

THE BOARD AND BEYOND NEWSLETTER



May is Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Heritage Month - a time to celebrate the vibrant cultures, traditions, and contributions of the AANHPI community.

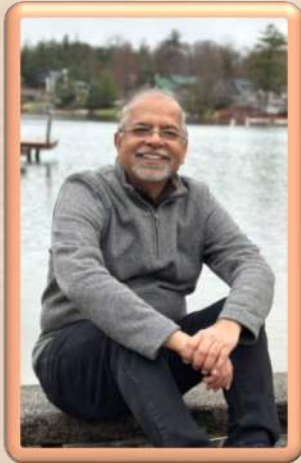
This month serves as both a celebration and a reflection. The AANHPI community encompasses a diverse group of cultures, languages, and experiences, including people with roots in East Asia, Southeast Asia, South Asia, and the Pacific Islands. Their influence is deeply woven into American history and continues to shape our present and future.

AANHPI Heritage Month also reminds us of the importance of inclusion and understanding.

To all members of the AANHPI community: thank you for your contributions and the beauty and strength you bring to all that we do.

The Joint Industry Board wishes everyone a Happy Asian American, Native Hawaiian, and Pacific Islander Heritage Month!

In honor of this month, the Joint Industry Board of the Electrical Industry is proud to spotlight voices from our AANHPI colleagues who are working to make the world a better, more inclusive place.



Where are you from and what traditions are most important to you and your family?

I'm from India, which is rich in diverse traditions, including greetings like "Namaste" and "Atithi Devo Bhava," which emphasize respect and hospitality. Festivals like Diwali and Holi, with their vibrant celebrations, are integral to Indian culture. Family values, including respect for elders and the tradition of joint families, are also deeply ingrained.

Namaste: A common greeting that translates to "I bow to the divine in you," expressed with folded hands and a slight bow.

Atithi Devo Bhava: A Sanskrit phrase meaning "The guest is equivalent to God," highlighting the tradition of hospitality.

Diwali (Festival of Lights): A five-day festival with lights, fireworks, and celebrations of the victory of good over evil.

Holi (Festival of Colors): A spring festival celebrated with colored powder and water, signifying the triumph of good over evil.

<https://www.youtube.com/watch?v=QXFhXINwnu0>

-Mahesh Chhatlani, EESISIP



Where are you from and what traditions are most important to you and your family?

I'm from the Philippines and one of the most important traditions that I can think of is us Filipinos celebrating Christmas starting the month with "BER" in it. Meaning we start our Christmas as early as September. Everyone in my country is in the Christmas spirit of giving, sharing and festivities for months before the actual birth of Jesus Christ on Dec. 25.

-Jeannie Chico, Accounting



Where are you from and what traditions are most important to you and your family?

I am an American born Chinese individual. Whether celebrating Chinese New Year with family reunions and red envelopes, eating mooncakes during Mid-Autumn festival, or watching dragon boats and eating zongzi (sticky rice dumplings) during Dragon Boat festival, my family and culture values family reverence and harmony.

-Janet Eng, Apprentice



Where are you from and what are your favorite AANHPI holidays and how do you celebrate them?

China. Favorite holiday would be Lunar New Year. This is the time for family to gather and reconnect. Favorite part (from kids' perspective) is the ability to receive money via red envelope (a symbol of passing/sharing good fortune).

-Rongbiao (Ron) Fu, Investments



Where are you from and what brings you joy about your heritage and culture?

I was born and raised here in New York, and my parents are from Guyana. We are of Indo-Caribbean descent with ancestral ties to India. What I love about being Guyanese is that our Indian identity is strong but with a Caribbean twist. For example, we have the delightful music of Indian Bollywood, the upbeat riddims of Soca and calming vibe of Reggae all in the same playlist. Our food is also highly influenced by the Indian cuisine with an addition of Caribbean flavors, everything from our curry dishes to our snacks. Every aspect of our culture is a fusion, but our Indian heritage is strong.

-Brandon Jawahir, Scanning



Where are you from and what traditions are most important to you and your family?

My family is from Pakistan. One of the traditions that is important to me is coming together on holidays. My family celebrates Eid, which is twice a year. On Eid, all my cousins come to my house for dinner, and we finish off the holiday with a trip to Carvel for some ice cream.

-Ikra Kafayat, EESISP



Where are you from and what brings you joy about your heritage and culture?

