

FLEX FLEX Your Ideas

FYI

brought to you by the future leaders & entrepreneurs exchange

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Membership Opportunities

The goal of FLEX is to provide young professionals with a foundation for building relationships and opportunities for professional development with other young professionals in Venango County.

Here are some ideas for how to become more involved with FLEX in 2024:

Events

Grab a friend and attend a FLEX event! FLEX hosts many events throughout the year from game nights to networking lunches to professional development sessions.

Our events are open to members and non-members, so grab a friend and join us for our next event. Be sure to check out the Be Here calendar and FLEX social media accounts for updates regarding upcoming events.



Committees

A great way to become more involved with FLEX is to join one of our committees. Committees meet once a month and include Events & Fundraising, Marketing & Community Partnerships, and Membership. Committee chairs are always looking for new ideas and new faces to participate in these committees.

Whether you enjoy event planning or creative writing, there are plenty of opportunities for you to showcase your talents and develop your skills with FLEX.

If you are interested in joining one of these committees, look for upcoming meeting times and links that go out on our Weekly Update email.

Social Media

All FLEX members should have access to the “FLEX Young Professionals” group on Facebook. Members are encouraged to share events happening at their organizations or other groups they may be members of, volunteer opportunities, and photos they may have taken at FLEX events. If you are a member who is not part of this group, let a member of FLEX leadership know to have you added so you can start sharing!

Mentorship

New for 2024, FLEX will be providing new members with the opportunity to have a mentor that supports and encourages their FLEX journey. If you are interested in becoming a mentor, please contact the FLEX Membership Chair, Juliet Hilburn, by email at juliet.hilburn@gmail.com.

Have questions or want to learn more about FLEX membership? Call the Chamber at (814) 676-8521 or send an email to flex@venangochamber.org.



Say Goodbye to the Winter Blues!

The long, cold winter months can bring many challenges other than weather conditions that impact our daily commutes. Many of us feel a lack of energy and motivation during these months and often don't even see the sunlight on workdays. Here are just a few simple ways that are easy to implement into your daily routine to help combat the effects of the winter blues:

1. Make yourself a priority. It's very easy during the winter months to sink into a mental space where we don't want to do anything, which can lead to lack of motivation to complete tasks. It's important during this time to make your mental and physical health a priority so that you don't go down this path. Solutions can be taking a Vitamin D supplement, going on walks when the weather allows, and getting enough sleep.

2. Prioritize movement. Even if it's getting up and walking around your workplace, prioritizing movement can help to reduce these challenges and



help you feel more motivated. Research has shown that exercise relieves stress and anxiety, so adding movement to your daily routine, even as simple as a walk, can make a positive impact this winter.

3. Maximize light in your workplace. Research shows that simulating sunshine with light can increase serotonin and positively boost moods. Try sitting closer to a window, adding a light therapy lamp to your workspace, or going on walks outside to soak up as much sunshine as you can.

4. Try to minimize negative speaking. The more we speak negativity into existence, the more likely we are to feel more negative about everything around us. Rather than speaking negatively about the weather with coworkers, try to add more positive conversations about what plans you are excited for when the weather breaks.

Along with these suggestions, it's important that we look out for others around us. As young professionals, sometimes it's a difficult challenge to keep others around us inspired and motivated, but by being a light of positivity in your workplace, it's likely that you will brighten the mood of others around you and lessen the effects of the winter blues!

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Member Profile: Adam Strickland



Adam Strickland is the Owner and Operator of Strickland Honey Farms LLC, holding a Bachelor of Science degree in Biology from Penn State University.

Adam is actively involved in the beekeeping community, having served as the Vice-president of the Penn State

Student Beekeeping Club and currently holding positions on the executive board of the Pennsylvania State Beekeepers Association and the board of the Northwest Pennsylvania Beekeepers Association.

His expertise includes Instrumental Insemination of queen honey bees, a skill acquired through training in

the USDA Northeast SARE funded E.P.I.Q. Program. This specialized technique enables bee breeders to control the mating process, contributing to the development of more productive, healthier, and better-adapted honey bees for modern beekeeping practices.

Located in Oil City, Adam is dedicated to conducting apicultural research funded by the U.S. Department of Agriculture and other organizations. His goal is not only to expand his business but also to contribute to the growth of Oil City.

In Adam's free time, he enjoys reading, hiking, bicycling, and indulging in fly tying and fishing. He has a deep appreciation for the outdoors, considering it one of our region's greatest assets.

Welcome to FLEX, Adam!

FLEX Presents: Nominations Open

FLEX is now accepting nominations for the 2024 Young Professional of the Year.

Nominations are open to the public. Nominees must be 18-40 years of age and live and/or work in Venango County. A review committee will choose the honoree based on their overall civic engagement and community impact, as well as how their lives are an example of the FLEX mission.

Last year, 13 nominees were recognized and Brad Deeter, third generation dairy farmer, 4H leader, and Utica Volunteer Fire Department lifetime member, was named the 2023 Young Professional of the Year.

Nominations are due March 8. Learn more about the event and find a nomination form at venangochamber.org/flex-presents.

Forms can also be found at the Venango Area Chamber of Commerce, located at 24 Seneca Street in Oil City, or by contacting the Chamber at chamber@venangochamber.org or (814) 676-8521. Sponsorship opportunities are also available.

Nominees will be recognized at FLEX Presents, tentatively scheduled for Friday, April 19.



Join the FLEX Email List

Join the FLEX email list to stay connected and never miss out on the latest updates. By subscribing, you'll get a weekly email every Monday that has valuable information about upcoming events, meetings, volunteer opportunities, and more!

Don't wait, sign up now at:

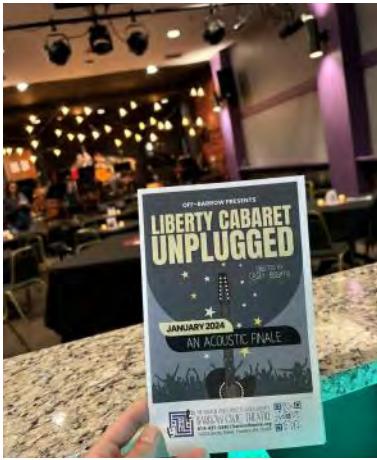
members.venangochamber.org/form/view/17206

Stay in the loop and take part in the 2024 FLEX community!



"The Future of Venango Area Business!"

Event Photos: Dinner & A Show, Leadership Onboarding



February: Events & Meetings

Marketing Committee: Thursday, February 8 • Noon • Zoom

Events & Fundraising Committee: Monday, February 12 • 5:30 p.m.
• Zoom • FLEX Presents Event Planning

Membership Committee: TBD • Zoom

Coffee Chat: Wednesday, February 21 • 7-9 a.m. • Woods & River

FLEX Monthly Meeting: Monday, February 26 • 12 p.m. • Zoom

Game Night: Thursday, February 8 • 6 - 9 p.m. • Neverending Stories,
The Underground Bookstore in Franklin

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

New Members:

Rex Phillips
Aster Boswell
Cassady Calder
Ashley Gravatt

Interested in joining?

Email the FLEX Membership
Committee Chair
Juliet Hilburn
Juliet.hilburn@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

