



NEWSLETTER JUNE - 2023

EXPERIENCED PEOPLE | INNOVATIVE TECHNOLOGY | REMARKABLE RESULTS



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Etech's 12 Character Commitments

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

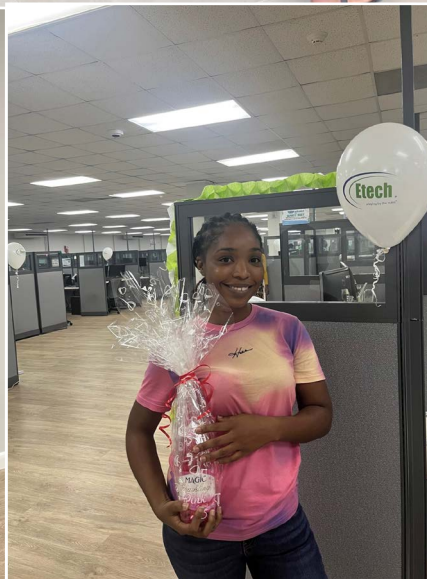
National Men's Health Month

Men's Health Month encourages men and boys to take charge of their health by making healthy lifestyle decisions. According to the Centers for Disease Control and Prevention (CDC), 13.2% of men aged 18 and over are in fair or poor health.

Here are some tips to help men take control of their overall health and wellness.

- Get regular checkups. Talk to your doctor or healthcare professional about having a physical or wellness check each year. Monitor your blood pressure, cholesterol, glucose, and weight to catch potentially dangerous conditions early and get proper care,
- Eat a healthy diet. Choose vegetables, fruits, whole grains, high-fiber foods, and lean sources of protein. Limit foods high in saturated and trans fats and avoid foods with added sugar and sodium.
- Be active. Any activity is better than no activity. You can stay motivated by choosing physical activities you enjoy.
- Avoid smoking and exposure to secondhand smoke. Quitting smoking improves your health and reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.
- Limit alcohol consumption. Limiting alcohol can reduce your risk of long-term health risks.
- Manage stress. Taking steps to reduce stress can lower your risk of other conditions like heart disease, obesity, high-blood pressure, and depression.





Employee Engagement activity @ Etech

Team Jamaica - Their first-ever Fun Day was offered to the Staff members in June!

Theme: Let's unleash your inner child.

A bounce house and a trampoline served as our day's entertainment. Additionally, popcorn, hot dogs, snow cones, and cotton candy were served to the staff.

Employees engaged in tug-of-war, basketball shootouts, soda drinking contests, domino games, etc. throughout the day.

Each employee who took part in these games was automatically entered into our raffle competition. Several winners of small household items and the grand prize winner of a brand-new air fryer were drawn from among the raffle prizes.

This was a day full of fun, and everyone was happy.

We anticipate holding lots more entertaining events.

Employee Appreciation Day @ Etech

Team Rusk - Rusk center team won a Pizza Party for the TOP RIS stats for the Month of May.

Everyone enjoyed themselves. Great job team!



Team San Antonio - To kick off summer, the San Antonio Center hosted a picnic potluck in the breakroom. There was a wonderful spread of savory and sweet items for all employees to enjoy. The room was filled with laughter, smiles and filled tummies!





Team Vadodara - Yellow Day celebration. Yellow, the color of sunshine is hope and happiness. Stands for freshness, positivity intellect and joy. The team also celebrated R&R Day to appreciate the hard work and success of the team members



Give back Initiative @ Etech

Team Dallas - Who would like to be homeless? None of us would like to be in such a situation. Unfortunately, we have people experiencing homelessness among us, and they all need assistance. Thanks to organizations such as the Dallas Life Recovery Homeless Centre, where homeless men, women, and children can receive help and hope during their time of need. Dallas life recovery Centre is a path to recovery and self-sufficient living. The center is a promise that there is a way to begin again. Three of the employees volunteered their time at the homeless center serving lunch. The center appreciated their time, and the employees were also very grateful to give their time.



