

Request for Applications - Leadership Bucks County 2011-12

Applications are being accepted for the 2011-12 Leadership Bucks County class! To obtain an application or for more information, visit www.lbccc.org and click "Events/Programs" and then "Leadership Program" or call the Chamber at 215-943-7400.

Leadership Bucks County has contributed to the personal and professional growth and success of over 250 individuals for 20 years! Continuous improvements have been made each year to ensure that the program remains one of the finest of its kind, anywhere in the country.

As a class member SPONSOR, you want a Return On Investment.

Here are some benefits to you and/or to class members:

- Representing your company's services and products by networking during the program year
- Enhanced skill and confidence to provide leadership for the company
- Improved knowledge of issues impacting the business community
- Expanded knowledge and skill in managing people
- Hands on experience in getting things done through teamwork
- Better preparation for Chamber leadership positions
- Benefits from the Insights self awareness experience
- The Peer Roundtable discussion of workplace issues

Leadership Bucks County Mission: Leadership Bucks County is designed to develop Lower Bucks County business community members in becoming more effective leaders through personal and professional development of leadership qualities and skills while collaborating with fellow leaders.

Vision: To be an essential investment for the development of leadership skills in the area.

Caroline Edwards, Esq. speaks to Technology, Energy & Building Committee

Caroline Edwards, Esq., The Law Offices of Caroline Achey Edwards, Real Estate, Zoning & Land Development Law recently addressed members and guests of the Technology, Energy & Building Committee to speak about the topic of LEED (Leadership in Energy & Environmental Design), an internationally recognized green building certification system. Caroline gave an overview of the process and building requirements for getting LEED green building certification.



Dave Ripka (Tri-State Greenergy, LLC), Jackie Liney (Children's Cultural Center), Bob Mellifont (Stunergy), Sean Condron (SyncraTec Solutions, LLC), Kevin Roddy (3rd Federal Bank/Technology, Energy & Building Co-Chair), Susanne Roper (Prudential Fox & Roach Realtors - Susanne M. Roper), Caroline Edwards, Esq. (The Law Offices of Caroline Achey Edwards, Real Estate, Zoning & Land Development Law/Speaker), Bob Murphy (Robert F. Murphy Environmental Consultants, LLC), Lloyd Scarborough (HouseMaster Home Inspections/Technology, Energy & Building Co-Chair), Mark Connelly (The Dow Chemical Company), Stephanie Ripka (Tri-State Greenergy, LLC), Frank Cuthbertson (CKG Architects), and Lorraine Skala (Silver Lake Nature Center).

Business Tips

We as a society have a habit of "burning the candle at both ends." We know we should eat healthy, exercise and get plenty of sleep, but do we? Here are some simple practices to ensure you feel great!

- Drink 8 plus glasses of water a day.
- Get 8 hours of sleep each night.
- Eat 3 meals a day and include snacks – eat as many fresh food sources as possible and limit processed foods. You should avoid things labeled "diet" and "low-fat," as they are usually synthetic or loaded with sugar.
- Exercise – as little as 30 minutes 3 times a week can make a difference.

Tip provided by Dr. Michael Gorman, Gorman Optimal Health Solutions, Inc.