



Harrisburg Young Government Leaders

Volume 3, 2009

Inside this issue:

<i>President's Message</i>	1
<i>Bethesda Mission Lunch and Learn</i>	1
<i>Epilepsy Walk</i>	2
<i>YGL Meet and Greet</i>	2
<i>Day of Caring</i>	3
<i>Summer Fundraising</i>	3
<i>Pennsylvania's Governor's Conference for Women</i>	4
<i>Networking Opportunities</i>	4
<i>Upcoming Events</i>	5

Benefits of YGL

- Network with other federal employees
- Develop leadership through professional development events and seminars
- Volunteer in the community around you
- Serve as a voice for future generations of young government leaders

President's Message by Amanda Johnson, NAVSISA

Throughout the past few years, as a member and an executive board member of Harrisburg Young Government Leaders (YGL), I am continually being asked two specific questions. The first question is: what is YGL all about? The second question is similar: why would I want to join? The answer to these two questions has changed as our local chapter grew into its more mature state. Two years ago, I typically answered by restating the sentences written by National YGL and which are included on our flyers and brochures; the statements (paraphrased here) went like this: Our organization is committed to

"...Harrisburg YGL is an organization for federal employees who are young in their federal careers and who wish to grow in their professional careers..."

serve as a coordinated voice for the current and future generations of young government leaders by providing a community of leadership through professional development activities, networking opportunities, volunteer opportunities, social events and seminars.

Now that I have a firm grasp on what our local chapter is all about, I have changed my perspective and I am now prepared with a new answer. Now, I respond in this way: Harrisburg YGL is an organization for federal employees who are young in their federal careers and who wish to grow in their professional careers within

the federal government. Our organization provides a means for professional and social networking, an opportunity to learn about other organizations within the federal government and to meet people that work in those organizations. Harrisburg YGL encourages volunteering by offering monthly events for the entire group, and we support each member in their quest for success by creating a comfortable atmosphere to learn.

I have been told that in order to succeed in my career, I should be able to provide a 30 second "commercial" of myself so that the person I am speaking to can remember me. The statements that I have made above make up our organization's "commercial;" as you continue to meet new federal employees, I encourage you to include this 30 second overview along with your own.

Amanda Johnson is the president of Harrisburg YGL.

Bethesda Mission Lunch and Learn by Jennifer Jones, NAVICP

"Leadership is earned." "Leaders enable others to do the right thing." "Leaders must build an effective team." The aforementioned are just a few of the Proverbs for Leaders presented to us on July 22, 2009 by Mr. Chuck Wingate, Executive Director of the Bethesda Mission.

Mr. Wingate discussed leadership in the community, causes of homelessness, the responsibility of everyone to help others, and volunteer

opportunities and ways of supporting the Bethesda Mission. In addition, the YGL members in attendance also got a sneak peek into the services that the Bethesda Mission provides to the local community and the demographic that the Mission serves.

The event was held and hosted by a Harrisburg YGL member and was a very insightful and humbling experience. Mr. Wingate spoke of his vast experience in the

private sector and the leadership tenants that he has learned over the years.

During the question and answer session of the event, YGL members took time to recount their personal experiences with the Bethesda Mission and express how enlightened they were by Mr. Wingate's presentation. Overall, the event was very humbling and an enjoyable experience.

Jennifer Jones is the YGL Agency Representative for NAVICP.

Epilepsy Walk by Laura Ritchey, NAVSISA

On July 25, 2009, six YGL members joined over 450 participants at City Island for the start of a 5k run and walk. The race, held in Harrisburg, Erie, and Pittsburgh, benefited the Epilepsy Foundation of Central / Western Pennsylvania. Participants that chose to race were not timed and did not receive any prizes for the shortest time. Instead, participants ran in order to raise money for the Epilepsy Foundation and to raise awareness of epilepsy. Between all three locations, over \$83,000 was raised.

Bright and early at 7am, I ate breakfast with the other YGL participants at Perkins in Harrisburg. We then headed over to City Island where we prepared for the Fun Run / Walk. YGL members, with the help of fundraisers, including the ice cream fundraiser that we

held at NAVSISA, raised a total of over \$1000! At the registration table, we submitted our donations.

Our group decided to walk, so we joined the other walkers for the opening ceremonies. After the introductions, we were off! The walk circled around City Island and the River-

front. We successfully completed the walk and joined the other participants for a tailgate party sponsored by local vendors and food suppliers. We enjoyed hot dogs and various other snacks. Before we left, we were given free Senators game tickets, which were used by some of the YGL

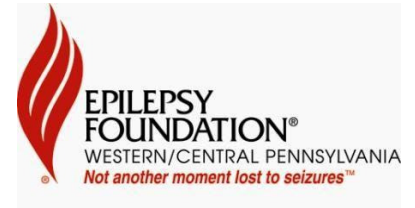


participants the next day. Overall, the Harrisburg Senators Epilepsy Fun Run / Walk was a great experience. We were able to help out a great organization

and have a ton of fun at the same time. To find out more about the Epilepsy

Foundation, please visit: Keep checking the YGL calendar if you are interested in participating! We will have more events like this in the future.

Laura is the vice-president of Harrisburg YGL.



"YGL members, with the help of fundraisers, including the ice cream fundraiser that we held at NAVSISA, raised a total of over \$1000!"

YGL Meet and Greet by Alyson DiMarco, NAVSISA

Fifteen members attended the Meet and Greet Lunch & Learn on August 26, 2009. This event gave members the opportunity to learn about the careers and interests of fellow Harrisburg YGL members.

Members were given the opportunity to network with new members and become reac-



quainted with former members. This is especially important because our members are from many different organizations and do not always have the opportunity to network in both a professional and social atmosphere.

Members who attended were asked to introduce themselves and give us insight into their professional ca-

reers (where they work, what they do, any unique projects they are currently working on). They also gave us a brief background of where they went to school, their major, hometown and any interesting hobbies they enjoy outside of work. The event was an enlightening and enjoyable event for all who attended.

Alyson DiMarco is the secretary of Harrisburg YGL.

"Members who attended were asked to introduce themselves and give us insight into their professional careers..."

Day of Caring by Andrea Paulukow and Eric Liskow, NAVICP

Central Pennsylvania's Day of Caring took place on a cold and rainy Friday, September 11. Eight YGL members participated in this event, volunteering at the Lisburn House, a group home for four men that have cerebral palsy and the staff that care for them.

We began our day of caring with a tour of the house, where we learned about the backgrounds of the residents and the staff. Then it was time to get to work... They prepared

several slips of paper with our tasks for the day. We divided them

and got to work ironing curtains, straightening things throughout the house, sweeping the kitchen and



garage, cleaning the rooms and windows, installing curtain rods, wiping down all the surfaces and several other jobs. Although the rain never gave us a break, it did slow down long enough for us brave the storm and clear the roof and gutters of debris, clean the yard and remove trash that had collected around the property.



The manager of the Lisburn House was very touched and appreciative that we took the day to lend a helping hand. She cooked a delicious lunch which energized us for the afternoon work. The remainder of the day went by quickly and before we knew it our effort was complete.

Day of Caring is organized yearly by the United Way and is a wonderful way to

give something back to the community. The agencies that we vol-

unteer for are generally non profit organizations which help people in need. Participants can choose from assignments such as basic cleaning, organizing or painting all the way to construction and landscaping, so there are plenty of ways to get involved.

Andrea Paulukow and Eric Liskow are both members of YGL and employees of NAVICP.

“We divided them and got to work ironing curtains, straightening things throughout the house, sweeping the kitchen and garage, cleaning the rooms and windows, installing curtain rods, wiping down all the surfaces and several other jobs...”

Summer Fundraising by Amy Graeca, NAVSUP

During the summer, YGL organized two fundraisers. The first event was held at Isaac's in the Silver Spring Commons on July 16th. Customers who dined using one of our flyers had 25% of their bill donated to YGL. We raised \$63.26 for our general fund, which goes towards purchasing items for the organization, such as supplies and up-front fundraising expenses.

The second event was to benefit Step Out: Walk to Fight Diabetes. To help raise funds, YGL held a fundraiser at the Texas Roadhouse in Camp Hill on September 16th. Customers used flyers and 10% of those food purchases was contributed to YGL. Also, we raffled off a Dinner Pass for 2 to Texas Roadhouse worth \$30. That evening we were able to

raise \$61.54; \$21.54 from the meals and \$40 from the raffle. The proceeds were donated to the American Diabetes Association on behalf of the YGL members who participated in the Walk at City Island, Harrisburg on Sunday, October 4.

Amy Graeca is the treasurer of Harrisburg YGL.



Pennsylvania Governor's Conference for Women by Ashley Thorne, DISA

On September 17, 2009 three Harrisburg YGL members attended the Pennsylvania Governor's Conference for Women at the PA Convention Center in Philadelphia. The keynote speakers at the event were Tory Johnson, Marcus Buckingham, Judge Hatchett, and Suze Orman. They were very inspirational and had very useful advice to offer. For example Suze Orman suggested that you should give to yourself as much as you give to others and that you should not be afraid of what other people think of you. Furthermore, she provided insight on the law of money; she explained that power attracts people and money, and powerlessness repels it. Powerlessness comes from our emotions; for example, being afraid to say what we think, jealousy of others, and anger because we have done everything for



everyone else and have nothing to show for it. We need to overcome these emotions in order to be the best that we can be and to exude power.

