



PESU NEWSLETTER

SEPTEMBER 2023

Executive Board Members:

- ◆ Lisa Maddox-Douglas
- ◆ Abibat Hall
- ◆ Janine Jones
- ◆ Nancy Shoukry
- ◆ Hartmut Jung
- ◆ Siaeng Roberts

Shop Stewards:

- ◆ Tonya Robinson
- ⇒ EDU 1st FL
- ◆ Alnissa Bradley
- ⇒ EDU 4th FL
- ◆ Colette Harris
- ⇒ OCSS, IT, SDTU, Fair Hearing
- ◆ Chanette Reid
- ⇒ Administration, Investigations, QCRM
- ◆ Barbara Taylor
- ⇒ SNAP, OMSS, Call Center
- ◆ Lori Jaiyesimi
- ⇒ NJFC
- ◆ Sparkle Myrie
- ⇒ NJFC
- ◆ Renee Williams
- ⇒ Office of ABD

Treasury Committee:

- ◆ Janine Jones
- ◆ Abibat Hall
- ◆ Aimee Frasier
- ◆ Colette Harris
- ◆ Carressa Simmons
- ◆ Fatima Cole

Trust Committee:

- ◆ Abibat Hall
- ◆ Janine Jones
- ◆ Nancy Shoukry
- ◆ Renee Williams
- ◆ Karon Carrington

Work Practice Committee:

- ◆ Terrel Best
- ◆ Clara Feaster
- ◆ Hillary Curry
- ◆ James Fazzari

Holiday Party Committee:

- ◆ Caressa Simmons
- ◆ Janine Jones
- ◆ Siaeng Roberts
- ◆ Lori Jaiyesimi
- ◆ Fatima Cole
- ◆ Karlene Mullings

Negotiations Committee:

- ◆ Frank Firavanti
- ◆ Sabrina Ramos
- ◆ Nancy Shoukry
- ◆ Robert Novak
- ◆ Siaeng Roberts

Eze Brooks Scholarship Committee:

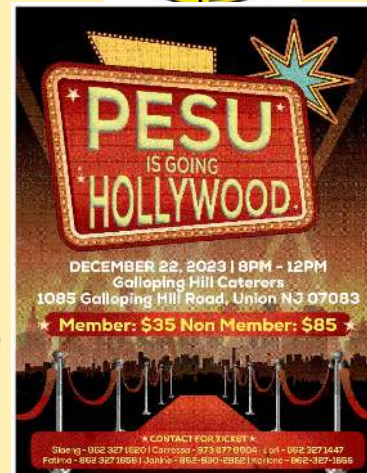
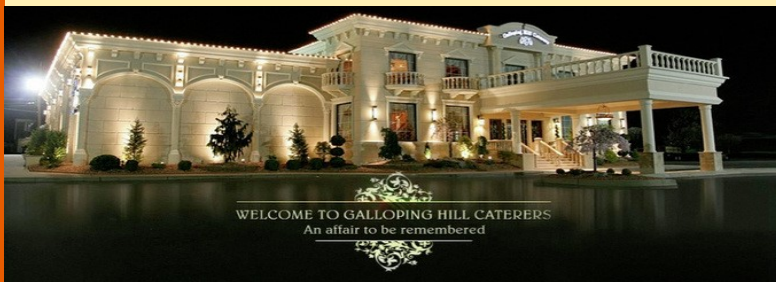
- ◆ TBD



PESU HOLIDAY PARTY

We are super excited about the upcoming PESU Holiday Party, which will be on **Friday, December 22, 2023** at 8pm. Come join us on the red carpet as PESU goes to Hollywood! The party will be held at the Galloping Hill Caterers in Union, NJ. The venue boasts a hand carved cherry doors, newly renovated marble foyer with cathedral ceilings, crystal chandeliers, and a spectacular spiral staircase for great pictures.

Flyers will be coming out soon and tickets for the PESU Holiday Party will be available for purchase starting in October from our holiday party committee members. Make sure to get your ticket early, come out to celebrate, and make your own historical memories!



