

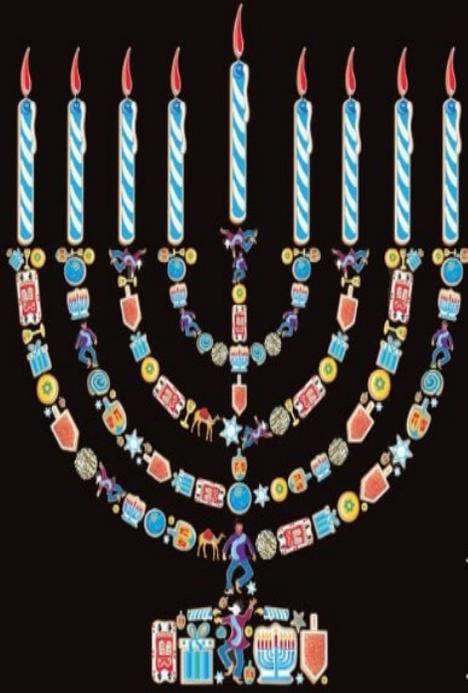
THE BOARD AND BEYOND NEWSLETTER

December 2025/January 2026



Pearl Harbor Day is observed to remember and honor the 2,403 Americans who were killed in the surprise attack on Pearl Harbor in Hawaii.





*Wishing you
blessings and joy
this season.*

Happy
Hanukkah

HAPPY
KWANZAA

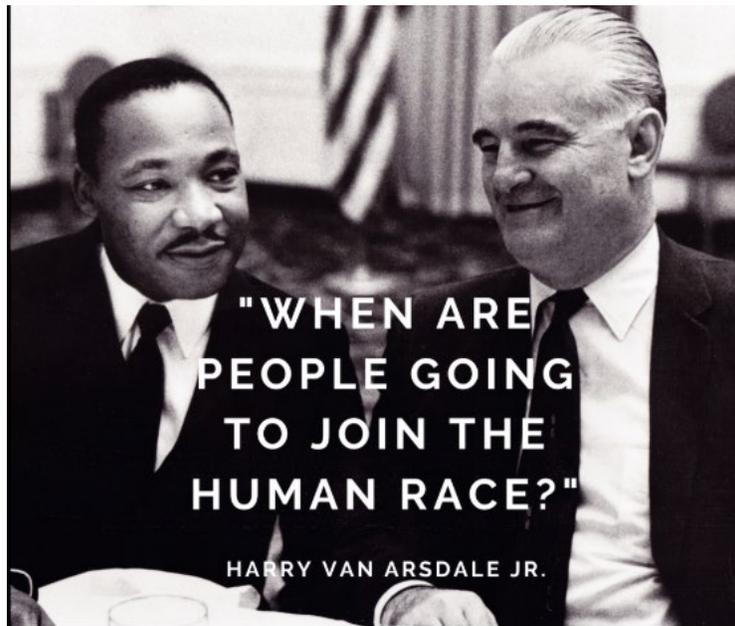
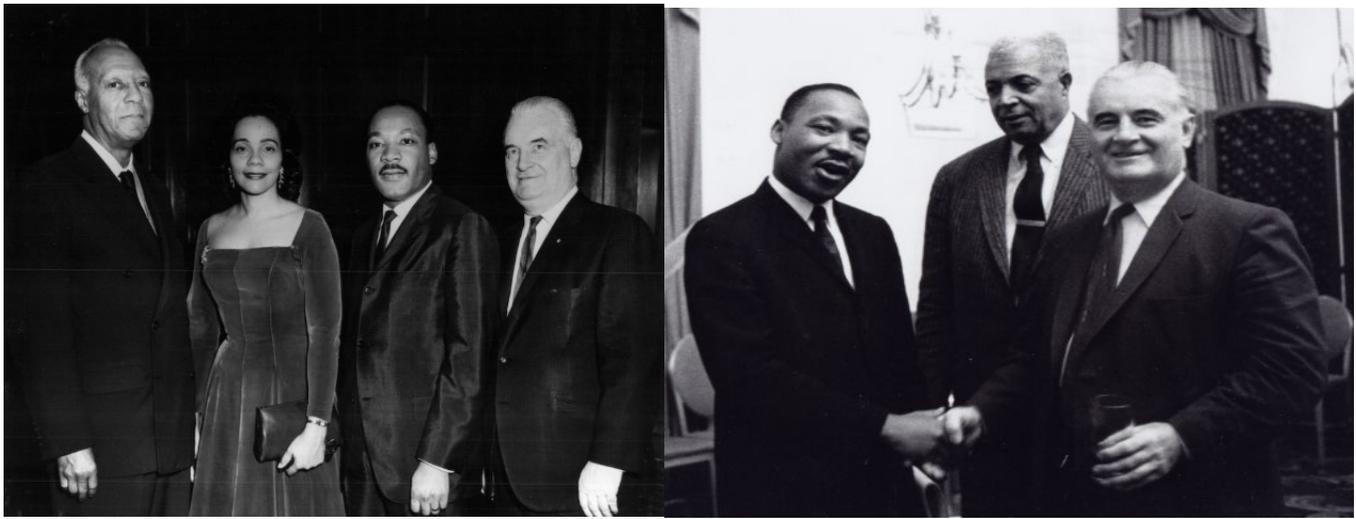


