



NEWSLETTER SEPTEMBER 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

Team Nac - National Preparedness Month

National Preparedness Month (NPM) is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. "Prepare to Protect. Preparing for disasters is protecting everyone you love."

Tips for being prepared:

1. **Make A Plan** -Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure to update your plan based on the Centers for Disease Control recommendations due to the Coronavirus.
2. **Be Informed** - Most communities may be impacted by several types of hazards during a lifetime. Americans also travel more than ever before, and people may be in areas impacted by hazards they are unfamiliar with. Knowing what to do before, during and after an emergency is a critical part of being prepared and may make all the difference when seconds count.
3. **Build A Kit** - Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the Centers for Disease Control.
4. **Low-Cost, No-Cost Preparedness** - Natural disasters don't wait for a convenient time. Preparing for them shouldn't wait either. Start today by signing up for alerts, safe-guarding important documents, and taking other low cost and no cost preparedness actions to lessen the impact of disasters and emergencies for you and your family.
5. **Teach Youth About Preparedness** - Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.
6. **Get Involved** - In the face of disaster, Americans come together with courage, compassion and unity and ask, "How can I help?" There are many ways to Get Involved, especially before a disaster occurs. The whole community can participate in programs and activities to make their families, homes, and communities safer from risks and threats. Community leaders agree that the formula for ensuring a safer homeland consists of volunteers, a trained and informed public and increased support of emergency response agencies during disasters.

The devastating hurricanes, floods, and wildfires of 2021 should remind the nation of the importance of preparing for disasters. YOU will be the first one in your home, business, and communities to take action after a disaster strikes and before first responders arrive, so it is important to prepare in advance to help yourself, your loved ones, co-workers and your community.

Employee Engagement activity @ Etech



Team Dallas – Donut with HR

Donut stop doing such a great job. HR Dallas decided to show our appreciation to the agents with Donuts and orange beverages. We had listener's choice music selections and the game Cornhole was played for the opportunity to win specialty donuts. Everyone enjoyed themselves and we cannot wait for the next chance to enjoy each other's company.

Team Dallas – Team Jersey & Shirt Day

One of the easiest ways to keep team spirit high is to celebrate wins and milestones, both big and small. What greater wins are there than football season. Every Thursday in Etech Dallas is game day. We allow the employees to represent their teams by wearing Jerseys and Sports shirts. The agents have taken full agent and rep their squads every week. Go Etech.



Team Lufkin- National Day of Encouragement

To celebrate the National Day of Encouragement, we asked everyone to write down an encouraging message on a leaf to decorate a tree in our lobby. Some chose funny jokes, a frequent response was 'cooler weather', and others chose meaningful statements.

Employee Engagement activity @ Etech

Team Lufkin - Decades Day

Team Lufkin celebrated Decades Day by asking employees to dress up as their favorite decade, or the decade they were born in! They had examples from the 1970s, 80's, and 90's.



Team Lufkin - Lufkin Coloring Contest

In September, the Lufkin center held a Coloring Contest! We had a difficult time choosing, and our panel of judges decided the winner, without knowing the names or campaigns of the participants. Our winner, Beatriz Barboza, won a new Etech t-shirt!



Team San Antonio - Etech San Antonio IT Professional's Day

Team San Antonio celebrated national IT Professionals Day by providing their IT team with donuts to show their appreciation for everything they do for the center.



Employee Engagement activity @ Etech

Team Jamaica - Team Spirit Games Day

On September 8th, Team Jamaica hosted a Centre wide activity where all departments chose a color to represent their respected teams. This was in an effort to create cohesion, motivate team members, and enhance company culture in the workplace.

They also transformed the coaching room into a gaming area, where employees could stop by to play games such as Uno, Monopoly, Connect 4, Checkers, Dominoes, etc. There was also an Xbox gaming system that had numerous online games available.

The employees had a good time getting to unwind with their fellow team members and they are looking forward to the next games day.



Employee Engagement activity @ Etech

Team Jamaica - Uniform Day

On September 22nd, team Jamaica hosted a Centre wide activity where all departments were invited to wear their past school's uniform of choice, in the spirit of having some back-to-school time fun! In an effort to enhance company culture in the workplace, we encouraged everyone to participate.

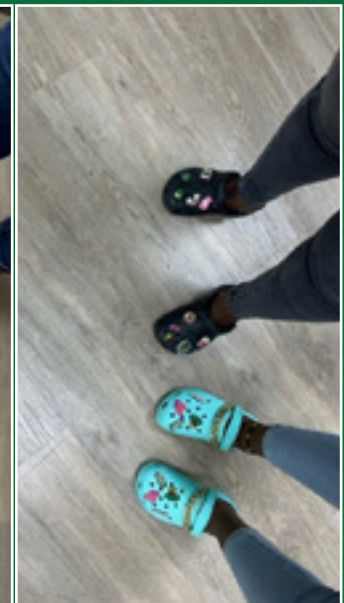
They hosted a series of school-based trivia, in which every member from every department had an opportunity to win a gift voucher. We also distributed snacks such as banana chips, cheese puffs and ice pops to all staff!

The employees had a fun time showing off their uniforms and took some trips down memory lane with their fellow team members.



Team Jamaica – Croc Friday

In the fast-paced world of business, it's important to find moments of respite and enjoyment amidst the daily grind. One innovative way team Jamaica did this is by introducing a unique concept called "Croc Friday." While the name may evoke images of fashionable footwear, it was actually a lighthearted and engaging initiative designed to foster a positive workplace culture.



Employee Engagement activity @ Etech

Team Rusk- Theme Week

Etech Rusk had a fun theme week celebrating the END OF SUMMER. With Sunglasses Day, Hawaiian shirt day, The Snow cones truck came Thank you Sno on Tho' Go! Fun was had by everyone.



Team San Antonio - Etech San Antonio National Queso Day

The San Antonio Center celebrated National Queso Day with a nacho bar in the employee breakroom. Everyone had a chance to make their very own nachos, yum!



Team San Antonio- First Day of Fall Bingo

The San Antonio Center welcomed the first fall day with a bingo game! Everyone had a chance to win prizes such as a \$10 Starbucks gift card, Etech tote, Etech shirts, and Etech towels. What a great start to the season.

Employee Engagement activity @ Etech

Team Jamaica - 20th Anniversary Participation

In the spirit of celebration, the top 5 performers for August per campaign were awarded with 20th Anniversary items to join in the celebration.

Everyone was happy and appreciative of their gifts!



Team Vadodara - Food Festival

Team Vadodara celebrated food festival wherein the employees got various kinds of savories. It was not just about the food; it's about building stronger connections among our employees. It's a day where colleagues become friends and share stories, experiences, and laughter.



Employee Engagement activity @ Etech

Team Vadodara - Traditional Day

TA at team Vadodara celebrated traditional day. Teammates don traditional clothing that varies from region to region. Men wore kurta-pajama and women adorned themselves in sarees or salwar-kameez. The colors, fabrics, and embroidery tell stories of their own, symbolizing different communities and histories.



Employee Engagement activity @ Etech

Team Vadodara – R&R Sept 2023

Team Vadodara celebrated the R&R ceremony where the top performers were recognized with the certificates.



Team Vadodara – Fun Friday

Team Vadodara celebrated Fun Friday, wherein they had team bonding and recreational activities.



Team Gandhinagar – Bakery Kiosk

Teammates indulged in a delightful array of freshly baked treats without even leaving the workplace. The bakery stall offered a mouth-watering selection of baked goods like chocolate tarts, Hazelnut Chocolate cake tub & Cake cubes, all prepared with the utmost care and attention to quality.

It was a perfect opportunity to treat yourself or share some delicious treats with your colleagues.



