

# American Society of Military Comptrollers Tampa Bay Chapter

## SEPTEMBER 2008

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Ms Jennifer Sizemore, Associate Director/Membership & Chapter Development, ASMC National Headquarters, presents a donation check to Mr John T. Carney, Jr. (Col, USAF (Retired)); President, SOF Warrior Foundation

### Local Comptrollers Give Back

*Article written by Mr. Fran Machina, Program Manager, CACI, Inc.*

The Tampa Bay Chapter of the American Society of Military Comptrollers (ASMC), a non-profit professional association, focuses its efforts in two main areas; professional development and community service. Chapter members recently had the opportunity to excel in both areas as hosts of a national resource

Orlando, called the Professional Development Institute (PDI). Sixty local members worked closely with the national ASMC headquarters to develop a dynamic professional development program for over 4,000 worldwide attendees, while also raising money for a local charity.

The community service effort came in the form of fund-raising. Tampa Bay ASMC was honored to select the Special Operations Warrior Foundation (SOWF) as the official charity of the event. The SOWF focuses on providing college education to the children of special operations personnel killed in the line of duty, along with other support to their families. The host committee combined donations in the name of guest speakers with a Wii raffle and a silent auction during the PDI to support the SOWF. As a result, a donation of more than \$16,000 was made to the SOWF at the Tampa Bay ASMC luncheon meeting on August 25 at the Surf's Edge Enlisted Club.

A ★★★★★ CHAPTER

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## PRESIDENT'S MESSAGE

By Pamela Curtin, USSOCOM/SOFM-MI



Fellow Tampa Bay Chapter ASMC members,

As the new president of our chapter, I'm excited about the opportunities and challenges we'll have in the coming year. In May, our chapter, along with the Space Coast and Florida Lightning chapters, hosted the most successful PDI to date, with a record attendance of over 4,200 ASMC members from around the world travelling to Orlando to participate.

We owe a big debt of gratitude to all of the Tampa Bay Chapter volunteers who worked tirelessly to make this PDI a success – as a result of their efforts, the chapter has received over \$87,000 for our treasury!

One of the biggest challenges we face in the coming year is how to wisely use these funds to grow the chapter and provide professional opportunities for the individual members, while ensuring we are good fiscal stewards of these funds to ensure they are able to benefit chapter members in the decades to come. Right now, we're looking at a range of options for investing a portion of the PDI revenues, which will allow us to leverage those hard-earned funds for many years to come.

We've begun putting together a schedule for the coming year, and are to hold a golf tournament in December, host a

mini-PDI in March, and are considering other social and educational events for the other months between October and June. Additionally, we're looking for volunteer opportunities where the Krewe can contribute to our local community. In both cases, I'm looking to the individual members of our chapter to think about the kind of activities they'd enjoy attending – whether educational, social or volunteer – and to let us know what they are, so we can potentially schedule new events in the months ahead.

We're in the process of modernizing and updating the Tampa Bay Chapter website (<http://www.asmcmacdill.com/>), and will be adding capability to enable members to post ideas direct to the site – for monthly luncheons, social events, and volunteer opportunities. The new and improved Tampa Bay Krewe site should be up and running this month.

I welcome your suggestions, comments and criticisms, and look forward to working with you over the coming year. Feel free to contact me at [pamela.curtin@socom.mil](mailto:pamela.curtin@socom.mil)

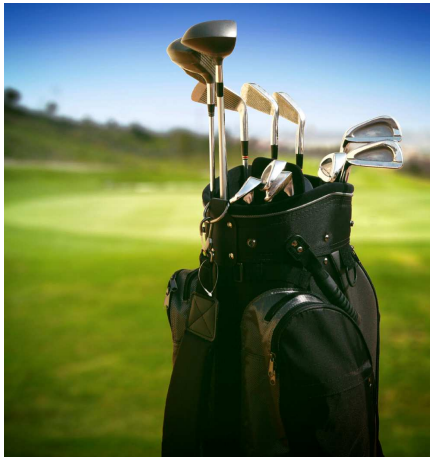
Good luck during year-end closeout – we'll see you all in October!

