

FLEX FLEX Your Ideas

FYI

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

Volume 7 | Issue 5 | May 2019

Finding Your Why

“What’s your purpose? What’s your cause? What’s your belief? Why does your organization exist? Why do you get out of bed in the morning? And why should anyone care?” Simon Sinek asks this in his TED Talk *How Great Leaders Inspire Action*, in which he talks about the importance of finding your “why.”

In her acceptance speech at FLEX Presents, Ashley Cowles, the 2019 Young Professional of the Year, referenced this TED Talk. “People aren’t inspired by what you do or how you do it; they’re inspired by why you do it,” she said.

All 12 of our nominees, plus many other young professionals throughout the region, are constantly giving back and making a difference in our community.

Whether it’s volunteering for a nonprofit or event, running a business, serving on a board of directors, or going above and beyond your typical duties in your career, finding your “why” and going back to it often can make the long hours and hard work easier, even on the most difficult days.

How do you find your why? Think about what you are passionate



about and what you hope to see happen as a result of your work.

“I have days when I wonder why I put so many hours into my business and the community, but I always go back to why I do what I do, which keeps me going,” Ashley said.

Ashley is co-owner of Core Goods, a new store in Oil City, as well as program manager at the Venango Chamber, where she heads the Be Here initiative and helps with FLEX. She also volunteers with the Oil City Main Street Program, Venango Area Community Gardens, and the Oil City Vineyard Church.

“In a nutshell, my why is to make our community a place where everyone can thrive, whether it

involves having access to nourishing, locally grown food, gardening with your neighbors, helping those in need, or simply enjoying the quality of life in Venango County.”

Finding your why can help you have a purpose-driven life, resulting in positive change, the ability to inspire others, and personal fulfillment.

Most of us know what or how we do what we do—but do you know *why* you do it?

Congratulations nominees and to Ashley Cowles, the 2019 Young Professional of the Year!

(Find more photos from the event on the back page of the FYI)

“The Future of Venango Area Business!”



Becca Weidle, an Oil City native, is a young entrepreneur and a mom. She is a health coach through her new business “Motherhood Made Healthy,” and is expecting her second child in June.

After graduating from Oil City High School in 2010,

Becca earned a biochemistry degree from Pitt at Johnstown, and recently got her health coach certification from Health Coach Institute.

Becca looks forward to continuing to grow, personally and professionally, and is excited to gain clients who are eager to learn how to shift towards a healthy lifestyle. “I’m proud of the hard work I put into finding my passion, going for it head on, and completing my coaching certification,” she said. “I’m also proud of the consistency and determination I have put towards

healing myself naturally and gaining the healthy lifestyle that I live and love.”

Being a mother has taught Becca a lot and is also something she takes pride in. She tries to soak in and enjoy every minute with her family that she can, and also in her free time she loves gardening, anything outdoors (camping, hiking, riding bikes), doing puzzles, sewing and crafting, and playing with her daughter, Henley.

In Venango County, Becca appreciates the trails, parks, local businesses, libraries, and farmers markets, and is happy to live in a neighborhood that feels safe.

“I want to constantly learn and grow in all aspects of my life,” she told us. “My dream is for my business to ripple out from Venango so that I can help guide as many mamas as possible to live healthy, happy lives and instill that in their kiddos!”

You can learn more about Becca’s new health coaching business by visiting motherhoodmadehealthy.com.

A Life Lesson from a Volunteer Firefighter

Our TED Talk recommendation this month is by Mark Bezos, a volunteer firefighter in New York. To “get in on any action” at the scene, he says, you must get to the fire pretty early. He tells the story of his first fire, when he was beat by another volunteer who saved the homeowner’s dog. Meanwhile, Mark had the task of going inside and grabbing the homeowner a pair of shoes.

Although he didn’t receive as much attention for his role in the fire, the department received a letter weeks later from the homeowner that specifically noted “someone had even gotten her a pair of shoes.” Whether an act of generosity or kindness is small or large, they all matter.

“Don’t wait until you make your first million to make a difference in somebody’s life. If you have something to give, give it now,” Mark said. “Not every day is going to offer us a chance to save somebody’s life, but every day offers us an opportunity to affect one.”

Find this TED Talk at bit.ly/FirefighterTEDTalk

Dr. Kate Eckert
 drkeckert@gmail.com
 www.chirokeckate.com
 1047 Allegheny Avenue
 Oil City, PA 16301
 P: 814.657.1854
 F: 814.676.6200

KING'S Landscaping

- Landscaping
- Lawn Care
- Tree & Stump Services
- Light Excavation
- Dump Truck Service
- Snow & Ice Removal

(814) 676-6125





Sarah MacBeth recently became a Venango County community member! She is the new branch manager at the Seneca office of Farmers National Bank of Emlenton, where she previously worked in the Clarion office.

Originally from Bradford, Sarah has lived in various

places, including Kane and Tionesta, and eventually settled in Clarion after graduating from Clarion University in May 2014. She majored in business management with a minor in marketing and has also gone through leadership and mindfulness trainings.

When asked about special achievements, Sarah told us: “My goal in life has always been to be happy and although happiness can be viewed as a constantly changing state of mind, I believe I have achieved my goal and I hope to continue that.”

Professionally, Sarah looks forward to continuing to help fulfill the mission and vision at the bank and hopes to be there for many more years. Personally, giving

back is a huge passion of hers. “Throughout my life, so many have helped, guided, or supported me,” she said. “I hope to establish some type of organization or event that would allow me to give back.”

Traveling is something Sarah has always been interested in and she hopes to be able to do so with her husband and family in the coming years. She also loves spending time riding in their Jeeps with their dogs in the summer, running and fitness, crafting, hiking, cooking, and listening to music. Most importantly, she enjoys spending time surrounded by her loved ones.

Although Sarah hasn’t been in Venango County for very long, she has visited many enjoyable destinations, such as coffee shops, restaurants, and local shops. She looks forward to experiencing the theatre and trails in our region, too.

Since working in Venango County, Sarah has learned to love the people and their energy. “It is so great to see members of the community working towards making things happen,” she said. Sarah is interested in getting to know more people, contributing to the area, and developing personally and professionally.

FLEX Member Highlight: Laura Ordaz

Laura Ordaz, the FLEX Membership Committee Chair and a 2019 Young Professional of the Year nominee, recently got a job promotion! She works for Komatsu Mining Corp. out of their Franklin office—a global company that provides industrial mining equipment.



For four summers, Laura was an intern at Komatsu and has been employed as an “associate engineer” since January 2018. Recently, she was promoted to “engineer,” and her job responsibilities include assisting with the design and development of mining machinery, preparing part and assembly models, completing detailed drawings and documentation for records, taking responsibility for professional growth by attending trainings on software and products, and taking trips to mine to see machines in operation and further understand their capabilities, limitations, and applications.

Congratulations, Laura, and keep up the great work!



“P.S. * Personal Service Since 1928!”

ROSSBACHER
INSURANCE GROUP

(814) 677-4095

www.teamrossbacher.com

7137 US 322 • Cranberry, PA

This year's **FLEX Presents** was held on Friday, April 5, at the Barrow-Civic Theatre. Attendees networking and enjoyed food and drink on the stage at the theatre.

Find more photos on our Facebook page: facebook.com/VenangoFLEX
 (Photos by Greg Knox - Bright Ideas Photography)



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:

- **Marketing & Community Partnerships Committee Meeting:** Tuesday, May 7, 12 p.m., Venango Chamber (or call in)
- **Events Committee Meeting:** Monday, May 13, 5 p.m., Bossa Nova
- **Bike 'n Brew Meeting:** Tuesday, May 14, 5:30 p.m., Venango Chamber
- **Monthly Meeting:** Tuesday, May 21, 5:30 p.m., Venango Chamber
- **Hiking Social:** Saturday, June 1, Two Mile Run County Park

Find more event details on our Facebook page:
facebook.com/VenangoFLEX

WELCOME NEW MEMBERS

Please join us in welcoming our newest FLEX members:

<i>Rebecca Rudolph</i>	<i>Bart Plyler</i>
<i>Ashley Karl</i>	<i>Becca Weidle</i>
<i>Anthony McCoy</i>	<i>Eric Thompson</i>
<i>Chad Bowler</i>	<i>Deb Thompson</i>

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

Connect with us:

