

# FLEX FLEX Your Ideas

**FYI**

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

# SUMMER



We have some exciting socials planned for this summer! Any young professional in the Venango Area is invited to attend. We hope to see you there!

**Coffee Chat:** Tuesday, June 13, 8 - 9 a.m., Spilling the Beans, Oil City

**Mini Golf Social:** Thursday, June 29, 6 - 8 p.m., K B&B Dugout, Clarion

**Bonfire Social:** Thursday, August 10, 6 p.m., The Barnard House, Emlenton

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## FLEX at Oil Heritage Festival

FLEX hosts the Bike 'n Brew (July 15) and the Ice Cream Social (July 20) during Oil Heritage Festival each year! We are in need of volunteers for both events. This is a great way to give back to the community and get the word about the great young professionals that live here! If you'd like to volunteer, please contact Ashley at [acowles@venangochamber.org](mailto:acowles@venangochamber.org).





**Isaac Leonard** is originally from the Philadelphia area, now calls neighboring Clarion County his home, and is excited to build connections with young professionals in Venango County!

Isaac is the Assistant Director of Admissions & Multicultural Recruitment at Clarion University, where he also earned his bachelor's degree in 2011, with a major in Rehabilitative Science and a concentration in Developmental Disabilities. Currently, while working full-time, he is studying for his master's degree in College Counseling at Edinboro University.

"To date, graduating from college has been my biggest achievement. It still remains one of my proudest personal moments," he said.

Isaac grew up in Bensalem, Pennsylvania—a suburb of Philadelphia—and is still fairly new to this area, as he's lived in Clarion County for less than two years. However, he is really starting to appreciate all the outdoor activities in the area, especially because they don't have as much where he is from, and he's looking forward to being outdoors a lot this summer.

Besides the outdoors, Isaac enjoys spending quality time with friends and family, traveling, and attending concerts as much as he can. Within the next few years, he plans to complete his master's degree, continue to progress professionally, run a 5K, and travel even more.

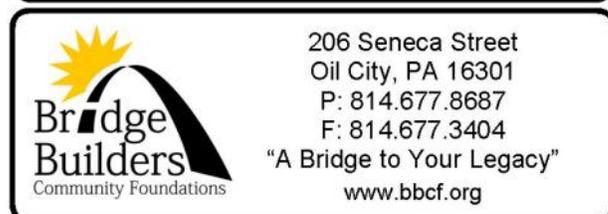
Isaac appreciates the small town feel here and he hopes to be more involved with giving back to the community. Please join us in welcoming him as one of our newest FLEX members!

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## Share Your Story in FYI!

Have you been profiled for an FYI newsletter? We profile two young professionals a month. Just fill out a form at [venangochamber.org/fyi-profile-form](http://venangochamber.org/fyi-profile-form) and answer questions about your hometown, achievements, future goals, hobbies, and anything else you'd like to share. The FYI profiles are a great way to show that we do have successful and talented young people in the Venango Area and we'd love to share your story!

We also welcome anyone to provide content for FYI newsletters, such as an informative article, advice, suggested books to read, etc. Contact Ashley at [acowles@venangochamber.org](mailto:acowles@venangochamber.org) if you'd like to contribute!




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## May FLEX Socials

We had a great time at our Taco & Trivia Night and Ice Cream & Dinner Social! FLEX socials are a great way to meet other young people in the area in a casual and fun setting. Thanks to everyone who joined us!





**Sandra Jackson** is a great example of what the “E” in FLEX represents—entrepreneur! She owns her own business, Sandra Jackson Photography, and is one of the young women behind Chicken Coop Studio 306, a non-profit studio in Emlenton that offers art workshops, events, and open studio space for the community.

Sandra has taken photography related courses at DeAnza College in Cupertino, CA, and online courses through Click'n Moms, Tara Leshner Education, Creative Live, and Sue Bryce. Besides her business and involvement with the Chicken Coop, she is a pediatric nurse and graduated from Lenape Technical School in 2011.

A big goal of Sandra’s is to continue growing her business at a steady pace. “I love providing meaningful images for families in this area and being able to tell their story is an honor,” she told us. “I wake up every morning full of creativity and passion.” She also hopes to pour that into the local community through the Chicken Coop Studio 306.

As much as she’s involved with our community, you’d think Sandra grew up here, but she’s actually from Ada, Oklahoma and spent her summers in Parker, PA.

