

# ASMC

## Hampton Roads Chapter

MAY 2019

As the ASMC Hampton Roads Chapter, we seek to: provide resources for the growing professional; serve those in need in Hampton Roads; and build a community we all want to be a part of!

--LT Adam Stanek  
President, ASMC Hampton Roads Chapter

### Upcoming Events

**01.** 30 May ASMC HRC Membership Drive USCG FINCEN @ 1130 (CLICK to go to flyer on page 3)

**02.** 1 June ASMC HRC Serving the Homeless @ 1130 (CLICK to go to flyer on page 3)

**03.** ASMC HRC Leadership Turnover & Awards Luncheon TBD

### From Our President:

Fellow ASMC Members in Hampton Roads, We have had a great year. Thank you for the many ways you have stepped up in the last twelve months to work diligently toward realizing our vision of building the community we all want to be a part of. First, thank you for your incredible work putting on a very successful Spring Professional Development Training in April. The feedback our Executive Committee received from attendees was that it was one of the most professional and relevant PDT's they have had in recent years. Thank you for serving our current and prospective members by providing this opportunity for their professional growth. Events like these continue to make our chapter stronger, and you are the ones who give your time and energy to make it happen.

Second, I want to say thank you for serving those in need in Hampton roads. I was blessed by the way you supported our March of Dimes fundraising event for the health of mothers and babies in April and May, from volunteering at the registration table, to your generous donations that allowed us to give over \$1,000 to the cause. Throughout the past year, I have been impressed by the ways our members have leveraged the resources in our chapter to provide school supplies to the marginalized, hygiene care for the homeless, money to fight breast cancer, food for the hungry, gifts for the poor, and even to advocate for those who are forgotten. This is the ethos of our chapter. Bringing together growing professionals to make each other better at what we do – and using what we have to advantage the disadvantaged.

Lastly, I want to encourage you as we look to the horizon. If you haven't had a chance yet, now is the time to get involved in our chapter. We take the fear and friction out of serving those in need. Come join us at our next event. Volunteer for one of our committees. Let's serve our cities and our members together. Let's keep building the community we all want to be a part of.

Respectfully,

*Adam J. Stanek*

LT Adam Stanek  
President, ASMC Hampton Roads Chapter



#### ASMC membership allows you to:

- Gain insight to information on current trends and developments in the financial management of the Department of Defense and U.S. Coast Guard.
- Receive a subscription to the **Armed Forces Comptroller**, the quarterly professional journal of the ASMC, and the ASMC Connection, the monthly e-newsletter. These publications, as well as the ASMC website, contain articles, organizational news and updates on current trends and developments within the financial management community and the ASMC.
- Receive discounts for registration at the national Professional Development Institute, a three day educational event that provides valuable CPE and networking opportunities.
- Have access to online educational opportunities, where members can participate at their own pace, start and stop sessions, and download presentations.
- Join in one of the more than **100 chapters worldwide**. Chapter benefits could include monthly luncheons, local education activities, chapter publications, philanthropic endeavors and more.
- Receive discounts on **Certified Defense Financial Manager (CDFM)** Program training **textbooks, enrollment, and recertification**. The CDFM is one of the DoD-approved Test Based Certifications recommended for Certification Levels 2 and 3 of the DoD FM Certification Program.
- Have the opportunity to participate in the **National Awards Program**. This program includes achievement awards, an essay contest, corporate member award, members' continuing education grants, high school scholarships and many chapter program awards.
- Gain access to the CPE management tool, which allows members to manage, track and record their continuing education experience.
- Have an opportunity to demonstrate leadership as a chapter officer or committee member.
- Network with military comptrollers/financial managers and other business organizations interested in military comptrollership.



#### FINANCE FUNNY BONE:

*Mary decided it was time to trim her household budget wherever possible, so rather than having her dress dry-cleaned, she washed it by hand.*

*Proud of her savings, she boasted to her husband, "Just think, honey, we're eight dollars richer because I washed my dress by hand."*

*"Good," her husband replied. "Wash it again!"*

"Challenges are what makes life interesting and overcoming them is what makes life meaningful."