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## ASMC Golf Outing Coming Soon

ASMC will be holding a 4-Person Scramble golf tournament on 10 Dec 08, starting at 1300 on the Bay (South) Course at the Bay Palms Golf Complex, MacDill AFB. Dinner and prize drawing will be held after the tournament. Prices (including dinner) are still to be determined.

Please contact Brian Potridge (813) 826-0057 for questions or information.

### ASMC FISCAL LAW CONFERENCE

ASMC Tampa Bay chapter will sponsor an audio conference on "Current Issues in Fiscal Law" at 1400 on Tuesday, 21 October. The conference will be live and interactive and you will earn CPE credits. Our presenter will be Mr. Keith Dunn, Counsel to the Navy Surgeon General and a senior lecturer on fiscal law issues.

To attend, please RSVP with Mr. Royce Gentzel at [royce.gentzel@socom.mil](mailto:royce.gentzel@socom.mil) or DSN 299-1233.

### UPCOMING EVENTS

#### October

-Luncheon—Ms. Barbara Sisson, CENTOM J-8, 28 Oct 08, location TBD

#### December

-Golf Tournament, 10 December  
-Toys For Tots, date TBD

#### January

-Social, details TBD

#### March

-Mini-PDI, more to follow

### CONGRATULATIONS

to Ms. Veronica Floyd from USSOCOM on receiving an ASMC National Continuing Education Program Scholarship!

## EAT YOUR FLUIDS TO STAY HYDRATED

If your water bottle travels with you everywhere, sip on this thought: Drinking water isn't the only way to stay hydrated. You can get a lot of the liquid you need from the food and beverages you eat and drink every day. Food can significantly affect your daily fluid needs. In fact, you can obtain much of the liquid you need from the food and beverages (other than water) you eat and drink every day.

### What you really need

Water is an important nutrient that composes 50 to 60 percent of your body weight, and it also helps transport other nutrients within the body. Yet because the body doesn't store water, you have to replenish the supply. How much do you need? For years, we've been told to drink eight glasses of water a day for optimal health. But that one-size-fits-all prescription has given way to a more flexible approach. Health experts have found that fluid requirements vary from person to person, and for many of us, the best way to stay adequately hydrated is to use thirst as a guide.

Several factors influence your need for water, including climate, muscle mass, physical activity, and diet. (People who have more muscle need more water -- that's why men generally have higher fluid requirements than women.)

Food, often overlooked as a water source, can be a rich supply of fluid. On average, it provides 20 percent of the fluid we need -- and far more if you choose water-rich fare. That translates to about two cups for the typical female and three cups for most men each day; most people require a total of roughly 11 to 15 cups of water daily, according to the Institute of Medicine.



Food aids hydration in other ways, too. Since sipping a beverage helps moisten and wash down food, eating encourages us to drink more liquid. That's why we consume most of our beverages with meals. Food also provides minerals, like sodium and potassium, that help our bodies hold on to water, so the liquids we consume with -- or in the form of -- food are better retained than those we drink between meals.

### Thirst or dehydration?

You're thirsty. Does that mean you're dehydrated? Not necessarily. "Thirst kicks in when a person is approximately 1 percent dehydrated," says Ann Grandjean, Ed.D., FACN, executive director of the Center for Human Nutrition in Omaha, Nebraska. "At two percent dehydration, thirst becomes more intense, and dry mouth occurs at three percent." Certainly, dehydration can make you thirsty. But true dehydration doesn't occur until you've lost more than two percent of body weight. That's about three pounds for a 150-pound woman. Dehydration makes blood more concentrated, causing sensors in the brain to signal the body to drink more. As we drink, our blood becomes more diluted and these signals subside. The bottom line: Thirst doesn't always equal dehydration, but it does mean it's time to drink up.

*(Information was taken in whole or in part from an article entitled, Eat your fluids to stay hydrated, CNN.com/health, by Karen Ansel)*

## DFAS adds new security measure to the *myPay*

ARLINGTON, Va. (May 9) – **myPay** officials announced today another new security feature has been added to protect customers' data on the pay account system.

As part of our on-going commitment to strengthen password and account security to protect our customers' data, Defense Finance and Accounting Service has implemented the "virtual keyboard" to assist in protecting against malicious software such as spyware, trojans and key-logging.

The virtual keyboard is available beginning mid-May. Each time a user arrives at **myPay** to log on, the virtual keyboard will appear on the screen. The user will type in their LoginID and then the user will "press" the keys on the screen by clicking on them with their mouse to enter their Personal Identification Number (PIN) instead of typing the actual keys. The virtual keyboard is to be used only for the user's PIN.

To enhance security, the keyboard layout changes or keys are displayed randomly every time the page is refreshed.

"This is a significant move toward adding yet another layer of security to our **myPay** system," said Pat Shine, director of operations for DFAS. "We want to reassure our customers that we are proactively working to secure their pay account information."



DFAS uses a variety of security features to protect your data on the **myPay** system, yet we ask that customers do everything they can to protect data from being compromised or captured on home computers. Under frequently asked question on the **myPay** homepage ( <https://mypay.dfas.mil> ) customers can find more information on steps to secure their home computers.

To Login to **myPay** using the Virtual Keyboard:

1. Type LoginID under Account Access on the homepage.
2. Next, click on the numbers and letters (if using a restricted access PIN) of your PIN using the mouse and virtual keyboard on the screen. (Each number and/or letter will appear as an asterisk in the textbox above the virtual keyboard.) When finished, click the "GO" button.
3. Once in **myPay** users will continue to navigate as usual.

*Information was taken in whole or in part from <http://www.dfas.mil/news>*

## House Passes Military Construc-

# ASMC National News—Defense Financial Highlights

### tion/VA Appropriations Bill:

In a rush to complete some appropriations action before leaving for the August recess, the House passed the MilCon/VA Appropriations bill, the first appropriations bill passed in the House this year. The House bill provides \$400 million more than the President requested. Over \$370 million was added to the military construction accounts--\$169 million to the active components and \$209 million to the guard and reserve components. The bill also added \$80 million to the BRAC accounts, but reduced the family housing accounts by \$37 million and the NATO Security Investment Program by \$22 million. You can review the contents of the House bill and report by going to the [Library of Congress "Thomas" website](#) and clicking on "Find More Legislation, Appropriations Bills."

### Senate Appropriations Committee Reports out Military Construction Appropriations Bill:

The full Senate Appropriations Committee completed action on the MilCon/VA Appropriations Bill, but did not take the bill up on the Senate floor. The Senate bill provides \$344 million more than the President requested. Almost \$320 million was added to the military construction accounts—\$37 million was cut from the active components, but \$356 million was added to the guard and reserve component. The bill also added only \$1 million to the BRAC accounts, and \$13 million to the family housing accounts. Chemical Demilitarization construction received an additional \$10 million in the Senate bill. You can review the contents of the Senate committee bill and report by going to the [Library of Congress "Thomas" website](#), and clicking on "Find More Legislation, Appropriations Bills."

### House Defense Appropriations Subcommittee Marks up FY 2009 DoD Appropriations Bill:

Also before leaving for the August recess, the House Appropriations Defense Subcommittee marked up the DoD Appropriations Bill, but did not move it in full committee. Few details of the bill have been released, but Chairman Murtha (D-PA) did issue a 3-page press release summarizing the bill. You can view this summary by going to the [House Appropriations Committee website](#) and clicking on "Defense." Congress Set to Return after Labor Day: Congress will return right after Labor Day in early September to begin the final push before the election. It is still unclear whether Congress will pass any appropriations bill. Most observers think they will pass a long-term continuing resolution and take up the bills in the new Congress in 2009.

### President Signs FY2008 War Supplemental:

On June 30, 2008, President Bush signed the FY 2008 Supplemental Appropriations bill that provides \$162 billion the war costs for FY 2008 (\$96.6 billion in addition to funds in an earlier supplemental) and the beginning of FY 2009 (\$65.9 billion). The Bill also includes funds for expanded GI benefits for veterans' educational benefits (and allows for the transfer of benefits to dependents), extended unemployment benefits, Louisiana levees, and Midwest flood relief. You can view the bill (P.L. 110-252) on [Library of Congress "Thomas" website](#).

### Congress Considers use of Long-Term Continuing Resolution to Fund FY 2009 Appropriations:

Congress is talking about a long-

term continuing resolution (CR) for FY 2009 appropriations bills. There appears to be little confidence that either chamber can pass these bills. Procedural disputes with Republicans in the House caused Appropriations Committee Obey (D-WI) to state he would move no bill to the floor or finish all bills in committee. In the Senate, Appropriations Chair Byrd (D-WVa) hopes to move all 12 bills through the committee process, but there is also little hope of getting the full Senate to pass them. In an interview reported by a number of news organizations, Senate Majority Leader Sen. Harry Reid (D-NV) also thought there was not much of a chance for a lame-duck session of Congress, as they were unlikely to return this year after the election. In that same interview, Sen. Reid did hold out the hope that Congress would finish committee action on the FY 2009 DoD appropriations bill as well as the Military Construction/Veteran's Affairs bill and include them in the CR as full bills. The House has not commented on this possibility.

### GSA Reviewing POV Mileage Reimbursement Rates:

The Internal Revenue Service has increased (June 2008) the mileage reimbursement rate for privately owned vehicles to 58.5 cents per mile and the moving mileage rate to 27 cents. GAS is currently reviewing this change to determine appropriate changes in the federal mileage rates. After the review, GSA will publish any adjustments to the Federal Travel Regulation in the Federal Register. Under current law, GSA can adjust the federal rate up to but cannot exceed the IRS rate. For more information, visit the GSA web site, [www.gsa.gov/](http://www.gsa.gov/).

# American Society of Military Comptrollers Tampa Bay Chapter

## Board Meeting Minutes, 22-Aug-08

After a change in date, first meeting of the entire ASMC Tampa Bay Chapter Executive Board was held on Friday, 22 August at the Base Education Center. Ms. Curtin outlined some of her goals for the coming year, talked about some of the challenges that will be facing the chapter. In light of the large amount of proceeds from the PDI, the chapter needs to secure tax-exempt status as a charitable organization, and needs to investigate what new restrictions will apply, either federal or through the base, given the chapter's new financial status.

Attendees also discussed possible options for leveraging the additional chapter funding to benefit members, including: hosting an award program event for registered members; funding additional

chapter members to attend PDI; and creating a more robust scholarship program. Another option that was discussed at some length was to host a mini PDI. The chapter is going to move forward with these plans.

The annual budget was also a topic of discussion, and the chapter executive board will begin posting the budget to the website once its up an operational, and provide updates through other forums as well.

Finally, the group discussed the requirements necessary for Tampa Bay to retain its status as a "Five Star" chapter. This will include the resumption of quarterly newsletters, ensuring the minimum number of monthly financial management topics are met, as well as working on growing chapter membership .

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### Tampa Bay Krewe Chapter - Board

President:	Ms. Pamela Curtin, SOCOM
SOCOM VP:	MAJ Tonsmeire, SOCOM
Wing VP:	Lt. Tunisha Hubbard, Wing
CENTCOM VP:	Ms Karen Houston, CENTCOM
Secretary:	Ms. LaTonya Byrd, Army Resrve Med Cmd
Treasurer:	Ms. Janet Williams, SOCOM
Membership:	SSgt Dequan Harrison, CENTCOM
Programs:	Mr. Royce Gentzel SOCOM
Community Awareness:	Col (retired) Fran Machina
Scholarships:	Mr. Charles Johnson, CENTCOM
Mini-PDI:	Mr. Cameron Baumgartner, SOCOM
Website:	Mr. Don Norton, SOCOM
Special Events:	Ms. Kristen O'Sullivan, SOCOM
Publicity/Advertising:	Ms. Veronica Floyd, SOCOM
Newsletter:	TSgt Holly Bracken, SOCOM
Awards/Scholarships:	Maj. Mac Valdovionos, SOCOM
Historian/Photographer:	Ms. Carroll Wood, SOCOM