Team Jamaica - At Etech we pride ourselves on giving back to our communities.

In the spirit of celebrating Etech's 20th Anniversary, the team organized a very special give-back initiative for the month of June. Team donated food items to the Refuge of Hope homeless Shelter. They had a delightful time putting together the items to be donated. They were happy to have been a part of this special initiative.



Team Palm Beach - Palm Beach center continued making an impact in our community. This month, PB once again partnered with Valley of Love ministries. They provide food, lodging and spiritual guidance to those less fortunate in our community. Over 45 canned items were donated to their Food Pantry for the less fortunate. The Sales and Hr Manager delivered the donation.

Team Rusk - On June 6, 2023, the Rusk center hosted a Carter Blood Care Blood Drive. During the drive, 8 donors registered, and 7 units of blood were collected. Thank you to all who donated!

IT'S NOT HOW MUCH WE
GIVE, BUT HOW MUCH WE
PUT INTO GIVING.

- MOTHER TERESA

Team Nacogdoches - The Nacogdoches center conducted their second quarter Adopt-A-Hwy litter cleanup on June 6. There were 14 team members who took advantage of this opportunity to make a remarkable difference in our community by beautifying the 2 miles of local roadway assigned to the Nacogdoches center. Thank you to Kaylene Eckles, Jacob Shipp, Mark Strange, Rudie Lagarde, Brandice McClelland, Jaelon Lewis, Caitlin Bowers, Ashley Latin, Amanda Lee, Gary Brugin Jr., Robert Kennedy, Krystle Rocka, Amanda Ashford, and Brent Flanick for volunteering your time and energy.



A team of 11 leaders from the Nacogdoches Center participated in the fifth annual Nacogdoches United Way Day of Caring on Friday, June 16. The Etech team was assigned to assist with cleaning, organizing, and preparing items for sale at The Family Crisis Center of East Texas's Thrift Store. The Family Crisis Center of East Texas is a non-profit organization incorporated to enhance the safety of women, men, and children by providing crisis intervention and advocacy services to reduce and prevent the occurrence of family violence and sexual assault through education and community awareness.

Team San Antonio - To make a remarkable difference in the lives of our employees, for the month of June the team decided to do an Etech Food Pantry Drive. The aim of this drive is to stock the onsite food pantry with non-perishable items so they can assist employees during times of urgent need or crisis.



Team Gandhinagar - George Nakashima, an American woodworker, architect, and furniture maker once said, “A tree is our most intimate contact with nature.” Green is the prime color of the world, and that from which its loveliness arises. To live Etech’s vision to make a remarkable difference for each other, our customers, and within our communities, CSR team of Etech GNR visited a nearby Government school for tree plantation keeping in mind World environment day (5th June 2023) and CSR Activity Day of our 20th Anniversary countdown.



17 members from Etech visited the school. The team planted 30+ trees along with school kids. The students were served light snacks and were made aware of the environment, its preservation, and importance of trees in human life. The students helped Etech volunteers planting trees ranging from digging the ground, planting saplings, and sprinkling water post plantation. The activity brought satisfaction to each face attending the event.

Etech would like to extend its gratitude towards Anjana Ji of Vanashree Foundation and Sector 2 Government School, Gandhinagar.

Team Vadodara - TCSR team Vadodara visited "Jalaram Old Age Center" at Nizampura - Vadodara.

Visiting The Jalaram Old-age Home is one of the parts of the regular CSR activities we do. This Old-age home is managed by the Premdas Jalaram Hospital.

The last time the team visited the old age center, they donated essential groceries including spices and stocked their kitchen.

This time they sponsored evening snacks to all and also enjoyed eating Ice creams with them. This visit was an enriching experience for our members who all accompanied us. It made all of them appreciate the elderly and their zeal to live life to the fullest. And it also made them aware of the challenges they face. Team left the home with a sense of gratitude and respect for the residents and the staff who takes care of oldage home.

Thanks to all the members who joined and experienced this. The team made a remarkable difference for each other, our customers and within our communities.

(Altogether 06 Etech employees contributed their time. They contributed 12 hours for this drive)

Shared below are the happy moments from the visit:



Father's Day @ Etech

Team Dallas - Most fathers may be less expressive and less likely to express their love and feelings. Father's Day is a great day that allows us all to let our fathers know how much we love and care for them for all they do throughout their lives. Etech celebrated Father's Day in style. The centre served some delicious barbecue to the men. (Baby back Ribs, Brisket, Chicken, Potato Salad, Green Beans, Coleslaw, and a side of rolls). We also had a great cake for dessert to wash all that down. They sat down for a chat about fatherhood and the journey involved. The team appreciated all the fathers for everything they do.



Team Jamaica - To celebrate all fathers and those who act as fathers, the Jamaica center presented small tokens of appreciation on Father's Day to celebrate them all. Happy Father's Day to all!



Team Nacogdoches - Father's Day this year was officially recognized on Sunday June 18. It is an occasion which is celebrated to express respect, honor, and love towards fathers. The day is an opportunity to honor the contributions of fathers, acknowledge the efforts of paternal bonds, and the role that fathers play in our society. In recognition and celebration of those team members who know the joy of fatherhood, the Nacogdoches center gifted beef sticks adorned with paper shirts and ties to employees on Friday June 16. Etech Nacogdoches hopes that everyone had a fantastic Father's Day!



Team Rusk - To celebrate all fathers and those who act as fathers, the Rusk center hosted a Father's Day Sundae Special for All. All employees were invited to enjoy ice cream sundaes. Happy Father's Day to all!



Team India - Father is the one who takes care of the entire family including his own parents, wife and children. He earns his bread and butter for his family and tries his best to fulfil their needs and demands. A father is one who maintains strict discipline among the family members and is looked upon with respect by everyone.



Wellness @ Etech

Team Vadodara - The employees underwent a basic health checkup by Team Vadodara, which included a BMI test, RBS, SPO2, pulse monitoring, blood pressure checks, dental exams, and general physician consultation. The team in Vadodara utilized this opportunity to have people examined for a healthy life. On the 6th and 7th of June, this event was planned. Additionally, the team members were given exclusive coupons for savings on future dental procedures.



Team Vadodara - International Yoga Day is celebrated annually on June 21st to spread awareness about the benefits of yoga and meditation worldwide. For the year 2023, the 9th year of International Yoga Day, the theme “Yoga for Vasudaiva Kutumbakam” has been selected, highlighting the message of One Earth, One Family, and One Future



Team Jamaica - You're once again feeling motivated to eat better, exercise more, drink less caffeine or make any number of the positive lifestyle changes you've been telling yourself you want to make. You've tried before—probably declaring another attempt as a New Year's resolution—but without feeling much success. Making a lifestyle change is challenging, especially when you want to transform many things at once. This time, think of it not as a resolution but as an evolution.

Lifestyle changes are a process that takes time and requires support. Once you're ready to make a change, the difficult part is committing and following through. So do your research and make a plan that will prepare you for success. Careful planning means setting small goals and taking things one step at a time.

Here are five tips from to help you make lasting, positive lifestyle and behavior changes:

- Make a plan that will stick.
- Start small.
- Change one behavior at a time.
- Involve someone.
- Ask for support.

Starting small, focusing on one behavior at a time and support from others can help you achieve your exercise or other health-related goals. If you're looking for motivation or are interested in changing your current routine in general, here are some tips for making exercise a daily habit.

Whether it is a structured exercise program or just part of your daily routine, all exercise adds up to a healthier heart.

- Make the time!
- Keep reasonable expectations of yourself.
- Too vigorously right after meals, when it's very hot or humid, or when you just don't feel up to it.
- Make it fun!
- Track and celebrate your success!



