

Meeting with Governor Manchin



On Thursday, May 27th, members of the YPC's Leadership Committee met with West Virginia Governor Joe Manchin III to discuss several topics and to follow up with him after his first annual Governor's Summit on Young Talent. The committee's intention was to reinforce the notion that there is an attentive and progressive group of young professionals in the western part of the state that are working to erase certain stigmas associated with our area and to promote the area as a wonderful place to live. When asked about what we as an organization could do, the governor urged our group to encourage our members to get involved in as many organizations as possible. The governor was very pleased to find out that several members of our delegation at the meeting currently held local leadership positions outside of the YPC and that we also have members running for public office in the general election in November. The governor was very receptive to the group's ideas and was pleased that the Huntington YPC had such a large delegation wanting to meet with him.

Governor Manchin also urged the group to spend a few minutes to sit in on a meeting of an ad hoc committee that has been formed to monitor and coordinate the progress of state public education reform, which deals most notably with the potential formation of charter schools. The group was pleased to find that the ad hoc committee is co-chaired by one of our local state representatives, Senator Bob Plymale (D-Wayne). Senator Plymale followed up with a few of the Leadership Committee members personally and was very appreciative of our attendance.

The trip to the Capitol was very successful and serves as another step towards strengthening our relationship with our local and regional political leaders.

Inside this issue:

<u>Member Highlight</u>	2
<u>How Can I Climb the Ladder in my Chosen Career</u>	3
<u>Ten Ways to Save Energy</u>	3
<u>New Members</u>	4
<u>Calendar of Events</u>	4



Join us for an artistic night of networking at The Pottery Place on Thursday, July 22nd from 6pm - 7:30pm. Invite your family and friends to come as well. And if you're not ready to leave at 7:30, hang out for the Pullman Concert Series!! RVSP to jennifer@wvvisit.org

JULY MEETING

When: Thursday, July 15th @ 11:30am

Where: Huntington Board of Realtors

5185 US RT 60 East, Suite 21, Huntington, WV

Located in the East Hills Professional Center next to ITT Technical Institute

Lunch: Cost \$5 includes club sandwich, chips, dessert, soft drink

RSVP to carly@huntingtonchamber.org **by Monday, July 12th at noon**

MEMBER HIGHLIGHT

Destiny Day



Destiny graduated from Wayne High School in 2001 and from Marshall University in 2006 with a Bachelors of Science in Nursing. While in college, she was a very active member of Phi Mu Sorority. She held many positions in her sorority, including President from 2003-2005. She was an active member of Gang Green and Student Nurse's Association, where Destiny held the position of Historian her senior year. She is currently pursuing a Masters of Science in Nursing and will graduate as a Family

Nurse practitioner in May 2011. She is also a member of Sigma Theta Tau, a national nursing honor society.

Destiny works at Cabell Huntington Hospital as a registered nurse in the Pediatric Intensive Care Unit. Prior to working in the Pediatric ICU, she held the position as Assistant Director of Nursing at Wayne Nursing and Rehab. She has also worked in the Neonatal Intensive Care Unit and Outpatient Chemotherapy Department at Cabell Huntington Hospital.

In her free time, she loves spending time with her 4-year-old niece and nephew. She also enjoys running and has participated in several 5Ks around the area over the past few years. She loves being outside and enjoys listening to live music. Destiny is an avid sports fan and loves all things Marshall and UK.

How Can I Climb the Ladder in My Chosen Career?

Professional Article by Adam Spencer

Do you understand what is holding you back from progressing in your chosen career?

If not, ask yourself these questions.

1. Am I cooperative and agreeable toward my boss and my peers?
2. Do I apply myself 100% to my work?
3. Do I measure and analyze my work performance?

If you have answered **NO** to any of these questions ask yourself, why not?

Please be truthful with your answers.

Realize this, your salary (or wage) and duration of employment will be largely dependent on your ability to sell yourself, and are dependent on the successful performance of your duties. You must market yourself effectively and continuously throughout your career and so I recommend the following process to you:

- If you are miserable, grumpy and uncooperative in your conduct at work, you need to analyze the reasons why you are like this. If you have developed a chip on your shoulder, or are carrying baggage, get some help to sort out the problem, and get rid of it. Until you do, you will never create a good impression with your colleagues or your boss at work. You must then do some serious self analysis in order to pull yourself together, repair your broken image, and create a new image for yourself. It is absolutely vital that you become agreeable, harmonious and cooperative in your conduct, since this will be a strong factor in determining your salary and length of employment.
- Doing the bare minimum to get by in a job will give you absolutely **NO** credit whatsoever, and you will certainly **NOT** be at the forefront of your boss's mind when he is handing out promotions, pay raises and bonuses. You have got to get yourself into the habit of delivering all the work that you are capable of, to become noticed. You should always aim to give at least 100% and always be prepared to go the extra mile.
- You must treat your work as a performance (like an athlete does, for example) and so you should measure and analyze your work against intermediate targets that you set yourself. You will need to be critical of yourself in all aspects of your work to improve. You must then find ways to improve the quality of what you do in every detail that you possibly can. You should undertake a self analysis of your performance at least every quarter.

The number of opportunities that you will get to climb the ladder in your career will be directly proportional to the amount of work you deliver, the quality of what you do and the spirit in which you do it. So go ahead put more into your work and I guarantee that you will get more out of it. You never know, there is a distinct possibility that you might even come to enjoy it!

To your next successful promotion.



Ten Ways to Save Energy This Summer

<https://www.appalachianpower.com/save/eNewsletter/5-20-2010/story1.aspx>

As the temperature rises, thoughts of those high summer cooling bills put many homeowners into a cold sweat. After all, the U.S. Department of Energy estimates that summer air-conditioning accounts for more than 16 percent of annual energy spending in the average home. As we get ready to head into summer, there are some low cost steps that you can take to help keep your home comfortable and to help lower your energy bills.

1. If you have not already done so, have your air-conditioner checked by a qualified professional. Servicing typically includes a check on refrigerant levels, the compressor, hoses, the ductwork and the thermostat.
2. Turn up your thermostat – set the thermostat at 78 degrees when you are at home and up to 85 degrees when you will be away. A programmable thermostat is an excellent way to save energy and maintain home comfort year-around.
3. Make sure your thermostat is not located near lamps or electronic appliances. It can sense heat from these devices and make your air-conditioner run longer.
4. Replace air conditioner filters – dirty filters restrict air flow and cause your system to run longer, thus wasting energy. Replace your filter at least once per month.
5. Weather-strip, seal, and caulk leaky doors and windows and install foam gaskets behind outlet covers.
6. On warm, sunny days, keep window coverings closed to prevent solar heat gain.
7. Use ceiling or room fans in occupied rooms. These will get air moving and help to reduce the temperature.
8. Have the windows in your home tinted. Tinting is effective at blocking the rays of the sun from reflecting through the glass of your windows and into your home.
9. Install a whole house fan. These devices circulate cool air throughout your house and exhaust hot air out of the attic.

If your air conditioning unit is older, consider replacing it with a newer, more efficient model. Make sure and look for the **Energy Star** label, your guarantee of the highest energy performance!

Welcome New Members

John Cummings

Assistant Director of Enterprise

Applications

Marshall University

john.cummings@marshall.edu



Alex Gawthrop

Associate

Somerville & Company

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Adam Harlow

Accountant

Somerville & Company

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Mary Kelley

Realtor

Mcguire Realty

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Matt Kuffel

Key Account Representative

Special Metals

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Marianne Kline

LMS Administrator

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Matt Shao

Sales Representative

Liberty Mutual

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GET CONNECTED

STAY CONNECTED



Members enjoy an evening of networking
on the balcony of Frankie D's



Calendar of Events

Saturday, July 10 - Putt & Play for United Way - 10:30am at the Chesapeake Putting & Driving Range

This is a Putt-Putt tournament for the entire family. Youth divisions include 6-7 years old, 8-12 years old, and 13-17 years old. Additionally, division competitions will be held for Adult Men/Women and a Parent/Child division. There will be prizes and trophies for all divisions. A free goodie bag packed with items from our sponsors will be given to the first 100 attendees. \$10 per division or 3 divisions for \$25. The event will include a cash prize hole-in-one tournament. Concessions will be available. To pre-register contact the United Way at (304) 523-8929 or live-united@unitedwayrivercities.org. Event and individual Hole sponsorship opportunities available, contact Cassey Bowden at (304) 523-8929 ext. 2

Tuesday, July 13 - "What does Health Care Reform mean for you and WV?"

Find out from the experts on Tuesday, July 13th @ 7:00 PM! This educational meeting will be at Marshall University Student Center. Topics will include; How it will affect you & your family, Small Businesses, Physicians, Hospitals, Home Health and Legislative Considerations and State Challenges. Attendees will have the opportunity to ask questions. For more information regarding this event please contact Elizabeth Ayers at elizabeth.a.ayers@wv.gov

Thursday, July 15 - YPC July Monthly Meeting - 11:30am at Huntington Board of Realtors

Thursday, July 22 - Networking Event - 6pm at Pottery Place

YPC members are invited to bring family and friends to paint your own pottery. The cost is the price of the piece of pottery you select to paint. Pullman Concert Series following event. RSVP to jennifer@wvvisit.org

Edited by Heather MARRS of



Young Professionals Committee - Huntington Regional Chamber of Commerce

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