

# FLEX FLEX Your Ideas

## FYI

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

### Second Annual Oil Heritage Festival Bike 'n Brew



FLEX is excited to host the second Oil Heritage Festival Bike 'n Brew this month! The event is on **Saturday, July 15**, in Justus Park, Oil City. From 10 a.m. to 4 p.m. we encourage people to enjoy the many outdoor recreation opportunities in the area. We'll have vendors set up in Justus Park with information about trails, biking, parks, and other outdoor related information. OARS will be set up to fix any bicycles and will bring bikes to rent (you must let us know ahead of time. Please email [acowles@venangochamber.org](mailto:acowles@venangochamber.org)). We'll also have a shuttle available upon request to transport people to the paved trails.

The brewfest will begin later in the day with two sessions, from 1 to 4 p.m. and 5 to 8 p.m. Local breweries will be set up and offer samples of a variety of different craft beers. The event also includes food vendors and entertainment!

The outdoor activities are FREE and brewfest tickets are \$30 pre-sale, \$35 at the door, and \$5 for designated drivers. Tickets can be purchased at the Venango Chamber, Scierka's Tavern, and online. To see what brewers and outdoor vendors are signed up, request the bike shuttle, purchase tickets, and find more information, visit [ohfbikenbrew.org](http://ohfbikenbrew.org).



*Photo by Quinton Reed*

## THANK YOU TO OUR SPONSORS!



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**Lyndsey King** recently moved to our area and we're excited to get to know her! She currently works as the Community Development Administrative Assistant for the City of Oil City and has been all over the state and country.

She grew up in Westfield in Tioga County, Pennsylvania, and then attended Coastal Carolina University in Conway, South Carolina, where she earned her bachelor's degree in Marine Science, with a minor in Environmental Science.

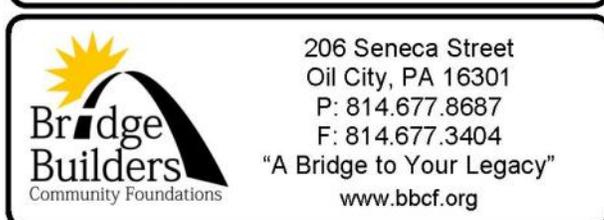
While in college, Lyndsey was named an NOAA Hollings Scholar and landed an internship in Honolulu, Hawaii, where she spent 10 weeks working for the National Oceanic and Atmospheric Administration (NOAA) at their Pacific Islands Fisheries Science Center. She worked in collaboration with the Life History Program to collect previously unknown age, growth, and maturity data on two commercially valuable reef fish species. The work helped set regulations to ensure the sustainable harvest of these species, protecting both the fish and fishing industry from the detriment of overharvesting.

Lyndsey also spent some time in Newport, Oregon, researching survival characteristics of yearling Chinook salmon in the Columbia River. Specifically, she looked at the chemical signature of otoliths from samples of yearlings at various locations during their migration to the Pacific Ocean and marked how that signature changed with the varying abiotic factors of the river and biotic characteristics of the juveniles. During her free time, she explored the Oregon coast and tide pools, finding sea stars, anemones, sea cucumbers, and several other interesting tidal organisms. She loved the atmosphere in Oregon, but ultimately moved back to Pennsylvania to be closer to family.

Lyndsey enjoyed her work in Hawaii and Oregon and plans to move to the ocean, attend grad school to attain a higher degree in fisheries science, and start working in her field once again. While she's still in the Venango Area, she takes every chance she gets to be outdoors. She loves hiking, kayaking, and camping with her friends and family, and if she can't be outside, she is an avid reader and baker.

She has also enjoyed attending classes at the Tippy Chef in Oil City to learn wine, cider, and beer brewing techniques, new cake decorating skills, and ways to incorporate various balsamic vinegar and extra virgin olive oils into everyday cooking. Other places she likes to spend time at include the Oil City YMCA, the Oil City Library, and Benjamin's Roadhouse and Edible Arrangements in Franklin.

Although she's not originally from here and hopes to move closer to the ocean someday, Lyndsey has enjoyed living and working here. "I find the tight-knit community fascinating," she said. "It's so easy to get involved, meet new people, and really feel like you're helping to make the community a better place." Please join us in welcoming Lyndsey to our area!



## OHF Ice Cream Social - Volunteers Needed!

The Oil Heritage Festival Ice Cream Social, hosted by FLEX, is on Thursday, July 20, from 6 to 8 p.m. in Central Ave Plaza in Oil City.