Goodbye Katie (HR) @Rusk

Etech Rusk is saying a bittersweet goodbye to Katie Streetman. She has been our HR manager for over 4 years and is leaving us for a job that is better for her and her family. From the Etech Rusk staff, the best of luck.



20 Years Anniversary celebration @India

As we marked our 20 years journey on 15th June, the team members were excited as it was precious to celebrate anniversary in high spirits. Ice-creams were distributed across the center as a gesture, apart from that the team members also celebrated different theme days for the milestone achieved.



Benefits@ Etech

Walk Across Texas Challenge - The Benefits Team hosted the Walk Across Texas Challenge. This is an eight-week challenge where teams track their physical activity. Each team may include up to eight team members, all working together towards the goal of 832 miles, the distance across the state of Texas.

We had a total of 15 teams participating. Collectively we all walked 14,320.24 miles. The Road Warriors took the Win

for the 2023 Challenge. The team includes Martin Presbitero, David Carrizales, Sheryal Berry, Shawndra Tobias, Kim Westerhaus, Denise Thompson, Matt Rocco and Chelsea Ridling.

In second place we have Remember the Alamo. The team includes Alfonso Miguel Garcia, Chirs Vaca, James Vaughan, Kaylene Eckels, Maria Maravilla, Mark Estrada, Michael Kelley, Randy Valverde and Raquel Rodriguez. Pictured Below.

Congratulations to not only the winners but also each participant. We enjoy hosting challenges that bring out some friendly competition all towards a Healthy goal. Follow Etech Wellness Connection on Facebook to keep up with all future challenges. Happy Walking!



Walk Across Texas Winners



National Safety Awareness Month

In 1996, the National Safety Council (NSC) established June as National Safety Month in the United States. The goal of Summer Safety Month is to increase public awareness of the leading safety and health risks that are increased in the summer months to decrease the number of injuries and deaths at homes, outdoors and workplaces.

Safety Tips:

Stay Hydrated - Dehydration is another safety concern during the summer months. Be sure to drink enough liquids throughout the day, as our bodies can lose a lot of water through perspiration when it gets hot out.

Protect Your Skin - Use sunscreen 30 minutes before going out. Reapply sunscreen every two hours or after swimming or sweating. Limit sun exposure during the peak intensity hours – between 10 a.m. and 4 p.m. Stay in the shade whenever possible.

Water Safety - Remember to always have adult supervision for children. Whether they're in the pool or playing in the sand at the seashore, having someone who can help them – should an emergency arise – is essential.

Eye Safety - The sun's ultraviolet (UV) light can harm the eyes. Wear sunglasses year-round whenever you are out in the sun.

Sun damage to the eyes can occur any time of year. Choose shades that block 99 to 100 percent of both UVA and UVB light.

Sports Safety -Not only can injuries happen, but heat exhaustion and dehydration can happen more often in the summer months. It helps to be conditioned to the activities in which we're preparing to engage. Warm up, stretch, gear up, go with a buddy, and remember to cool down and stretch afterwards.

Office safety - also known as workplace safety, is the practice of ensuring a safe, working environment for employees and visitors. It is both the duty and moral responsibility of every company to promote wellness and prevent the likelihood of accidents in the workplace which may result in property damage, injuries, or loss of life.

Home safety – the purpose is to identify and eliminate risks within the home that can lead to serious injury and even death. Slips and falls are the main source of injury for older people in the home, but other risks include fire, carbon monoxide exposure, and other injuries that result from risks inside the home.



Community Scoop @ Etech

Fair on the Square (Rusk, Texas) - Visitors from near and far flock to downtown Rusk every year to attend the city's Annual Fair on the Square. This year, Etech participated as a vendor, and we ran the "Pet Recharge Station." We provided dog treats, Etech swag, and cold water at our booth for our young furry friends who attended the festival with their parents. Would like to extend a heartfelt thank you to the team for attending and working the fair.

We appreciate your service and the wonderful memories we shared as a group.



