



A Publication of the Jacksonville Chapter

<http://www.jacksonville.imanet.org/>

August 2007

New Location!!

BREAKFAST MEETING

The Jacksonville Chapter is having its first Breakfast Meeting of the new 2007-2008 year, and we want to make sure you come.

**Holiday Inn
at Baymeadows and I-95**

7:30 a. m.

Wednesday, September 26

**No need to reserve ahead of time,
just come.**

**See the calendar inside the newsletter
for all of the upcoming events!**

Chapter e-mail Address

Contact us at
JaxIMA@gmail.com

CMA Review Course

The Jacksonville Chapter of the IMA is holding a review course next month for the Certified Management Accountant designation. The CMA is the only certification in accounting that is honored worldwide, and it proves that you are knowledgeable in management accounting. It also indicates that you would be a motivated employee. But you have to move quickly to take part in this review course. **Contact Jerry Jeakle at 356-7967 or Jeakle@bellsouth.net, and we can learn the material in a structured, group format with a great instructor.**

Next IMA Quarterly Dinner Meeting

Thursday, September 13
Cocktails at 5:30, Dinner at 6:30

Next IMA Board Meeting

Thursday, September 13
At 4:30 p.m. – before the Dinner Meeting

From the Desk of President Jerry Roach...

The summer is ending, but it's a new year of the most enjoyable professional development available! We started our new year last Friday with a tour of the Budweiser plant on the Northside. It was a nice tour of a local landmark, and very informative. Thank you, Linda Schwed, for arranging this, and Jerry Jeakle for coordinating the sign-ups.

September then follows with a full month. We have an IMA Dinner meeting on September 13, a Breakfast Meeting on September 26, and a Florida Council meeting at the Harborside Resort near Tampa on September 28-29. Plus, we are beginning our CMA certification review course on September 20. Our own Harri Eloranta will teach it – he is certified in more areas than probably all of our members combined! Harri is an instructor at UNF, and will teach each of the first two parts class for \$199 per person per part, plus books and materials. The course will be taught at Intego, located at Bowden Road and Richard Street...the most convenient location possible for all of our members.

Remember that members can attend all of our events, but don't get overwhelmed. Just come to what works for your busy schedule – and become a better management accountant along the way!

Shake the rust off from a great summer, and improve your career, meet good people, and pass some wisdom on to the young accountants that attend our meetings. Come out to the IMA!

Jerry

IMA JACKSONVILLE CHAPTER SERVICE YEAR 2007-2008 OFFICERS AND TEAM LEADERS

President	Jerry Roach	904-356-7967 (W)	grsr@bellsouth.net
Treasurer	Jerry Jeakle	904-356-7967 (W)	cjcpas@bellsouth.net
Secretary	Krista Lucas	904-260-6334 x201 (W)	kristal@nursecall.com
Vice Presidents:			
Membership	Clive Ricketts	904-866-4082 (W)	caricketts@yahoo.com
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Director, Meetings	Kelly Briggs	904-358-7855 (W)	Kelly.Briggs@RobertHalf.com
At-Large	Lynette Beitz	904-366-6631 (W)	Lynette.Beitz@MyJaxChamber.com
At-Large	Harri Eloranta	904-215-3540 (C)	elorantah@bellsouth.net

Please send general feedback to the chapter at JaxIMA@gmail.com

Meetings and Events Schedule

DATE	TYPE OF MEETING	LOCATION – TIME
August		
24	Plant Tour: Anheuser-Busch Brewery	111 Busch Drive on the Northside 3:30 p.m.
September		
13	Board Meeting – all members welcome	Deercreek Country Club, 4 p.m.
13	Quarterly Dinner Meeting	Deercreek Country Club, 5:30 p.m.
20	CMA Review Course begins Parts I & II covered this fall	Intego (NE corner of Richard St. and University Blvd.) 8 a.m.
26	Breakfast Meeting	Holiday Inn – Baymeadows & I-95, 7:30 a.m.
28-29	IMA Florida Council Meeting @ Tampa	Indian Rocks Beach, noon Friday – 5 p.m. Saturday
October		
10	Board Meeting – all are welcome	Intego (Richard St. and Bowden), 7:30 a.m.
24	Breakfast Meeting	Holiday Inn – Baymeadows & I-95
November		
14	Board Meeting – all are welcome	Intego (Richard St. and Bowden), 7:30 a.m.
28	Breakfast Meeting	Location TBA, 7:30 a.m.
December		
6	Board Meeting – all are welcome	Deercreek Country Club, 4:30 p.m.
6	Quarterly Dinner Meeting	Deercreek Country Club, 5:30 p.m.
January		
9	Board Meeting – all are welcome	Intego (Richard St. and Bowden), 7:30 a.m.
23	Breakfast Meeting	Location TBA, 7:30 a.m.
25-26	IMA Florida Council Meeting IN JACKSONVILLE	Location TBA, noon Friday – 5 p.m. Saturday
February		
6	Board Meeting – all are welcome	Intego (Richard St. and Bowden), 7:30 a.m.
27	Breakfast Meeting	Location TBA, 7:30 a.m.

March		
13	Board Meeting – all are welcome	Deercreek Country Club, 4:30 p.m.
13	Quarterly Dinner Meeting	Deercreek Country Club, 5:30 p.m.
26	Breakfast Meeting	Location TBA, 7:30 a.m.
April		
9	Board Meeting – all are welcome	Intego (Richard St. and Bowden), 7:30 a.m.
23	Breakfast Meeting	Location TBA, 7:30 a.m.
May		
14	Board Meeting – all are welcome	Intego (Richard St. and Bowden), 7:30 a.m.
21	Breakfast Meeting	Location TBA, 7:30 a.m.
June		
11	Board Meeting – all are welcome	Intego (Richard St. and Bowden), 7:30 a.m.
16-22	IMA National Conference, Tampa A Once-in-a-Decade Opportunity	Location TBA

A place for: learning – sharing – networking – fun – new experiences – mentoring – continuing education – leadership development – promoting the field – certification – community service

Know Management Accounting

While we all can learn Management Accounting on the job, or in college, there is a four-part series that tells you when you are ready to be a prominent management accountant. The Certified Management Accountant credential, offered by the Institute of Management Accountants, is the best test of your Management Accounting knowledge. Remember also that the Certified Management Accounting certification is the only accounting proficiency standard known throughout the world. We encourage you to consider taking the CMA Review course offered by our chapter this fall. It will be held weekly on Thursday nights starting September 20th, and will cover the first two parts of the certification. Harri Eloranta, one of our leading members and an instructor at the University of North Florida, will teach us all we need to know. In addition to being a Certified Management Accountant, Harri is also certified in many other accountancy and ancillary fields.

The Certified Management Accountant exam comes in four, separately scheduled parts. While anyone can buy the study materials and prepare for the exams on their own, a CMA Review course is an enjoyable, accountable and enlightening format that provides better results. Each of the four parts will be \$199 for the instruction, and we will go through the first two parts this fall. The package of materials for all four parts will be a little more than \$500.

It is proven that Certified Management Accountants have higher incomes than those who don't. Take the course, or the first part of the course, to see how much you can learn about your profession.

Contact Jerry Jeakle to sign up, at 356-7967, or Jeakle@bellsouth.net. Jerry has the CMA designation, and has helped teach a CMA review course. He would be willing and able to answer any questions about the process to gaining your certification.

Labor Day Remembered

The year was 1882, and the Central Labor Union and the Knights of Labor in New York City rallied the workers of the area to march in a parade, celebrating the value of the American worker. That first Labor Day parade was September 5th, and workers were not given the day off to march in the parade. In fact, most were threatened with being fired if they joined in. Nonetheless, 10,000 people joined that first march, and the path to workplace safety, an 8-hour work day, and fair treatment of all employees was on the way.

In that era, the lower-level worker was treated brutally, and generally had no opportunity for advancement. Workers often got trapped in a community with essentially one employer, or were trapped because worker mobility was taboo. Higher positions were often created according to the refined family background from which the worker came. Workers were regularly injured in the workplace, and they had no chance at dealing with workplace harassment or bullying. At the time, there was no such thing as labor relations. The primary goal of workers was to have their workday limited to eight hours.

In 1886, the virtues of an official Labor Day had momentum, but were interrupted in May by the Chicago Haymarket riots. A violent exchange occurred when strikebreakers were brought in to replace striking workers at a factory. Anarchists then used this episode as a cover for their own goals the next day, throwing a bomb into a crowd of police and citizens that were gathering for a tribute to labor. Several were killed, and this put an official recognition of Labor Day off another year, as President Grover Cleveland insisted that the holiday not give any commemoration to this unfortunate event. President Cleveland was not a friend of Labor, yet he would likely have had Labor Day on May 1st, like most other countries of the world, except for the riots at Haymarket Square in Chicago.

In 1887, the famous Pullman strike was held in Chicago. Employees of the sleeping car manufacturer the Pullman Co. were protesting wage cuts. Workers from other companies joined the strike, including the workers of the company that hauled the manufactured sleeping cars away by rail. The postal workers would not deliver mail to the area, and finally, the President called in federal troops to break the strike. While it was broken, it brought attention and understanding to front-line workers around the country. As an election year compromise among labor unrest, President Cleveland signed the bill that Congress had first sent to him in 1894 – authorizing Labor Day as a federal holiday.

Today, after a century of bitterness between management and labor, the relationship has improved. Management generally strives to produce a safe, enjoyable and motivating work atmosphere. Workers have a real chance to improve their standing in the company with skills and hard work. And employers know that they also gain from helping their employees to perform at their best. Both sides still want to maximize their standing and earnings, but a greater balance has been achieved, and they are more teammates now than ever before.

Skip the Workplace Stress

As we approach the 125th Labor Day, it is important to remember that total health and peace of mind help you to get the most out of life. A 2006 American Psychological Association study confirms that work is the number one cause of stress for Americans. The first Labor Day, in 1882, represented a largely agricultural and industrial workforce. Today, work is prone to interrupt any holiday or vacation, with e-mails, cell phone calls, long distance calls to your hotel, and more.

