

FLEX FLEX Your Ideas

FYI

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

Volume 9 | Issue 7 | July 2021

Bike 'n Brew is Back!

It's that time of year again to celebrate our area's heritage and embrace our community, which means the return of the annual Oil Heritage Festival and FLEX's Bike 'n Brew!

Last year, we switched to a curbside format from our normal in-person Bike 'n Brew activities due to COVID restrictions. Although we are not completely back to normal this year, we're excited to present our hybrid format, combining curbside activities with some special in-person ones.

Like last year, we're offering tickets for a curbside pickup of totes filled with local craft beer, guides for our bikers and other cool swag. The curbside pickup will again be held in the courtyard outside the Venango Area Chamber of Commerce in Oil City from 3 to 6 p.m. on Saturday, July 17.

We also have a limited number of VIP tickets that will allow ticket holders to participate in a beer tasting in the



courtyard with Scierka's Tavern, in addition to receiving a curbside tote.

FLEX member Hailee Crimbchin, who participated in last year's Bike 'n Brew, said she and her fiancée loved the ease of the curbside pickup with the uncertainties of both the COVID-19 restrictions and the weather.

"We were both very surprised with the count of drinks supplied, as well as the gear from the local breweries," Crimbchin said. "It was a great way to

have fun when COVID restrictions were underway and felt great to be getting involved with the young professionals in the area."

We already have lots of community support and sponsorships for this year's event, so be sure to come join the fun! Tickets for both the curbside pickup (\$40) and curbside/VIP beer tasting (\$50) are available now for purchase on the Bike 'n Brew website at ohfbikenbrew.org.

**THANK YOU :
SPONSORS! :**



Franklin-Oil Region Credit Union

"The Future of Venango Area Business!"

Professional Development Tip: Serving Your Community

By Erin Hanna, BAYADA Home Health Care & 2021 FLEX Young Professional of the Year

As professionals in the community, we are often called upon to serve on a board, support causes, and volunteer. Non-profits have limited resources and rely on volunteer support to carry out their mission and be able to spread limited resources.

With over 500 registered nonprofits in Venango County, there are endless opportunities to make a positive impact in the community.

How to Get Involved

Ask yourself, what level of commitment are you able to make? We can't be all things to all organizations. There are many ways to give, whether it's monetarily, volunteer time, or subject-matter expertise.

Why It's Important

Volunteer work helps to build a stronger community, which benefits everyone. It also helps to expand your



network by making connections and engaging with people that you may not meet otherwise. By doing work for others, you can gain a sense of pride and accomplishment. It's a great opportunity for personal development and a fun way to socialize.

Find Your Niche

Every person will not connect to every nonprofit's mission. Research different organizations and find which mission and purpose aligns with your passions or beliefs. Be okay saying "no" — you can't be everything to every organization. It is better to commit to one organization than say to many and not be as present as you could be.

See the next page for ways to volunteer with FLEX and visit the United Way Get Connected website for local volunteer opportunities at: venangoconnect.org.

TICKETS ON SALE NOW!
2021 BIKE 'N BREW
SATURDAY, JULY 17



OHFBIKENBREW.ORG



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

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

HOME · AUTO · BUSINESS · LIFE · MEDICARE



ROSSBACHER
INSURANCE GROUP
P.S. * Personal Service since 1928!

Contact us for a better insurance experience!

7137 US 322 · CRANBERRY
6 STATE ST · OIL CITY **814.677.4095**

WWW.TEAMROSSBACHER.COM

NEW Facebook Group for FLEX Members

Have you joined the FLEX Facebook group? We have our Facebook page (Facebook.com/VenangoFLEX), but the purpose of this new group is to help our members connect more and to share news and ideas with one another.

In the group, you can share about local volunteer opportunities, invite others to join you at an event or activity, praise a fellow YP for an accomplishment, recommend a good book or podcast, ask advice or suggestions, and more.

The group is open to any FLEX Members in Good Standing (those that have officially joined FLEX and paid the \$15 fee). To learn about FLEX membership, visit venangochamber.org/how-to-join or contact Membership Committee Chair Laura Ordaz at laura.ordaz@mining.komatsu.



