

ASMC

GULF COAST CHAPTER

NEWSLETTER

SEPTEMBER 2014



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Executive Committee:

President	Ms Lisa Gamon	883-5336
VP-Eglin	1 st Lt Jessica Pitts	883-0356
VP-Hurlburt	MSgt Daniel Doble	884-2152
VP-Tenant	Ms Jenna Colon	883-3015
Secretary	Ms Sharon Pedersen	883-0695
Treasurer	Ms Michelle Woolgar	882-6700 x 7800
2 nd Treasurer	Ms Mandy Chapman	882-6165
Reconciler	Ms Angela Gilbert	883-3412
Programs	Mr Joe Proctor	882-4593
	Ms Connie Clay	883-2890
	Ms Kimberly Sypher	882-7682
Publicity	Mr David Herndon	882-4070
	Mr Max Miller	883-4294
Mini-PDI	Ms Michelle Woolgar	882-6700 x 7800
Membership	Ms Lindsey Stephan	883-1609
Education/CDFM	Mr Ron Millis	883-0158
	Ms Dorothy Goring-Briley	883-8755
Enlisted Advisors:		
Eglin	MSgt Dustin Hindel	882-0095
Hurlburt	MSgt Arnold Soto	884-1548
Tenant	MSgt Philip Chapman	883-4703
Ways & Means	Vacant – Please notify President if interested	
Community Service	Mr Robert Turpin	882-4331
	Ms Deb Privette	883-5299
Awards	Mr George Joseph	883-2123
	Ms Kaci Harris	883-3961
Webmaster	Mr Jason Guzzardo	882-7595
Newsletter	Ms Brianna Hoppel	883-3204



President's Corner



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I can't believe September sneaked up on us! Where has the year gone? Seems like yesterday when we were doing close out activities and here it is again, close out time!

Since this is a busy, stressful time for all FM'ers, please take a couple of minutes every hour or two to stretch, take deep breaths, you're your muscles, **DETACH YOURSELF FROM THE COMPUTER**, walk around the building or go get a drink of water. An American Cancer Society study showed people with sedentary jobs or lifestyles (sitting more than 6 hours/day), were far more susceptible to health problems such as cardiovascular disease, obesity, type 2 diabetes, and depression – as well as reduced defenses against immune system deficiencies and common illnesses. WebMD confirms these findings and cites a Kansas State University study that indicates as more people sit for long periods of time each day, they increase risk for chronic health problems, such as cancer, diabetes and heart disease.

An article from Fox news published today, 8 September 2014, is titled "Short walks may reverse damage from prolonged sitting." It mentions a 5-minute walk for each hour you sit could reverse the damage to leg arteries and reduce the risk for heart disease. It also indicates during a 3-hour period, the function of the femoral artery was decreased as much as 50%, after just one hour of sitting. Participants who walked for just 5 minutes during each hour of sitting did not experience a drop in arterial function. That amounts to a short walk around the hallway. Dr. Jame Levine, endocrinologist at the Mayo Clinic in Rochester, MN, says "Sitting is not bad for you in moderation, but in excess, it is addictive and harmful. Of concern is that for most people in the developed world, chair living is the norm."

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President's Corner



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So what can we do to maintain good physical condition, mental acuity, and a positive outlook on life? Simply, we need to eliminate some of our bad habits, implement a healthy diet, exercise and get plenty of sleep. Instead of marathons on the computer, we need to take a short 5-minute break every hour or so to stretch out and let our compressed arteries function at full capacity. When we're subject to long meetings beyond our control, we need to walk it off after the meeting for a few minutes rather than an immediate deep dive into the email to see what we've missed.

Most importantly, we know that regardless of all the good information about healthy living, a lot of people are captive to their old habits. So please keep an eye on your co-workers, who deal with stress in different ways. Take time for a friendly greeting, ask how they are doing, wait for their response, and if they seem over-stressed or burned-out; express that concern confidentially to a supervisor. Generally speaking, a healthy workforce is a happy workforce; conversely, too much stress creates a downward spiral in job satisfaction and health. Our FM team can set the standard being good wingmen.

- Lisa Gamon, ASMC President

MINUTES: Executive Council

The ASMC Executive Committee meeting minutes are posted on the Gulf Coast Chapter webpage. To review them, please go to the website: <http://www.gulfcoastasmc.org/> and click on the tab marked "Minutes" along the top.



Upcoming Events



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SEPTEMBER LUNCHEON

When: 24 September 2014, 1100
Where: Bldg 1, CR204
What: Ms. Maria White – IG Augmentee
Lt Col Kent Watson – FMS Deployment

<https://cs3.eis.af.mil/sites/OO-ED-AA-A2/AQ/Registration/Registration/Registration.aspx>

VOLUNTEER EVENTS

- InDyne Fairways for Fisher House 7th Annual Golf Tournament & Gala Sep 18th Golf Tournament at Kelly Plantation Sep 19th Gala at Eglin AFB, Bayview Club
- Emerald Coast Children's Advocacy Center supports Bayfest Sep 20th at Freeport Regional Sports Complex in Hammock Bay.
- Okaloosa County "Have a Heart" 5K Run/Walk Sep 19th and 20th in Pensacola across from the Wahoo Stadium Sep 26th and 27th at Northwest Florida State Niceville Campus
- Emerald Coast Children's Advocacy Center 30A Thanksgiving 10K and 1 Mile Fun Run Nov 27th at Rosemary Beach

For details, please contact Robert Turpin robert.turpin.1.ctr@us.af.mil or 882-4331.



