

# FLEX FLEX Your Ideas

**FYI**

brought to you by the **future leaders & entrepreneurs exchange**

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## FLEX to Recognize Local Young Professionals—Friday, April 5

Have you ever heard the comment: “All young people have to leave our area to be successful”? We know this is absolutely untrue, and on Friday, April 5, we will recognize 12 professionals under the age of 40 who are making a difference in Venango County.

These nominees’ professions range from business owners and accountants, to psychologists and engineers, and all contribute to our community in significant ways.

The evening of FLEX Presents is full of networking, delicious food and drink, and a presentation about these young professionals and FLEX.

All professionals are invited to attend the event, not just young professionals, and it will take place at the

Barrow-Civic Theatre in Franklin, from 6:30 to 8:30 p.m. Community members can register by visiting [venangochamber.org/flex-presents](http://venangochamber.org/flex-presents) and FLEX is also welcoming sponsorships.



## CONGRATULATIONS NOMINEES!

**Rachel Brosnahan**, Singing Sparrow Designs

**Ashley Cowles**, Venango Chamber & Core Goods

**Jill Harry**, PennDOT

**Nicholas Hess**, The Printer’s Cabinet & Curiosities

**Angela Kuhaneck**, Electralloy

**Jim Marshall**, King’s Landscaping

**Ashley McCauley**, Rossbacher Insurance

**Laura Ordaz**, Komatsu Mining Corp.

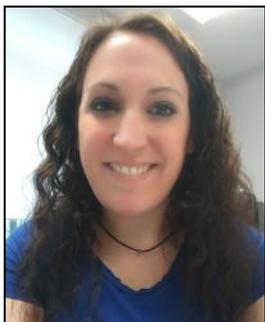
**Stephen Reinsel**, Wagner Family Eye Care

**Sallie Richards Bartram**, Rural Mental Health

**Ashley Smith**, County of Venango

**Rachel Stiller**, Borchers Americas

*Nominee bios will be shared in the April edition of the FYI newsletter*



Born and raised in Oil City, **Nicole Novicki** now lives in Seneca and works for Venango County Human Services as a System of Care Coordinator.

After graduating from Oil City High School, she attended Clarion University, Venango, where she earned an associate's

degree in Criminal Justice, then went on to obtain a bachelor's degree in psychology from main campus.

Nicole worked in Clarion County at Children and Youth Services for more than eight years, but began her new career with Venango County Human Services in January, and is looking forward to making new connections in her home community.

She's a mom of three and spends time taking her kids to various activities and being their "biggest

cheerleader" at sporting events. She grew up along Oil Creek, and still appreciates the outdoors in our region, where she takes small trips looking for hidden gems.

Also in her free time, Nicole enjoys browsing real estate and checking out all the neat properties (both commercial and residential). Although she's not able to invest now, she would love to see old buildings and homes in our area be brought back to life.

Nicole will always work in a field where she can help others and plans to continue assisting with service and communication gaps between human services departments, service providers, school districts, and community members.

"I love being part of a close-knit community and being able to serve the area I grew up in," she said. "There are some large areas of need in our community, but there is also a lot of potential, given the right resources." Nice to meet you, Nicole, and welcome to FLEX!

## Choose Your Attitude (It's the One Thing You Always Have a Choice About)

This month's TED talk is from a TEDx event. TEDx is a program that has allowed smaller communities or individuals to host their own self-organized TED events. This allows TED speakers to reach a bigger audience and the event can be tailored to a community's needs.

Debra Searle rowed across the Atlantic Ocean by herself. She started the journey with her then husband but when he had to be rescued due to his severe anxiety, she decided to continue the trek alone. Debra said she had constant thoughts of shark attacks, being run over by large container ships, and never being found by her team back in England. She soon realized the only thing she could actually control was her attitude.

So, each morning she "chose her attitude" for the day and clung to it. It's a fantastic story about her journey and her decision to take control of her life. Find it here: [bit.ly/TEDxDebra](http://bit.ly/TEDxDebra)

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

OIL HERITAGE FESTIVAL  
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Choose Your Attitude: Debra Searle at TEDxSalford

81,382 views

563 likes, 22 dislikes, SHARE, SAVE, ...



**Sam Breene**, one of our newest members of FLEX, is a Venango County native who has recently returned to the area.

Sam was born and raised in Oil City and attended Oil City schools and The Kiski School in Saltsburg, PA. Upon graduation, he went on to Allegheny College in Meadville.