Job stress costs U.S. businesses an estimated \$300 billion per year, through absenteeism, diminished productivity, employee turnover and direct medical, legal and insurance fees.

Increased stress can push people toward unhealthy behaviors such as smoking, comfort-eating and poor diet choices, inactivity, dysfunctional sexual activity, violence, or drugs and alcohol to manage their stress.

The mind and body are interrelated and interactive, and this is most clearly identified in the form of stress. Many chronic illnesses can arise from stress, and other illnesses are compounded by stress. When you are in a stressful situation, take short breaks. Stand up, stretch, breathe deeply, shake off the accumulating tension and anxiety, and readjust your perspective.

If you recognize stress and know what to do, you can keep it out of your way!

Steps to Relieve Stress

Relax and don't let stress keep you from getting the most out of life. You just can't get consumed by stress! Try these steps to reduce or eliminate your stress:

- 1) **Increase your physical activity.** This will reduce your stress, and provide side benefits of making you physically more capable and less overweight.
- 2) **Learn breathing exercises.** Proper breathing is good, even if you don't subscribe to the world of eastern religions that promote many of these concepts.
- 3) **Have a massage.** If your muscles are tense and you haven't exercised, then it is because of stress. Don't let the stress have lasting control!
- 4) **Support Network.** Talk your problems out with friends or family who will listen. Get out of destructive relationships of any kind. If it's a spouse or children, do what you can through family counselors, because you have a stake in making that work.
- 5) **Seek church or religion.** This can provide you a roadmap to success, and God can give you comfort and peace.
- 6) **Confront procrastination.** Using your time wisely, and getting irritating or stressful issues off of your back can immediately relieve stress. They can also give you a feeling of accomplishment, confidence, and start helping you to develop habits that avoid procrastination in the future.
- 7) **Drink plenty of water.** Dehydration causes stress, but water can also flush out body toxins. It can relieve heartburn and headaches. While the body is made up of 75% water, the brain is believed to be made up of 85% water. Back aches, heartburn, rheumatoid pain, and other symptoms can be a sign that your body is rationing the shortage of water in your body at the time.
- 8) **Use your Employee Assistance Program at work.** This resource is free and anonymous at many workplaces. Use it for online information, counseling by phone, and for referral to psychological professionals when things are just more stressful than they should be.
- 9) **Make time for yourself.** Read a good book. Listen to your favorite album. Have a leisurely Sunday brunch at your favorite café. Go play frisbee with your family at the park. Take a break from high-pressure mental stimulation and realize that simplicity can be just as fun from time to time.

CMA REVIEW COURSE - - ORDERING STUDY MATERIALS FROM GLEIM

Members of the Jacksonville Chapter of the IMA receive the following discounts on materials for the class:

All Four Exam Parts

- > Complete System (book, CD-ROM, audio CDs, Gleim Online): \$503.17 (32% discount)
- > CMA Gleim Online: \$314.88 (30% discount)
- > Book and Test Prep CD-ROM: \$243.04 (20% discount)

Single Exam Part

- > Complete System (book, CD-ROM, audio CDs, Gleim Online): \$149.77 per part (30% discount)
- > CMA Gleim Online: \$87.47 per part (30% discount)
- > Book and Test Prep CD-ROM: \$60.76 per part (20% discount)

TO ORDER:

Order directly from Gleim

Contact: Matthew Cmar
Phone: 800-874-5346 ext 135
Email: matthew.cmar@gleim.com

Institute of Management Accountants
 Jacksonville Chapter
2007 CMA REVIEW PROGRAM REGISTRATION FORM

NAME (Please Print) _____

Street _____ **City** _____ **St.** _____ **Zip** _____

Phone-day _____ **evening** _____ **e-mail** _____

INSTRUCTIONS: Please check the appropriate box or boxes for registration. If you are not registering for both courses, please indicate the courses by course part.

Note: You must be an IMA member by the time the course starts. Go to www.imanet.org to join the IMA, or contact Jerry Jeakle at Jeakle@bellsouth.net or 396-9802.

Class dates: Classes are offered from 6:00 – 9:00 p.m. on Thursday nights.

Course Materials: See attached information for discounts on Gleim Study Guides

<u>Course Section</u>	<u>Course Dates</u>	<u>Fee</u>
<input type="checkbox"/> I Business Analysis	9/20 – 10/25	\$199.00
<input type="checkbox"/> II Management Acctg. & Rptg.	11/8 – 12/13	\$199.00
<input type="checkbox"/> Both Sections	9/20 – 12/13	\$398.00
Total due		\$ _____

Check Payments

Enclosed is a check **payable to IMA** for \$ _____

Credit Card Payments

Circle One Visa MC

Total Amount Charged to be charged \$ _____

(Card information must be exactly as it appears on your card)

Cardholder Name _____

Card Number _____

Expiration Date _____

Security Code _____ (3 Digit Code from Back of Visa, MC)

Authorized signature for charge _____

Mail Registration to:

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