

FLEX FLEX Your Ideas

FYI

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Balancing Commitments

How often do you hear people say they are overwhelmed, busy, or don't have enough time in the day? You most likely can relate. Between a career, family and friends, hobbies, and volunteerism, it can be difficult to balance it all.

We know this is a struggle that many face, especially young professionals, so that's why we chose "Balancing Commitments" as our recent Speaker Series topic.

Erin Hanna of Bayada Pediatrics (and our 2021 Young Professional of the Year) and Erin Wincek of Drake Well Museum and Park shared their experiences with choosing when and where to get involved, how to say no to things, and how to maintain balance and good time management.

Finding the Right Fit

"Volunteering is vital to being involved in our community and giving back as young professionals. Finding a way to balance that is really exciting to think about," said Wincek.

Finding that balance starts with figuring out which organizations to give your time to. Think about the organization—does its mission align with your own personal passions and interests? If you're not certain it's



right for you, start by committing in a small way, like volunteering for one event. Also, do tons of research, like reading the organization's bylaws and asking questions.

Saying No

One of the most important, and hardest, skills to learn is when to say no. "It's important to me to give my very best, and when I say yes to too many organizations, I end up not being able to give my best because I'm trying to be too many things to too many people," said Hanna.

Some ideas they shared for learning when to say no include mapping out how the role would fit in your current schedule, understanding the expected time commitment, and being intentional.

Learning Balance

"I'm still learning how to balance commitments myself," said Wincek. "It's an ongoing, lifelong process."



As you go through the process, be sure to remember what activities are important to you. You can't give an organization what it needs if you're not giving yourself what you need, whether that's exercising, getting outdoors, making art, cooking, etc.

To help balance it all, consider tools like Google Calendar, Google Drive, and Panda Planner.

Remember, too, that there are many ways to get involved and levels of commitment. You can make monetary donations, volunteer, provide subject matter expertise, sit on a board, and more.

"Build relationships and have honest conversations," said Hanna.

This is just a small part of the presentation provided by Wincek and Hanna at our Speaker Series. We encourage you to watch the recording on our YouTube channel at bit.ly/FLEXYoutube.



FLEX Feature:

Webco Industries with Damien Cherico

It's a new year, and we're excited for a new way to feature young professionals and the awesome things they do in our community. While this space in our newsletter has been for a "Professional Development Tip," we're excited to change it up in 2022 and instead do a "FLEX Feature."

There are so many interesting businesses and organizations in our region that are not talked about enough—manufacturing plants, nonprofits, small businesses, and more—and we'll be talking about one each month here. First up—Webco Industries, Inc. with FLEX Member Damien Cherico!

Tell us about Webco Industries, Inc.

Webco is based out of Oklahoma and our Oil City Tube Division is the northernmost division. The company specializes in automotive tubing as well as many other niche product types. Webco's mission is to "continuously build on our strengths as we create a vibrant company for the ages," and trust and teamwork are our core values which are the foundation to our 16 principles. Our other three foundational principles are strength, agility, and innovation. Much like our mission statement says, we want to be a "forever" company and are always looking forward.

What is your role at Webco?

I am the plant metallurgist. My degree was in Materials Science and Engineering and I focused on metallurgy, which is a branch of science and technology focused on the properties of metals and their production and purification. I am part of the Quality and Technical Services Department and our main work consists of quality assurance, quality control, and metallurgy. I lead the Oil City Lab which conducts material testing on our products to ensure that they meet specifications.

What is your favorite part about working for this company?

I currently live in Franklin and really enjoy being able to work in an area close to where I grew up (Clarion) and still be able to utilize my degree. The work is really rewarding due to having a direct line to supplier and customer product quality.

What would surprise people about Webco?

Most vehicles in the United States have a Webco tube in them. When I first interned here, I was astonished at how far the products that are made in Oil City, PA, and Sand Springs, OK, reach the country and the world.

Is there anything else you'd like to share about Webco?

Our history and culture really are the foundation of our company. Our founder Bill Weber's vision was able to be realized throughout his lifetime, which made it possible for Webco to hit 50 years in Sand Springs and 30 years in Oil City back in 2019. As long as we stay true to our company culture and Bill's forever vision, we will continue to be a strong company

Thank you, Damien, for being our first FLEX Feature! You can learn more about Webco Industries, Inc. by visiting webcotube.com.

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Member Profile: Stephanie Staub



Stephanie, an Oil City native, is a STEM teacher in the Oil City Area School District for students Kindergarten - 4th Grade and a Yoga Instructor at Trailasana Yoga Studio. She attended Edinboro University where she received her bachelor's degree in Early Childhood Education and STEM Endorsement. Later, she received her master's degree in Educational Leadership and Curriculum Studies at the University of Kansas. Stephanie hopes to obtain her Doctorate in Educational Technology and pursue a leadership position using that knowledge and curriculum background.

"I love working in this area because I am able to really connect with each student, both at the studio and in school. The small community allows me to build lasting relationships and get to know each person I meet on a much deeper level," she said.

These relationships and connections have allowed her to get more involved, which in turn resulted in her getting nominated for awards like the Young Professional of the Year. She was also asked to present at The Pennsylvania Educational Technology Expo and Conference (PETE&C), a statewide event that provides programs focused on technology in the educational field.

Living in Venango County has allowed Stephanie to find her love for teaching yoga through attending numerous classes at Trailasana. She also enjoys hiking, biking, and going on adventures at Two Mile, Oil Creek, and the lengthy bike trails in the region. Driving around to see light displays is another one of her hobbies along with crafting.

She encourages everyone to invest some time to dig into the "rich history" of the area and to get involved with the community to make connections!

Message from the President



FLEX has faced its fair share of challenges in the last two years from the pandemic. These obstacles served as an opportunity for FLEX members and the leadership team to exercise their creativity to keep engaging and serving young professionals throughout Venango County at a high level.

In each of those years, I worked as Vice President and came away with valuable lessons that can be applied both personally and professionally. Having the opportunity to learn in a low stakes environment is what I consider the single most valuable component of getting involved with FLEX.

As I transition into the role of President entering 2022, I want to continue providing others with opportunities to learn, grow and network in these ever-changing times. I am honored to have this role and look forward to working with the entire team to showcase what young professionals can accomplish.

Let's use the next year to build on the solid foundation FLEX has created for itself in the community and bring it to new heights.

- Saxon Daugherty

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Event Photos: Ugly Holiday Sweater Party • Trails to Ales II



January Events & Meetings:

Dinner & Show Social: Saturday, January 15 • 5:30 p.m. • Bella Cucina & Barrow-Civic Theatre • Limited to 12 attendees • Register at venangochamber.org/events

Events & Fundraising Committee: Tuesday, January 4 • 12 p.m. • Zoom

Membership Committee: Wednesday, January 5 • 12 p.m. • Zoom

Marketing Committee: Thursday, January 20 • 4:15 p.m. • Zoom

FLEX Monthly Meeting: Monday, January 24 • 12 p.m. • Zoom

Contact us for meeting zoom links at flex@venangochamber.org, or find links in our Weekly Update email.

WELCOME NEW MEMBERS

Kennedy Miller

Interested in joining?
Email the FLEX Membership Committee Chair Joslyn Dechant at joslyn.dechant@gmail.com or join online: VenangoFLEX.org.

FLEX 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.

CONNECT WITH US: VenangoFLEX.org • flex@venangochamber.org