Currently, Sam is a Senior Staff member for U.S. Congressman Mike Kelly and has recently announced he will be running for Venango County Commissioner. Sam stated, "I hope to be elected so that I can use my professional experience and relationships to better serve this region that I care about deeply."

In reference to his greatest achievements, Sam said that his career in public service and politics has been rewarding in many ways. He is especially proud to say he was the campaign manager for U.S. Representative Mike Kelly's victorious re-election campaign, which was hotly contested and drew national attention.

Sam loves the outdoors, including spending time on the river, and all the activities available in our region such as kayaking, hiking, golf, shooting, skiing and ATVing. He said his favorite local spots to eat are the Yellow Dog Lantern Restaurant and Villa Italia Ristorante.

Sam is excited to be spending more time in Venango County and for "the opportunity to contribute to a community with such a special history and in which my personal history is deeply rooted."

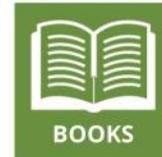
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## Leadership Development Resources for Young Professionals

Don't forget to take advantage of the new FLEX Leadership Development Resources (LDR) drive! Located in Google Drive, it's full of books, podcasts, videos, and more, to help educate and inspire young professionals.

**Find the drive at: [bit.ly/FLEXLDR](http://bit.ly/FLEXLDR)**

The drive was created by the FLEX Membership Committee, who will also be hosting presentations as part of the Speaker Series very soon. Contact Committee Chair Laura Ordaz at [laura.ordaz@mining.komatsu](mailto:laura.ordaz@mining.komatsu) to learn more or contribute to the drive or speaker series.



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## FLEX Member Highlight: Megan Madden



Congratulations to Megan Madden on her recent job promotion! Previously a Staff Accountant at McGill, Power, Bell & Associates, she is now a Senior Accountant.

As a member of the accounting and auditing team, Megan takes part in the compilation, review and audit services to non-profits, for-profit, and governmental

entities. She is also a certified fraud examiner and in charge of scheduling for Franklin's non-profit attestation engagements. In the future, Megan plans to obtain her CPA license.

Besides her job promotion, Megan was also recently elected for a two-year term on the Titusville Area Chamber of Commerce Board of Directors. Keep up the great work, Megan!



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

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## Busy Is Not a Badge of Honor

Being busy has become a status symbol in society. How often do you reply with “busy,” when someone asks how you are, or hear people practically bragging about how booked their calendars are?

### But are the activities filling our schedules actually leading to something meaningful?

In his article titled “Busy Is Not a Badge of Honor,” Brian de Haaff says: “There is a difference between busy work and meaningful work. As Thomas Edison once wisely put it, ‘Seeming to do is not doing.’”

As young professionals, we spend time building our careers, socializing, getting involved in the community, learning the ins and outs of “adulthood,” and, for some, starting families. It can be overwhelming and exhausting, but it doesn’t always have to be that way.

Check in with yourself to see if you are giving your time to busy or meaningful work. “Busy is not a badge of honor. It only leads to greatness if you are working for



a purpose and making progress towards goals that serve it,” as stated in the article.

There is only so much time in the day, so we encourage you to use yours efficiently, and give to what matters most to you.

Read the full article, with tips for working meaningfully, at [bit.ly/busy-not-badge-honor](http://bit.ly/busy-not-badge-honor).



*FLEX members had a great time at the Dinner & Show Social on February 1 (photo left) and the Venango Area Chamber of Commerce’s Annual Dinner on February 27 (photo right).*



## 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:

- **Peek’n Peak Social:** Saturday, March 2, 12 p.m. Peek’n Peak Resort - Erie
- **Membership Committee Meeting:** Sunday, March 3, 11:45 p.m., Karma Coffee Company
- **FLEX Presents Planning Meeting:** Monday, March 11, 5 p.m., Barrow-Civic Theatre
- **Marketing & Community Partnerships Committee Meeting:** Tuesday, March 12, 12 p.m., Venango Chamber (or call in)
- **Bike ‘n Brew Meeting:** Tuesday, March 12, 5:30 p.m., Venango Chamber
- **St. Patrick’s:** Tuesday, March 19, 5:30 p.m., Venango Chamber
- **Monthly Meeting:** Tuesday, March 19, 5:30 p.m., Venango Chamber

## WELCOME NEW MEMBERS

Please join us in welcoming our newest FLEX members:

**Joel King**  
**Nicole Novicki**  
**Emily Lewis**

Interested in becoming a member? Ask for a form at the next event or meeting, or join online at [bit.ly/flexmembership](http://bit.ly/flexmembership).

Connect with us:

