

July 2021



PESU NEWSLETTER



What's the Buzz?

We congratulate and wish our members below the best on their retirements. We thank them for their dedication and years of service. Their knowledge and presence will be missed:

- ◆ Linda Bass
- ◆ Marilyn Kasper
- ◆ Cynthia Rasool



Warmest congratulations to all our graduates on your well-deserved success. We wish you all the best on your next adventures and future endeavors.

We extend a special congratulations to *Jamaal Cooper*, son of our member *Rasheemah Lynn*. *Jamaal* graduated from East Orange High School on June 23, 2021. We wish him the best as he steps ahead toward new challenges and opportunities.

Warmest congratulations to our member, *Sabrina Ramos*, on the birth of her son, *Gabriel*. *Gabriel* was born on May 20, 2021 and according to mom is happy, healthy, and full of lots of energy.



MEMBER SUBMISSIONS

PESU is seeking member submissions for our next newsletter. We are asking for stories, experiences, art, poems, etc. that highlight the hard work, dedication, teamwork, etc. of our PESU members during the COVID pandemic.

We would love to hear from our members and show appreciation to those that have gone above and beyond.

We All Really Need a Vacation. Here's How to Make the Most of It

May 12, 2021 * By Art Markman—Full Article on Harvard Business Review



Even before the pandemic, millions of days of vacation time went unused in the United States. As it did with so many things, the pandemic only exacerbated the problem. Most of us are eager for a change of scenery, and research shows that taking vacations is important for a variety of reasons. Rest and time away increases resilience, which makes people better able to deal with the inevitable setbacks at work. It provides perspective that can help people see new solutions to problems, and it gives people a chance to pursue other life goals, like spending time with family and seeing the world. As things start approaching a new normal in many parts of the world, it's time for a reminder not only that you need to use your vacation time, but of how to make the most of it.

Plan ahead if you can

The many disruptions brought about by the pandemic made it hard to plan anything in advance, but if your circumstances are beginning to allow for it, schedule your vacation at least three months ahead of time.

Take at least a week

Taking at least a week's vacation matters, because it often takes a day or two to stop thinking about your email, projects, teammates, etc. Being away for a week or more also gives you several days where you know that you're still on vacation the next day. That allows you to relax, knowing that the end of the vacation isn't imminent.



Go somewhere — anywhere

If you can afford it, do your best to get away from home and from as many of your other responsibilities as possible during your time off. Chances are, there are a lot of people who rely on you, but it's important to get some time where you don't need to make a lot of decisions. Staycations are inexpensive, but they leave you surrounded by reminders of all of your work-year responsibilities.

Prepare your colleagues and clients early

You might have some concerns about taking a whole week away from work. There are always ongoing projects that require attention. Use the time before your vacation to ensure that other people can handle anything that arises while you're away. Importantly, all of that preparation will help you have a more relaxing vacation and minimize the amount of work awaiting on your return.

Put your phone down

Make a schedule for your trip on paper instead of keeping it on your phone to minimize the number of times you engage with technology. If you do have your phone handy, shut off all your work-related notifications before you go.

Don't forget one-off personal days

All of that extra unused vacation time during the pandemic included occasional personal days. Having a long weekend or giving yourself a breather in the middle of the week can help you recharge, too. On those days off, think about spending half the day on yourself and half on other life responsibilities.



After a year of so much disruption, grief, and anxiety, taking time away from work and your responsibilities is especially important. After making that first step of deciding to get away, being deliberate about how you plan your time off will maximize its many benefits.

- *Enjoy arts, music, history, culture & more*
 - ◇ *museums*
 - ◇ *aquariums*
 - ◇ *botanical gardens*
 - ◇ *concerts*
- *Enjoy the outdoors*
 - ◇ *hike*
 - ◇ *bike*
 - ◇ *boat*
- *Book an overnight stay in a new area and go exploring*
 - ◇ *wine trail*
 - ◇ *antiques*
 - ◇ *festivals*

Recipe Corner

Watermelon Sangria

Ingredients:

- 1.5 cups cubed watermelon, divided
- 1 bottle (750 ml) bottle dry white wine
- 1 cup vodka
- 1/2 cup triple sec
- 1/2 cup simple syrup
- 1 medium lime, quartered
- 1 orange, cut into wedges
- 1 cup fresh blueberries



Optional:

- Use Ciroc Summer Watermelon Vodka
- Add more fruit such as orange or strawberry slices

Directions:

- Place 9 cups of watermelon cubes in a blender.
- Blend on high until very smooth.
- Strain juice through a mesh strainer into a large pitcher.
- Pour the wine, vodka, triple sec, and simple syrup in to the pitcher.
- Stir to combine.
- Mix the remaining 3 cups of watermelon cubes, the lime quarters, orange sections, and blueberries into the sangria.
- Chill for 4 hours before serving.
- Yields 16 servings



Pulled Chicken Tostadas

Ingredients:

- 5 slices bacon, chopped
- 2 onions, thinly sliced
- 1 14 oz. Can diced or crushed fire-roasted tomatoes
- 2 cups shredded rotisserie chicken, skin removed (about 10 oz.)
- 1 chipotle chili pepper in adobo, chopped, plus 1 to 2 teaspoons sauce from the can
- 1/4 teaspoon ground cumin
- Kosher salt and freshly ground pepper
- 2 cups shredded coleslaw mix
- Juice of 1/2 lime
- 8 corn tostadas
- 1/2 cup sour cream
- 1 avocado, chopped

Optional:

- Use turkey or beef bacon
- Use flour or gluten free tostadas

Directions:

- Cook the bacon in a large saucepan over medium-high heat, stirring, until lightly browned and crisp, 5 to 6 minutes.
- Add the onions and cook, stirring often and scraping the browned bits from the bottom of the pan, until soft and golden, about 10 minutes.
- Meanwhile, puree the tomatoes in a blender. Add to the saucepan along with the chicken, chipotle, adobo sauce and cumin.
- Cook until warmed through, 1 to 2 minutes, adding up to 1/4 cup water if the sauce is too thick; season with salt and pepper.
- Toss the coleslaw mix with the lime juice, 1/4 teaspoon salt and a few grinds of pepper in a medium bowl.
- Warm the tostadas as the label directs.
- Top the tostadas with the chicken and coleslaw.
- Thin the sour cream with 1 to 2 teaspoons water; drizzle over the tostadas.
- Top with the avocado
- Yields 4 servings