I was born and raised in Tokyo. Japan has many culturally unique social customs and forms of showing respect. While instinctive to most Japanese people, things like taking off shoes or bowing can feel like a whole new world for the unaccustomed traveler.

Public bathrooms, parks, streets, markets, transportation, etc. are all very clean and beautiful.

Japanese people are polite and respectful, accustomed to bowing as a form of greeting. Walking around the streets, you'll probably notice people nodding spontaneously while talking on the phone and business people or even train conductors taking long deep bows as a formalized show of respect. They lineup when they are waiting for a train or bus. The numerous ways to show respect make me feel so blessed.

-Mayumi Loremil, Administration



Where are you from and what traditions are most important to you and your family?

I'm from China, and the traditions most important to me and my family are those that honor our heritage through festivals and rituals—especially Chinese New Year. No matter how far apart we are, my family always comes together for the reunion dinner, even though my siblings now live in different States. When I was little, I used to receive red envelopes, but now I'm the one giving them to the younger generation. It's the most joyful time of the year, filled with laughter, warmth, and delicious food, surrounded by all my loved ones.

-Yanxing (Jason) Lin, Internal Audit



Where are you from and what brings you joy about your heritage and culture?

My Indian American heritage brings me joy through its rich traditions, strong family values, and vibrant celebrations. It's a meaningful blend of history and identity—honoring where I come from while shaping who I am today.

-Monika Luthra, Administration



Where are you from and what traditions are most important to you and your family?

I am from Guyana. It is a country located in South America above Brazil in between Venezuela and Suriname. Guyana has 6 main races: Indian, African, European, Portuguese, Native and Chinese. Growing up we were among different cultures and were taught to respect them, and to some extent, celebrate them! When I came to the United States it was just my wife and I. Our children were born and raised here and over time although we never celebrated Thanksgiving and Halloween in Guyana; we do now in the USA. We also go over to our neighbor's house when they invite us to celebrate "EID". We are not Christians but we do celebrate "Christmas". Being Guyanese, I feel that we like any excuse to celebrate and as long as it brings family and friends together with food, drink and possibly music regardless of anyone's ethnicity, religion or cultural background.

-Shawn Panday, Internal Audit



Where are you from and what brings you joy about your heritage and culture?

My parents are from the Philippines. Filipino culture is all about family, hospitality, and community. Sharing family meals together is especially important, as well as celebrating big and small occasions with huge feasts, music, dancing, and karaoke.

-Joanne Ruiz, Hospitalization



Where are you from and what are your favorite AANHPI holidays and how do you celebrate them?

I'm Dhir and I come from a Desi/Indian background. One of my favorite holidays is Holi. Holi is the festival of colors, celebrating the triumph of good over evil, leading into the beginning of the Spring season full of endless possibilities. It's a joyous event full of colors, music, drinks, and laughter where everyone is invited to celebrate.

-Dhir Shah, IT Help Desk



Where are you from and what does AANHPI Month mean to you?

I'm from Sri Lanka, an island nation known for its rich history, diverse cultures, and deep-rooted traditions. AANHPI Month is meaningful to me because it provides a space to celebrate and share the beauty of cultures like mine — which are often underrepresented. It's an opportunity to recognize our ancestors, our stories, and our contributions to the broader Asian and Pacific Islander communities.

For me, AANHPI Month is both a celebration of identity and a reminder of the importance of unity across Asian and Pacific communities.

-Nilanthi Senarathna, E&C



Where are you from and what brings you joy about your heritage and culture?

I'm from Trinidad by way of India. There are many things I love about my heritage and culture -the most important is family and community values. I appreciate everyone partying and having fun. I enjoy celebrating the festival of Divali which is full of food, music and beautiful clothes. I like participating in our spiritual traditions which offer a well of wisdom and rituals which bring peace and balance to my life.

-Tellah Taylor, HR



Where are you from and what are your favorite AANHPI holidays and how do you celebrate them?

I have a Pakistani heritage, but most of my upbringing has been in the United States. My South Asian roots play an important role in shaping my values. Some of the most meaningful traditions for my family and I include celebrating festivals like Eid, as well as American holidays—always with joy, togetherness, and a focus on maintaining strong family bonds.

-Rafay Uzzaman, EESISP



Where are you from and what brings you joy about your heritage and culture?

