



American Society of Military Comptrollers

Washington Chapter

TO PROMOTE EDUCATION, TRAINING AND PROFESSIONAL DEVELOPMENT IN ALL ASPECTS OF MILITARY COMPTROLLERSHIP

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President’s Message

I suspect that a fair number of our readers are looking forward to warmer weather by now with visions of family vacations and barbecues. You might, however, look upon the coming months as an opportunity to catch up on your training and prepare for a busy 2015.

Many of us were recently enrolled in the new FM Certification and I hope that you are making progress towards this important goal. Our department is making a significant investment in each of us and we have a responsibility to take full advantage of the training offered. It also equips each one of us to further the

department’s goals of reducing budget turmoil, provide analytical support to our leadership, achieve audit readiness and manage the numerous IT investments and systems under our purview. So, I urge all of you to take advantage of any summer lulls to catch up on those courses.

For many of us, this will be our last summer uninterrupted by urgent auditor requests, or as we now affectionately call them PBCs. The three services and hopefully many of our defense agencies will begin our SBA audits in the fall. This is an opportunity to

show how far we have come over the last five years and validate the trust placed in us by our fellow citizens. To quote John Fogerty – “Put me in coach, I’m ready to play today”. Let’s go to audit.

Finally, I think the role and perception of financial management has gained greater prominence. Sequestration, furloughs, and Congressional interest in audit readiness have highlighted the impact we have in our organization. We must earn the trust of our commanders everyday through continuous self and team improvement as well as delivering actionable analysis leading



Mr. Doug Bennet, Deputy Assistant Secretary for Financial Operations, Office of the Assistant Secretary for Financial Management and Comptroller

to savings and greater financial transparency.

Have a great summer.

Doug



STAY CONNECTED

Washington Chapter of the American Society of Military Comptrollers is on Facebook. Scan this QR Code to “like us” on Facebook and start receiving up-to-date information.

<http://www.washington-asmc.org>

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5 Tips for Better Work-Life Balance

Beat burnout by making more time for the activities and people that matter most to you.

By Jen Uscher

If you're finding it more challenging than ever to juggle the demands of your job and the rest of your life, you're not alone. Many people are putting in extra hours, or using their smartphones to be on call when they're not physically at work.

"A lot of people are having a more difficult time finding balance in their lives because there have been cutbacks or layoffs where they work. They're afraid it may happen to them, so they're putting in more hours," says psychologist Robert Brooks, PhD, co-author of *The Power of Resilience: Achieving Balance, Confidence, and Personal Strength in Your Life*. "But even if you don't have much control over the hours you have to work, you can ask yourself: In what other ways am I bringing greater enjoyment into my life?" Brooks says. "Focus your time and attention on things you can control."

Here are five ways to bring a little more balance to your daily routine:

1. Build downtime into your schedule. When you plan your week, make it a point to schedule time with your family and friends, and activities that help you recharge. If a date night with your spouse or a softball game with friends is on your calendar, you'll have something to look forward to and an extra incentive to manage your time well so you don't have to cancel.

"It helps to be proactive about scheduling," says Laura Stack, a productivity expert in Denver and author of *SuperCompetent: The Six Keys to Perform at Your Productive Best*. "When I go out with my girlfriends, we all whip out our cell phones and put another girls' night out on the calendar for 1 month later."

Stack also plans an activity with her family, like going to a movie or the park, every Sunday afternoon. "We do this because if there's nothing on the schedule, time tends to get frittered away and the weekend may end without us spending quality time together," she says.

Michael Neithardt, an actor and television commercial producer in New York City, wakes up 3 hours before he has to leave for work so he can go for a run and spend some time with his wife and baby. "A lot of my friends tend to wake up, shower, and go straight to work. And they often complain about having no time to do anything," he says. "I find that if I can get those 3 hours in the morning, I have a more productive and peaceful workday. I can sure tell the difference when I don't."

2. Drop activities that sap your time or energy. "Many people waste their time on activities or people that add no value -- for example, spending too much time at work with a colleague who is constantly venting and gossiping," says Marilyn Puder-York, PhD, a psychologist and executive coach in New York and Connecticut.

Her advice: Take stock of activities that don't enhance your

career or personal life, and minimize the time you spend on them.

You may even be able to leave work earlier if you make a conscious effort to limit the time you spend on the web and social media sites, making personal calls, or checking your bank balance. "We often get sucked into these habits that are making us much less efficient without realizing it," Stack says.