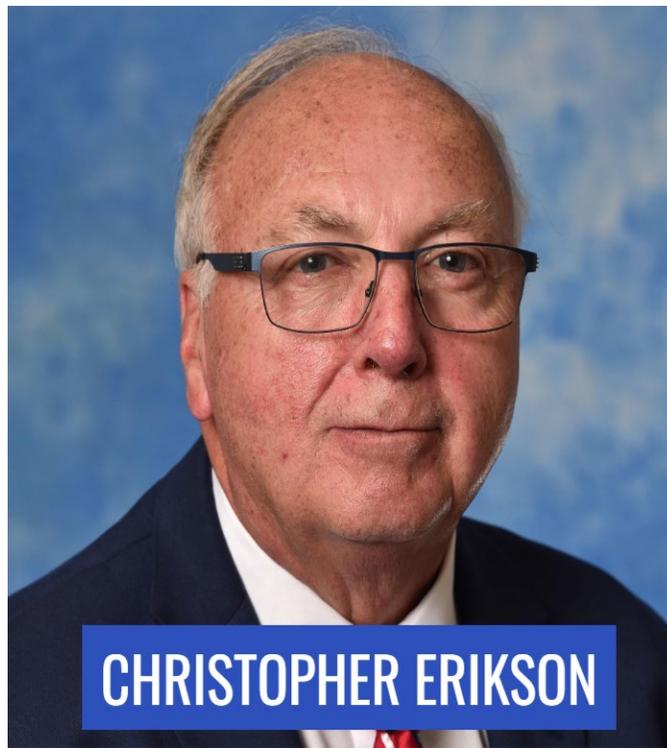
HAPPY

New Year!

2026!







Mr. Christopher Erikson was born in Flushing, New York, and grew up in Electchester. He was accepted into Local 3's Electrical Apprenticeship Program in July 1975. He enrolled in Labor College which was eventually renamed the Harry Van Arsdale Jr. School of Labor Studies by the NYS Legislature in 1986. He earned an Associate and Bachelor of Science Degrees in Labor/Management Relations, and in March 1989 he was appointed as Business Representative. In July 2000, he was appointed Assistant Business Manager of Local 3's Maintenance Department and upon the retirement of Thomas Van Arsdale in October 2006, Mr. Christopher Erikson was elected by the Executive Board as Business Manager. His accomplishments are numerous and his accolades are too many to mention. He has dedicated the last 50 years to Local 3, IBEW and the JIB. We are grateful and wish him well always.

JIB Updates

The Mailroom Department will not be able to print any bulk tasks starting at the end of the month, Friday, February 27th, until further notice because machines will be worked on to be upgraded. If you have jobs that cannot wait, please contact Byron ext. 1510, before the work is started.

