

FLEX FLEX Your Ideas

FYI

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

First Bike 'n Brew a Success!



With biking activities, 14 breweries, local entertainment, and hundreds of attendees, the first year of Bike 'n Brew shows to be successful! FLEX would like to thank all the people who helped plan, volunteered, sponsored, and attended the event.

Attendees seemed to enjoy this new addition to Oil Heritage Festival, in which Alysha Graham, originally from Cranberry and now living in Florida, said "Bike 'n Brew had such a wide variety of samples from so many different breweries. It encouraged me to visit more breweries in this area and I can't wait for next year's event!"

Jim Marshall from King's Landscaping, attendee and sponsor of the event, also told us he had a great time. "I think this was a great addition to the festival," he said. "Craft beer is a hot commodity right now and this event has potential to turn into a huge draw for this community in the future. "



Although the first Bike 'n Brew went well, there is always room for improvement for future years! FLEX will be sending out a survey within the next few weeks. Please provide any suggestions so we can make next year even better!

Thank you to our sponsors!





Born and raised in Oil City, **Stacy McMillen** moved away for while, but returned five years ago and is now a school psychologist in the Allegheny-Clarion Valley School District.

After graduating from Oil City High School, she went on to Edinboro University where she earned her B.A. in Psychology, M.A. in Educational Psychology, and M.S. in School Psychology, and she is an alumna of Phi Sigma Pi, a co-ed honors fraternity.

At AC Valley, Stacy works with the Brain Steps program through the Riverview Intermediate Unit to provide support to local districts when students return to school following a brain injury. In the coming years, she would like to build a professional network to expand her possibilities in the education field. She would also like to explore volunteer opportunities in the community. Her ultimate goal is simply to be a good role model for her two daughters—Violet, who is five years old, and Brynlee who is one.

In her free time, Stacy enjoys to read, although raising kids makes finding time to read much more difficult! She also likes to listen to music, play with her kids, and to cook. Stacy loves living in Venango County because of its location, making it easy to take day trips to Pittsburgh and surrounding areas. In the area, she enjoys visiting Two Mile Run County Park each season—the beach or boats in the summer, fishing in the spring, and sled riding in the winter.

When asked about living in Venango County, Stacy told us, “there is a sense of community here that you don't get everywhere,” she said. “ Small towns have a distinctly more cohesive feel.” Please join us in welcoming Stacy as a young professional in our area!

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Chamber Young Professional Initiative

Have you ever thought to yourself “I can’t be successful here” or “There’s nothing to do in this area”? The Chamber is working on an initiative to help attract and retain young professionals in the area. With this initiative, we’re working on promoting the opportunities that exist here, as well as developing programs to make the area even better.

We created a survey and would love to hear your concerns with living in the Venango Area. The survey will only be open for a couple more weeks. You can find the link at <https://www.surveymonkey.com/r/venango> and you can win over \$100 of gift certificates by completing it!



We're very happy to welcome **Kasryn Kapp**, also known as Ryn, back to Venango County!

Ryn grew up in Oil City and went on to Millersville University where she earned her bachelor's degree in psychology and then to Towson University where she earned her master's degree in counseling psychology, graduating summa cum laude at both schools.

Ryn now works at Regional Counseling Center, Inc. and hopes to spend some time relaxing after her six intense years of attending school and working.

She plans to explore the natural beauty of Venango County where she likes to go hiking and biking, especially in Two Mile Run County Park. Ryn also enjoys cooking, painting, and making candles.

Professionally, Ryn hopes to gain experience and become the most effective counselor she can be and meet professionals her age. FLEX is excited for another young professional to live in our area!

Need a Confidence Boost?

When you look at someone you deem successful, you often see an abundance of confidence, but it's not their success that makes them confident. Successful people believe in themselves and the work they do. Self-doubt is often the biggest barrier to the confidence we want to possess. Here are a few tips to gain a healthy level of confidence, which will make you more likely to engage in challenging projects and achieve new goals.

Don't be a doubter. A leader doesn't have followers if they don't believe in themselves. Doubt will always breed doubt. Take a look at yourself and the hard work that will earn you confidence. Stand firm in your abilities and make plans to strengthen your weaknesses for the future.

Establish good relationships with your team. Troubled relationships at work can extinguish even the most gifted person's confidence. Identify if there is anything in your power to make these relationships stronger.

Be a problem solver. Find a path around obstacles so you aren't at the mercy of external circumstances.

Reach for new challenges. Don't let your insecurities keep you in your comfort zone.

Learn to say no. Uncertainty begets uncertainty, so try saying no with confidence that you're saving time for the commitments you've already made. Burnout isn't good for anyone or any project.

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Thank you to all who helped at this year's FLEX Ice Cream Social, Bike 'n Brew, and elsewhere during Oil Heritage Festival!



Interested in volunteering with us? The Cranberry Festival is coming up and we could use your help! The festival is on September 17th from 10AM - 7PM. Contact the Chamber of Commerce at 676-8521 or chamber@venangochamber.org for details.

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:

Wednesday, August 17, 12 p.m.—Monthly Meeting , Venango Chamber

Chamber events: Check out the Chamber's Calendar of Events at www.venangochamber.org

email: flex@venangochamber.org



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