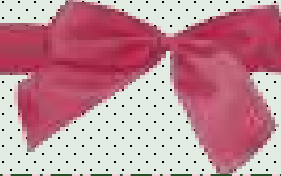




# PESU NEWSLETTER

December 2021



*We would like to extend a happy , and safe holiday greeting and joyous New Year to you and your family !*

*-The PESU Executive Board*



## What's the Buzz?



### PESU HOLIDAY PARTY

Our PESU Holiday Party was a fun filled night of laughter and prizes. Our Holiday Party Committee did a great job with holiday details and bringing the party to life. Members enjoyed lively music, engaging entertainment, and prizes throughout the night. Congratulations to all our members who won great 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 (see pic) for a sensational job well done.



## Recipe Corner

### Coquito

#### Ingredients:

- 4 oz. raisins
- 1 1/2 cups dark rum
- 2 cinnamon sticks
- 1 (14 oz.) can sweetened condensed milk
- 1 (15 oz.) can cream of coconut (Coco Lopez)
- 1 (13.5 oz) can coconut milk
- 4 oz evaporated milk
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 4 tablespoons shredded coconut, optional

#### Directions:

- In a large pitcher with a lid, add raisins, dark rum, and cinnamon sticks. Let sit for 1 hour.
- In a blender, puree all the other ingredients. Pour into the bottle and shake well to combine with rum/raisins mixture.
- Chill for at least 4 hours and store in airtight container in refrigerator.
- Shake well before serving and enjoy!
- Optional: add a cinnamon sugar or coconut rim to your glass for décor.



## 10 Things to Let Go of Before the New Year

From: But First Joy

*With the new year approaching, it's the perfect time to let go of things, people, or feelings that aren't serving you – especially these things*

- 1. Toxic Friendships:** I've been preaching this all year, but if you're holding onto toxic friendships – this is the time to let them go. Depending on the relationship, you'll need to breakup with a friend. However, some friendships can be let go of without saying a word.
- 2. Bad Habits:** I think we all vow to let go of bad habits for the new year, but this is really the time to do it. Don't wait for the new year. Start now. There's never a wrong time to break a habit.
- 3. Old Grudges:** Holding a grudge is detrimental to your wellbeing. You cannot expect true happiness if you're holding onto something resentful. Squash things with the person or let it go.
- 4. Self-doubt:** 2020 is going to be your year – but only if you can let go of self-doubt. It's all a mirage. Self-doubt isn't real. It's just something you've built from fear and rejection. By letting go of self-doubt, you'll give yourself permission to find your true worth. Happiness comes from within. Believe in yourself and everything else will fall into place.
- 5. Feeling Bad For Yourself:** Likewise, you need to stop feeling bad for yourself. Whatever happened to you doesn't define you. Stop making excuses, let go of past hardships, and take back the reins.
- 6. Waiting for Success:** Are you seeing a connection, yet? Self-doubt and feeling bad for yourself are both excuses to sit around and *wait*. Success isn't something that just *happens* to you. Hopes and dreams aren't the secret to success. Hard work and consistency is. Let go of the waiting and start running after it!
- 7. Your Ego:** Nobody loves an ego. An ego is the elephant in the room. It's always in the way and it makes others incredibly uncomfortable. Be real, be vulnerable, and be humble.
- 8. Negative Thinking:** Life is what you make it and a negative thinker will always find the bad in every situation. Practice positive thinking exercises now and the new year will bring many incredible things.
- 9. Over Planning:** I'm predicting that over planning and being busy constantly will no longer be popular in 2020. Women are finally realizing that self-care is more important than pleasing everyone. End your year by saying “NO” to a few things because over planning isn't healthy for anyone.
- 10. Neglecting Yourself:** Finally, neglecting yourself is something you need to let go of before stepping into the new decade. It's time that you control of your attitude, body, and mind. This require intentional thinking and a mindful attitude.