The conference was organized into breakout sessions, we chose to attend the "Navigating the Leadership Labyrinth" and the "Conquering Social Media" sessions. The first session focused on how to overcome resistance to women in leadership positions. Some key takeaways were that everyone is different and that people cannot all be treated the same way, it's important to determine what you're willing to fight for and what you're willing to sacrifice, the necessity of having strong networks, and the helpfulness of mentors. The second session focused on social networking and how you can use sites such as Linked In, Facebook, and Twitter to help you with your career goals. Some in-

teresting points in this session were that 14% of users found jobs via social networking sites, while only 2% found jobs by using sites such as Monster.com. Also, many hiring managers are turning to these sites to find something that sets a potential hire apart from the rest of the group. Suggestions for how to get started are 1) pick one site 2) make it presentable; there is nothing worse than having a blank profile 3) invite as many friends and colleagues as possible 4) update your status periodically 5) include the link for your page on resumes, emails, and business cards.

Harrisburg YGL members rounded out the day by spending some time networking with the various exhibitors that were on site such as State Farm, The ALS Association, PA Federation of Business & Professional Women, Transportation Security Administration, and IBM.

Ashley Thorne is the YGL Agency Representative for DISA

"Some key takeaways were that everyone is different and that people cannot all be treated the same way, it's important to determine what you're willing to fight for and what you're willing to sacrifice, the necessity of having strong networks, and the helpfulness of mentors."

Networking Opportunities

A few years ago, social networking sites, such as MySpace were used only for meeting and communicating with friends. Online chat clients, such as AOL Instant Messenger, were also used for meeting and communicating with friends. Recently, however, these tools have crossed from the social realm into the business realm. Companies have begun to see the benefits of using these networking venues for pro-

moting their business, keeping employees informed, and providing efficient communication between coworkers. Various government agencies, including many agencies on NSA Mechanicsburg, have started Facebook fan pages and are now encouraging employees to use tools, such as the Defense Connect Online messaging service.

Harrisburg YGL is now taking advantage of these communication and networking ven-

ues. You can check out or join Harrisburg YGL's Facebook Group (<http://tinyurl.com/HarrisburgYGLFacebook>). National Young Government Leaders also offers a YGL group on LinkedIn (<http://tinyurl.com/YGLLinkedIn>). Harrisburg YGL members are also taking advantage of the DCO messaging service. To find out more about how to log onto DCO, please check out the online manual (<http://tinyurl.com/DCOManual>).

YGL is a professional organization of men and women employed by the Federal Government that are young in service and fresh in perspective. Our mission is to educate, inspire, and transform the current and future leaders of the Federal Government.

Our organization is committed to serve as a coordinated voice for the current and future generations of young government leaders by providing a community of leadership through professional development activities, networking opportunities, volunteer opportunities, social events and seminars.



Inspire, Educate, and Transform
www.yglharrisburgpa.com

Contact Information

Executive Board - execboard@yglharrisburgpa.com
Amanda Johnson, President - amanda.j.johnson@navy.mil
Laura Ritchey, Vice-president - laura.ritche@navy.mil
Alyson DiMarco, Secretary - alyson.dimarco@navy.mil
Amy Graeca, Treasurer - amy.graeca@navy.mil

Committee Chairs
Kathryn Post, Events Coordinator - kathryn.post@navy.mil
Laura Ritchey, Newsletter Editor - laura.ritche@navy.mil

Agency Representatives
Jennifer Jones, NAVICP - jennifer.n.jones@navy.mil
Amy Graeca, NAVSUP - amy.graeca@navy.mil
Amanda Johnson, NAVSISA - amanda.j.johnson@navy.mil
Kathryn Post, NOLSC - kathryn.post@navy.mil
Sean Henry, NAVICP Philadelphia - sean.t.henry@navy.mil
Ashley Thorne, DISA - ashley.thorne@csd.disa.mil

For more information, please contact the executive board at the email listed above, or email info@yglharrisburgpa.com.

Upcoming Events

October 4, 2009 - Diabetes Walk on Capital City Island, Harrisburg PA (<http://stepout.diabetes.org>)

October 8, 2009 - YGL Lunch and Learn with Mr. Goodhart, NAVSUP

October 13, 2009 - YGL Planning Meeting in Building 409, NSA Mechanicsburg

October 15, 2009 - DoD Knowledge Management Conference and Exposition

October 20, 2009 - Get Motivated! Seminar at the Giant Center in Hershey, PA

November 14, 2009 - Habitat for Humanity in Newville, PA

November 21, 2009 - Give Thanks Walk for St. Jude Children's Research Hospital

Monthly Professional Development Events are hosted and planned by YGL members. Once event details are finalized, they will be shown on our calendar.

Check out www.yglharrisburgpa.com/calendar.php for the most current schedule!