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BALANCING LIFE AND WORK

By Michelle Royster

Members of the NABA - Washington, DC Chapter and the National Black MBA Association gathered on Tuesday February 19th for the 4th Annual joint meeting hosted by PricewaterhouseCoopers. The meeting included a panel discussion on the topic – “Balancing Act: Maintaining an Optimum Work/Life Balance”.

Four panelists, which included two corporate professionals, a retired army general and a career coach, provided great insight on the topic.

- ◆ **Lovie Carolina** - *Organizational Development Consultant, Executive Coach*
- ◆ **Fredric H. Leigh** - *Partner, KTA Global Partners, LLC - Retired Major General USA*
- ◆ **Wendy Morris** - *Director - Advisory, PwC - Washington Federal Practice*
- ◆ **Marvin Washington** - *Director - Assurance, PwC - Washington Federal Practice*



Some practical advice the panelists shared with meeting attendees:

- Don't compromise on what's important
- Don't over commit; communicate to everyone what your time and priorities are
- Recognize that people have different communication styles; learn to communicate in a way that's most effective for the



situation to help others understand your priorities and commitment to work/life balance.

- Priorities and values change as life changes.
- Be honest to yourself and others about where your level of commitment stands.
- The only competition you have is with yourself. Your objective is to be all that you can be. Focus on bringing out your best versus being consumed with the competition.

Recommended readings:

- “What’s Happening to Home: Balancing Work, Life and Refuge in the Information Age”, Maggie Jackson
- “The Power of Now”, Eckhart Tolle

A Special thank you to PricewaterhouseCoopers for their continued support of the NABA & NBMBA collaborative effort.



The Cramer Account is the official Quarterly Newsletter of the NABA - Washington, DC Metro Chapter. The newsletter was dedicated on March 6, 1987 in memory Dr. Joseph Cramer, Jr., distinguished accountant, administrator and scholar. Copyright June 1992 National Association of Black Accountants, Inc. Metro Washington, DC Chapter. All rights reserved.

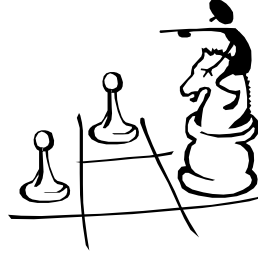
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ANNOUNCEMENTS



Members on the Move

Over the past several months, not only have these members been active in the NABA - Metro DC Chapter, they also achieved great strides in their careers and personal lives. Please join the chapter in congratulating:

Nicole Brizan, CIA – passed the Certified Internal auditor exam and was promoted to Manager of Internal Audit at Marriott International.

Tiffany Lee, CPA – an experienced Associate in Financial Services at PricewaterhouseCoopers passed all four parts of the CPA exam in December 2007.

Mohammed Omar – recently accepted a position as Senior Accountant in Treasury Accounting Services at Marriott International in Bethesda, MD.

Taking Control of Your Personal Finances

By: Tanya Davis

On January 15, 2008 NABA members attended a meeting on “Personal Finance: Planning for Your Retirement Years.” The meeting was hosted by Freddie Mac in McLean, VA and presented by Brandon Small and Ed Williams from Citi Smith Barney.

Key topics included:

- ◆ How to get out of debt
- ◆ How to prepare a personal financial game plan & secrets of the rich
- ◆ Assistance with developing a financial budget that fits your needs
- ◆ Basics of investing Retirement planning
- ◆ Managing your tax burden

We would like to thank Brandon Small and Ed Williams from CitiGroup Smith Barney for providing us with this valuable information.

If you missed this meeting, see the Program section on our website for more information.

NABA Participates in Career Day

On March 14, 2008 Michelle Royster from Marriott International along with Cecilia Riley and Kia Silver both from Freddie Mac participated in Career Day at Lemon Road Elementary School in Falls Church, VA representing NABA. Together, they shared budgeting and planning concepts with the children and discussed related careers.

Participating in the community is NABA's way of helping young students become aware of Accounting/Finance career opportunities.

Lifetime Members

We would like to recognize the following new lifetime members from the Metro-DC chapter. Have you considered making a Lifetime commitment to NABA? Additional information available at www.nabainc.org.

Monica Brame

Michelle Royster



WE HAVE A NEW WEBSITE & E-mail Address



News ✧ Calendar ✧ Past and Future Events ✧ Career Opportunities

Come find all the latest updates
at the click of your mouse www.nabametrodc.org
or E-mail us at info@nabametrodc.org

And so much more!



Newsletter Submissions

The chapter leadership continues to develop new programs and events. As the chapter increases its membership and strategic partnerships your feedback is essential. If you have suggestions to help elevate the chapter, or would like to see someone recognized in the next issue as a member on the move, e-mail us at info@nabametrodc.org.



The NABA- Metro-DC Chapter would like to thank
The Washington, DC office of
KPMG LLP
for their sponsorship of the

2ND ANNUAL MARCH MADNESS BREAK

Friday, March 21, 2008

We would like to also thank those who joined us for networking, food and fun at Bailey's in Ballston, VA.

2007 Holiday Reception

By: Dwayne Brown

The 2007 NABA Holiday Reception was a huge success. We had well over 100 people in attendance representing the local chapter, Corporate Partners, as well as a number of National Board members. National Board members in attendance included our National President, Gwen Skillern; NABAs' new Executive Director Gregory Johnson, past National Presidents – Angela Avant & Kim Griffin-Hunter; Eastern Region President, Manuel Torres; and several Eastern Region members.



Through the help of our sponsors which included Fannie Mae, Freddie Mac, Cherry, Becker, and Holland, & Justin Bradley, and a number of NABA volunteers, this year's Holiday event was spectacular.

METRO-DC Student Chapters

NABA student Chapters kicked off the spring semester in full speed to keep members interested in the organization, spark the interest of potential members, and continue to promote the goals of the organization.

Howard University started the semester off with its Annual Accounting Awareness Week with a week full of events in efforts to increase membership. The event took place during the week of January 21, 2008 and included events where current and potential members got the opportunity to have Breakfast with KPMG, Lunch with PWC, attended a General Body Meeting with Morgan Stanley, and Meet the Firms. Students also got the opportunity to meet companies outside of the "Big Four". The chapter had a government careers panel with the Department of Labor Office of the Inspector General, Government Accountability Office, and the IRS. The chapter finished the week by volunteering at the Capital Area Food Bank.



University of Maryland College Park started the semester off with General Body Meeting's hosted by PwC and KPMG to promote its professional development series entitled "From Backpack to Briefcase" where students learned how to transition from college life to work life and "Dining Etiquette" where students learned rules for sitting around the table.



Bowie State University members started the semester off by getting involved with the Volunteer Income Tax Program (VITA) where students are donating hours of their time to provide free tax preparation services to low to moderate income individuals and families.



Upcoming Chapter Events

Date	Time	Event	Location
April 16, 2008	6:30—8:30 PM	General Body Meeting "Ups & Downs of Running a Business"	KPMG LLP Washington, DC
May 2, 2008	6:00 PM Reception 7:00 PM Dinner	29th Annual Evening with NABA Scholarship & Awards Banquet	Renaissance Hotel, Washington, DC
June 5, 2008	6:30—9:00 PM	End of Year Social Event	TBD
June 10 –14, 2008	TBD	2008 NABA National Convention	Atlanta Hilton Atlanta, GA

29th Annual Evening with NABA Scholarship and Awards Banquet

Dear NABA Members and Friends,

The NABA- Metro DC Executive Board, along with the Evening with NABA Committee, is proud to announce its most highly anticipated event of the year.

The 29th Annual Evening with NABA
Passion: Elevating the Soul to Great Things

Date: Friday, May 2nd
Location: Renaissance Hotel
999 Ninth Street, NW,
Washington, DC 20001
Time: Reception 6:00pm - 7:00pm
Dinner 7:00pm
Guest Speaker: Rev. Dr. H. Beecher Hicks, Jr.
Senior Servant, Metropolitan Baptist Church
Washington, DC



We invite you to participate in the award nomination process. The awards and criteria are noted below. Please submit all award nominations by **Friday, March 28th** to info@nabametrodc.org. You can find the nomination form on our website at www.nabametrodc.org. You will also find the link to purchase tickets on-line as well.

We look forward to seeing you at this year's event!

Regards,
Yvette Young and Sandra Spellen
Evening with NABA Committee Co-Chairs

Award Criteria

- **Frank K. Ross (Outstanding NABA Member)** - Current NABA member in good standing for the previous three consecutive years; Demonstrate continuous support of NABA and its programs for at least 3 years; Attend local meetings & events; Serve on a local chapter committee/board for at least 2 years.
- ◆ **Leader of Tomorrow** - Current NABA member in good standing; Demonstrate continuous support of NABA and its Programs; Less than 5 years professional work experience; Demonstrates a commitment to the community by involvement in community organizations, alma mater, or other activities; Achieved significant milestone in their career or community; Demonstrates potential as a high achiever.
- **Outstanding Business Leader** - Current NABA member in good standing; Demonstrate support for the goals of NABA; Hold position of prominence or significant responsibility; Hold CPA or other certification; Active in other community organizations.
- ◆ **Outstanding Accounting Leader** - Current NABA member in good standing; Demonstrate continuous support of NABA and its programs; Holds position of prominence or significant responsibility; Represent NABA positively in industry and the community; Hold CPA or other certification; Active in other community organiza-

We would like to recognize the following 2008 Corporate Sponsors of the NABA Metro-DC Chapter of :

Bert Smith & Co.
Deloitte LLP
Discovery Communications
Jefferson Wells
KPMG LLP
PEPCO Holdings
PricewaterhouseCoopers LLP
Thompson, Cobb, Bazilio & Associates, PC
Verizon

It's not too late to participate as a Corporate Sponsor or Evening with NABA table sponsor. For more information on Corporate Sponsorship, please send inquiries to B'nai Harrison at info@nabametrodc.org