

CENTRAL NEW YORK
CHAPTER 29
SYRACUSE, NY

CNY ASWA on the Move

Newsletter

FEBRUARY 2007

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ASWA Headquarters
8405 Greensboro Dr.
Suite 800
McLean, VA 22102

President's Message

Another year has gone by and another tax season is upon us. Those of us in tax (a good percentage of our membership) are already in high gear, working extended hours. Hopefully, we will put work aside for the evening of February 22nd to attend our next meeting at which a Paychek representative will discuss Fringe Benefits and miscellaneous new ideas.

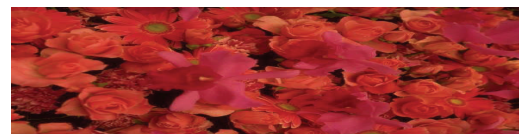
In January, member Donna Graber provided an overview of the Pension Protection Act of 2006 as well as suggestions for Tax Reduction Opportunities for 2006-2007. As always, Donna's presentation was informative and lively, with a good amount of audience participation.

Please take note that our meeting location has changed. Casa di Copani has been unhappy with our numbers and so we have been forced to choose a different venue. Hopefully, we will find our new home to be more welcoming. For February only, we will meet at Sandra Spencer's office (directions in this newsletter).

Then in April and May we will be at the Corinthian Club on James Street. The permanent reservation list will remain in effect. Since there seems to be some confusion about this list, I will try to explain. If you are on the list and cannot attend, OR if you are not on the list and will attend, please let me know. I will be emailing all who signed in September in case you have forgotten.

Finally, our 2007-2008 nominating committee will be appointed this month with elections taking place in April. Although I know you are all very busy, please think hard about what you can offer to help Central New York ASWA's continued success and growth. See you February 22nd.

Roseanne Battoe
Chapter President



Visit ASWA on
the Web @
www.aswa.org

Coming Soon!

CNY ASWA on the web! Coming April
2007! View our monthly newsletter on-line!

Newsletter Staff

Editor in Chief—Dana Minotti

ASWA
American Society of Women Accountants

*"To enable women in all accounting
and related fields to achieve their
personal, professional and economic
potential and to contribute to the
development of their profession."*

- ASWA Mission

ASWA February Planning Meeting



Special Offer!

At each monthly meeting there will be a complimentary meal designated for one member's guest! This is a great opportunity to bring in prospective members to ASWA! If you'd like to invite a guest to an upcoming meeting please contact Mireille Watts for reservations!

Thursday, February 22nd

At The Office of Sandra Spencer, CPA

**5710 Commons Park
East Syracuse, NY 13057**

**6:30pm Nominating Committee Appointed
& Presentation by Jason Disco from Paychex**

Cost of Dinner \$22.00

Join us on February 22nd to nominate officers and committee members for 2007-2008.

Our speaker this month will be Jason Disco from Paychex. He has agreed to speak to us on various taxable and nontaxable fringe benefits. Valuation methods, withholding, depositing and reporting rules of taxable benefits are among the many topics discussed. He will also provide updates on any changes related to payroll that we might share with our clients.

Dinner will be delivered from an agreed upon restaurant. We look forward to seeing you there!

A permanent reservation list has

been set up and is in effect for the chapter's monthly meetings. If you would like to be added to the list, please contact Mireille Watts. This will save time each month as you will only need to call to cancel your reservation. If you do not attend and do not cancel, however, you will be obligated to pay for your meal if the restaurant charges the Chapter. Finally, by electing this option, we will be offering only one menu selection per month.

Directions to February Meeting

Take 690 to the Bridge Street Exit 16-17. Turn left onto Bridge Street and right onto Widewaters Parkway at the second light. You will go past the Home Depot. Stay on Widewaters Parkway until the first stop sign. Turn left onto Towpath. Go 3/10ths of a mile. Turn left into Towpath Commons (Commons Park Dr). There are a series of one story gray buildings. Sandra Spencer's office is the second gray building on the right. Her name is on a sign in front of the parking lot. You are turning into the second driveway after turning onto Commons Park Dr. The building # is 5710.

Events Across Town

Women in Broadcast Journalism: A Tribute to Nancy Duffy

Please Join The Women's Bar Association of the State of New York (CNY Chapter) and Women in Medicine at Upstate Medical University for dinner and discussion

With Maureen Green, JoDee Kenney, Carrie Lazarus and Jackie Robinson

Moderators: Debra Buchan, M.D. and Karen DeCrow, Esq.

Thursday, March 29, 2007

Cocktails at 6:00 pm

Dinner at 6:30 pm

Discussion at 7:30 pm

Genesee Grande Hotel

1060 East Genesee Street

Syracuse

Dinner \$50

RSVP by March 15 to

Roseanne Battoe

Staying Healthy During the Tax Season

By Donna Graber, JD, CFP

Over 90% of people who exercise consistently, exercise in the morning.

If you exercise in the morning, it jump starts your metabolism and the effect lasts for 2-24 hours.

I find that 15 minutes of exercise works better than coffee. In fact, if I begin to exercise before I'm fully awake - well, it gets me going before I come up with too many excuses.

When working out I smile. Sound silly? It is amazing how your attitude about exercise changes when you force yourself to smile.

Exercise first thing in the morning is the only

way I ensure that something else won't crowd it out of my day.



Exercise in the morning makes your brain start to "pop" giving you better mental acuity for at least 4 hours after the activity.

The latest issue of Prevention magazine has a 15 minute noontime mini workout that can keep you going after lunch.

We wish you healthy survival to April 17th!

Donna M Graber, JD, ChFC, CLU, CFP®, is the president and CEO of Planning Sense, Inc.

Board Bulletin

Newsletter:

Beginning in April 2007 the CNY ASWA Newsletter will be accessible via the web. Our website is currently in the design phase. Once it is up and running we will discontinue mailing out monthly newsletters. If you'd prefer to receive a newsletter by mail instead

of viewing it on our website, please contact Dana Minotti at dmlm@grimaldicpa.com or (315)472-1040

Membership:

The CNY ASWA is the Chapter Challenge winner for Region I, with 119% Retention and Recruitment for 2005-2006! Let's keep on recruiting! . Please contact Dessima

Barnwell at dbarnwell@osc.state.ny.us for membership applications.

Programs/CPE:

If you have any suggestions for beneficial CPE programs please contact Penny Hawker at penyh@twcny.rr.com!

ASWA

*"Empowering
Women in the*



*Accounting
and Related
Fields Since
1938"*

ASWA Contact Information

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Save the Date

Nominating Committee Appointed

Thursday, February 22nd

The Office of Sandra Spencer, CPA

6:30pm Dinner Meeting

Speaker from Paychex

Topic: Fringe Benefits

March

No Meeting

May Membership Drive

TBA

June Banquet

Thursday, June 28th



American Society of Women Accountants

Central New York Chapter

Sandra Spencer, CPA
5710 Commons Park
East Syracuse, NY 13057

