

FLEX FLEX Your Ideas

FYI

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

Intern Involvement



Thanks to Bright Ideas Learning Center and Photography for the photo!

Welcome Event & Mixer

We had an excellent turn out for our Intern Welcome Event & Business After Hours Mixer! Shown in the picture to the left include interns from local businesses such as Joy, United Way of Venango County, Venango Training and Development Center, Northwest Savings Bank, and the Venango Area Chamber. The interns were welcomed and invited to network with FLEX members and other local professionals. Thank you to all who joined us, and to all the volunteers who made it such a great event!

Intern Appreciation Luncheon

Our Intern Appreciation Luncheon is coming up on August 7th! Each year we have this event to show interns how much we appreciate that they work in our area! The luncheon will be at the Wanango Golf Club at 314 Chestnut Street in Reno. Look in our August newsletter for additional details!





Will Thomas hails from the small town of Nickleville, and currently works in Inside Sales and Production with Kapp Alloy & Wire, Inc. of Oil City. He also now resides in Oil City, PA.

Upon graduation from Washing & Jefferson College, Will made the transition from Political Science and Law to the business. He gained experience in the business world with various companies before touching down at Kapp Alloy & Wire, Inc. Will calls his career at Kapp Alloy & Wire, Inc. "the most rewarding and challenging experience of his life." Although he did not elect to pursue a career in his studied field, he credits his college experience tremendously in making him who he is today.

Outside of his career, Will takes time to enjoy the outdoors. He has taken a shine to running ever since moving to Oil City. If he's not busy at work, you might catch a glimpse of him on a run around the town or out on the numerous trails the area has to offer.

Looking forward, Will's goals stay pretty fluid, but he would definitely prefer to set his roots in the Oil Region. He truly enjoys the way of life in rural Pennsylvania and the region's setting. He reminisced back to the days of his childhood where he was raised on a working farm and attributes much of who he is today to lessons learned on the farm.

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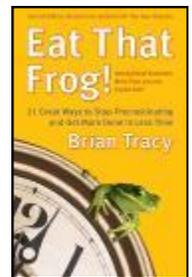
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On our Book Shelf

Eat That Frog!

Like the majority of the human race, I have some procrastination issues, so I thought I'd pick up the classic, but instead I purchased "Eat That Frog" by author Brian Tracy for some guidance.



This book is a quick read filled with great common sense tools to get yourself to do what you'd rather not do. Basically what you need to do is make lists. On the top of that list you put the thing you would rather avoid doing the most. This would be your "Frog." Then do that thing first, or eat that frog... then work your way down that list from the next slightly smaller, less ugly frog.

There are 21 great ways in his book to stop procrastinating and getting more done with less time, but to be honest I really didn't need 21 so here are my top 5:

- Plan the day in advance: think on paper
- Prepare thoroughly before you begin: get set up to get things done
- Put pressure on yourself: think like you are on vacation tomorrow
- Maximize your personal power: work hard at your best times of day
- Use the A B C D E Method continually: prioritize

Reviewed by:

Cinnamon Evans - Executive Director CASA of Venango County



Rebecca M Beach is proud to call Venango County her home. She hails from Franklin, PA and is currently the Real Estate Lending Director with Clarion County Community Bank's Franklin location.

Prior to her current position, she attended Mercyhurst College where she majored in Marketing. Rebecca is a great networker and utilized her network connections to help find employment after graduation. It was through the relationships she developed in her college internship that she was able to secure her first position in the finance world with National City. She continued to build relationships and seized the opportunity to move on to a position as a Mortgage Loan Officer when PNC acquired National City.

While she is always busy with her career, Rebecca still finds time to slow down and enjoy some of the finer things life has to offer. When she's not at work, she likes participating in 5k's, and kayaking the Allegheny River. She has also recently joined Friends of Oil Creek State Park and is excited about the opportunity to give back to a park she loves.

Rebecca is excited for the future and has a great outlook on her current position. She is truly looking forward to helping others realize their dreams of homeownership, through her position in Real Estate Lending.

Congratulations! You've been hired. Now what?

You've been offered a position and you've accepted it. Now what? Be prepared not only to do the things that you've been trained to do but also those things that others may not want to do. Your willingness to accept challenges, go the extra mile and have a positive attitude is just what your employer need. Ask questions. Be patient. Seek clarification.

Your First Day

Your first day in a new job can be very intimidating. You will need to learn new procedures, new workplace rules and new technologies.

Orientation

Orientation is your opportunity to meet and learn about the organization. Do take a lot of notes because you won't remember the details. Prepare ahead of time for this and come prepared to ask questions. It's your responsibility to get the most out of this task. And it can be difficult to balance orientation and work, but you can do it!

Ongoing training and development

Participate in ongoing training and development by participating in formal and informal opportunities. And you will learn. It takes work to balance work, family and school, but it builds character.

Adapted from :
<http://www.healthcareitnews.com/best-hospitals-2012/congratulations-youve-been-hired-now-what>

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"The Future of Venango Area Business!"

For your information, there is so much to do in Venango County!

A regular feature of FYI will provide announcements pertaining to opportunities for employment, volunteering and activities well suited for the young professionals, but not necessarily exclusive to any age group. Chamber members are invited to submit notices to be included in future editions of FYI. We request that items be brief but informational (as opposed to advertising), and include contact information for follow up.

Volunteer:

FLEX will be hosting the Ice Cream Social during the Oil Heritage Festival, on Thursday evening, July 24th in Central Avenue Plaza. Young professionals are invited to join in serving up the ice cream and toppings from 6-8PM. If you are available to help, please call the Chamber at 814-676-8521. Proceeds benefit FLEX.

Members of the FLEX Relay for Life Team will be volunteering at a golf outing to be held on August 16th at Sleepy Hollow Golf Course to benefit the American Cancer Society. Those interested in registering a team or volunteering can contact Chip Abramovic at 814-671-1497.

Social/Recreational:

The Oil Heritage 5k race will be held Saturday, July 26th at the Samuel Justus Bike Trail in Oil City. FLEX members interested in running should submit registrations to the Chamber. FLEX will pay half of the registration fee of \$14 and will provide each FLEX runner with a FLEX T-shirt. Registration form are available at the Chamber and on venangochamber.org/visit/oil-heritage-festival/.

Workforce:

Explore Venango shares local job openings on their website at explorevenango.com. Search Who's Hiring in Venango County for the most recent listings.



FLEX members Greg Williams, Greg Merkel, Bobbie Haag and Chip Abramovic golfed in the Venango Chamber Golf Scramble on June 12th at Wanango Golf Club



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 in June:

First Friday Lunch - July 11th @ noon, Clarion County Community Bank,
1324 Liberty Street, Franklin, PA. Pizza will be provided
by the Bank

Monthly Meeting - July 16th @ 5:30 pm, Venango Chamber Conference Room

Chamber events - Check out the Business Connector Calendar of Events or
www.venangochamber.org



VenangoFLEX

Text FLEX to 42828 to be added to our email list

email: flex@venangochamber.org