

# FLEX FLEX Your Ideas

## FYI

brought to you by the future leaders & entrepreneurs exchange

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### Getting Involved In Bite-Sized Pieces

Another great FLEX Annual Meeting was held in November—an event we host annually to celebrate successes and look towards the next year. While the event was full of networking, free headshots, food and drink, and trivia, it was also a reminder of ways FLEX extends opportunities for young professionals to get involved, no matter how big or small the involvement.

We often refer to FLEX participation as “bite-sized pieces.” As young professionals, we are all busy growing in our careers, volunteering with other organizations, and/or raising families, and we know it is often hard to add another

commitment. Our goal is to offer ways for you to grow, without overextending yourself.

FLEX allows you to practice things in a low stakes environment, no matter your skills or interests. This can include networking, event planning, fundraising, getting sponsorships, running a meeting, writing an article, using technology, public speaking, and much more.

At the Annual Meeting, FLEX President Kat Thompson shared opportunities that have come her way after getting involved with FLEX.

“I’m not showing you this because I think I did anything special or great.

None of these opportunities would have come my way if it wasn’t for FLEX, which gave me credibility and a platform, and it all happened because I showed up. I want that for you, too.”

Showing up could be anything from being an officer and leading a committee, to assisting with just one event. It could be attending each social, or coming to your one favorite social each year.

We want to meet you where you are and help you find the right fit for you. As we enter into 2022, we encourage you to consider how FLEX can help you grow, both personally and professionally.

### Welcome 2022 FLEX Leadership!



**SAXON DAUGHERTY**

President



**LAURA ORDAZ**

VP/Secretary



**LYNDSEY KING**

Events & Fundraising



**IVY KUBERRY**

Events & Fundraising



**JOSLYN DECHANT**

Membership



**JESSICA WILSON**

Marketing & Community Partnerships

# Professional Development Tip: Finding A Great Book

By Joslyn Dechant, UPMC Health Plan (and avid reader)

The nights are getting longer, the air is getting colder, and the need for a cozy escape can be found in a book, but how do you pick the right one? Luckily, whether you're a bookworm or a casual reader, there are plenty of resources available to you.

## Library Resources

One of the best resources is local libraries. If you choose to visit your library, there are often new books displayed prominently on shelves which can help narrow down your choices and keep you up to speed with the latest reading trends. If nothing catches your eye, ask a librarian for recommendations based on your interests.

If you prefer ebooks and audiobooks, the Oil Region Library Association has a great collection of free online resources including Overdrive and Libby, all you need is a library card. The Overdrive homepage provides rotating recommendations. As a Pennsylvania resident, you can maximize your Overdrive potential by getting a Philadelphia Free Library card online and accessing their catalogue as well. Overdrive and Libby are both available in the app store so you can always have a book with you.



## Online Resources

Keeping with online book browsing and recommendations, some of my favorite places to seek out recommendations are on social media. There are entire YouTube and Instagram accounts run by book lovers who share books they've read. If you're looking for more of a social network all about books, try Goodreads, where you can track and rate books and see what books friends and family

are picking up. You can curate your own reading lists and search for those created by others. It's by far one of the best resources online for finding your next great read.

## Bookstores

Bookstores are still my favorite way to find a book. Aside from browsing stacks, booksellers curate shelves of best sellers and new releases which is a great place to start. Often there are tables throughout the store featuring books by genre or books on sale. There's something for everyone and it helps narrow down options.

*I can't write this article without a some recommendations of my own. See below and happy reading!*

## BOOK RECOMMENDATIONS:

- Anxious People by Fredrik Backman
- Beartown by Fredrik Backman
- The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid
- The Invisible Life of Addie LaRue by V.E. Schwab
- The Reading List by Sara Nisha Adams
- The Word is Murder by Anthony Horowitz
- Lilac Girls by Martha Hall Kelly
- Ready Player One by Ernest Cline
- Goodbye, Vitamin by Rachel Khong
- 84, Charing Cross Road by Helene Hanff

## WEBSITES:

- ORLA Overdrive - [oilcreek.overdrive.com/](http://oilcreek.overdrive.com/)
- Philadelphia Overdrive - [freelibrary.overdrive.com](http://freelibrary.overdrive.com)
- Philadelphia Free Library Card - [catalog.freelibrary.org/MyResearch/register](http://catalog.freelibrary.org/MyResearch/register)
- Goodreads - [www.goodreads.com](http://www.goodreads.com)

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## Member Profile: Alyssa Riordan



Alyssa is the Assistant Manager at Northwest Bank in Cranberry, and also runs a jewelry business. She grew up in Crawford County, then moved to Venango County to attend Clarion University - Venango. She then transferred to the Main Campus and graduated with a bachelor's degree in Education, in which she is certified in Early Childhood K-4 Education and Library Science K-12.

Alyssa worked as the manager at Woodforest National Bank in Wal-Mart for almost eight years, before taking a position at Northwest in May 2021. She has really enjoyed banking and especially likes working for Northwest, where she looks forward to expanding her banking and lending skills and knowledge and seeing where it takes her with Northwest in the future.

"I love that Northwest is very community oriented. We get to know our personal and business customers and truly care about them and their well-being," she said.

Alyssa's business, Alyssa's Amazing Accessories, is located in the Cranberry Mall and she sells Paparazzi jewelry and accessories. She has enjoyed having a store and visiting other businesses in the mall and said: "I have loved the

mall since I was a kid and my grandma would bring me and my brother to spend the day there. I know it is not what it used to be, but many malls are not. There are quite a few small businesses in the mall right now and they really need the community's support."

Outside work, Alyssa has been a board member for Community Services of Venango County Inc. since 2016, where she also serves as a finance committee member and treasurer. She has really enjoyed volunteering for events that the agency puts on for our community.

She also likes spending time with her new puppy and making wreaths, and she and her husband visit a new waterfall each year for their anniversary. A passion of hers is shoes, purses, make-up, and jewelry, in which she has "an excessive amount of it," but it makes her happy.

Some of Alyssa's favorite spots in Venango County are Freedom Falls, Two Cousins Pizza, Movies at Cranberry, and China City, and she is looking forward to the Log Cabin being open for business again. She told us: "I encourage everyone to support small business, shop local, and bank local!"

## Member Highlight: Megan Weber



FLEX Member Megan Weber was elected Mayor of Clintonville Borough in the recent election!

Megan is a lifelong resident of Clintonville and is excited to bring new ideas to the community and will take the concerns of citizens seriously and actively participate in Borough meetings. She has already

started the Clintonville Cat Trap, Neuter, Release (TNR) Project and the Clintonville Buy Nothing Group.

She has been an active member of FLEX since 2016 and is a Service Planning Analyst at Komatsu Mining in Franklin. Megan graduated from Grove City college with a bachelor's degree in sociology and is working towards her MBA at Gannon University. She is also in the Leadership Venango Class of 2022, a member of Franklin Rotary, Grove City MOPS, Grove City Pet Rescue, and Zonta International, and serves as a Be Here Ambassador. Congratulations, Mayor Weber!

# West Park Rehab

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We had a great FLEX Annual Meeting in November! Thanks to everyone who joined us as we celebrated successes in 2021 and look forward to new leadership and fun happenings in 2022.



Photos by: Sydney Herdle Photography & Multimedia

### 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.

### December Events & Meetings:

**Ugly Holiday Sweater Party:** Friday, Dec. 3 • 6-10 p.m. • Trails to Ales II • Bring donations for Winnifred Tonkin Guild • Find more details on Facebook or at [venangochamber.org/events](http://venangochamber.org/events)

**Events & Fundraising Committee:** Monday, Dec. 6 • 12-1 p.m. • Zoom

**Virtual Speaker Series:** Tuesday, Dec. 7 • 5:30-7 p.m. • Topic: Balancing Commitments • Register to receive Zoom link at [venangochamber.org/events](http://venangochamber.org/events)

**FLEX Monthly Meeting:** Tuesday, Dec. 14 • 12-1 p.m. • Zoom

Contact us for meeting zoom links at [flex@venangochamber.org](mailto:flex@venangochamber.org), or find links in our Weekly Update email.

### WELCOME NEW MEMBERS

Eric Bennett  
Kelly Daugherty  
Casey Schultz  
Josh Tygert  
Jessica Wilson

**Interested in joining?**  
Email the FLEX Membership Committee Chair Laura Ordaz at [laura.ordaz@mining.komatsu](mailto:laura.ordaz@mining.komatsu) or join online: [VenangoFLEX.org](http://VenangoFLEX.org).

CONNECT WITH US:   