

# FLEX FLEX Your Ideas

## FYI

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### Celebrating Local Young Professionals

We are looking forward to FLEX Presents—an event FLEX has been hosting since 2012! We hold FLEX Presents not only to recognize the nominees (see bios below), but to celebrate all local young professionals who are making a difference in our community.

We hope you'll join us on Friday, April 5 from 6:30 to 8:30 p.m. at the Barrow-Civic Theatre. RSVP by visiting [venangochamber.org/flex-presents](http://venangochamber.org/flex-presents).



**Rachel Brosnahan**  
*Singing Sparrow Designs*

Rachel is a graphic designer from Emlenton who owns Singing Sparrow Designs. She is a founding member of the Chicken Coop Studio 306, where she serves on the board and assists with programming and events. Rachel is on the Summer Festival Committee, has worked with the Love God Greatly Ministry to make bible study materials available to women in other languages, and founded an outdoors group for moms in NWP.



**Ashley Cowles**  
*Venango Chamber of Commerce & Core Goods*

Ashley is the Program Manager at the Venango Chamber, where she heads the Be Here initiative and assists with FLEX. She is Co-Owner of Core Goods, a new store in Oil City, and is involved with the Oil City Main Street Program, where she is the incoming treasurer and chair of the Economic Vitality Committee. She also volunteers with the Venango Area Community Gardens and Oil City Vineyard Church.



**Jill Harry**  
*PennDOT*

Jill is the District Press Officer at PennDOT's District 1, where she coordinates the office's communication strategy and has coordinated local events, revamped publications, completed a women leader training program, and chaired the Paint the Plow committee. In the community, she volunteers with Cub Scout Pack 37, the Oil Region Indie Music Festival, Barrow-Civic Theatre, and the Venango County Relay for Life.



**Nicholas Hess**  
*The Printer's Cabinet & Curiosities*

Nicholas is the owner and operator of The Printer's Cabinet & Curiosities in Oil City, as well as an estate appraiser. He volunteers his time with the Barrow-Civic Theatre as a member of the board of directors, costumer warehouse chair, director of shows, and performer, and with the Venango County Historical Society, Heritage Society of Oil City, Oil City Main Street Program, and at various local events and fundraisers.

*"The Future of Venango Area Business!"*



**Angela Kuhaneck**  
*Electralloy/G.O. Carlson*

Angela is an inside sales technician at Electralloy/G.O. Carlson and previously the manager at Kay Jewelers for 15 years. She is the co-base pastor of missions at the First Church of God in Oil City, where she also is a choir member, bible school teacher, open closet volunteer, and apprentice elder. Additionally, Angela volunteers as a Junior Achievement leader at Sandycreek Elementary School.



**Jim Marshall**  
*King's Landscaping*

Jim is co-owner of King's Landscaping. He is a member of the Venango Area Chamber Board of Directors, where he chairs both the Advocacy and Membership Committees. Jim takes part in community improvement projects, is the past president of the President Volunteer Fire Department, and has been the top individual fundraiser for Bowl For Kids Sake for two years in a row.



**Ashley McCauley**  
*Rossbacher Insurance Group*

Ashley is a licensed Insurance Producer for Pennsylvania Property and Casualty, Life, Accident, and Health at Rossbacher Insurance Group. She has volunteered with local organizations including the Northwest Hospital Foundation, Clarion University - Venango, the Cranberry Festival Committee, Oil City Main Street Program, Clarion University Alumni Association, and the Venango Chamber.



**Laura Ordaz**  
*Komatsu Mining Corp.*

Laura is an associate engineer at Komatsu and is the chair of the FLEX Membership Committee. She helped form and grow the Komatsu Emerging Leaders Network (ELN), where she has volunteered with many organizations and helped host benefit events. Laura has also volunteered at the Barrow-Civic Theatre, is a new member of the Oil City Arts Council, and has signed up to volunteer at the humane society.

**Save the Date!**  
**Bike 'n Brew**  
**July 20, 2019**

**Dr. Kate Eckert**  
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## Less Stuff, More Happiness

With Spring cleaning in mind, this month's recommended TED Talk is a 5 minute talk from Graham Hill, a writer, designer and minimalist.

He talks about consumerism and how having less stuff might actually help us lead happier lives.