Member Profile: Lexi Henry



Lexi joined the team at the Venango Area Chamber of Commerce in May as the summer intern, and also works at Wolf's Camping Resort in Knox. She just completed her first year at Slippery Rock University as a Finance major with minors in "Dance Performance" and "Dance Pedagogy," and has been recognized

to the Dean's List for both semesters.

Lexi is a member of the Honors College at Slippery Rock, where she will serve as a peer mentor in the fall, and she was offered an honors scholarship because of her extensive involvement in the program. She is also a member of the National Honors Society for Dance Arts, where she is a social media chairperson.

Lexi went to Keystone High School, where she graduated third in her class with highest honors, National Honors Society cords, National Honors Society for Dance Arts cords, and the Arion Award for Band.

She looks forward to graduating in spring 2024 and hopes to find a steady job in the finance field, settle down in a place with a close knit community, continue doing community service work, and find ways to get involved with the dance and music opportunities in the area.

In her free time, Lexi enjoys making and listening to music, dancing, painting, and spending time with friends and family. Since she is newer to the Venango area, she is still finding new things to try and participate in.

"The chamber has helped a lot with experiencing the area through eating locally and introducing me to and talking to businesses. I am really excited to find time to ride on the bike trail and enjoy the Oil Heritage Festival in July," she told us.

"Working at the chamber has helped me feel connected to the area and has shown me how I can impact it. I am able to see all of the work I am doing make a difference in the planning of our events and helping to make connections throughout the community between different people, businesses, and groups."

Volunteer with FLEX

FLEX is hosting and participating in multiple upcoming community events! We invite you to volunteer with us at:

Oil Heritage Bike 'n Brew - Venango Chamber, Oil City
Saturday, July 17 | Two shifts: 1-4PM & 4-7PM

Help set up, put together curbside packages, assist attendees, sell raffle tickets, tear down, and more.

Oil Heritage Ice Cream Social - Central Ave Plaza, Oil City
Thursday, July 22 | Two shifts: 5-7PM & 7-9PM

Help set up, hand out ice cream & other items, and tear down

Cranberry Festival - Morrison Park, Seneca
Saturday, September 19

Save the date! FLEX plans to assist where needed at the festival. Exact volunteer duties TBD.

To sign up to volunteer at these events, please email flex@venangochamber.org or call (814) 676-8521.



West Park Rehab

PHYSICAL THERAPY

TRADITIONAL PHYSICAL THERAPY PLUS...

WOMEN'S HEALTH, DIAGNOSTIC TESTING, CARDIOPULMONARY RECONDITIONING, CERTIFIED PARKINSON'S PROGRAM, FALL PREVENTION, HAND THERAPY AND YOGA FOCUSED TREATMENT

SENECA OFFICE
3233 St. Rt. 257
(814) 493-8631

FRANKLIN OFFICE
571 Pone Lane
(814) 437-6191

www.westparkrehab.com
www.westparkdiagnostics.com
facebook.com/westparkrehab571

FLEX had fun at two events at Oil Creek State Park in June! We helped the park clean out garden beds on June 5, then went back on June 13 for a guided hike through the park. Thanks to everyone who volunteered and/or hiked!



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.

July Events & Meetings:

Events & Fundraising Committee: Tuesday, July 6 • 12-1 p.m.

FLEX Monthly Meeting: Tuesday, July 13 • 12-1 p.m.

Bike 'n Brew: Saturday, July 17 • 3-6 p.m. • Purchase tickets at ohfbikenbrew.org

Ice Cream Social: Thursday, July 22 • 1 - 5 p.m. • Oil Creek State Park*

Membership Committee: Friday, July 23 • 12-1 p.m.

Marketing/Community Partnerships Committee: Tues, July 27 • 12-1 p.m.

Contact us for meeting zoom links at flex@venangochamber.org, or find links in our Weekly Update email. Event details can also be found on our Facebook page.

WELCOME NEW FLEX MEMBERS

Quinn Mitchell
Amariliz Sanchez

Interested in joining?
Email the FLEX Membership Committee Chair Laura Ordaz at laura.ordaz@mining.komatsu or join online: VenangoFLEX.org.

CONNECT WITH US:

