



PESU NEWSLETTER

December 2019

Holiday Message from Our PESU President

As 2019 draws to a close, we sincerely thank all of you for your efforts to ensure PESU's mission to protect and preserve our bargaining power through effective negotiations became a reality. While there is still work to do, we are extremely proud of this year's multiple accomplishments and look forward to our collaborative journey to attain many more.

Finally, we would like to extend a happy, healthy, and safe holiday greeting to you and your family!

Lisa Maddox Douglas (President)

&

The PESU Executive Board



What's the Buzz?

PESU HOLIDAY PARTY

Our PESU Holiday Party was a fabulous and successful night of fun and laughter. There were lots of amazing masquerade masks donned by our members and guests in keeping with the theme of the night. Our Holiday Party Committee did an excellent job in arranging all the details and bringing the party to life. The DJ and MC had everyone up all night dancing and having a good time. The photo booth was a hit with members taking lots of great photos and having fun using the props. Congratulations once again to our members who won great prizes:

Lisa Upshaw won a Nutri Ninja

Nancy Gervickas won a Gift Card Tree

Richard Camarena won a Kodak Photo Printer Dock

Tanya Robinson won an Air Fryer

Janine Jones won a Spa Package

Chanelle Sanders won Wireless Ear Pods

Marilyn Kasper won the 50/50 Raffle

Numerous members also won door table game prizes

It was great to see our members join together and celebrate the holiday season with good times and great memories. We extend our gratitude to the Holiday Party Committee which includes Chairperson Carressa Simmons, Fatima Cole, Siaeng Roberts, Norma Hermann, Karlene Mullings, and Linda Bass for a sensational job well done.

Recipe Corner

Simple Beef Pot Roast

Ingredients:

- 2 tbsp olive oil
- 1 (3 lbs.) beef chuck pot roast
- 2 tsp salt
- 1 tsp ground pepper
- 3 cloves garlic minced
- 6 medium carrots, peeled and chopped
- 2 lbs. Yukon gold potatoes, cleaned and diced
- 1 large yellow onion chopped
- 1 can (14.5 oz) beef broth
- 3/4 cup dry red wine (optional)
- 1 tsp dried rosemary
- 1 tsp dried thyme
- Substitution option: Try 1 lb. gold potatoes and 1 lb. sweet potatoes

Directions:

- Preheat oven to 275 degrees F
- Heat olive oil in large oven-safe pot over medium-high heat.
- Season the chuck roast all over with salt and black pepper, then add roast to pot and brown on all sides about 2 minutes per side. Remove roast to plate.
- Add onions to pan and sauté until they begin to brown, about 4-5 minutes, adding garlic during last minute.
- Return roast to pan, pour beef broth and optional red wine over roast. Add thyme and rosemary to broth.
- Bring to a simmer, then cover pot with lid and carefully transfer to oven and cook 2 hours.
- Remove from oven, add carrots and potatoes to pot and season with salt and pepper to taste.
- Return to oven and cook 1 to 1 1/2 hours longer until roast and vegetables are tender.
- Remove roast and shred or cut into large pieces and return to pot.



Six Questions to Help You Look Back on 2019—and Another Six to Help You Look Ahead

By: Eileen Chadnick, Special to the Globe and Mail, Published December 20, 2019, Full Article at The Globe and Mail

As we approach 2020, there's an even more salient opportunity to learn from the past and lean in with intention toward the future. We live in an increasingly high-pressured world and reflection is not a luxury; it's a necessity for resilience, efficacy and well-being. Whether you are a leader, an aspiring leader, or simply want to be your best, a reflective practice can help you be more impactful, mindful and intentional in your work and in your life.

Look Back (on the year or decade)

What went well? Our brains default to holding on to what's wrong or didn't go well. Focusing on the good balances your perspective and provides more meaning to your year – and life.

What do you need to acknowledge yourself for? Ditch that self-limiting narrative and, instead, celebrate your wins. An emotionally intelligent leader knows how and when to acknowledge others – and themselves – to boost resiliency, motivation and growth.

What growth opportunities made you different and better this year? Did you learn new skills? Develop a healthy new habit? Recognize your growth from all opportunities – including the silver linings of the tougher moments.

What needs to change or go? Celebrating the good doesn't mean we ignore what's bad or no longer working. What do you need to confront and let go of? Where do you need to be proactive to make change?

What was your impact on others? Whether it be through your leadership roles, volunteer life or simply by showing up with others, you made a difference. Reflect on who you've had an impact on and what that meant to them and to you.

Give the year (or decade) a theme: Celebrate and complete your year by giving it a theme. This was the year (or decade) of "_____."

Look and Plan Ahead: Vision 2020

What do you want and are willing to invest effort in? What do you really, truly want for the year (or decade) ahead? Reflect through the lenses of your highest priorities, values and aspirations. Then focus on what you can and will do in the year(s) ahead to bring this to the fore.

Where will you focus your attention? We multitask, face enormous workloads, say yes automatically and get lost in time-consuming social media mazes. Pick at least one or two things to pay less attention to in the year ahead, and one to two that you will focus more attention on.

Where will you intentionally stretch yourself? To grow, we must stretch – stretch our minds, stretch our capacities (responsibly) and reach beyond our comfort zone. What will stretch mean for you this year?

How will you do more “we”? Today's paradigm of work calls for more collaboration and greater connection to inspire success, engagement and better results. Reflect on who you need to connect with more often and more meaningfully.

How will you give back generously? It's said that those who give more get more in return. Where and with whom will you be more generous? Your team? Your community? Family?

What's your word or phrase for your Vision 2020? What word or phrase captures your intentions for the year (and/or decade) ahead? This will be the year of "_____."

Here's to a great, intentional start to 2020!