2023 Holiday Party Pre-sale Ticket Winner:

Janine Jones
SNAP Office

10 Tips for Becoming a Better Leader

More info @ www.verywellmind.com

Transformational leaders are positive, empowering, and inspiring. They value followers and inspire them to perform better. What can you do to embrace these valued leadership qualities and become a stronger and more effective leader? Here are 10 top tips:

1. Start by understanding your leadership style
2. Encourage creativity
3. Serve as a role model
4. Be Passionate
5. Listen and communicate effectively
6. Have a positive attitude
7. Encourage people to make contributions
8. Motivate your followers
9. Offer rewards and recognition
10. Keep trying new things

PESU Contract Negotiations

- ◆ *PESU contracts are up for renewal for 2024. We appreciate our members who are representing us in the Negotiations Committee: Sabrina Ramos, Frank Firavanti, Siaeng Roberts, Nancy Shoukry, and Robert Novak.*
- ◆ *Members are encouraged to submit ideas, information, etc. for 2024 negotiations to pesuprez@pesuonline.com.*

Recipe Corner

Lemon Garlic Chicken Thighs and Green Beans Skillet



Ingredients:

- 3-6 skinless, boneless chicken thighs
- 1 lb green beans, trimmed
- 3 tbsp butter, divided
- 4 garlic cloves, minced
- 1 tsp onion powder
- 1/4 teaspoon salt and fresh cracked black pepper
- 1 tsp paprika
- Juice of 1/2 lemon + lemon slices for garnish
- 1/2 cup chicken stock
- 1/2 cup fresh chopped parsley
- 1/2 tbsp hot sauce (sriracha)
- 1/4 tsp crushed red chili pepper flakes, optional

Directions:

- In a small bowl, combine onion powder, paprika, salt, and pepper. Season chicken thighs generously with the spice mixture and set aside.
- Arrange the green beans in a microwave-safe dish with 1/2 cup water. Cook in the microwave for 8-10 minutes until almost done but still crisp.
- Melt 2 tablespoons butter in a large skillet over medium-low heat. Lay seasoned chicken thighs in one layer in the skillet. Cook chicken for 5-6 minutes then flip and cook another 5-6 minutes, until cooked through. Transfer chicken to a plate and set aside.
- In the same skillet, lower heat and melt remaining butter. Add chopped parsley, garlic, hot sauce, chili pepper flakes, and pre-cooked green beans and cook for 4-5 minutes, stirring regularly until cooked to your liking.
- Add lemon juice and chicken stock and reduce the sauce for a couple of minutes, until slightly thickened.
- Push green beans to the side and add cooked chicken thighs back to the pan and reheat quickly. Garnish with fresh parsley and lemon slices.
- Serve and enjoy!



Want to Be More Resilient? Drop Your Stones

By: Individual Resilience

Dr. Rick Hanson writes a lot about resilience and provides some practical tools that improve our well-being. One of my favorites is his suggestion to “drop our stones.” He explains that most of us are lugging around at least one thing that is a needless burden. A burden may be “holding on to resentments, worrying over and over about the same thing, or it’s an unrealistic standard you keep failing to meet, an old quarrel you keep rehashing, so you’re always thinking about it.” Carrying these burdens is like a load on your back, a heavy weight in your hand. Hanson is not suggesting we turn away from pain, stop caring about others, or avoid ambitious goals. It’s healthy to feel sadness, hurt, or worry. We need to keep faith with ourselves, bet on ourselves, and dream big dreams. Instead, we want to avoid being sucked into repetitive preoccupations that erode our resilience. Negative preoccupations in our brains can cause us to ruminate and reinforce negative thinking. We may feel trapped and overburdened.

To avoid this, we need to drop the stones that weigh us down. Dr. Hanson suggests that we pick one stone we’d like to drop this year. He says, to “decide for yourself what, if anything, is reasonable or useful about it. Know in your heart what is worth taking into account and what is just needless worthless excess suffering.” Then, deliberately carry that stone for a few seconds or longer. Think about it, worry about it, and get sad or mad about it. You want to know how it feels so that it becomes easier to drop the stone if you pick it up again later. Then, resolve to stop picking up the stone. You want to determine to disengage from it. Be strong inside your mind. In much the same way that you could step back from someone who’s being harmful, you can step back from old habit patterns. Shift your attention to other things. This could be forgiving yourself, turning to healthy pleasures, or seeing the big picture. With repetition, you’ll be more likely to default to these new objects of attention. Every year, commit to dropping one more stone. As you shed your stones, feel the lightness that comes. Experience how much room you have for more positive energy.

Surround yourself with positive souls and positive vibes come naturally. Your environment influences your experience. Make it a positive one.

