



DEVELOPING LEADERS

May 2009

Session 8
Issue 8

Quality of Life

Session 8 for the Tioga County Community Leadership Program took place at the Northern Appalachian Research Laboratory in Asaph, where the topic for the day was *Quality of Life*. The objectives to be explored included listening with respect, how we make decisions, to gain an understanding of what is important in one's life, to gain an appreciation of our local natural beauty and become familiar with local conservation efforts, and to gain an understanding of the quality of life in Tioga County and how to maintain it.



Jim Weaver, County Planner, returned to work with the group on the Consensus Circle, and throughout the day the group used this process to explore quality of life and the objectives for the day, beginning with a circle exploring why each participant lives in Tioga County, and how the Marcellus Shale will affect each participant.

This discussion led to the next presenter, Janice Lobdell, Community Relations Supervisor for Fortuna Energy, Inc. Janice gave an educational presentation on gas exploration; the group had questions answered regarding this topic, and learned facts about the Marcellus shale and the process of mining for the gas underneath it. Janice recommended that we put what we hear about gas exploration into perspective by researching the facts.

Jim then explained the 4 Ecosystem Process to the group, which is the water cycle, mineral cycle, energy flow and community dynamics. Through this discussion participants learned about biodiversity and how everything in nature is connected.



Tioga County Development Corporation



Jim's lesson on biodiversity led to the afternoon presenters. Erica Tomlinson, TCCD Watershed Specialist, talked to the group about water quality and showed how water is tested and what the results mean as far as the health of a stream. Gary Tyson, from the Tiadaghton Audubon Society led a bird walk, offering binoculars so the group could get close up views of the birds of our County. Jake Tomlinson, TCCD technician handed out Pennsylvania tree identification manuals and shared some information on identifying trees, and the role of trees in biodiversity. Jim Weaver scooped some macro invertebrates (bugs) from the stream and taught the group how identifying what bugs are found in a stream can help to determine the health of that stream.

A final consensus circle to discuss biodiversity, how to protect it, and consequences of not protecting it was followed by a Native American Greeting Circle, which closed the day for session 8 of the Community Leadership Program.

The session was sponsored by Fortuna Energy, Inc.



YOUTH LEADERSHIP SPOTLIGHT



Samantha Grinnell

We are excited to introduce you to current **Youth Leadership Program** participant **Samantha Grinnell**. Samantha is a Junior at Wellsboro High School. She is the daughter of Kim and Dan Grinnell and has a brother named Brandon. Samantha is actively involved in soccer, track, and the yearbook club. Some of Samantha's hobbies and interests that she enjoys include fishing, hunting, hiking, running, and hanging out with her friends. Samantha also spends time helping at Animal Land, the hospital, her local fire company and coaching kids soccer.

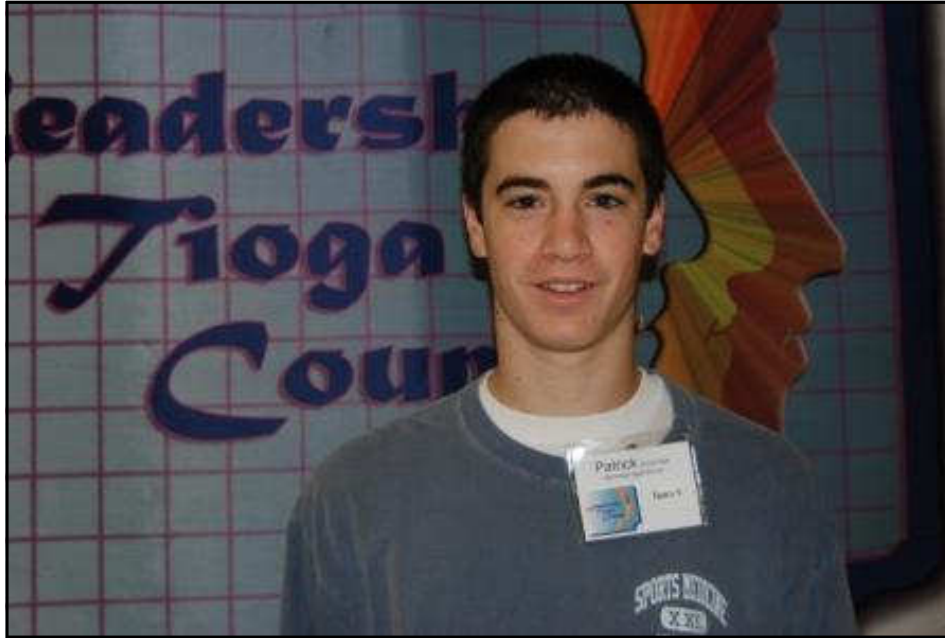
Samantha feels the *Youth Leadership Program* helped her to learn how to deliver good speeches and become prepared for those types of situations.