Employee Engagement activity @ Etech



Team Vadodara - Theme Attire

Team Vadodara celebrated Green Attire, Denim Day, and Black Attire Day. Incorporating Attire Day into the corporate culture demonstrates a willingness to embrace change and innovation. It sends a message that the company values its employees' happiness and individuality. As a result, Attire Day not only enhances the workplace but also contributes to a more vibrant and productive corporate culture. It helps in building employee morale, team building, and company culture.

Give back Initiative @ Etech

Team Lufkin - Stand Up to Cancer Day

Etech in Lufkin made cards for current staff and patients at CHI St. Luke's oncology department to show our support for National Stand Up to Cancer Day! These cards were laminated and posted on the walls in the Cancer Center. We had 'Get Well Soon' cards for the patients, and 'Thank You' cards for the hospital staff.



Team Nac- Partnered with Heartbeat Pregnancy Center of Nacogdoches

For the month of September, the Nacogdoches Center partnered with the Heartbeat



Pregnancy Center of Nacogdoches to collect diapers, baby wipes, and onesies that will be given to new parents who have difficulty obtaining these items through other means. The Heartbeat Pregnancy Center provides comprehensive pregnancy-related services to women and unborn babies in Nacogdoches County and surrounding areas. The Nac center was able to collect over \$300 in much needed items.

Team Nac:- Old Town Rig Down

On September 17, the city of Nacogdoches hosted the 2nd Annual Old Town Rig Down, 11 members of the Etech Nacogdoches Team volunteered to assist in this community wide event. The Old Town Rig Down is best described as a big rig truck show with food, games, live auctions, live music, and more with 100% of the net proceeds being donated back to the Nacogdoches community. Special thank you to Kaylene Eckels, Garland Hawk, Baily Cox, Elizabeth Darville, Joann Diggs, Jesse Dolese, Cameron Mitchell, Teri Onderdonk, Bowen Snyder, Heidi Torres, and Suzanna Woodson for volunteering your time and energy to make a remarkable difference within our community!

Give back Initiative @ Etech

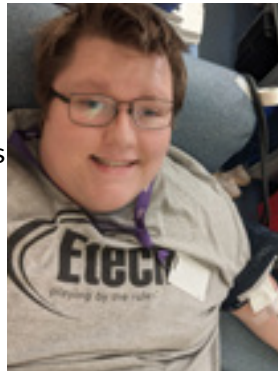
Team Palm Beach- Valley of Love Ministries

Palm Beach center continued making an impact in our community. This month, PB partnered with Valley of Love Ministries. The center donated over 60 canned goods to their Homeless Food Pantry.



Team Rusk - Blood Donation

Blood donation is a noble and life-saving act that plays a crucial role in modern healthcare. When individuals willingly contribute their blood, they are providing a lifeline to those in need, whether it be accident victims, surgical patients, or individuals with chronic medical conditions. Donated blood is a precious resource that cannot be manufactured artificially, making the selflessness of donors even more significant.



Team San Antonio - Necessities Drive

Etech San Antonio partnered again with Henry B. Gonzalez Elementary School for a supply drive. Everyone in the center donated notebooks, folders, pens, pencils, markers, crayons, glue, and erasers just in time for the new school year.

During September, Etech San Antonio accepted travel-sized hygiene products to be donated to the Haven for Hope Homeless Shelter in San Antonio. We filled up an entire container with products that would help our community get back on their feet. This was an excellent way for everyone to work together to give back to our community.



Give back Initiative @ Etech

Team Vadodara - Anand Ashram

Team Vadodara organized an exhibition in support of Anand Ashram. In a world where compassion and philanthropy shine brightly, the Exhibition in Support of Anand Ashram Charitable Trust stands as a beacon of hope and a testament to the power of collective goodwill. This unique event brings together the worlds of art, culture, and compassion, weaving them into a tapestry of generosity and purpose.



Team Gandhinagar - CSR Activity - Visit to Rampura Primary School

Gandhinagar CSR team wanted to live our vision by making a remarkable difference within our community. Approximately 30 kilometers away from our Gandhinagar center is a village called Rampura. The village has less than 100 families with a population of less than 500. Etech CSR team has been a constant visitor to the primary school located at Rampura Village. They live our vision and visit the students to help them with their basic needs. The team has been a frequent visitor to the school and have made buddies at the school now.

They took along compass boxes and Doms Joy Kit as goodies for them. They also took light snacks with them. The students were happy to receive the gifts they got and wore big smiles on their faces. Smiles on their faces made us feel gratified. They left the school with gratitude, emotions, and above all great memories.



October - Etech Wellness Calendar & Focus

October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer. Awareness surrounding breast cancer is incredibly important as early detection, often through screening, can catch the disease when it is most treatable. According to the American Cancer Society (ACS), breast cancer is the most common cancer in American women, except for skin cancers.

How do I lower my risk?

1. Avoid becoming overweight. Obesity raises the risk of breast cancer after menopause, the time of life when breast cancer most often occurs. Avoid gaining weight over time and try to maintain a body-mass index of 25 or less (calculators can be found online).
2. Eat healthy to avoid tipping the scale. Embrace a diet high in vegetables and fruit and low in sugared drinks, refined carbohydrates, and fatty foods. Eat lean protein such as fish or chicken breast and eat red meat in moderation, if at all. Eat whole grains. Choose vegetable oils over animal fats.
3. Keep physically active. Research suggests that increased physical activity, even when begun later in life, reduces overall breast-cancer risk by at least 10 percent. All it takes is moderate exercise like 30-minute walk five days a week to get this protective effect.
4. Drink little or no alcohol. Alcohol use is associated with an increased risk of breast cancer. Women should limit intake to no more than one drink per day, regardless of the type of alcohol.
5. Avoid hormone replacement therapy. Menopausal hormone therapy increases risk for breast cancer. If you must take hormones to manage menopausal symptoms, avoid those that contain progesterone and limit their use to less than three years. "Bioidentical hormones" and hormonal creams and gels are no safer than prescription hormones and should also be avoided.
6. Consider taking an estrogen-blocking drug. Women with a family history of breast cancer or who are over age 60 should talk to their doctor about the pros and cons of estrogen-blocking drugs such as tamoxifen and raloxifene.
7. Don't smoke. Research suggests that long-term smoking is associated with increased risk of breast cancer in some women.
8. Breast-feed your babies for as long as possible. Women who breast-feed their babies for at least a year in total have a reduced risk of developing breast cancer later.
9. Men- Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment.
10. Mammograms- Women between 40 and 44 have the option to start screening with a mammogram every year. Women 45 to 54 should get mammograms every year. Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms.

Wellness @ Etech

Team Gandhinagar - Health Webinar & PFT Test- Lung Health Awareness

Shalby Team appreciated Etech employees' positive approach towards this medical camp wherein 50+ employees took the benefit. Your involvement will undoubtedly positively impact the lives of the people we are trying to help through this event.

Team Gandhinagar - Breast Cancer Awareness Webinar

Breast cancer affects millions of individuals around the world, and early identification and awareness are critical to improving outcomes. Our wellness program is dedicated to encouraging employee health and well-being, and we feel that information is a vital instrument in the fight against breast cancer.

On Oct 13th, Dr. Mansi Shah, a renowned specialist in the field, gave useful information regarding breast cancer, its risk factors, early detection, and prevention from HCG Cancer Hospital.

Interactive Q&A: During the Q&A session, our expert answered questions immediately.

Team Jamaica – Prostate Cancer Awareness month

What is Prostate Cancer?

Prostate cancer is cancer of the prostate gland. It is the most frequent cancer in Jamaica and is associated with the most cancer deaths.

Who can get prostate cancer?

Prostate cancer is more common in older men. It is more likely to occur in men with a family history of prostate cancer and in men of African American descent. Other risk factors include smoking, being overweight, and not getting enough exercise.

There were 1561 new cases of prostate cancer in Jamaica in 2020. Prostate cancer is the commonest cancer in Jamaica as well as the leading cause of cancer-related deaths. One report suggested that Jamaica has the highest incidence rate of prostate cancer in the world, with an age-standardized rate of 304/100,000 per year.

Is Prostate Cancer preventable?

Prostate cancer is preventable, Screening is available through digital rectal examination (DRE) by clinicians at health facilities, as well as the prostate specific antigen (a blood test that measures markers for disease of the prostate). Screening for Prostate Cancer in Jamaica should start at age 40 years.

Because of effective screening options for prostate cancer, the disease is often caught before it spreads, and survival rates are good for this type of cancer.

Community Scoop @ Etech

Community Scoop | Elected Officials Banquet

Each year, Oncor sponsors The Elected Officials Banquet for Angelina County, and all elected officials are invited out and honored for their hard work and dedication to our local community. Special guest, State Representative Trent Ashby was present and thanked each attending member for their continued support and for allowing him to represent us in Austin!

Thank you team for attending! @Laurel Melton @Samuel Freeman @Debra Owen @Gonzalo Costilla and @Kaili Fondren



Community Scoop | Elected Officials Banquet

On September 26th, The Nacogdoches Chamber celebrated their 101st Annual Chamber Banquet, and it was a night to remember. We would like to congratulate all the Business of the Year Winners for their deserving kudos, in addition to Non-Profit of the Year, Citizen of the Year and Lifetime Achievement Recipient Dr. Robert Lehmann. Thank you to our remarkable team of leaders for dedicating your time to community and volunteering to represent Etech last night. So many wonderful memories were made last night at our table, and thank you @Kevon J. Deckard @Courtney Izard @Jeanne D. Shuell Dr. @Veronica Chimney @Kaylene Eckels @Kevin Pratt and @Sharmion Reed for making the night #remarkable. Your shining example of living life together and making our community a better place to work and play is commendable!



Community Scoop @ Etech

Community Scoop | Jaycee's Golf Tournament

The Nacogdoches Jaycees Hosted their Annual Golf Tournament, and #TeamEtech represented and showed off a few of our team's skills on the green! Team Etech showed up and showed out! We tied for 1st with 16 under! Thanks to all who participated and helped make this tournament truly remarkable!



Community Scoop | It's Okay Not to Be Okay Suicide Awareness Walk

Nac Safe Place celebrated their 1st Annual It's Okay Not to Be Okay Suicide Awareness Walk at Festival Park, in historic downtown Nacogdoches, and Etech represented in a major way. There are no words which can describe the vulnerability of the participants, the testimonies which were shared from volunteers, and the bonding moment we shared at our very own Recruiting booth as we discussed our own pain and how we all have had those moments when we weren't okay! Etech is a family, and there was so much love at the event this weekend, and I feel the pictures will show how excited we were to make a remarkable difference at this event.

Thank you so much @Matt and our Sponsorship team for investing in this life changing event. Our team was able to bond in such a profound way – and we thank you all for continuing to invest in the community and helping us show our friends and colleagues why Etech is the employer of choice and how we truly walk the walk!



Community Scoop @ Etech

Community Scoop | Texas Forest Festival

The Forest Festival is a vital part of tourism for Angelina County, and this year Etech volunteered in the ticket booth, The Children's Activity area and judging for the BBQ cook off competition! Thank you, Brianna Price, for always volunteering and helping make a remarkable difference in Angelina County! Your commitment to the community is remarkable!



Community Scoop | Old Town Rig Down

This weekend, The 2nd Annual Old Town Rig Down took place in historic, downtown Nacogdoches and Etech was proud to be a sponsor of this great event! Big Rigs traveled from as far as Mississippi to show off their beautiful trucks and the event drew an amazing crowd of onlookers throughout the day. This event benefited some awesome community non-profit organizations.

Etech is so proud to continue our philanthropic mission of supporting local organizations, and we partner with many of the non-profits mentioned above. Thank you so much to our volunteers who took time from your busy schedule to help make a remarkable difference in our community!

