

FLEX FLEX Your Ideas

FYI

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

Volume 8 | Issue 10 | October 2020

Young Professionals Making a Difference

Congratulations 2020 YP of the Year Laura Ordaz

Nominees for this year's Young Professional of the Year were asked to respond to the question: What motivates or inspires you to contribute to the Venango Area?

Their answers varied, but one thing is obvious—we have many, many young professionals truly making a difference here.

While some may initially think of this as volunteering, opening businesses, or serving on boards, the capacity in which these YPs make a difference is so much more than that.

In 2020 Young Professional of the Year Laura Ordaz' acceptance speech, she chose to recognize and thank the many ways young professionals contribute to Venango County. These include:

- Choosing to move to/move back to/stay in the area
- Choosing to work here
- Raising the next generations here
- Choosing our area to open your business in
- Shopping locally and supporting the local economy
- Taking the time to volunteer



Pictured: 2020 YP of the Year Nominees Natalie Cubbon, Luke Braughler, Jessica Hoffman, Greg Lander, Corey Ritchey, Joanna McElhattan, Bobbie Jones, Elizabeth Yale, Dan Flaherty, Laura Ordaz, and Angela Griffin (Missing from Photo: Rebecca Beach & Stephen Reinse)

- Promoting local businesses and organizations on social media
- Contributing financially to local causes
- Bringing arts and theater to our area
- Teaching our youth

"Thank you for all these fantastic things and so much more that make our community unique and beautiful," Laura added. "In any capacity, know that your actions are important and appreciated. You are making a difference in our community."

We couldn't agree more. Thank you to ALL young professionals who are helping our area thrive.

Congratulations to Laura Ordaz and to all 13 nominees! FLEX Presents was streamed on Facebook Live on Friday, September 25, and is available to watch on our [Facebook page](#) or on YouTube channel by searching "Venango FLEX" on [YouTube](#).

Thank you to our FLEX Presents Sponsors: Representative R. Lee James, Komatsu Mining Corp., and Karnish Financial Advisors

Professional Development Tip: Responding Instead of Reacting

By Bobbie Jones

What happens when our emotions and impulses take control over us? We either react or respond.

A reaction is typically survival-oriented and on some level can be a defense mechanism. A reaction is instant, while a response usually comes more slowly. A response weighs the long-term effects and stays in line with your core values. The key difference between reaction and response is awareness.

As humans, we are faced with situations in our careers and personal lives that can raise our emotions. We are faced with the choice to react or respond.

A reaction will usually result in the feeling that the situation could have been handled differently. Those feelings can be mitigated with a deep breath and a choice not to react, but rather take the time to respond.



A response is not necessarily slow, rather a response is thoughtful.

Bobbie shared some tips to respond rather than react, that have helped her throughout her career and personal life, including:

Think about the big picture

Ask yourself—how does this specific situation fit into your overall goals and objectives?

Put the situation in context

Consider the context. What exactly is happening and how will the next step you take best serve you, the organization, and anyone else involved.

Blend logic with emotion

The best decisions are both informed by facts and infused with emotions. Remember, the goal is not to deny your emotions, but to find the balance.

Ask yourself the key reaction question

Am I reacting? This question can ground you and provide a mental break to perhaps choose differently.

Recognize your choices

Often reaction is a result of not knowing or think that other options are available. Realizing there are choices will allow you to consider the choices and the consequences that come with the choices prior to moving forward.

Create that 20/20 vision

We all heard the phrase: “hindsight is 20/20.” Your goal in the moment is to mentally move yourself forward in your future and look back with the imagined 20/20 vision to assist in choosing a response.

Thanks, Bobbie, for the tips!

Bobbie is the owner of Trailasana Yoga Studio and the Human Resources Manager for Webco Industries, Inc.

KING'S
Landscaping

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

(814) 676-6125

ec
eckert chiropractic

Dr. Kate Eckert
drkeckert@gmail.com
www.chirodrkate.com

1047 Allegheny Avenue
Oil City, PA 16301
P: 814.657.1854
F: 814.676.6200

“P.S. *Personal Service Since 1928!”

ROSSBACHER
INSURANCE GROUP

(814) 677-4095

www.teamrossbacher.com

7137 US 322 • Cranberry, PA



Hannah Gamble recently moved back to the area and is one of our newest FLEX members! She is the Assistant Manager at Core Goods and a Yoga Teacher at Trailasana Yoga Studio, both businesses in Oil City.

In July, Hannah accomplished her goal of completing a 200-hour Yoga Teacher Training.

She has a passion for health and wellness and is excited to further her education and experience in that field. She's also excited about finding new ways to help our community do and feel better through healthy living and mindfulness.

In her free time, Hannah does a lot of cooking and other related activities, like making kombucha and

sauerkraut. She loves the outdoors and is often hiking and camping at Two Mile Run County Park and the Allegheny National Forest, or kayaking on the Allegheny River or French Creek.

During the colder months, Hannah loves going out for coffee at Bossa Nova and visiting antique and thrift stores.

She's excited to be back home, especially because of the community.

"I was living in Pittsburgh for a few years and, even living in the same city, you don't always feel as close to the people you meet at work," Hannah said. "But in Venango County I know if I teach yoga to someone on Wednesday, I will likely see them on Thursday in Core Goods or somewhere else around town."

We're glad you're here, Hannah, and welcome to FLEX!



TWO MILE SERVICE PROJECT
 Saturday, October 3 | 9:30AM - 1PM

Register with
 Get Connected - Venango

FLEX
 future leaders & entrepreneurs exchange

We are excited to work with the United Way of Venango County for a Service Project to improve Two Mile County Park!

Volunteers will meet at the Justus Mackey Pavilion (behind the park office) at 9:30AM on October 3rd, to stain the two big pavilions, then continue to more pavilions as time allows.

Two Mile will supply the materials needed to complete the project. Please bring your own gloves. Masks are required and social distancing will be practiced.

Also, bring your own brown bag lunch and drink so that everyone can enjoy a picnic lunch together afterwards.

Volunteers must register through the Get Connected website at uwvc.galaxydigital.com, and can contact FLEX at flex@venangochamber.org with questions.

West Park Rehab
PHYSICAL THERAPY

**DIAGNOSTICS
 & TELEPT SERVICES**



SENECA OFFICE **FRANKLIN OFFICE**
 3233 St. Rt. 257 571 Pone Lane
 (814) 493-8631 (814) 437-6191

www.westparkrehab.com
facebook.com/westparkrehab571

FLEX volunteered at the Oil City Cleanup Day on Saturday, September 19! Thank you to the young professionals who came out to clean up downtown. We hope to see you at our Two Mile Service Project on Saturday, October 3.



***Pictured above:** FLEX Members Laura Ordaz, Eric Bennett, Ivy Kuberry, Kat Thompson, Ashley Sheffer, Lyndsey King, and Sydney Herdle.*

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:

Two Mile Service Project: Saturday, October 3 • 9AM - 1PM •
Two Mile Run County Park - 471 Beach Rd, Franklin • Find details
& sign up at: uwvc.galaxydigital.com

CONNECT WITH US:



WELCOME NEW MEMBERS

Zoe Oakes

Interested in joining? Email our Membership Chair Laura Ordaz at laura.ordaz@mining.komatsu.