CDFM/ Education



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Its Back-to-school time! Conversations change from lazy days at the beach to the importance of education, specifically the CDFM program. The Certified Defense Financial Manager (CDFM) educational program and certification designation demonstrates proficiency in the core aspects of defense financial management and is recognized throughout the DoD.

In this and future newsletters we will provide information on the competences required to achieve proficiency for each individual module. Modules 1 (Resource Management Environment), 2 (Budget and Cost Analysis), and 3 (Accounting and Finance) of the CDFM examination cover a broad spectrum of financial management in 12 core competencies. Module 4, which is optional, covers 10 competencies with a focus on acquisition. Each core competency requires CDFM candidates to demonstrate proficiency in the knowledge elements for each module.

The core competencies for module 1 are: (1) Government Resource Management Environment (30%), (2) Manpower Management (20%), (3) Personnel Management (15%), (4) Management Responsibility for Internal Control (15%) and (5) Fiscal Law (20%).

Government Resource Management Environment covers four basic areas; Relationships and check and balances among branches of the Federal Government, Structure of the Federal budget, including sources of revenue, Roles of the President, Congress, Treasury Dept., Office of Management and Budget, Congressional Budget Office, other Federal agencies and the Legislative process. The Government Resource Management Environment is a political process in which each part of the Federal government has an influence on resources eventually passed down to your activity. Knowing the role, purpose & authority of other organizations within the federal government helps us understand the

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CDFM/ Education



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purpose of requests for program and budget information, the DoD budget process, the legislative process and how resources are allocated. This knowledge helps us better understand events that impact our jobs and improve our effectiveness. This section ties directly to the Defense Resource Management Environment of this module.

Manpower Management deals with the financial manager's knowledge of personnel policies as they relate to resource management, manpower rules, regulations, laws, and development of manpower requirements. Minimal knowledge of this area will require demonstrating familiarity with the definition, calculation and estimation of manpower requirements using the formula for FTE (full time equivalent) and manpower reporting schedules required by the Office of Management and Budget.

Personnel Management deals with problem recognition and problem solving, personnel principles, organization as systems, practices, laws and regulations such as EEO, training, grievances and the merit principles. This competency focuses on the people who do the actual financial management work.

Management is simply defined as the art of "getting things done through others." This certification examination will require a working knowledge of the principles of personnel management as they pertain to the military and civilian commands.

Management Responsibility for Internal Control is the organization, policies and procedures used to reasonably ensure programs achieve their intended results. This includes how resources are used in accordance with the agency mission, minimizing fraud, waste and abuse, following laws and regulations, and ensuring reliable and timely information is obtained, maintained, reported and used for decision making. Management controls are much more than saving or protecting

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CDFM/ Education



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dollars. Management controls have prevented thefts of ammunition at bases by assuring the establishment of safeguards in storage areas. Management controls have saved lives by establishing safety procedures and then testing them. Management controls have prevented information break-ins to DoD automated systems by establishing better password security. Management controls touch every aspect of our professional lives.

Fiscal Law focuses on the basic legal framework of federal appropriations. Some of the topics discussed are the authorization and appropriations acts and their inter-relationships, Anti-Deficiency Act, bona fide needs rule, continuing resolution authority, liability of accountable officials, transfers and reprogramming. As a Federal employee, you have taken an oath of office – to uphold the Constitution and laws of the United States. As a financial manager, you are responsible for complying with all laws of Federal appropriations. To accomplish this goal, you must understand the basic legal framework of Federal appropriations to ensure each obligation and expenditure of public funds satisfies all requirements of the law.

Sources: www.asmconline.org/certification

We still have current Module 4 Acquisition Business Management training guides available. We are also expecting an Enhanced Financial Management Training Course (EDFMT) course summer 2015.

POCs:

Dorothy Goring-Briley (dorothy.goringbriley.2@us.af.mil) 3-8755

Ron Millis (Ronald.millis@us.af.mil) 3-2150



Chapter Info



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WAYS & MEANS

We are still in need of a Ways & Means Chair! Please contact one of the Executive Committee members if interested.

ASMC Gulf Coast **ongoing fundraiser** - ASMC will earn 25% of the purchase of personalized or online exclusive products like baby shower gifts, plaques, nuts, jewelry, etc. Great gifts to give or items you might personally like to order. Just order and you are participating in the fundraiser!

<http://mystore.fundraising.com/Store/Category/1508?t=25fde9ba-a0a3-42b2-a852-cc3c53f01b61>

MEMBERSHIP

Membership is available to individuals who are actively employed in military comptrollership, as active duty or civilian personnel for DoD or USCG.

Associate membership is available for those who don't meet the qualifications but are currently employed in a defense related financial management field.

Employees of private sector companies who are interested in ASMC membership may join under the corporate membership program.

New military members E1-E4 and civilian GS1-GS7 can be reimbursed for half of their yearly membership fee. *New members only.* I will be providing information about upcoming membership drives and other activities as they are planned.

To register to become a new member, please visit the ASMC Website (Pg 10).

Chair: Lindsey Stephan, 883-1609, lindsey.stephan@us.af.mil



Community Service



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Tips for Getting Started Volunteering

First, ask yourself if there is something specific you want to do.

For example, do I want...

...to make it better around where I live ...to meet people who are different from me ...to try something new ...to do something with my spare time ...to see a different way of life and new places ...to have a go at the type of work I might want to do as a full-time job ...to do more with my interests and hobbies ...to do something I'm good at

The best way to volunteer is to match your personality and interests. Having answers to these questions will help you narrow down your search.

Source: World Volunteer Web

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Community Service POCs:

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Deb Privette, Co-chair, deborah.privette@us.af.mil, 883-5299

Susan Ashworth, Habitat for Humanity Okaloosa County, susan.ashworth@us.af.mil, 883-0164

Patrick Dewitt, Deployable Care Packages, patrick.dewitt.4@us.af.mil, 883-4874

Sara Bennett, Shelter House, sara.bennett.3@us.af.mil, 883-1980

Gabriella Geier-DuReitz, Fisher House, gabriella.geier-dureitz.2@us.af.mil, 882-5485

Laura Gamble, Soldier Angels, laura.gamble@us.af.mil, 579-6869

ASMC, P.O. Box 1756, Eglin AFB FL 32542



Websites



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We're on FACEBOOK!

We are pleased to announce that our Chapter's **Facebook** page is up and running! We will utilize this venue to share announcements of events and praises going on throughout our chapter. If you would like to submit a picture to share on the Chapter Facebook page, please email it to, gulfcoast.asmc@gmail.com, and be sure to include a caption. Pictures must be related to Chapter members/events. Be sure to like our page! <https://m.facebook.com/gulfcoast.asmc>.

ASMC WEBSITES

ASMC National Headquarters website is: <http://www.asmcnline.org/>
Gulf Coast Chapter website is: <http://www.gulfcoastasmc.org/>

We are looking for new ideas to include on our webpage. Please contact our webmasters Jason Guzzardo (882-7595) or David Loch (882-0057) if you have any questions, comments, or suggestions on chapter website issues.

NATIONAL NEWS

National PDI 2015 will be held in New Orleans, LA.

Please take advantage of other opportunities to fulfill your required CDFM CPEs to include local chapter training events, programs offered through the Online Learning Center, such as the recent Sequestration webinar, PDI 2011-2014 recorded sessions, and Armed Forces Comptroller journal articles.

Use the link found on www.asmcnline.org to register and take tests as applicable to get your credit.



One Chart Showing Every Military Pay Raise in the Last 30 Years

by Eric Katz, Sep 15, 2014, govexec.com



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Civilian federal employees seem headed for a 1 percent pay raise in 2015. President Obama called for it, and Congress has shown no inclination to stand in his way.

The fate of the military raise, however, hangs much more in the balance. Obama and a Senate committee have backed a 1 percent pay boost, while the House has passed legislation that would give uniformed service personnel a 1.8 percent base salary increase.

The Senate has yet to pass its annual defense authorization bill, which sets the level for the military pay raise. If the Senate advances the committee-backed version of the bill, House-Senate negotiators would have to reconcile the gap between the 1.8 percent raise and the 1 percent figure in conference committee. Military personnel received a 1 percent raise in 2014, the lowest such increase in the last several decades. The annual pay bump peaked in 1982, when uniformed service members received a 14.3 percent raise after receiving an 11.7 percent boost the year before. The military pay raise is technically automatically tied to a Bureau of Labor Statistics figure -- the Employment Cost Index -- that measures wage increases in the private sector.

The president will usually make his own proposal, however, and Congress has the final say. Defense Secretary Chuck Hagel has endorsed a plan to give service members smaller raises as part of a larger effort to shrink compensation costs, saying the Pentagon can no longer afford the large increases military personnel received in the years following the September 11, 2001, terrorist attacks.

Civilian and military pay raises have, at times, mirrored each other, especially

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by Eric Katz, Sep 15, 2014, govexec.com



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in the 1980s and 1990s, according to the Congressional Research Service. Since the turn of the century, Congress has by and large granted military personnel larger salary bumps.

The chart to the right shows the pay raises for military and federal civilian employees over the last 30 years:

Article located at the following link:

<http://www.govexec.com/pay-benefits/2014/09/one-chart-showing-every-military-pay-raise-last-30-years/94094/>