Her favorite part of the *Youth Leadership Program* was getting to know people from all of the different schools. Another interesting fact about Samantha is that she shares a birthday with her father. They were both born on November 13th.

Samantha plans on attending college to become a Physical Therapist/Assistant.

Good Luck Samantha!

YOUTH LEADERSHIP SPOTLIGHT



Patrick Cummings

We are excited to introduce you to current *Youth Leadership Program* participant **Patrick Cummings**. Patrick is a junior at Mansfield High School. Patrick is the son of Jim and Miriam Cummings and has a sister named Lindsey. Patrick is actively involved in varsity basketball, band, jazz band, chorus, Wellness Committee and Key Club . Some of his hobbies and interests he enjoys are fitness and athletic activities and music. Patrick also does odd jobs like mowing lawns and he plans on getting his lifeguard certification.

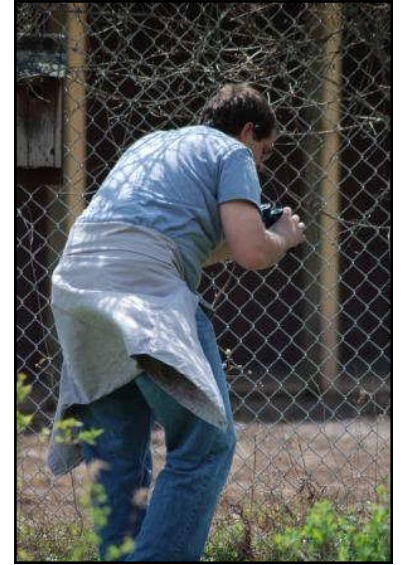
Patrick feels that the *Youth Leadership Program* is helping him learn more about our county and the program is improving his public speaking skills.

When asked about his favorite part about the program, Patrick replied "The ropes course and the visit to the court room were my favorite things."

Patrick plans on attending a four year college to major in Sports Medicine/Athletic Training. Patrick is such a dedicated individual that we are sure he will accomplish all of his life goals in the future.

Good Luck Patrick!

Community Leadership Program Alumni



Brett Kennedy is featured this month for our Alumni Focus. Brett is currently a Co-Chair of the *Community Leadership Program*.

Brett resides in Wellsboro with his wife Lori and their four children, Lorynn 13, Landen 10, Holden 8 and Karsen 5. He has been employed by Citizens & Northern Bank for the past 13 years as Senior Trainer.

In his spare time Brett enjoys camping, hiking, competitive volleyball and he also coaches softball and soccer. Spending time with his family is top on his list of priorities.

Making new friends and learning how lucky we are to live in Tioga County are his memories from his experience with the *Community Leadership Program*. Brett was a participant in the very first CLP Class in 2003.

When asked what knowledge he gained through his participation in the *Community Leadership Program*, Brett answered, "I believe I learned how to present myself in front of a crowd. Up until the CLP, believe it or not, I was kind of quiet and unconfident. No problems with that now!"

Brett feels that his participation in the program has helped him to be able to present his thoughts, ideas and opinions to others in a better way.

Brett encourages others to participate in the *Community Leadership Program* because he feels it is a great way to learn about our local and state governments, as well as the business industries within the county. Meeting other professionals within the community is an essential part of the program.

When asked what his greatest joy in life is, Brett responded, "God's blessing of family and friends."

RHUBARB SOUR CREAM PIE



Ingredients:

1 9 in. unbaked pie crust	1/3 cup all-purpose flour
4 cups chopped fresh rhubarb	
1 egg	1/2 cup all-purpose flour
1 1/2 cups white sugar	1/2 cups brown sugar
1 cup sour cream	1/4 cup butter, melted

Directions:

Preheat oven to 450 degrees F (220 degrees C)

Press the pie crust into a 9-inch pie pan. Spread rhubarb in an even layer in the bottom of the crust.

In medium bowl, whisk together the egg, white sugar, sour cream and 1/3 cup of flour until smooth. Pour over the rhubarb.*

In a small bowl, mix together 1/2 cup of flour and brown sugar. Stir in melted butter until the mixture is crumbly. Sprinkle over the top of the pie.*

"A boss creates fear, a leader confidence. A boss fixes blame, a leader corrects mistakes. A boss knows all, a leader asks questions. A boss makes work drudgery, a leader makes it interesting. A boss is interested in himself or herself, a leader is interested in the group."

--Russell H. Ewing

YOUTH LEADERSHIP SPOTLIGHT



Karli Spencer

We are excited to introduce you to current **Youth Leadership Program** participant **Karli Spencer**. Karli is a junior at Wellsboro Area High School. She is the daughter of Mark and Sandi Spencer and has a sibling named Konnor. Karli is actively involved in softball, volleyball, Connectors PLUS, and she is a crossing guard. She also has many interests such as skiing, softball, reading and swimming.

Karli feels that the *Youth Leadership Program* helped her learn to be more outgoing and how to influence others as a leader. Karli also feels that the program helped her develop her public speaking skills.

When asked what was her favorite part of the program was she responded "My favorite part is all of the activities. A few examples include the ropes course and participating in a mock trial."

Karli plans on attending and become a physical therapist. Karli is an inspiration to us all and will do well in the future.

Good Luck Karli!

YOUTH LEADERSHIP SPOTLIGHT



Chris Heitzenrater

We are excited to introduce you to current **Youth Leadership Program** participant **Chris Heitzenrater**. Chris is a Junior at Elkland Area High School. He is the son of Steve and Shirley Heitzenrater and has a younger brother named Matthew. Chris is actively involved in baseball, basketball soccer, Student Council, band, National Honor Society, and Outdoors Club. Some of Chris's hobbies and interests that he enjoys include sports, fishing hunting and music.

Chris feels that the Youth Leadership Program taught him how to work in groups. Chris also enjoys the opportunity to meet other young leaders within the county.

Chris said "My favorite part of the program is the places we go and the activities we do while we are there".

Chris plans on attending college and become an engineer. Another interesting fact about Chris is that he can play the guitar and writes his own music. Chris will have no problems achieving those goals with his determination and commitment.

Good Luck Chris!

2009 Youth Leadership Program



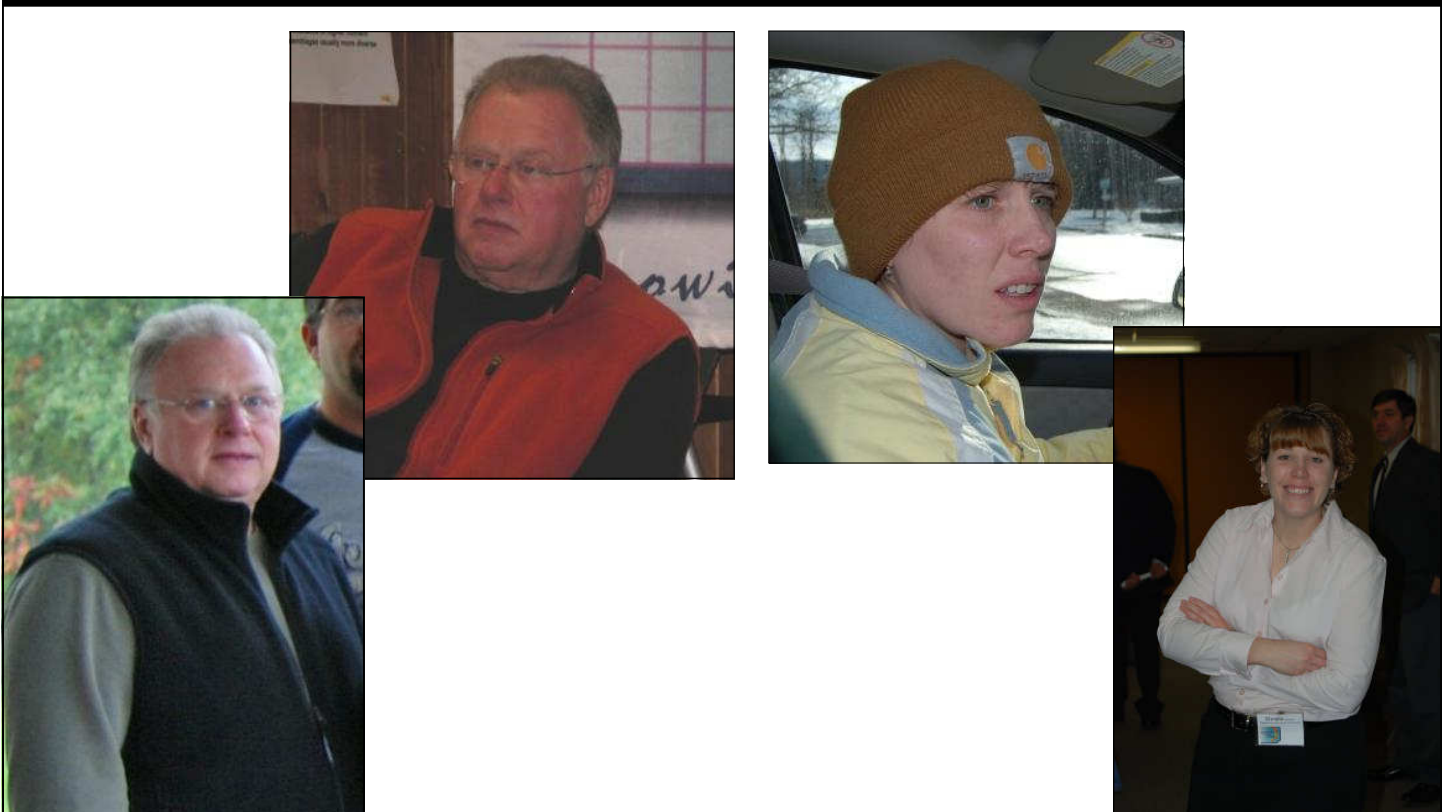
On April 26, 2009 The *Tioga County Development Corporation's Leadership Tioga County Youth Leadership Program* Class of 2009 graduated at the W. M. Tokishi Training Center (NYPUM Building) in Wellsboro before 100 parents, relatives and community leaders. The class consisted of 30 high school Juniors from Northern Tioga, Southern Tioga, Wellsboro Area School Districts and New Covenant Academy.

The students completed a nine-month program beginning with a *S'More Event* in August 2008 and ending with a Graduation Ceremony. The very heart of the *Youth Leadership Program* has succeeded due to the *Youth Leadership Program* Committee; volunteer coordinators; organizations who have provided "real life" classrooms and several businesses who have provided food, refreshments and gifts for the students. As of April 26, 2009, there was a total of \$139,940.50 of In-Kind Services.

Thank you to all who have volunteered time, money, food and gifts to *Leadership Tioga County Youth Leadership Program* for the Class of 2009!



A special thank you from all of the 2009 CLP Leadership Graduates to Bob Blair and Christie Blackwell. Thank You for making a difference!



CLP Class of 2009



On May 15, 2009 The *Tioga County Development Corporation's* Leadership *Tioga County Adult Leadership Program* Class of 2009 graduated at the Pennsylvania College of Technology in Wellsboro before 100 friends, relatives and community leaders. The class consisted of 13 participants throughout Tioga County. The participants completed a nine-month program beginning with an overnight retreat in October 2009 at *His Thousand Hills* outside of Wellsboro and ending with a Graduation Ceremony.