Power Networking Breakfast - The Lufkin/Angelina County Chamber of Commerce celebrated their May Power Networking Breakfast sponsored by McWilliams and Son and Integra Insurance. Integra was the May presenting sponsor, and their President presented a powerful presentation on "Honoring Your Commitments," and he challenged each attendee to look within and really have a moment of introspection and see what happens when we fail to do what we say we're going to do.



Nacogdoches Rotary Mobile Book Club -

To honor several #remarkable leaders from the Nacogdoches Center for their volunteer work with the Nacogdoches Rotary Club's Mobile Book Mobile, the team likes to shine the "Leadership Spotlight" on them today. Many thanks to @Denise Thompson, @Aaron Masten, @Joshua Robinson, and @Michael Almazan for spending time with our neighborhood kids and assisting them in selecting the ideal book for their summer reading!

Etech has been volunteering for this program for a number of years, and as a leadership team, we are all extremely proud of each department for giving so freely of themselves to help make a significant difference in the lives of our young people! The last thing, but certainly not the least.



Visiting Angels - Visiting Angels Senior Care and In Home Assisted Living Services celebrated their Red-Carpet Salute and #TeamEtech was in the house to help honor this awesome business for the rewarding services they provide to Angelina County.

More about Visiting Angels: (From Visiting Angels' website)

Visiting Angels is America's leading, most respected network of non-medical senior home care agencies. We provide elder care, personal care, respite care and companion care to assist adults to live comfortably in their homes. Visiting Angels has been a leading provider of home care services for more than 25 years. We provide our clients with the care they need to age in place. In doing so, we make it possible for seniors to spend their golden years in the comfort of their homes. Our Angels provide essential personal home care services including in-home care, dementia care, respite care, senior personal care, elderly care, and companion care services. With our assistance, seniors can continue to live independently in their own homes. Our philosophy is to provide the best possible one-on-one care while respecting our caregiving staff. This is why Visiting Angels is America's Choice in Home Care.



Cheers With the Chamber (Hosted by Pinecrest) - Pinecrest Retirement Community hosted the June Cheers with the Chamber and several of the Senior Leadership team members were in attendance to help this phenomenal facility celebrate. Our very own @Kevin Pratt serves as Treasurer for the Executive Board for the Lufkin/Angelina County Chamber of Commerce and we are so proud of the remarkable job you do Kevin, representing Etech in our local community. Also, thank you @Nancy Pratt for attending and representing the HR department!



Heritage Festival - Recently, several leaders from the Nacogdoches and Lufkin offices participated in the Annual Nacogdoches Heritage Festival. Thank you, so much @Jeanne D. Shuell, for representing the Lufkin Center for this event. A little info on the Heritage Festival:

Heritage Festival:

The Nacogdoches Heritage Festival is the major fundraising event benefiting the Nacogdoches County Historical Foundation. The festival takes many volunteers committed to giving of their time, energy and talents to make the Heritage Festival a success each year.

Etech was a proud sponsor of this event, and the team manned the Bean Bag Toss and Mini Golf station. So many children from around Nacogdoches County played the games and enjoyed putting a hole in 1.



Blueberry Festival - It was the 33rd Annual Blueberry Festival in Nacogdoches. Over 20,000 people come to Nacogdoches, Texas every year on average for this festival to sample and enjoy everything blueberry! The festival this year projected to draw one of the biggest crowds in years, thanks to all that from the appealing, homemade blueberry pancakes to the tasty eats, treats, and beverages themed around blueberries! With more than 200 local businesses set up, Etech was there doing what we do best: radically improving the quality of life for those living in our neighborhood!

It was so enjoyable to watch our neighborhood kids' faces light up as we sprayed their hair in as many different colors as they could, as well as the adults' who requested a blueberry stripe down their heads.



United Way Day of Caring 2023 - Etech is no stranger to making a remarkable difference within our local communities, and this past Friday, a host of leadership volunteered with the United Way of Nacogdoches to help local non-profits with projects their organization stood in need of. This ranged from painting, cosmetic repairs, clean-up, etc.

#TeamEtech provided services to the Family Crisis Center of Nacogdoches. Our team helped the team straighten their apparel, clean the store, front face merchandise, arrange books alphabetically and test electronic donations to ensure they were in proper working order before the Center placed the merchandise on the shelves for sale.

Etech has sponsored this event since its' creation in 2017, and we provided breakfast for over 100 volunteers from CC's Smokehouse. Major shout out to our volunteers @Raquel Rodriguez @Denise Thompson @Michael Almazan @Aaron Masten @Heather Pirtle @Angela Brumley @Kaili Fondren @Mark C. Strange @Brent Flanick for giving of your time. Thank you @David Carrizales for challenging our team to reinvent continuously and challenging each of us to continue to pour into our local communities!



Texas Nutrition - Texas Nutrition, located in downtown Lufkin, celebrated their ribbon cutting to promote their business, and several Etech Leaders were onsite to help the staff celebrate! Texas Nutrition offers an array of healthy drink options, drinks which contain caffeine but also include vitamins that will help with mental clarity. The shop is located off East Lufkin Avenue, so if you find yourself in downtown Lufkin, stop by for a delicious treat!



Rotary Mobile Book Club - Once again, #TeamEtech volunteered for the Rotary Mobile Book Club, and assisted the local youth of Nacogdoches County choose the perfect book for their summer reading! A huge thank you to the Leadership volunteers @LaToya R Smith @Carolyn S. Wingate and @Bradley Street for representing Etech and giving so freely of your time! #remarkable



Alive After 5 (Hosted by Memorial Hospital) - The June Alive After 5 was held at Memorial Hospital in Nacogdoches, Texas, and #TeamEtech came out in force to support the NMH staff! There is a diverse group of team members thanks to the combined efforts of our Lufkin and Nacogdoches offices' leadership! They appreciate your forthcoming and representing, @Renaldo Hunt, @Kaili Fondren, @Angela Brumley, and @Debra Owen!

In addition, a record number of people, including the dear friends from Sawmill the 6th man, showed up! Thanks for everything that you do for the NIL players, who proudly represent SFA and Etech on and off the court, @Nick Rocco, @Dillon Yates, and @Gary Lee Ashcraft! anticipating the upcoming event!



Announcements @ Etech



Congratulations Veronica Danielson - Veronica has been with Etech since January 2017 and has worked on the multiple campaigns. Veronica loves being a Mom and a GiGi and spending time with her family every chance she gets. She loves to cross stitch, scrapbook, crochet, anything crafty, taking pictures, going to the beach, and curling up on the couch watching a good movie.

Veronica looks forward to the challenges and growth potential in her new role. Veronica has said "I already feel like I found my niche, I look forward to many years of fun and making memories with this family minded team of amazing people"

In that vein, it gives the ability and a great deal of happiness to announce that Veronica Danielson has been promoted to the role of Payroll Assistant in our Payroll Department.

Congratulations Priya - Priya is fascinated by travel as she gets to learn about different people, their traditions, food, and lifestyle.

At an early age, she was inspired by Lata Mangeshkar, and she also wanted to be a singer.

Her biggest celebrity crush is Zayn Malik

One of her favourite hobbies is listening to music because it helps her relax and unwind after a long day.



Congratulations Pratik - Prateek is obsessed about reading & loves to travel. He also loves to dance, and he is a party-person. He loves beaches & always tries to find chances to spend most of his time on beach, chilling out in the sun and enjoy his own company.

He is a happy-go-lucky person and always wants everyone happy around him and that's his nature where he loves to greet people and wants to spread positivity around him, and he can create an unbelievable excitement and enthusiasm for the smallest achievement or cause.

Congratulations Lizza - She loves reading books and is interested to learn shooting Airguns and handguns. She loves adventure and is always up for a good adrenaline rush. She likes to be in a serene destination which is peaceful and soothing.

She is a strong-willed and direct person and always believes in uplifting others. She will ensure that she will do everything she can to help others.