We need at least 10 volunteers to set up, scoop ice cream, give toppings, take money, hand out drinks, and tear down. Please plan to be there 5-9 p.m. If you'd like to help, please contact Ashley at [acowles@venangochamber.org](mailto:acowles@venangochamber.org) or (814) 676-8521.





**Rachel Britton** is one of many young professionals in our area truly making a difference in the community! Rachel works at Child Development Centers, Inc., where she is the Controller and does budgeting, financial statements and reporting, audits, and financial analyses for private, subsidy, and grants within the organization. She also pitches in anywhere needed. "No matter your role, when you are asked to help somewhere, you do what is needed for the children," she said.

Rachel was born in Oil City, but she moved to Seneca while in elementary school and graduated from Cranberry High School in 2004. She then went on to Clarion University where she earned her bachelor's degree in Business Administration, with a focus in Accounting.

Earning her college degree was one of Rachel's proudest achievements and she hopes to continue her education and get her MBA in the future. Another accomplishment for Rachel is growing her family, in which her and her husband Brian have two children, Jaxson, 4, and Jase, 1. She strives to continue to grow professionally, but also keep a good balance of career and family.

There are many causes in the community that Rachel is passionate about. She works hard each day to spread the word and has hopes to do even more in the future. She plans to be more of an advocate for Early Childhood Education. "These children are our future," she said. Rachel also has interest in volunteering at the birthing center to care for drug addicted babies and wants to start a support group for mothers with postpartum depression after having a baby.

In addition, Rachel hopes to use her accounting experience to help high school students understand the impact credit cards and student loans will have on their futures and how to handle their finances responsibly.

When Rachel has free time, she enjoys spending it with family at Oil Creek State Park, riding four wheelers, boating, having a spa day, shopping, and attending Zumba classes. "I grew up here, so it is home," she said. "I couldn't imagine working or living anywhere else. We are a small community and it feels cozy." We're excited to have Rachel as another inspirational and hardworking young professional here!

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## SAVE THE DATE!

The **FLEX Annual Meeting** will be Friday, October 20, starting at 5:30 p.m. At this meeting, we'll provide a re-cap of the year, elect new officers, launch a new online tool for members, and enjoy entertainment, food, and drinks. Location TBD.




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## June FLEX Socials

What a fun month for FLEX! We started off with our Summer Kick-Off kayaking down French Creek, joined Clarion's new young professional group at Clarion River Brewing, had a great Coffee Chat, and ended the month playing mini-golf at KB&B Dugout in Clarion. Thanks to everyone who joined us, and we hope to see you in July!



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## Appreciating Students Who Come Home for the Summer

Summer is a wonderful time of year, not only because of vacations, warm weather, outdoor activities, and barbecues, but also because many students from the Venango Area who were away for college come back home for about three months!

Local businesses and organizations employ these students, many of them as “interns,” and this benefits our community in countless ways. Students bring energy and creativity to the workplace, along with emerging technical skills, and give the community the opportunity to engage and invite a future workforce. In return, these students get hands-on experience and are able to continue their education throughout the summer by actually working in their chosen or similar fields.

To show our appreciation to these students for coming back for the summer, FLEX hosts the Student Appreciation Luncheon each year. We provide a lunch and brief presentation, in which many young professionals share their testimonials of how they have found success and happiness in the Venango Area. We encourage students to continue to work hard in school and consider returning to our area upon graduation.

This year’s luncheon will be on **Friday, August 4**. FLEX invites any college student in our area for the summer to attend, along with their employer if they would like. Any young professional is also encouraged to attend and is invited to speak if interested. Please see the insert in this month’s newsletter for more information or find the PDF version online at [bit.ly/StudentLunch2017](http://bit.ly/StudentLunch2017).



### 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.

### Where you'll find FLEX this month:

**BnB Meeting/Volunteer Orientation:** Mon. July 10, Meeting: 5 p.m., Orientation: 6 p.m., Venango Chamber

**OHF Bike 'n Brew:** Sat. July 15, Outdoor Activities: 10 a.m. - 4 p.m., Brewfest: 1-4 p.m. & 5-8 p.m., Justus Park

**Monthly Meeting:** Wed. July 19, 12 - 1 p.m., Location TBD

**OHF Ice Cream Social:** Thurs. July 20, 6 - 8 p.m., Central Ave Plaza, Oil City

Check out the Chamber's Calendar of Events: [www.venangochamber.org/calendar](http://www.venangochamber.org/calendar)



**VenangoFLEX**