Check it out here: [bit.ly/HillTEDTalk](http://bit.ly/HillTEDTalk)





**Dr. Stephen Reinsel**  
*Wagner Family Eyecare*

Stephen is an optometrist at Wagner Family Eyecare. He is a member of the Pennsylvania and the Northwest Optometric Association, and he volunteers his time giving glaucoma and vision screening at health fairs and schools. Stephen is on the board of Oil City Rotary and active with the Bike 'n Brew committee. He also is a team organizer for Bowl for Kids Sake and is a member of the Knights of Columbus.



**Dr. Sallie Richards**  
*Rural Mental Health Associates*

Sallie is a psychologist and co-owner of Rural Mental Health Associates. She is a member of the American and Pennsylvania Psychological Associations, and involved with the Franklin First United Methodist Church. Sallie has volunteered with A Fairy Enchanted Evening, facilities an Alzheimer's Caregivers Support Group, volunteers at the OCHS Career Fair, and assists at the Barrow-Civic Theatre.



**Ashley Smith**  
*County of Venango*

Ashley is the Venango County Regional Planning Commission Land Use Planner. She has been the bandfront advisor and cheerleading volunteer for Franklin School District, participant of Leadership Venango, and Be Here ambassador. Ashley has also volunteered with the Franklin Fine Arts Council, Oil Region Rising, County Wellness Committee, Venango County Quarterly Recycling Event, and as a County Poll Worker.



**Rachel Stiller**  
*Borchers Americas Inc.*

Rachel Stiller is the Cost Accountant at Borchers Americas Inc. She has been involved with FLEX since college and is serving as the president for a second year and was previously the chair of the Membership Committee. Rachel volunteers as a seventh grade Religious Education Teacher at Saint Patrick Church in Franklin and as a volunteer soccer coach for children ages three through 12 at the Franklin YMCA.

## FLEX Speaker Series—Monday, April 29

The Membership Committee is excited to continue the FLEX Speaker Series! The first event of the year will be on Monday, April 29, at the National Transit Building in Oil City.

Matt Heath, engineer at General Electric and owner of Small Biz Accelerator ([smallbizaccelerator.com](http://smallbizaccelerator.com)), and Ashley Cowles, program manager at the Venango Chamber and co-owner of Core Goods, will talk about small business and entrepreneurship. Light refreshments are provided and any young professionals are invited to attend!



"P.S. \*Personal Service Since 1928!"

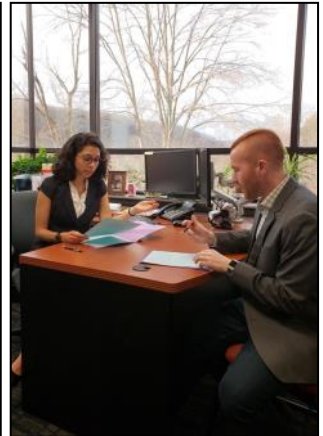
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FLEX celebrated **St. Patrick's Day** at Scierka's Tavern in March, and also participated in the **Next Step Career Night** at Clarion University - Venango, where members participated in a panel about social media and job searching, conducted mock interviews, and provided advice about dressing for success.



### OUR MISSION

FLEX represents the needs and interests of Young Professionals by positioning ourselves as leaders, entrepreneurs and advocates for the sustainability of the Venango Area through civic engagement, leadership development, and networking.

### Upcoming Events & Meetings:

- **FLEX Presents:** Friday, April 5, 6:30 - 8:30 p.m., Barrow-Civic Theatre | Learn more & RSVP at [venangochamber.org/flex-presents](http://venangochamber.org/flex-presents)
- **Marketing & Community Partnerships Committee Meeting:** Tuesday, April 9, 12 p.m., Venango Chamber (or call in)
- **Bike 'n Brew Meeting:** Tuesday, April 9, 5:30 p.m., Venango Chamber
- **Events Committee Meeting:** Monday, April 15, 5 p.m., Bossa Nova
- **Monthly Meeting:** Tuesday, April 16, 5:30 p.m., Venango Chamber
- **Membership Committee Meeting:** Tuesday, April 23, 6 p.m., Yellow Dog
- **Wine Walk Social:** Friday, April 26, 4:30 - 8:30 p.m., Oil City | Only 10 discounted tickets available, reserve by contacting the Venango Chamber
- **FLEX Speaker Series:** Monday, April 29, 5:30 p.m., Transit Building Annex (Seneca St, Oil City) | Topic: Small Business & Entrepreneurship

### WELCOME NEW MEMBERS

Please join us in welcoming our newest FLEX members:

**Angie Kuhaneck**  
**Jeff Zimoski**

Interested in joining? Ask for a form at the next event or meeting.

Connect with us:

