

FLEX FLEX Your Ideas

FYI

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Young Professionals in the Community

We very much appreciate the help of young professionals through FLEX committees and events, including the Bike 'n Brew and Ice Cream Social during Oil Heritage Festival. We also love seeing our members out in the community involved with other organizations!

We often hear “we need more young people involved,” which can be frustrating, because we see young professionals out and about all the time. Some organizations where FLEX members volunteer and serve as board members include the Oil City Arts Council, Barrow-Civic Theatre, Venango County Humane Society, Oil City Main Street Program, United Way of Venango County, and the Oil City and Franklin Rotary Clubs.



As longtime volunteers begin to retire and move out of their positions, there are many opportunities for young people to fill their shoes and take leadership roles. While it can be hard work and sometimes intimidating, it just takes a willingness to step up and help organizations continue to run and serve our community.

Community involvement is a learning process and new volunteers aren't expected to know everything immediately. It takes time to learn how meetings are run, events are planned, and volunteers work together, but don't let that keep you from playing a part.

Are you a young professional looking to get more involved in the community? Or are you a seasoned professional interested in having more young people participate in your organization? Join us at the FLEX Mixer on August 22, where all professionals are invited to network with FLEX members (see more information). If you'd like to get more involved with FLEX, don't hesitate to reach out to any of our officers and committee chairs.

Thanks again to all the young professionals who volunteered at our recent events! See more photos on the back of this newsletter.





Joseph Aylesworth works at Eckert Chiropractic in Oil City. After getting a double bachelors in science from Clarion University Joseph worked for his doctorate in chiropractics prior to receiving a position at Eckert Chiropractics.

He grew up in Oil City and is happy to be working in the area after graduation.

A major goal for his work is to be able to help as many people as possible through chiropractics.

Working in Venango County gives him the opportunity to meet many good people and work toward helping

them feel their best. Eckert Chiropractic is one way he serves the community and helps others.

When he is not working, Joseph enjoys playing inline and ice hockey. He playing the guitar and records music as well. He also likes trying new foods and exploring the area by hiking the many wooded trails Venango County has to offer.

The beautiful hiking trails are one reason he likes living in the area. The local concerts are yet another reason he likes living in the area. Joseph also frequents unique shops and restaurants, like Taco Shack and Core Goods, which are other aspects of the Venango County life he enjoys.

Joseph finds Venango County to be more than just where he lives but also where he works and plays. Join us in welcoming one of our newest FLEX members!

Why Being Respectful to Your Coworkers is Good for Business

Our TED Talk recommendation this month is by Christine Porath, who provides insight into the importance of civility in the workplace, and the damaging and costly affects of incivility.

Christine defines incivility as “disrespect or rudeness,” and she emphasizes that “how you show up and treat people means everything.” She goes on to define civility, stating that: “Being truly civil means doing the small things, like smiling and saying hello in the hallway, listening fully when someone’s speaking to you.”

These definitions were followed by several examples of businesses functioning in incivility versus civility. One example told of how the CEO of Cambell’s Soup Company, Doug Conat, was able to turn the company around through encouragement of civility.

“It was all about these touch points, or these daily interactions he had with employees, whether in the hallway, in the cafeteria or in meetings,” said Doug, “and if he handled each touch point well, he’d make employees feel valued.”



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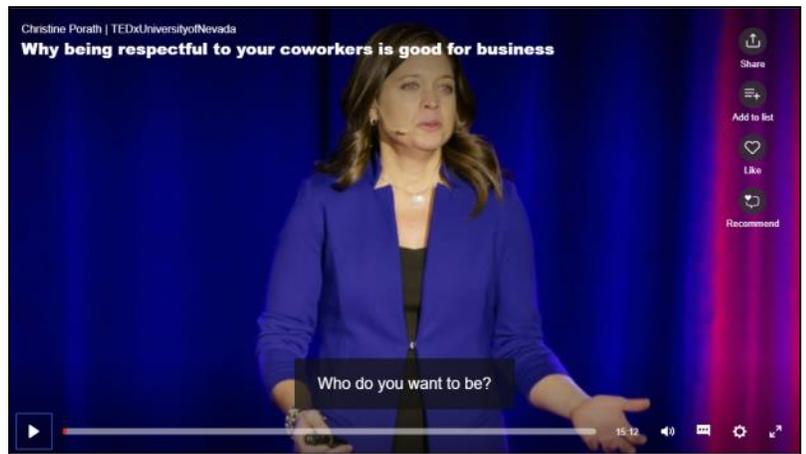
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Find this TED Talk by visiting bit.ly/2T3coQX



Mikayla Markle is a Chiropractic Assistant and Yoga Instructor at Eckert Chiropractic. She grew up outside of Emlenton on a farm and in 2018 moved to Franklin with her husband. After high school, Mikayla's goal was to find something she is passionate about and turn it into a career. She began working as a chiropractic assistant and

She loves working and living in the area because of the proximity to her work, shopping areas, and home. The forestry and local produce in Venango County are other reason she loves living and working in here.

She says, "I also really love how much agriculture is still in the area. Being able to drive home from work and pick up fresh, local produce from a farm stand is really wonderful."

During her free time Mikayla loves spending time outside. She likes to combine her passion for yoga and pilates with nature by doing them outside. She also frequents the many bike trails in the area and enjoys shopping local and cooking with local products.

Mikayla spends time watching concerts in Bandstand Park in Franklin and visiting Whitehall Camp and Conference Center in Emlenton.

Thanks for sharing your passion through your work and in our community, Mikayla!

found this to be a career she fits into well.

Chiropractics and Yoga have quickly become career she is passionate about. With a background in gymnastics, cheerleading, and pilates, teaching yoga is less work and more enjoyment. Working with Dr. Kate Eckert enabled Mikayla to work towards a certification to teach yoga, which is one of the next steps in her professional career.



July Coffee Chat

Some of our young professionals started their day on July 12 at Bossa Nova with good coffee & Chatting – Including a Future FLEX member! Coffee chats serve as a great way for young professionals in our community to get to know one another. See the back of this newsletter for upcoming event information.

FLEX Chamber Mixer Reminder

FLEX is hosting a business after hours chamber mixer on Thursday, August 22, from 5 to 7 p.m. This is an opportunity to network with other professionals and enjoy great food, drink, raffle prizes, and games.

Please RSVP to (814) 676-8521, tbyham@venangochamber.org, or online at members.venangochamber.org/events.



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Thank you to the many people who made this event possible!

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:

- **Student Appreciation Luncheon:** Friday, August 2, 12 - 1:30 p.m., Komatsu
- **Marketing Committee Meeting:** Tuesday, August 6, 12 - 1 p.m., Venango Chamber
- **Events Committee Meeting:** Monday, August 12, 5 p.m., Barrow-Civic Theatre
- **Monthly Meeting:** Monday, August 19, 5:30 p.m., Venango Chamber
- **FLEX Mixer:** Thursday, August 22, 5 - 7 p.m., Venango Chamber

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

Connect with us:



MEMBERSHIP

Any young professionals can attend FLEX events, but we invite you to become an official member! It's a one-time \$15 fee, and comes with a magnetic name tag, discounts, and other various benefits.

Interested in joining? Email Laura at laura.ordaz@mining.komatsu.