providing exceptional business advisory and financial services. We are a member of CPAmerica® International, one of the largest networks of independent certified public accounting firms in the world. This affiliation, along with the experience of our professionals, gives us the resources to be competitive with national and regional firms, yet retain the level of personalized service found only in a local firm. To learn more about our firm and our affiliation with CPAmerica®, check out our website at www.hblcpa.com. Please fax your resume and cover letter to (520) 885-3699 or email to info@cpahammel.com.