

# FLEX FLEX Your Ideas

**FYI**

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

## 'Tis the Season for Summer Interns!

*By: Ashley Cowles, Program Manager*

There are so many things we love about summer—the warm weather, farmers' markets, picnics, and more—but the thing we love the most? Summer interns! Whether they are returning home for the summer or coming to our area for certain positions, summer is a great time for college students to work for different organizations in our area.

What's so great about internships? The result is two-fold. Not only do students get beneficial experience within an organization they will use in their future careers, but they bring energy and creativity, as well as emerging technical skills, to that business.

I was an intern at the Venango Area Chamber of Commerce each summer during college and I gained a wealth of valuable knowledge and practical skills that has led me to a full-time position here. I can't express enough how important it is to learn as much as possible in college classes, then apply it in real situations. Now, we have a new intern, Janie, who has already had multiple opportunities to apply her public relations education at the Chamber and we will continue to rely on her growing skill set over the summer.

FLEX engages with interns each summer through various events. The Summer Kick-Off is Thursday, June 2, with a potluck dinner and various activities at Camp Coffman. FLEX will also host a Student Appreciation Luncheon on Friday, July 29, to thank interns who have been in our area all summer. We're so grateful these interns choose to spend time in Venango County to truly see how many great opportunities are available and we hope to see them again upon graduation!

We  interns



We're very excited to welcome **Janie Cassidy** as not only a young professional in our area, but also the new intern at the Venango Area Chamber of Commerce!

Janie is from Franklin and is currently studying Public Relations and Digital Media Trends and Analytics at Penn State University, where she is also working towards her social media certificate. She has completed the honors program, is consistently on Dean's List, and is a news editor for the newspaper, *The Behrend Beacon*. She attended Penn State Behrend her first two years of school but will be transferring to University Park next fall.

In her free time, Janie participates in theatre performances at both Penn State Behrend's Studio Theatre and the Barrow Civic Theatre in Franklin. She enjoys watching the performances, too, and loves bringing her friends who visit from college to the Barrow Civic Theatre.

Janie told us, "I'm so grateful for the opportunity to intern here over the summer! I'm already learning so much and I'm excited to keep learning and gaining more experience," and we're so happy to have her!

## Young Professionals: Six Keys to Building Your Career

Are you a young professional entering the workforce? Don't panic! There are many resources to provide you with assistance as you start your career. Josh Bersin provided an article on Huffington Post with six different keys to help build your career. These include:

1. It's time to take your career seriously: make sure you achieve your goals, openly communicate with your manager, and express your ambitions clearly.
2. Seek out the mentoring and advice of others.
3. Stay open to changes and diversions in your path.
4. Teach yourself every day.
5. Push your limits.
6. Be yourself.

Find the full article at [www.huffingtonpost.com/josh-bersin/young-professionals-six-keys-to-building-your-career-5595823.html](http://www.huffingtonpost.com/josh-bersin/young-professionals-six-keys-to-building-your-career-5595823.html)!



**ServiceMaster by Bell, Inc.**  
Professional Cleaning &  
Restoration Services for  
Your Home and Business

*"How can we help you today?"*

814-764-3232 [smbbybell@gmail.com](mailto:smbbybell@gmail.com)



**Bridge Builders**  
Community Foundations

206 Seneca Street  
Oil City, PA 16301  
P: 814.677.8687  
F: 814.677.3404

AT YOUR COMMUNITY FOUNDATION,  
WE CAN HELP YOU:

- Improve the quality of life for all in Venango, Forest, Jefferson & Clarion Counties
- Meet the charitable needs of our area for generations to come.
- Make smart, effective use of your charitable resources.

[www.bridgebuilderscommunityfoundations.com](http://www.bridgebuilderscommunityfoundations.com)



Meet **Sara Black**—a second grade teacher with the Oil City School District! Sara grew up in Rockland and went on to Clarion University where she earned a dual degree in Music Education and Elementary Education and was awarded the Outstanding Student Teacher Award. She also graduated with a master’s degree in Curriculum and Instruction from the American College of Education.

Sara is extremely proud to be a teacher at Oil City Area School District where she gets to enrich the lives of more than 20 smiling second graders each day. She is a GEMS facilitator in the district, in which she helps elementary school girls become and remain interested in STEM (Science, Technology, Engineering and Math) as careers. Additionally, Sara is co-president of the Chicken Coop Studio 306, which offers art workshops & community studio space for residents and visitors to the area.

Singing is a huge passion of Sara’s, in which she had the opportunity to sing with a premier choir at Carnegie Hall in New York City during college and continues to sing as a soloist for weddings and church services. Sara’s most important accomplishment, though, is having her two wonderful daughters, Ivy and Lily, and she feels being a mom is the most important job she will ever have.

Looking to the future, Sarah hopes to be the best wife and mother she can be, remodel or build a new home, and continue to sing within the community. Professionally, she hopes to grow as a teacher, expand her GEMS Knowledge, facilitate another program at the Chicken Coop Studio 306, and continue to work diligently with the other core members of the Chicken Coop to create artistic opportunities in our area as well as focus on economic development for the Southern Tier of the Oil Region.

## FLEX Online

Do you follow us on social media? We have a Facebook, Twitter, and Instagram! Just search “VenangoFLEX” on all platforms to stay up-to-date with news, upcoming events, and more!

Also, find us online at [www.venangochamber.org/flex!](http://www.venangochamber.org/flex!)





**Dr. Kate Eckert**  
 drkeckert@gmail.com  
 www.chirodrkate.com

1047 Allegheny Avenue  
 Oil City, PA 16301  
 P: 814.657.1854  
 F: 814.676.6200

*“P.S. \* Personal Service Since 1928!”*

**ROSSBACHER**

**URBAN – SENECA AGENCY**

814-677-4095      814-677-6071

[www.senecains.com](http://www.senecains.com)  
[www.teamrossbacher.com](http://www.teamrossbacher.com)

**7137 US 322 • Cranberry, PA**

# Save the Date! Upcoming FLEX Events and Volunteer Opportunities



## Oil Heritage Festival

July 21-24  
Oil City, PA

We are looking for volunteers for the Ice Cream Social, Bike 'N Brew (see below),

---



## Oil Heritage Festival Bike 'n Brew (Hosted by FLEX)

July 22, 2016  
Cornplanter Square, Oil City

---



## Student Appreciation Luncheon

July 29, 2016  
Day's Inn and Conference Center, Oil City

### 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:

Thursday, June 2, 5:30 - 8 p.m.—Summer Kick-Off at Camp Coffman  
Thursday, June 23, 11 a.m.—Chamber Golf Outing at Wanango Golf Club

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

**email:** [flex@venangochamber.org](mailto:flex@venangochamber.org)



VenangoFLEX