



Accounting & Financial Women's Alliance

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Wichita Chapter

THE SCOPE

Upcoming Conferences - Put them on your calendar now

May 16-20 2016
Spring Conference
Billings, MT

See www.afwa.org
For more details

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Membership Meeting

November 2015 – Tax Tips for Year-End 2015

Tuesday, November 17, 2015

11:30 am – Networking and Registration

11:45 am – 1:00 pm – Lunch and Program

Location: Ambassador Hotel

104 S Broadway

Wichita, KS 67202

Menu: Chicken Caesar Wrap, Sweet Potato Fries, Cookie, Iced Tea & Water

\$18 Members/\$21 Non-Members/\$9 Students

For any special dietary requests please e-mail: Emilie Graves at Emilie.Graves@us.gt.com

Please RSVP by Friday, November 13 at noon via the website at www.wichitaafwa.org by clicking on the Events link. Please include in your reservation your name, if you are a member or non-member, and what organization you represent. If you are paying at the meeting cash or checks are the only accepted forms of payment.

Please feel free to invite a guest!

Speaker Information:

Jennifer A. Allen

Manager
Tax Services



Jennifer Allen, is a certified public accountant, who joined AGH in 2007. She has extensive experience working with not-for-profit clients, manufacturers, and complex partnership structures. She is a member of the American Institute of CPAs, Kansas Society of CPAs, KSCPA 20 up to 40 class of 2012 and Young Professionals of Wichita. She serves as board member of the Wichita Chapter of the Kansas Society of CPAs.

Ms. Allen holds dual degrees in accounting and financial control- lership from Kansas State University.

Administrative Policies: If you would like to make or cancel a reservation, please contact Kelley Benero at Kelley.benero@kbslp.com or by calling (316) 828-8915. Please note that no cancellations can be made after the RSVP deadline. Per chapter rules, if you register and do not attend, you will be charged the cost of the luncheon/dinner. For more information regarding administrative policies such as complaint and re- fund, please contact Wichita Chapter Membership Chair, Lisbet Morales at lisbet.morales@invista.com or by call- ing (316) 828-1834.

Membership Director:
Lisbet Morales
INVISTA
4123 E. 37th Street North
Wichita, KS 67220

CPE Information:

Program Title: Income Tax Update
Learning Objectives & Program Content:
Program Level: Basic
Program Prerequisites/Advance Preparation: None





And the winner is...

Find the hidden word and win the prize!

We want you to enjoy reading our newsletter, so we have come up with a fun contest. Beginning with this newsletter, we are going to "hide" a word in one of the articles. Be the first person to email the hidden word and it's location to newsletter@wichitaafwa.org. You could win a prize at the next membership meeting! You must be present to win! Happy hunting!

Word Clue: AFWA membership benefit



AFWA Wichita Chapter Needs Your Help!

If you have any ideas for upcoming meetings or a specific topic you would like to have covered in a meeting please let us know. You can call/email a board member or just write your suggestions down on the meeting evaluation forms – whichever you prefer. We want you to get the most out of your membership in AFWA!



October meeting recap:

Oba Buhr MD, presented on Reducing Stress through Lifestyle and Nutrition at Riordan Clinic.

Ola discussed how stress can be present as acute where it's only lasts a short period of time and goes away or it can present as chronic where it can last over several years. The creator of stress, Hans Selye, says that stress shouldn't always be seen as negative. It can be positive as a means to helping people meet deadlines and getting things accomplished.

Stress comes in three phases. The first phase of stress affects our Sympathetic system where we are in the fight or flight mode. Resistance is the second phase where the adrenal gland comes into play. The gland can overproduce cortisol which can cause diabetes or even cancer. Stress can also cause short term memory problems and cortisol can increase the cravings for bad foods. The final phase is the Parasympathetic system which is the opposite of the sympathetic. This phase can help reduce stress.

Ola also discussed stress management techniques including music, therapy, spa, exercise, hobbies, meditation, yoga, nature, and time management. Taking a bath with Epsom salt is a great muscle relaxer. Exercise lifts endorphins instantly and meditation can cope and handle stress. Other ways of combatting stress include getting 8 hours of sleep, healthy nutrition, breathing techniques, enhancing social connectedness, having positive beliefs and attitudes, and stop watching the news. You can also listen to or read positive affirmations. Getting a healthy 9-13 servings of fruits and vegetables also combats stress.



Meet the Vice President-Elect Rachel Hoopes

Occupation: INVISTA General Accounting Controller

Member of AFWA since: 2008

Involvement: Secretary on the board of a not for profit daycare

Children: McKinsie (11) Aiden (9) Braxton (3)

Pets: 1 dog named Izzy

Name your top three goals for the Wichita Chapter this year:

- Increase scholarship fundraising
- Increase member outreach
- Increase membership participation on committees

Name three things on your Bucket List:

- Travel to Paris
- Go on a cruise
- Retire early

Name the last book you read: The Best of Me by Nicholas Sparks



Congratulations !!

The Wichita Chapter would like to recognize our Chapter members that have been nominated this year in the Emerging Leader Category.

Kate Grant, CPA - Audit Manager - Kirkpatrick Sprecker & Company LLP

Shannon Rudisell, CPA - Tax Manager - Grant Thornton, LLP



2015-2016 AFWA Mentor Program

The AFWA Mentor Program was developed and is administered by the Wichita Chapter AFWA Membership Committee. Below are details of the program.

Program Objective:

To facilitate the interaction between new and existing AFWA members in a one-on-one setting that may be more comfortable to new members than a larger group setting.

For existing members to mentor new members on career paths, work/life balance, or other topics.

To allow students and new members an additional networking opportunity that may assist in future career development.

To encourage new members to become involved in AFWA committees and attend events.

To serve as a "familiar face" at monthly meetings and other AFWA events. This may include the mentor sitting with their mentee during the first 1-2 program meetings.

Program Details:

All participation (by mentors and mentees) is strictly voluntary.

The Membership Director will oversee the Mentor Program and pair mentors with mentees based on certain factors (e.g. job type, career or personal interests, location).

As new members join, the Membership Director will ask that new member about their interest in their program. If new members are interested, they will be paired with a mentor that is "in queue."

Once per year, the Membership Director will arrange a lunch for all members participating in the Mentor Program. This will not be a hosted lunch (cost to be covered by each individual, or mentor may choose to cover the cost for their mentee).

At the end of the program year, all mentors and mentees will be asked to complete a survey about the mentor program (likes, dislikes, suggestions, etc.)

If the mentor and/or mentee determine that their mentoring relationship is not beneficial, either person may stop participating at any time. A new mentor/mentee can be assigned if this is desired.

Program Requirements:

The mentor will be expected to reach out to their mentee within two weeks of mentor/mentee assignments. The mentor and mentee will arrange their initial meeting at a date/time that works for both.

The mentor and mentee may agree to sit together at any upcoming program meetings, particularly if the mentee does not know other members within the chapter.

It is recommended that the mentor and mentee meet quarterly (i.e. 4 times per year)

If you would like to participate in this program, please contact:

Lisbet Morales
Membership Chair



Other Upcoming dates to note...

*The next Board of Director's Meeting will be on **November 9, 2015**. All members are welcome to attend. If you are interested in attending please contact Angie Widener at angie.widener@summitcfg.com.*

*If you have anything you would like to include in November's newsletter, please submit to newsletter@wichitaafwa.org by **December 2, 2015**.*

SAVE THE DATE:

*he next membership meeting will be Tuesday, **February 16, 2016**. The program topic will be Economic Update. STAY TUNED FOR MORE EXCITING DETAILS !*

We're on the Web!
www.wichitaafwa.org
And Facebook

[Accounting & Financial Women's Alliance - Wichita](#)

Please make sure that you have "Liked" our Page !



Job Posting



Experienced CPA / Tax Preparer

CPA Solutions, LLC in Winfield, Kansas is seeking an experienced CPA/tax preparer to provide tax and small business consulting services. Minimum three years tax planning and consulting experience preferred. We offer excellent pay, flexible hours, and growth potential. Our team is committed to providing outstanding client service in a fun and flexible office.

If you are looking for a change and are within driving distance of Winfield, please apply, our flexibility may work for you. Qualified applicants seeking both full or part time, seasonal or ongoing employment will be considered.

Please email your resume and cover letter with pay expectations for confidential consideration to: patty@yourcpasolution.com.



Do You Have an Accounting or Finance Related Job that You Would Like to Post on the Website/ Newsletter?

This service is a free benefit if you are a Diamond sponsor, however, anyone can post an open accounting or finance related job for a fee of \$60 which includes advertising the position on the website and newsletter for 1 to 60 days. Any profit from the job posting fees will benefit the AFWA Wichita Chapter Scholarship Fund. If interested contact Kris Culliton at newsletter@wichitaafwa.org.



AFWA Committee Requests

The chairs of the [Public Relations, Scholarship](#) and the [Social Committee](#) are looking for committee members. Please contact Kate Grant, Rachel Hoopes or Susan Barrett for more information MENTOR at <http://wichitaafwa.org/index.php/contacts>. Please consider serving on one of these committees.



Celebrating Success

If you, or someone you know has had some recent success (promotion, new job, etc.), please share it with us! With that person's permission, we would love to share this exciting news with our membership!

Please fill out the form below and email it to Kate Grant at kate@kscpa.com or bring it to the next membership meeting and leave it on your table.

Celebrating Success

You may provide information about yourself or another worthy member in our Organization. Successes and accomplishments will be highlighted in the monthly Newsletters. Provide below any business accomplishments, such as promotions, new positions, certifications, etc.

Be sure to list your name and the best way to contact you for release and verification purposes.

Name:

Accomplishment:

Best way to contact? Phone

Email

Person providing information:

Don't be shy; celebrating you is what makes AFWA a success!