3. Rethink your errands. Consider whether you can outsource any of your time-consuming household chores or errands.

Could you order your groceries online and have them delivered? Hire a kid down the street to mow your lawn? Have your dry cleaning picked up and dropped off at your home or office? Order your stamps online so you don't have to go to the post office? Even if you're on a tight budget, you may discover that the time you'll save will make it worth it.

Stack also suggests trading services with friends. Offer to do tasks that you enjoy or that you were planning to do anyway.

"You could exchange gardening services for babysitting services," Stack says. "If you like to cook, you could prepare and freeze a couple of meals and give them to a friend in exchange for wrapping your holiday gifts."

4. Get moving. It's hard to make time for exercise when you have a jam-packed schedule, but it may ultimately help you get more done by boosting your energy level and ability to concentrate.

"Research shows exercise can help you to be more alert," Brooks says. "And I've noticed that when I don't exercise because I'm trying to squeeze in another half hour of writing, I don't feel as alert."

Samantha Harris, a lawyer who works for a nonprofit organization in Philadelphia, goes to her gym 2 or 3 mornings a week before her family wakes up. "It's been a real boost in terms of the way I feel for the rest of the day," she says. "I feel like my head is clearer and I've had a little time to myself."

5. Remember that a little relaxation goes a long way. Don't assume that you need to make big changes to bring more balance to your life. Brooks recommends setting realistic goals, like leaving the office earlier 1 night per week.

"Slowly build more activities into your schedule that are important to you," he says. "Maybe you can start by spending an hour a week on your hobby of carpentry, or planning a weekend getaway with your spouse once a year."

Even during a hectic day, you can take 10 or 15 minutes to do something that will recharge your batteries. "Take a bath, read a trashy novel, go for a walk, or listen to music," Stack says. "You have to make a little time for the things that ignite your joy."

May Luncheon *Recap*

The Washington Chapter's April luncheon was held on the 16th at the Hyatt Regency Crystal City. The Department of the Navy sponsored this month's event. We were excited to have Mr. Charles E. Cook, III, Principal Deputy Assistant Secretary of the Navy (Financial Management and Comptroller). The topic of the presentation was "It's 2014 and we've had 5 years of clean audit opinions...so what are we doing about it then...what should we be doing about it now?!".

Upcoming Events *June Luncheon*

Sponsored by Washington Chapter US Air Force members

Update on the National ASMC Installation of Washington Chapter Officers

Wednesday, 18 June 2014

Mr. Al Runnels,
Executive Director of the
American Society of Military Comptrollers



Hyatt Regency Crystal City
2799 Jefferson Davis Highway
Arlington, VA 22202

*The Hyatt will run a free shuttle every 15 minutes
between the Metro stop and the hotel.*

Social 1130, Lunch 1200
Register at

<https://secure.rhq.com/ireg/public/index.cgi?evid=R13-06-01-ASMC>

Membership

Help us achieve our President's vision for the 2013-2014 Chapter year by encouraging your colleagues to join our growing network of professionals!

As a member of the ASMC, you already know the many benefits of being a part of a global community of defense resource managers. Joining the ASMC is an investment in yourself, your professional development and your career.

Regardless of where you are in your career, your ASMC membership offers many paths and opportunities to learn from and interact with your colleagues in ways that will help you meet your professional goals.

For more information on the many benefits of being an ASMC member, visit
<http://www.asmonline.org/membership>.

2014 Student Scholarship Program

The Washington Chapter awarded ten \$1,000 college scholarships to graduating High School seniors entering a field of study related to financial operations. Winners were selected based on their Scholastic Achievements, Leadership Ability, Extracurricular Activities, and Career Goals.

The top three award winners (Nicholas Western, Samuel Douthit, and Sheen Wilson) will also receive \$1,000 per year for up to three additional years, if they maintain their eligibility, and a "signing incentive" if following undergraduate graduation, the student is employed by DoD or USCG.

<u>Name</u>	<u>High School</u>	<u>Anticipated Major</u>
Nicholas Western	James W Robinson, Jr.	Accounting
Samuel Douthit	Washington-Lee	Mathematics
Sheena Wilson	Oakton	Accounting
Jack Baker	James W Robinson, Jr.	Finance
Brooke Mustain	Oakton	Finance
Kelly Malloy	Dominion	Business
Brian Romola	Briar Woods	Finance
Ankit Goyal	Thomas Jefferson	Economics
James Pickett	Oakton	Finance
Sara Wong	Dominion	Accounting

Food Drive for the Capital Area Food Bank

At the 2013 ASMC/AGA Washington Chapter Golf Tournament

Wednesday, July 23, 2014

Ft. Belvoir Golf Club



CFC #30794 United Way #8052
www.CapitalAreaFoodBank.org

Mission:

The mission of the Capital Area Food Bank is to feed those who suffer from hunger in the Washington, DC Metropolitan Area.

Where:

Please drop off your food donations at the registration desk before you start your round of golf.

Most Needed Items

1

Canned Fruit
in light syrup or its own juices

2

Canned Vegetables
low sodium, no salt added

3

Multigrain Cereal
Cheerios, Cornflakes, Grape-nuts, Raisin Bran

4

Grains
brown & white rice, oatmeal, bulgur, quinoa, couscous, macaroni & cheese

5

Canned Proteins
tuna, salmon, chicken, peanut butter, beans

6

Soups
beef stew, chili, chicken noodle, turkey & rice

ASMC Washington Chapter and AGA Golf Tournament

Wednesday, July 23, 2014

0800 Shotgun Start

Fort Belvoir Golf Club, BOTH the Gunston and Woodlawn Courses

It's that time again....the 2014 ASMC/AGA Washington Chapter Golf Tournament is quickly approaching and we want YOU to join us this year for a great day of golf at Ft. Belvoir Golf Club. The 2014 tournament will take place on Wednesday, July 23rd and again this year we have BOTH the Gunston and Woodlawn Course at Ft. Belvoir. We'll start off with a shotgun start at 0800 and conclude with a delicious catered lunch on the patio of the club. This year's tournament features a great mix of the old (same format - "captain's choice" or scramble, prizes, giveaways, etc.) and the new (new prizes, etc.). Both foursomes and individuals are welcome to register. This is a VERY popular tournament so register today before it's too late! To register, please click on the link below or copy/paste this link into your browser. Thanks and we hope to see you on the 23rd of July!

2014 Tournament Online Registration link:

<https://secure.rhq.com/ireg/public/index.cgi?evid=R14-07-23-ASMC>

For event and sponsorship information, please contact:

Rita Finney at rfinney@savantage.net or

Vonetta Vaughan at vvaughan@savantage.net

This event is organized by the ASMC Washington Chapter <http://www.washington-asmc.org>

Join us for a great time! Beginners and experts --- All are invited!

We look forward to another successful tournament and the support it provides for the mission of ASMC.

Directions for All Customers with DoD Decals on their Automobiles

All other customers must enter at the Tulley Gate only at Route 1. Please remember that all persons in the car must have a valid driver's license; and the driver must have a current automobile registration.

All guests may exit the post at any gate that is open.

Please also note that a vehicle with a DoD decal may enter with NON DoD passengers; the passengers must have a valid driver's license or other official government photo ID.

House subcommittee approves FY2015 DoD Appropriations bill

Friday, May 30th, 2014

The House Appropriations Defense Subcommittee (HAC-D) has approved the FY2015 Department of Defense (DoD) Appropriations bill. According to a committee press release, the HAC-D bill would provide \$491 billion for the DoD base budget (excluding military construction), \$200 million higher than the president's request.

The HAC-D bill would also provide \$79.4 billion for Overseas Contingency Operations (OCO) in FY2015. This amount is the same as the placeholder request included in the president's budget. The White House is expected to submit a detailed OCO request soon.

In a statement that accompanied the subcommittee release, HAC-D chairman Rep. Rodney Frelinghuysen (R-NJ) said the priorities set in the bill "will enhance readiness for our military so they remain prepared to protect America in an increasingly dangerous world."

The Subcommittee action was held in closed session so the full details are not yet available. But, the press release highlights some major components of the subcommittee mark.

The HAC-D bill would fund a 1.8 percent military pay raise that is authorized in the House-passed FY2015 Defense Authorization bill. The president's budget requests a 1 percent pay raise for military personnel. The HAC-D bill also rejects the administration's proposal to reduce the Basic Allowance for Housing (BAH).

The bill proposes to fund the Defense Health Program (DHP) at \$31.6 billion, \$360 million below the request. The HAC-D bill also adds \$100 million to the Defense Commissary Agency funding level.

Funding in the HAC-D bill for Operations and Maintenance (O&M) programs would total \$165 billion, \$1.4 billion below the request. Within the amount provided in the bill, an additional \$1.2 billion is provided for readiness shortfalls and \$791 million to restore funding cuts to facility sustainment and modernization. Offsetting some of these increases are savings from favorable foreign currency fluctuations (\$547 million) and overestimated civilian personnel costs (\$592 million). Other HAC-D offsets to O&M programs were not identified in committee-released information.

The bill would provide \$91.2 billion for procurement programs, \$1.6 billion more than the request. Included in the bill's approved procurement level are funds to build six new ships, buy 38 F-35 (Joint Strike Fighter) and 7 KC-46A tankers, 12 EA-18G Growlers, 87 H-60 Blackhawk and 37 MH-60S/R helicopters. The HAC-D rejects the administration's proposal to delay a decision on refueling the USS George Washington aircraft carrier until 2016 and provides \$789 million for the refueling.

Funding in the bill for research and development (R&D) would be \$63.4 billion, \$171 million below the president's request. Programs receiving R&D funding include: a new Air Force bomber, next generation JSTARS, Future Unmanned Carrier-based Strike System, Army Ground Combat Vehicle, and Marine Corps Joint Light Tactical Vehicle.

The HAC-D bill also proposes \$965 million in recessions of prior-year program funding.

For more news and updates, visit
<http://www.asmconline.org>



Training and Education

Attention Members!

Earn Six (6) CPEs Free!

Go to the ASMC Washington Chapter website and "attend" the National Capital Region (NCR) 2014 Regional PDI to earn your free 6 CPEs

WANTED: Volunteers to serve on our Chapter's Training and Education Committee!
If you are interested in becoming a member of this key committee contact Terry Placek at terryplacek@yahoo.com

EDFM Training Courses

The Enhanced Defense Financial Management Training Course is a five-day, intensive financial management review course taught in three modules. The course is provided by the Department of Defense and is licensed and copyrighted by the American Society of Military Comptrollers. For those individuals interested in attending the EDFMT Course, the current schedule is shown below:

07 Jul 2014

Patuxent River, MD (NAVY)

14 Jul 2014

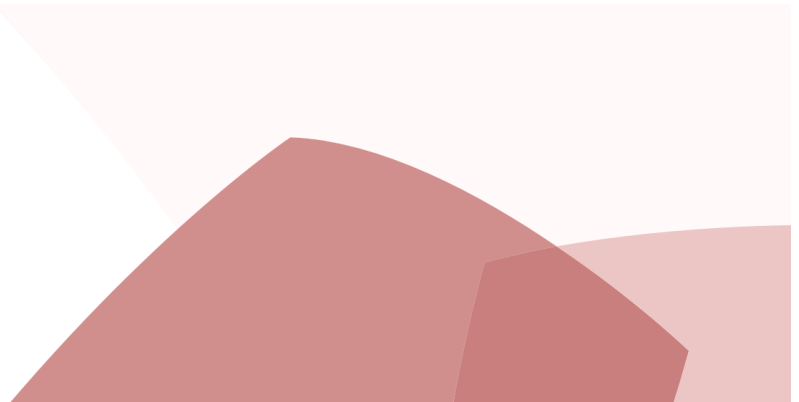
Arlington, VA (JB Myer-H) (ARNG)

For more information on upcoming trainings, visit <http://www.asmconline.org>.

Additional Learning Opportunities Are Available to ASMC Members at the Online Learning Center!

The ASMC Online Learning Center currently offers recorded sessions from PDI 2012, as well as the quarterly Armed Forces Comptroller and recorded audio education sessions. PDI sessions and the AFC exams offer Continuing Professional Education (CPE) credit and a certificate to validate user participation.

<http://www.asmconline.org/educationtraining/online-education/pdi-online>



CDFM Corner

THE ASMC OFFERS THE CERTIFIED DEFENSE FINANCIAL MANAGER (CDFM) EDUCATIONAL PROGRAM AND CERTIFICATION DESIGNATION TO THOSE PERSONS DESIRING TO DEMONSTRATE PROFICIENCY IN THE CORE ASPECTS OF DEFENSE FINANCIAL MANAGEMENT. FOR MORE INFORMATION, VISIT [HTTP://WWW.ASMCONLINE.ORG/CERTIFICATION/CDFM-INFORMATION](http://www.asmc.org/certification/cdfm-information)

Congratulations to the Washington Chapter's new CDFMs!

Anthony Regotti

Ashley Keeler

Bob Fleck

Christina Martinez

Craig College

David Petersen

Eric Tarmy

Frank Verdugo

Greg Viola



Sean Carmack

Jennifer Corwell, CDFM-A

John Gilleland

Jude Fernan

Kenneth Bond

Mohammad Kohistani

Nicole McClenic

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Have something you want to see in
the next newsletter? Send us your
ideas!

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