-- Joshua J. Marine



**15 May** – This month the ASMC provided a break from our normal finance topics and instead focused on building our attendees' resiliency. *"Reframe – Control How You React"* was the topic addressed by Ms. Constance Omo. Reframing can help one understand how & why they reacted a certain way and hopefully improve workplace performance by preventing emotional reactions. During this lesson, Ms. Omo involved the audience by assigning some activities to help participants better identify thoughts versus emotions. "Events aren't positive or negative...our thoughts about them are" was one of the thought provoking statements presented. Ms. Omo's goal wanted members to leave the training with the ability to 1. Describe the event 2. Identify the difference between thoughts, emotions, and physical responses 3. Determine if reaching is helping or hurting the situations and 4. Reframe in a way that will help. Thank you Ms. Omo for your time and this much needed lesson!

-Sheanett Kipper, ASMC Hampton Roads Chapter Newsletter Chair



## COMMUNITY SERVICE:

**MARCH OF DIMES** –A big thank you to everyone that came out to support the March for Babies event at Mt Trashmore and CNU. We had 8 volunteers at Mt. Trashmore and 7 volunteers at CNU holding down the registration booths as well as providing much needed water to our runners/walkers. This event helps raise critical funds to support research, advocacy and programs for the health of all moms and babies!! Also, from the joint Spring PDT, ASMC & AGA were able to donate \$1,024 to the March of Dimes/March for Babies!! This money came from the raffle baskets and prizes that we had at the PDT as well as the \$15 donation that was made in the name of each speaker that presented during the PDT. On top of that we had an additional \$60 that was donated on behalf of ASMC. Thank you everyone!!!

-Candace Mianulli, USCG Community Service Chair



## COMMUNITY SERVICE YEAR IN REVIEW:

- **FEB:**  
PEANUT BUTTER DRIVE
  - 200 Jars of PB donated
- **MAR/APR:**  
EASTER FOR SENIOR CITIZENS
- **MAY:**  
MARCH OF DIMES
  - 15 volunteers
  - \$1,084 donated
- **JUNE:**  
LUNCH FOR HOMELESS


## ASMC MEMBERSHIP T-SHIRTS




T-Shirts can be purchased at any Lunch & Learn or through our website

### CHAPTER OFFICERS:

**President:** LT Adam Stanek  
**Vice President:** David Munden  
**Secretary:** Cheryl Sullivan  
**Treasurer:** Uliana Isbell



**ASMC**  
*"Claws for a Cause"*



**BAG LUNCH FOR THE HOMELESS**

Please join ASMC Hampton Roads Chapter in serving a bag lunch to the homeless! Each lunch will consist of a peanut butter & jelly sandwich, chips, banana and a water.

**When – Saturday June 1st**  
**Time – 11:30-12:30**  
**Location - 434 St. Paul's Blvd, Norfolk VA 23510**  
**in the empty lot behind the McDonalds and the downtown Norfolk Transit Center**

We are asking that each volunteer bring 10 peanut butter & jelly sandwiches in individual Ziploc bags. ASMC will then provide the bananas, chips, waters and brown paper bags. We will also have toiletry items available.

**For more information and/or to volunteer, please send an email to [candace.g.mianulli@uscg.mil](mailto:candace.g.mianulli@uscg.mil)**



**AMERICAN SOCIETY OF MILITARY COMPTROLLERS**  
**Hampton Roads Chapter**



**ASMC HRC Membership Drive Luncheon**  
**Thurs 30 May, 1130-1230**  
**USCG FINCEN, Hamilton Conference Room**  
**1430 Kristina Way, Chesapeake VA, 23320**

**Come have some pizza and learn why ASMC HRC is something you want to be a part of!**




*Civilian, Military, and Contractors are invited to attend*



**ASMC – AMERICAN SOCIETY OF MILITARY COMPTROLLERS  
 HAMPTON ROADS CHAPTER**

ASMC is the non-profit educational and professional organization for persons, military and civilian, involved in the overall field of military comptrollership. ASMC promotes the education and training of its members, and supports the development and advancement of the profession of military comptrollership. The society provides professional programs to keep members abreast of current issues and encourages the exchange of information, techniques and approaches.

PLEASE VISIT OUR WEBSITE: <https://hamptonroadsasmc.com/>