



## January Workshop Focuses on Healthy Eating

This year the board of directors tried a new approach to professional development. We organized an education session that focused on healthy eating and healthy living. The results were positive as 20 local CGAs and guests attended.

The evening featured a light dinner (healthy of course) followed by an educational session presented by Ashley Smyth. Ashley is a registered holistic nutritionist and she is also an approved natural nutritional coach and practitioner. She has recently opened a new business in Chatham called Pure Vitality.

Ashley reviewed the elements of a healthy diet and discussed how to combine foods to ensure proper digestion. She then presented ideas on healthy snacks and healthy meals that would work “in the real world.” From the comments we heard, it seems that people are really interested in taking care of their health and this workshop gave them some food for thought.

## Potential New CGAs Get Inspired

Lynn Sveinbjornson, business development manager of CGA Ontario, attended Thames Campus of St. Clair College on Tuesday, February 10, 2009 to speak to a group of 40 business administration/accounting students on how the CGA program of professional studies works. She had the attention of a hungry group of students. They enjoyed a lunch of pizza and soft drinks while Lynn spoke about the designation and the necessary steps to obtaining the CGA designation in addition to defining how the transfer of credits works.

## Business After Hours

Each year the local chapter sponsors a business after hours meeting in Chatham. This year we were one of three sponsors for the February 18th event. Julie Atkinson, CGA, Barb Chapple, CGA, and Debbie Reed, CGA, represented the local board of directors. Les Herman, CGA, and Lance Rieger, CGA, also attended.

The meeting was hosted by Kent and Essex Mutual Insurance at its new office on Creek Road. We appreciated the opportunity to tour this new building. Our presence at this event has not gone unnoticed—other accounting professionals commented on how we sponsor the meeting each year.

## Member Achievement Night

This year’s annual member achievement was held on Thursday, November 20, 2008 at the Chatham Breakfast Grille. It was well attended with over 25 CGAs plus guests in attendance.

Bonnie Smith, CGA, representing CGA Ontario’s board of governors brought greetings on behalf of CGA Ontario. Unfortunately, Kim Sacchetta, FCGA, chair of CGA Ontario, could not attend because of bad weather that grounded her flight in Sault Ste. Marie.

Four CGAs were recognized as 25-year members:

1. Sandy Anderson, CGA
2. Frank Guilteri, CGA
3. Mary Lou McLeod, CGA
4. Brian McDonald, CGA

Sandy and Frank sent regrets while Mary Lou and Brian were asked to reflect on their memories as students and their careers.

At the same time, the board presented two CGAs with Chapter Distinguished Service Awards. These awards are presented to individuals who render distinguished service to a chapter. The recipients this year were Wendy Suisham, CGA, and Chris Young, CGA.

### Wendy Suisham, CGA

Wendy Suisham, CGA, held the position of secretary for the Chatham-Kent Chapter for several years. She quickly stepped into this position after coming onto the board.

Wendy also helped organize and host several chapter events during her terms on the chapter board. She was involved with the annual general meeting, the tax preparation services for older adults, various professional development seminars and the members’ achievement night. Wendy stepped down from the board in 2006.

### Chris Young, CGA

Chris Young, CGA, first joined the board in 2003. He has been involved in organizing SWAP for several years and as a board member he has served in many roles, including treasurer and newsletter coordinator. He is in his second term as chapter chair.

Chris is married to Sharon and has four children. He is employed at Union Gas as team lead, general accounting.

Our sincere thanks are extended to Chris and Wendy for their contributions to the chapter.

## Thank You Invigilators

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Our thanks are extended to those CGAs who invigilated the past examination sessions.

### December Examinations

Jan Buck, CGA  
Barb Chapple, CGA

Judy Cibulka, CGA  
Debbie Reed, CGA

### March Examinations

Julie Atkinson, CGA  
Barb Chapple, CGA  
Les Herman, CGA

Alana Pollard, CGA  
Debbie Reed, CGA  
Lance Rieger, CGA

Think about sharing three or four hours to invigilate an exam. We host examinations four times a year and being able to have an examination centre in our community is very important. Not only is it a way to give back to the organization—you may even be able to earn some continuing professional development hours. If you have time to invigilate an examination, contact Ryan Willmore at [rwillmore@spectraenergy.com](mailto:rwillmore@spectraenergy.com).

## Editor's Corner

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Thanks for taking time to read this newsletter. If there is anything that you would like to see included in the newsletter, please contact me at [kdreed5@cogeco.ca](mailto:kdreed5@cogeco.ca). We like to include announcements about local CGAs or feature information that is of interest to you.

As well, do not forget about the snowball raffle that we are having this year. Each time you attend a local chapter function your name will be entered in a draw. The grand prize is a GPS and the draw will take place at the annual general meeting, May 2009.

Debbie Reed, CGA

## Calendar of Events

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### CGA Examinations

March 9 - 14, 2009

### Tax Preparation Services for Seniors

Presented by St. Clair College students  
March 2009

### 2nd Annual Past Chairs' Dinner

May 2009  
(Invitations to come)

### Annual General Meeting

Date and location to be announced

### Tri-County Golf Tournament

Hosted by Chatham-Kent  
June 26, 2009

## Baby News

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Congratulations to Amy McLellan, student in the CGA program of professional studies and her husband Justin. They welcomed their first child, a daughter named Brianna Marie McLellan. Brianna was a little early and weighed in at 3 pounds and 16 ounces on August 15, 2008.



Chris Young, CGA, and his wife Sharon also welcomed a new daughter to their family on December 18, 2008. Raleigh Lynn Marie Young is the baby sister to Rory, Braeden and Ainsley. She weighed 8 pounds 4 ounces and was 19 and one-half inches long.



Erin Liberty, a student in the CGA program of professional studies and her husband Joe welcomed their first child on January 5, 2009. Jackson Liberty weighed in at 8 pounds and 5 ounces.



## Board of Directors 2008-2009

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Chair	Chris Young, CGA <a href="mailto:cyoung13@cogeco.ca">cyoung13@cogeco.ca</a>
Vice-Chair	Erin Liberty <a href="mailto:eliberty@uniongas.com">eliberty@uniongas.com</a>
Secretary	Amy McLellan <a href="mailto:amyrickman@hotmail.com">amyrickman@hotmail.com</a>
Treasurer/Newsletter	Debbie Reed, CGA <a href="mailto:Kdreed5@cogeco.ca">Kdreed5@cogeco.ca</a>
Education Representative	Barb Chapple, CGA <a href="mailto:bchapple@stclaircollege.ca">bchapple@stclaircollege.ca</a>
Director-at-large	Julie Atkinson, CGA <a href="mailto:julmike@sympatico.ca">julmike@sympatico.ca</a>
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Director-at-large	Linda Vince, CGA <a href="mailto:lmvcga@ciaccess.com">lmvcga@ciaccess.com</a>
Student Representative	Ryan Willmore <a href="mailto:rwillmore@spectraenergy.com">rwillmore@spectraenergy.com</a>
Past Chair	Sarah Van Der Paelt, CGA <a href="mailto:svanderpaelt@spectraenergy.com">svanderpaelt@spectraenergy.com</a>