When she’s not working or teaching classes at the Chicken Coop, Sandra enjoys spending time with family while watching movies, going to Pirates games, bowling at Seneca Lanes, skating at the Seneca Skating Rink, and utilizing the trails in our area.

She also likes to read, hike, and bike, and she’s in love with social media, in which you can usually find her ogling images on Instagram. When they are hungry, visiting Little It Deli is a must for her family and they also recently tried and loved the tacos at Otto’s Tavern—both local restaurants in Emlenton.

Having grown up in Oklahoma and lived in California for 11 years, Sandra is happy to now be in an area that has a small town vibe, but is not short on things to do. “I love that most of the businesses are locally owned and operated and the sense of community that creates,” she said. We appreciate all Sandra does for our community as a young professional!

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## New FLEX Goals Tracker Tool

FLEX sure knows how to have fun, but the organization also provides opportunities to gain leadership and professional experience. The Membership Committee is currently working on an online goal tracking tool that will be offered to FLEX members this fall!

This tool, offered on a customizable platform in both browser and app form, is a way for young professionals to reach goals and develop personally and professionally. Content will be uploaded by the committee and members can go at their own pace to accomplish goals related to topics such as networking, public speaking, furthering education, and more. The Membership Committee is having a meeting on **Monday, June 12**, at 5:30 p.m. in the Frame Hall Computer Lab at Venango Campus, where they will be exploring the tool more and starting a trial. Any young professional is invited to get involved! Please contact Membership Committee Chair Rachel Stiller at [r.l.stiller15@gmail.com](mailto:r.l.stiller15@gmail.com) with questions.



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# Powerful Podcasts and My Struggle to Read

by Kurtis Bell

There are two types of people in this world: people that live to read, and people that read to live. If you are a member of the latter group with myself, you know the feeling of putting in hours of work skimming cliff notes just to complete a book report, when in that time you could have actually read the book. Thankfully for those of us who sit down to read, only to be distracted by the first shiny object we notice, we have audio books and podcasts.



If you have never listened to a podcast you should really give them a try (I would image audio books are great too, but I have been too deep in podcasts to check one out). I find myself tuning in to podcasts when I'm out on the road during the day. They are a fantastic way to pass the time of a drive and potentially even learn a thing or two.

In the world of podcasting there is a show for everyone. Topics range from comedy to history, strength and conditioning to long format conversations, even current events and politics. Below, I'll detail my top podcasts that I listen to.

**1. The Joe Rogan Experience:** You might know Joe from Fear Factor or the UFC, but he also has a wildly successful podcast. Guests and topics are vast. In a given week you might have Neil deGrasse Tyson dropping endless knowledge as well as Joe, Eddie Bravo, and Brenden Schaub debating Flat Earth theories.

**2. The Monday Morning Podcast:** Bill Burr's Monday Morning Podcast (and Thursday Afternoon Just Before Friday Monday Morning Podcast) is often the comedic highlight of my week. Bill is one of the greatest stand up comedians currently working. For the past 10 years, Bill has been doing a solo podcast filled with rants, current sporting events, and horrible displays of himself reading out loud.

**3. Mark Bell's Powercast** Mark Bell has made a name for himself in the world of powerlifting and recently in the world of podcasting. He is a wildly successful businessman and although the conversation can be pretty jovial at times, he talks a lot of business and how to be a better person.

As you can see, I have an interesting top 3. I would encourage you to check them out as well as some other awesome podcasts like Dan Carlin's Hardcore History, My Favorite Murder, Radiolab, and WSJ The Future of Everything. Take a listen and let's talk podcasts some time. I'd love to hear what you are listening to!

## 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:

**Summer Kick-Off:** Sat. June 3, 9 a.m., OARS, Franklin

**Bike 'n Brew Meeting:** Wed. June 7, 5 - 7 p.m., Scierka's, Oil City

**Coffee Chat:** Tues. June 13, 8 - 9 a.m., Spilling the Beans, Oil City

**Oil Region Cycling Classic:** Sat. June 17 & Sun. June 18, Franklin & Oil City

**Mini Golf Social:** Thurs. June 29, 6 - 8 p.m., K B&B Dugout, Clarion

**Monthly Meeting:** Wed. June 21, 12 - 1 p.m., Location TBD

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



VenangoFLEX