# American Society of Military Comptrollers Tampa Bay Chapter

## Treasurer's Report By Janet Williams, USSOCOM/SCSO-S-BA

### American Society of Military Comptrollers Tampa Bay Chapter

STATUS OF FUNDS FOR: July 2008

MACDILL FEDERAL CREDIT UNION, MONEY MKT & IMPREST FUND ACCOUNTS:					
	Money Mkt	CD Account	Checking	Savings	Total MFCU
<b>Revenues</b>					
Dues -Chapter Rebates	0.00	0.00	0.00	0.00	0.00
Golf Tournament	0.00	0.00	0.00	0.00	0.00
Dividend Income	9.82	10.09	0.00	0.00	19.91
Transfer from Money Market/Savings	0.00	0.00	0.00	0.00	0.00
July Luncheon Collection	0.00	0.00	0.00	0.00	0.00
<b>Total Revenue</b>	<b>9.82</b>	<b>10.09</b>	<b>0.00</b>	<b>0.00</b>	<b>19.91</b>
<b>Expenses</b>					
Ck #787 to MacDill Club July Luncheon	0.00	0.00	0.00	0.00	0.00
Ck 788 to Royce Gentzel CDFM Seminar	0.00	0.00	122.00	0.00	122.00
Ck #779 \$50 to SOF	0.00	0.00	50.00	0.00	50.00
Ck #780 \$50 Bay Life Church	0.00	0.00	0.00	0.00	0.00
	0.00	0.00	0.00	0.00	0.00
	0.00	0.00	0.00	0.00	0.00
Other-Gifts	0.00	0.00	0.00	0.00	0.00
<b>Total Expense</b>	<b>0.00</b>	<b>0.00</b>	<b>172.00</b>	<b>0.00</b>	<b>172.00</b>

MFCU SHARE ACCOUNT SUMMARY:			
	Checking	Savings	Total MFCU
Balance - beginning of month	4,792.66	205.02	4,997.68
Plus Revenues	0.00	0.00	0.00
Less Expenses	(172.00)	0.00	(172.00)
<b>Balance - end of month</b>	<b>\$ 4,620.66</b>	<b>\$ 205.02</b>	<b>\$ 4,825.68</b>

OTHER ACCOUNTS SUMMARY:				
	Begin Bal	Dep/WD	Dividend Income	Ending Bal
MONEY MARKET	6,454.40	0.00	9.82	6,464.22
CD ACCOUNT	3,946.40	0.00	10.09	3,956.49
<b>TOTAL OTHER ACCOUNTS</b>	<b>10,400.80</b>	<b>\$0.00</b>	<b>\$19.91</b>	<b>\$10,420.71</b>

**GRAND TOTAL BALANCE IN BANK** **\$15,246.39**  
**NET INCREASE/(DECREASE) FROM LAST MONTH:** **\$0.00**  
**TOTAL INCREASE/(DECREASE) FOR THE YEAR:** **\$0.00**

	Begin Bal	Income	Expenses	Ending Bal
Cash on Hand (Imprest)	0.00	0.00	0.00	0.00

**ASMC TREASURY BALANCE (Bank + Imprest)** **\$15,246.39**

Prepared by Janet Williams  
Ms Janet Williams

Approved by \_\_\_\_\_  
Ms Pam Curtin



Ms. Jennifer Sizemore, Associate Director/Membership and Chapter Development, ASMC National Headquarters, presents a check to COL Fran Machina (retired), Orlando PDI co-chair, representing the Tampa Bay Chapter's portion of the May PDI proceeds.