



**Etech at Rusk Chamber of Commerce Banquet**

# NEWSLETTER

# JANUARY 2022



EXPERIENCED PEOPLE | INNOVATIVE TECHNOLOGY | REMARKABLE RESULTS

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## Etech's 12 Character Commitments

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- INTEGRITY
- VALUING PEOPLE
- TEAM WORK
- ACCOUNTABILITY
- COMMUNICATION
- VISION
- ADAPTABILITY
- HUMILITY
- CREATIVITY
- TEACHABILITY
- POSITIVE INFLUENCE
- COURAGE

## Etech Nacogdoches Give Back Initiative: New Year into focus

To kick off 2022, Etech Nacogdoches participated in a giveback that would put things in focus for the new year.

**Etech Nacogdoches center teamed up** with Nacogdoches Eye Associates to provide an opportunity for Team Members to donate their outdated and gently used glasses so local optometrists can give them new life on a new face. Etech Nacogdoches was able to collect 21 pairs of glasses that are now destined to bring life into focus for a bespectacled friend. Thank you to all who donated!



## Etech Nacogdoches Fun Moments: National Hot Chocolate Day

On January 31, 2022, Etech Nacogdoches celebrated National Hot Chocolate Day by providing complimentary hot chocolate for WFO employees. Chocolate, any day, so yummy and loved by all.



## Rusk Chamber of Commerce Banquet

The 81st Annual Rusk Chamber of Commerce Banquet was attended by Ben Johnson, Katie Streetman, Jon Johnson, Rachelle Barnett, and Ashley Rodgers on January 15, 2022. Etech Rusk received an award for being a 2021 Silver sponsor for the Chamber of Commerce.



## All about Health and Wellness @ Etech: Health is Wealth

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### National Fitness and Exercise Month

Fitness and Exercise is a subset of physical activity that is planned, structured, and repetitive and has as a final or an intermediate objective the improvement or maintenance of physical fitness. Physical fitness is a set of attributes that are either health- or skill-related.

#### What you can do to start or continue your Fitness and Exercise Journey:

- **Assess your fitness level.** You probably have some idea of how are you. But assessing and recording baseline fitness scores can give you benchmarks against which to measure your progress.
- **Create a fitness Goal and balanced routine.** For most healthy adults, the Department of Health and Human Services recommends getting at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity.
  - » The guidelines suggest that you spread out this exercise over a week. Greater amounts of exercise will provide even greater health benefits.
- **Get regular exercise.** Exercise can help prevent heart disease, stroke, diabetes, and colon cancer. It can help treat depression, osteoporosis, and high blood pressure. People who exercise also get injured less often.
  - » Routine exercise can make you feel better and keep your weight under control. Try to be active for 30 to 60 minutes about 5 times a week. Remember, any amount of exercise is better than none.
- **Start Slow. Build activity into your daily routine.** If you're just beginning to exercise, start cautiously and progress slowly.
  - » If you have an injury or a medical condition, consult your doctor or an exercise therapist for help designing a fitness program that gradually improves your range of motion, strength, and endurance.
- **Allow recovery time** so you do not exhaust your mind or your body. Many people start exercising with frenzied zeal – working out too long or too intensely – and give up when their muscles and joints become sore or injured.
  - » Plan time between sessions for your body to rest and recover.

## Etech Lufkin, Raising Funds for a good cause!

With the intent of participating in the Give Back initiative and community service, Etech Lufkin Team Members organized a fundraising event. National Hot Chocolate day is celebrated in January. Etech Lufkin employees had an offer to buy hot chocolate for \$1 a cup and all proceeds from this event was added to Etech Funds. This fund will be utilized for the community service and Etech Give Back initiative events.



## New Year Resolution

It always feels great to start the New Year with a resolution and follow them to realize what is committed. Etech Lufkin employees participated in New Year resolutions with a handwritten note and posted these notes on the soft-board to see them over and continue to follow the resolution.



## A healthy beginning to the New Year

It's always exciting to start New Year with healthy drinks. Health and Wellness are important aspects for everyone. Rusk employees received soup for New Year's day to kick off a Souper Year Ahead!



## Events @ Nacogdoches Center

Etech Nacogdoches participated in the United Way fundraising campaign in December '21.

Special thanks to the United Way committee including Denise Barker, Jon Johnson, Rachel Reneau & Kimberly Westerhaus. Thank you, Jon Johnson and Michael Almazan for being a great sport! Also, another moment to celebrate and that is Etech raised the third-highest amount out of all Nacogdoches businesses this year!



## Campaign Performance Contest

Lufkin center help the performance contest and the best performing Team Members were rewarded with Gifts. Congratulations to all the winners. Here are the winners!



**Highest Contributing Teams: Dusty Smith and Maggie Davis**

*Winners of Raffle Draw:*

- TV: Jacob Gilbreath
- Etech Gift basket: Jessica Nobles, Cynthia Russell
- Leader Gift Card: Ben Johnson



## Employee Spotlight

Etech has always been committed to the development of its people and supports the vision of making a remarkable difference for each other, our customers, and within our communities. Etech Dallas Center acknowledges an inspiring leader in the training department.



### About Terrell Wright-

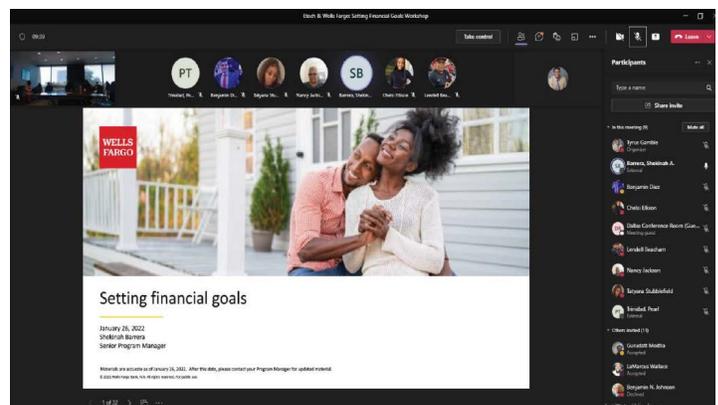
1. Favorite color? Red
2. What do you enjoy doing when you are not working? Riding my motorcycle or playing basketball
3. Favorite food? Cajun pasta or Gumbo
4. If you could travel to any place in the world, where would you go? Paris
5. Favorite candy? Reeses
6. Favorite quote or motto? In life, you will fall. If you fall then fall forward because then when you stand up you are further ahead than where you were before.
7. What do you enjoy most about Etech? The people I work with daily.

## Etech Dallas: Financial Wellness Program

Financial Wellness is equally important. For the benefit of the Team Members, Etech Dallas organized a Financial Wellness session for the Team Members enabling them to plan their finances aptly.

The sessions included the details of what financial success means?

- Identify your goals
- Make a plan
- Create a budget
- Manage Spending
- Understand Borrowing



## Etech Palm Beach: National Hot Chocolate Day

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Palm Beach Center celebrated National Hot chocolate day on Jan. 31st. It was a great moment for the center to come together in this cold weather.



## Etech Palm Beach Community Service

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Etech Palm Beach Team Members conducted a clothing drive. The Team Members were requested to donate the clothes that can support the needy in the harsh winters.



## Etech Employee Announcements

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Gurudatt Medtia promoted to Vice President. In this new role, Guru will oversee all departments in India (Ops, HR, EI, ETS, IT, Accounting, etc.).



## Etech Gandhinagar and Vadodara: Mask Distribution Drive

India was gripped with the third wave of Covid-19. This time the virus was highly contagious but manageable with regular medical treatment. Still, the haunting past experiences of Covid-19 would never allow us to take any Covid wave lightly. The Covid-19 in January 2022 was like a community spread. Etech Gandhinagar and Vadodara Team members took initiative to spread the awareness and distribute the masks to remind people of the Covid-19 protocols and the self-defense against this pandemic. The awareness campaign enlightened people to learn how they can protect themselves and help in controlling the widespread infection. It was indeed a great initiative as Team Members risked themselves but marched ahead for very important community service.



## **Etech @ Jamaica: Health and Wellness, Boost Your Health Day**

An health awareness campaign was held at Etech Jamaica center. Etech Montego Bay (Jamaica) employees were made aware about the importance of taking in their vitamins in order to be healthy and strong. The TM's that particaipated in this event, were treated with a bottle of Water and a Redoxon Vitamin C Tablet. TM's cherished the concerns and care given to them for their health. This gesture was appreciated by everyone.



## **Etech @ Jamaica: Community Service**

Etech employees donated toilet paper for the children at one of the local schools, Saltspring Basic School. It was an exciting time collecting and putting together the items collected. TM's felt contended being part of this Give Back Initiative organized by the center representatives.

At Etech we love to take care of our people within our communities.



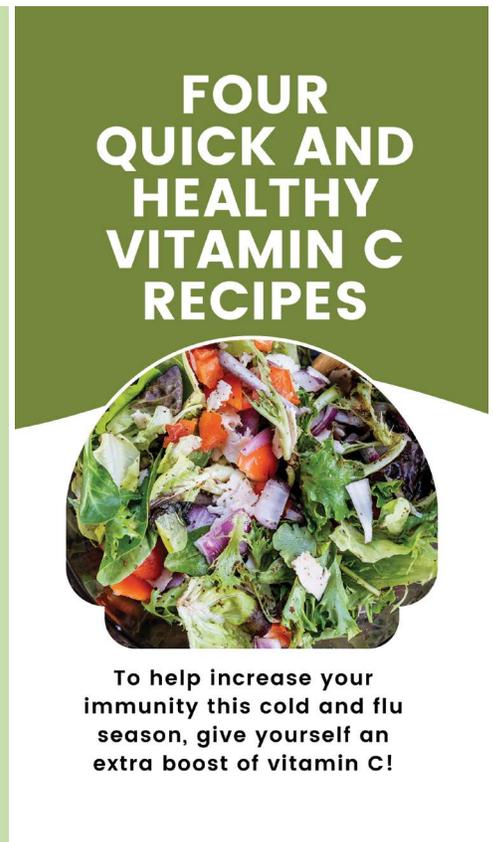
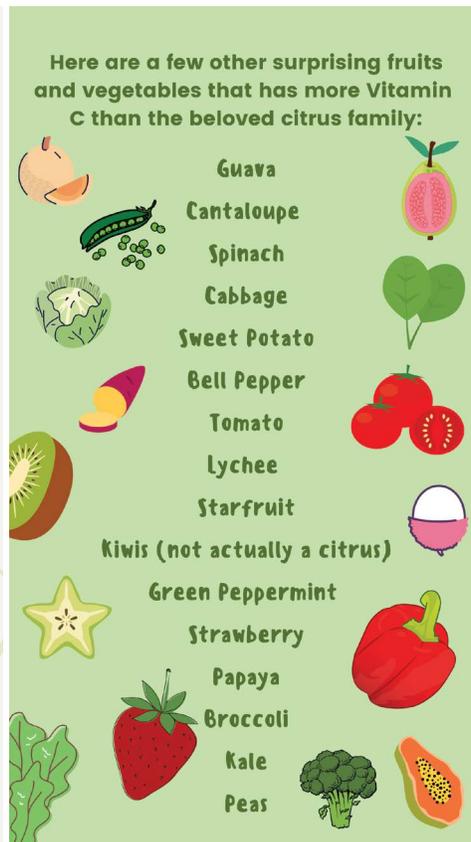
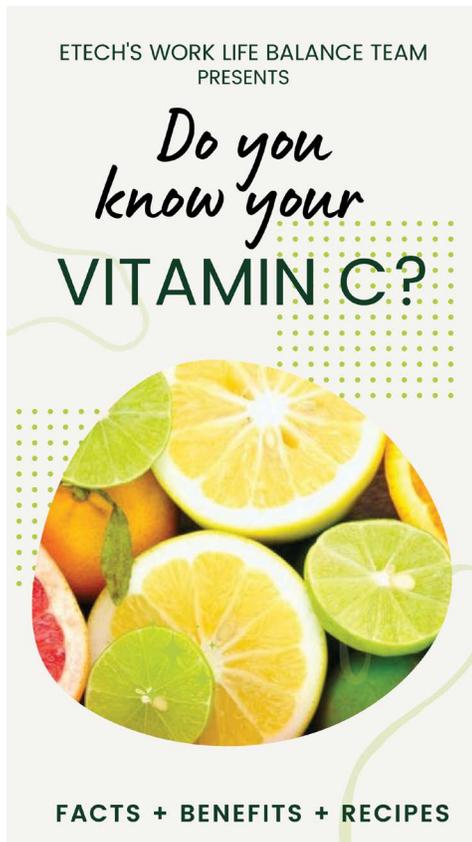
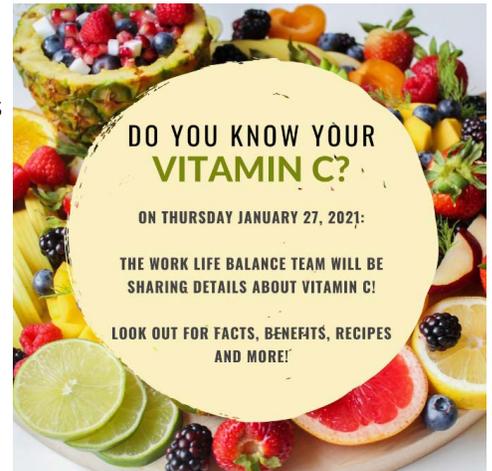
## Etech @ Jamaica : Health and Wellness

### Do You Know Your Vitamin C?

For the month of January, the Work Life Balance Team initiated awareness campaign “Do You Know Your Vitamin C?” Infographic was created for the TM’s.

The infographics consisted of the benefits and uses of vitamin C, scientific facts about Vitamin C in addition to some easy to make Vitamin C rich recipes. The aim of this activity was to bring awareness to the vital role which Vitamin C plays in our diet, and the function it plays in maintaining our health.

Moving forward, it is our hope that our TM’s will make a conscious effort to maintain their Vitamin C intake as a part of a healthier lifestyle.





# INTEGRITY

**ETECH** defines **INTEGRITY** as doing what is right, being trustworthy and truthful. An **ETECH** employee is expected to consistently do what they say, use their power ethically, work diligently and pursue excellence. A person with **INTEGRITY** will do the right thing even if those around them do not. Remember, your actions speak louder than words.