I am of South Korean heritage. While I didn't grow up deeply immersed in the full breadth of Korea's rich history and culture, I've always felt a strong connection to its traditional music because of my father. My father, a former music commissioner for the Korean Department of Education, continues to perform Korean folk music to this day. Watching him share this powerful and yet forgotten art form — whether he's leading the Lunar New Year parade through the streets of New York, performing at MoMA, or representing Korean culture at a Mets stadium event—is incredibly inspiring. He's helping to show the world that Korean music is more than just K-pop; it's a deep, soulful tradition that deserves to be heard and celebrated.

-Brandon Sumin Yun, E&C



JEWISH AMERICAN HERITAGE MONTH

The Joint Industry Board of the Electrical Industry wants to wish the Jewish community a happy Jewish American Heritage Month!

May is also Jewish American Heritage Month – a great opportunity to recognize and celebrate the contributions that Jewish Americans have made to our culture, history, and society.

As we celebrate this month, let's also take this opportunity to learn about one another, honor the richness of our diverse nation, and strengthen the fabric of our society to help us grow stronger together.

JIB Updates

Welcome to Our Summer Interns!

We're excited to welcome our 2025 summer interns to the team! Each year, our internship program brings in a group of bright, motivated individuals who are eager to learn, grow, and contribute in meaningful ways - and this year is no exception.

Our interns will be working across various Departments, bringing fresh perspectives and enthusiasm to the work we do. They'll have the opportunity to gain hands-on experience, build valuable professional skills, and connect with mentors and colleagues throughout their time with us.

We encourage everyone to share your insights and help make their experience as welcoming and enriching as possible. These interns are not only learning from us - they're also helping to shape the future of our organization.

Announcements

Welcome to the team!

- Lorenzo Curtis: EITC L3 Apprentice Instructors - Apprentice Instructor
- Irving Dominguez: Mailroom - Associate
- Dennis Hu: Mailroom - Associate
- Brianna Sheran: Scanning - Associate
- Donna Torretto-Vargas: Medical - Clinical Pharmacist
- Tejanand Ramdass, OD: Medical - Optometrist

Employee Shout Out

🌟 Shoutout to Our Amazing Team Member! 🌟

The JIB wants to give a huge shoutout to James Harris for going above and beyond this month!

His incredible care and dedication were on full display as he helped a member set up her retirement benefits; which he did with compassion, patience, and a true commitment to making sure she felt supported.

His efforts not only made a real difference in her experience but also reflected the very best of who we are as a team. Thank you for your professionalism and heart. You truly made an impact!

Let's all take a moment to celebrate this example of outstanding service.

❤️ *Special Thanks to Dr. Elizabeth Odierna - Stroke Awareness Lunch & Learn* ❤️

Please join the JIB in giving a heartfelt shoutout to Dr. Odierna for leading an incredibly informative and engaging Lunch & Learn session on Stroke Awareness!

Her expertise, passion, and ability to break down such a critical topic made a lasting impact on all who attended. We walked away more informed, more aware of the warning signs, and better equipped to take action - whether for ourselves or someone else.

Thank you, Dr. Odierna, for sharing your time and knowledge with us.

Upcoming Events and Opportunities

Open Positions and Opportunities at the JIB

- Internal Medicine Physician
- Platform Migration Programmer
- EESISIP Claims Associate
- HR Jr. Generalist

06

LUNCHTIME WELLNESS WORKSHOPS

Chair Yoga

MONDAYS & FRIDAYS
June 9, June 16, June 20, June 23
TIME: 12pm-12:30pm AND 1pm-1:30pm
Wellness Conference Room (2nd Floor)
Join us as we stretch and breathe our way to a happy and productive week! No Yoga Mats Needed.



Walk Indoors

TUESDAYS & THURSDAYS
June 10, June 12, June 19, June 26
TIME: 12pm- 12:30pm AND 1pm-1:30pm
Wellness Conference Room (2nd Floor)
Join us as we get our steps in during our lunch break!



Art Meditation Workshop:

Wednesday, June 25, 2025
TIME: 12pm- 12:30pm AND 1pm-1:30pm
Wellness Conference Room (2nd Floor)
Time to unleash your inner artist! Join us during your break for half an hour of creativity.



Events are hosted by JIB Medical's Wellness program are strictly voluntary and do not constitute any professional medical advice, diagnosis, or treatment. Participants should follow advice of their healthcare providers before starting any exercise program
For more information about events email: Wellness@jibel.com



The Joint Industry Board
Invites: JIB, IBEW Local 3,
Electchester Management Staff

To Join Us for Our Annual

Employee Appreciation BBQ

FRIDAY, JUNE 13TH
12PM-3PM
In the Courtyard

Join us for an afternoon of
FOOD, GAMES & FUN!

Happy 125th Anniversary to IBEW LOCAL 3

77th Annual Scholarship Awards Program



The Educational and Cultural Trust Fund of the Electrical Industry personnel, Local 3 Officers, Joint Industry Board employees, scholarship recipients, and their families gathered at the Electric Industry Center Auditorium on the morning of Saturday, April 26, 2025, to celebrate the winners of the 77th Annual Scholarship Awards Program. The Electric Industry Center Auditorium was filled to capacity with families and friends of the recipients. Numerous Local Union No. 3 clubs were also in attendance to celebrate and support the awardees.

Who is Who

Electrical Employers Self Insurance Safety Plan - EESISIP Department – Continued from April Newsletter Meet Our Claims and Workers' Compensation Team!

We're excited to spotlight an essential part of our organization – EESISIP, which manages the Claims and Workers' Compensation for our Local 3 members. This dedicated team works tirelessly behind the scenes to support members during challenging times, ensuring claims are handled with care, efficiency, and professionalism. Whether it's navigating complex cases or providing guidance after an injury, they are a vital resource for our workplace.



Alexis Bush
EESISIP Associate



Mahesh Chhatlani
Senior Business Process Manager



Amanda Favillo
EESISIP Associate



Iris Figueroa
Claims Associate



Franco Iampieri
Senior Examiner



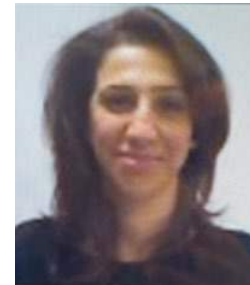
Ikra Kafayat
Claims Associate



Monika Makuc-Smigielski
Senior Examiner



Tiffany Montalvo
Claims Associate



Ilana Mushyakov
Claims Associate



Lauren Rivera
Claims Associate

Health & Wellness Corner

How to help prevent a Brain Attack (known as a stroke)

**Michael E. Makover, MD, CMO and
Marsha Hoffmann, Wellness Coordinator**

Did you know that according to the CDC, every 40 seconds someone in the United States has a stroke and someone dies from one every four minutes? While a stroke is the fifth cause of death in the United States, it is also the leading cause of disability in the US.

A stroke is a cerebrovascular accident (CVA) also known as a “brain attack”. It happens when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). This causes brain cells to begin to die because they are unable to get the blood and oxygen they need. There are different types of strokes: ischemic stroke, hemorrhagic stroke, transient ischemic attacks (TIAs), and cryptogenic stroke.

- A hemorrhagic stroke happens when a blood vessel ruptures and bleeds into the surrounding brain.
 - Uncontrolled high blood pressure is the most common cause of hemorrhagic stroke. Trauma to the head is another.
- Ischemic stroke is when a blood vessel is blocked and blood cannot reach the brain.
 - Approximately 87% of strokes are ischemic strokes.
 - Atherosclerosis (hardening of the arteries due to high cholesterol) is the main cause of ischemic strokes. Ischemic strokes can be treated by doctors administering a clot-dissolving medication into an artery or by having a medical procedure to remove the clot.
 - Some conditions can throw off clots into the circulation that then lodge in a brain artery. The most common is atrial fibrillation.
- A cryptogenic stroke is due to unknown causes.
- A transient ischemic attack (TIA) is a temporary block of blood flow to the brain. At times it is called a mini stroke. The blood clot usually dissolves on its own. While a TIA does not cause permanent damage it is important to take it seriously and follow up with your medical doctor. Urgent treatment is needed to treat strokes.

Although more men have strokes, women are more likely to die from a stroke. Life after a stroke can be very difficult. A person may have challenges with cognitive function (for example problems with memory), communication, vision and hearing after having a stroke.

They might become physically disabled or paralyzed. Having a stroke puts a person at greater risk of having another stroke. Many people don't arrive at the hospital in time to receive life saving medication. It is important to know the signs and symptoms of stroke to act fast and preserve the brain cells as much as possible.



That is why they have been renamed “Brain Attacks”. Everyone knows to act quickly for a heart attack, but the same is true for a brain attack.

Delay means more brain cells gone! If any chance of a stroke, call 911!

F.A.S.T is a way to help act quickly.

F.A.S.T.

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

[Stroke.org](https://www.stroke.org)



Symptoms

- **F = Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **A = Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S = Speech Difficulty** – Is speech slurred?
- **T = Time to call 911** – Stroke is an emergency. Every minute counts. Call 911 immediately. Note the time when any of the symptoms first appear



Other stroke symptoms include sudden:

- **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body
- **CONFUSION**, trouble speaking or understanding speech, or briefly ‘zoning out’, apparently unresponsive.
- **TROUBLE SEEING** in one or both eyes
- **TROUBLE WALKING**, dizziness, loss of balance or coordination
- **SEVERE HEADACHE** with no known cause
- **FALLING UNCONSCIOUS**

All this information may seem scary, however, up to 80% of strokes may be prevented. There are risk factors that you can control, change or treat. Those risk factors include:

- High cholesterol, high blood pressure, diabetes, sleep apnea, carotid or other artery disease.
- Physical inactivity
- Atrial fibrillation (AFib) or some other heart diseases.
- Smoking, alcohol intake, illegal drug use, and vaping.
- Many other factors.

It is important to follow up with your medical doctor to treat and manage the medical conditions listed above. JIB Medical’s doctors are experienced in cardiovascular health.

JIB Medical has a *Smoking Cessation Program* that can help you to stop smoking or vaping. Please call 718-591-2014 for more information about the Smoking Cessation program or to schedule an appointment to see a JIB Medical doctor. The JIB Medical Wellness program offers Lunchtime Wellness Workshops of chair yoga and walk indoors that can help you increase your physical activity. Email Wellness@jibei.com for more information about the wellness workshops.

Information from this article was sourced from the American Heart Association, Mayo Clinic, the CDC and Cleveland Clinic



May Work Anniversaries

Susan Asatur
Nicholas Caccavale
Victor Czarzasty
Michael Delio
Albert DeLuca
Eslaye Devine-Barros
Marva Dixon
Marvin Estevez
Lance Fanelli

Tanya Favorito
Adam Fishman
Dwayne Green
Jennifer Halstead
Stacey Hice
Elaine Hin
Raul Jardines
Christopher Kelly
Mohammad Khan
Gary LaRocca

Yan Xing Lin
Jennifer Munoz
James Orban Jr.
Derrick Perry
Yary Polanco
Gabriel Romero
Joanne Ruiz
Alyson Tacury
Linford Thompson



Happy May Birthday to our Staff Members

Susan Asatur
Sean Baker
Bose Christudas
Victor Czarzasty
Irving Dominguez
Nicholas Erikson
Karen Flores
Tanya Harrison
Yeny Hernandez

Joanna Jackson
Marie Karabetian Werner
Natalya Koyenova
Diana Kurimski
Kathy Lebron
Monika Luthra
Vilma Membreno
James Panagakos
Cristina Perez
Kevin Petrick

Daisy Pineiro-Caballero
Barbara Plonski
Patricia Rivera
Mercedes Rodriguez Gramsch
Gabriel Romero
Ina Sahagun
Christina Sessa
Nicholas Tarricone
Michael Valero

Cabbage Slaw with Ginger-Peanut Dressing



You'll Need

Dressing

- ¼ cup of honey
- ¼ cup of avocado oil
- ¼ cup of unseasoned rice vinegar
- 2 Tablespoons of soy sauce
- 1 teaspoon of sesame oil
- 1 Tablespoon of Peanut Butter or PB2
- 1 Tablespoon of minced ginger
- 1 large garlic clove

For the slaw

- 4 cups of shredded cabbage either red or green or mix
- 2 cups of shredded carrots
- 1 julienned bell pepper
- 1 cup of shelled edamame
- 2 medium scallions, finely sliced
- ½ cup chopped peanuts
- ½ cup of loosely chopped cilantro (or parsley)

Instructions

1. Make the dressing by combining all the ingredients in a medium bowl. Stir until the peanut butter is dissolved. Set aside. If you use PB2 peanut butter it blends easier!
2. Combine all the slaw ingredients in a large bowl.
3. Add the dressing and toss well.
4. Allow the salad with the dressing to sit for 10 minutes so the vegetables have a chance to soak up the dressing.
5. Serve cold.

Stay connected by contacting JIBHR@JIBEI.com