Announcements



Yuko Merchant, M.D. – JIB Medical

Tabéal Green, R.N. – JIB Medical

Odely Brito – Members Records Department

April Gaston – Scanning Department

Ashley Fernandez – Pension Department



Jenny Castro – IT Department

Natalie Romero – IT Department

Terrance Benton – Scanning Department

Donna Riddick – JIB Medical

Cesar Capunay – Security



Good Luck!

Employee Shout Out



- Congratulations to Margie Suarez from the Members Records Department for demonstrating outstanding customer service to our membership with care, patience and knowledge. A letter was received singing her praises on her courtesy and navigation skills during a difficult time. Great work Margie!!
- Gratitude and recognition is given to Gabrielle from Members Records as well, for her care and dedication to making the membership feel calm and reassured during their stressful situations. Amazing job Gabrielle!



December 19, 2025

Joint Industry Board of the Electrical Industry
158-11 Harry Van Arsdale Jr. Ave
Flushing, NY 11365

Donation to Saint Dominic's Family Services Toy Drive

Dear Dolly and the entire Joint Industry Council Team,

On behalf of Saint Dominic's Family Services, I want to extend our heartfelt gratitude for your generous donations of gifts for our 2025 Toy Drive. Your continued support over the years has made a tremendous difference in the lives of the children and families we serve, and we are deeply appreciative of your partnership.

Each holiday season, your contributions help bring joy and comfort to the children in our programs. Thanks to your generosity, children who may be facing challenges or uncertainty are able to experience the excitement and warmth of the season.

As you know, SDFS works year-round to support children and families across Rockland, Orange, and Bronx counties through a wide range of programs. We provide foster care and prevention services, children's care coordination, developmental disabilities programs, community-based mental health services, and therapeutic special education. SDFS's mission is to empower children and families facing challenges to thrive in their communities by addressing their needs with compassion, dignity, and care.

Your ongoing generosity truly embodies the spirit of service and compassion. We are grateful not only for this year's donation to our service recipients but for the many years you have helped brighten the holidays for our children. Please extend our thanks to everyone involved in making this annual gift possible.

Dolly, we would love for you to come visit our schools anytime that works for you. Please give me a call after the holidays and we can arrange a date.

Wishing you a wonderful holiday season.

Regards,


Ann Marie Tromer
Chief Executive Officer

Upcoming Events and Opportunities

Lunchtime Wellness Workshops



Chair Yoga

February 2, February 9, February 18, February 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 month!

No Yoga Mats Need.



Walk Indoors

February 3, February 10, February 17, February 24

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

February 11th

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. Email Wellness@jibe.com to RSVP

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@jibe.com

**FOR THOSE WHO SMOKE, YOU MUST COMPLY
WITH THE SIGNS POSTED AROUND THE
BUILDING.**



Who is Who

Information Technology Department – Continued

Programming

This expert team keeps projects on track and aligned with our business goals, delivering critical rollouts with precision. They don't just manage projects, they take our vision and turn it into reality through their dedication and collaboration.



Sharon Adler
Sr. Programmer



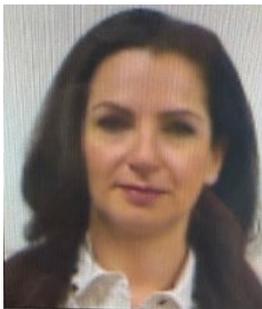
Susan Asatur
Senior Programmer



Bose Christudas
Console Operator



Edward DeSilva
ITD Distribution Associate



Stella Gulyak
Sr. Programmer



Danny Jawahir
Console Operator



Alex Jimenez
Senior Console Operator



Sigifredo Lopez
Senior Console Operator



John Thomas Marchell
Console Operator



David Odes
Senior Assistant Programmer



Deborah Okuneye
Programmer



Manuel Priegue
Assistant Operations Manager



Health & Wellness Corner

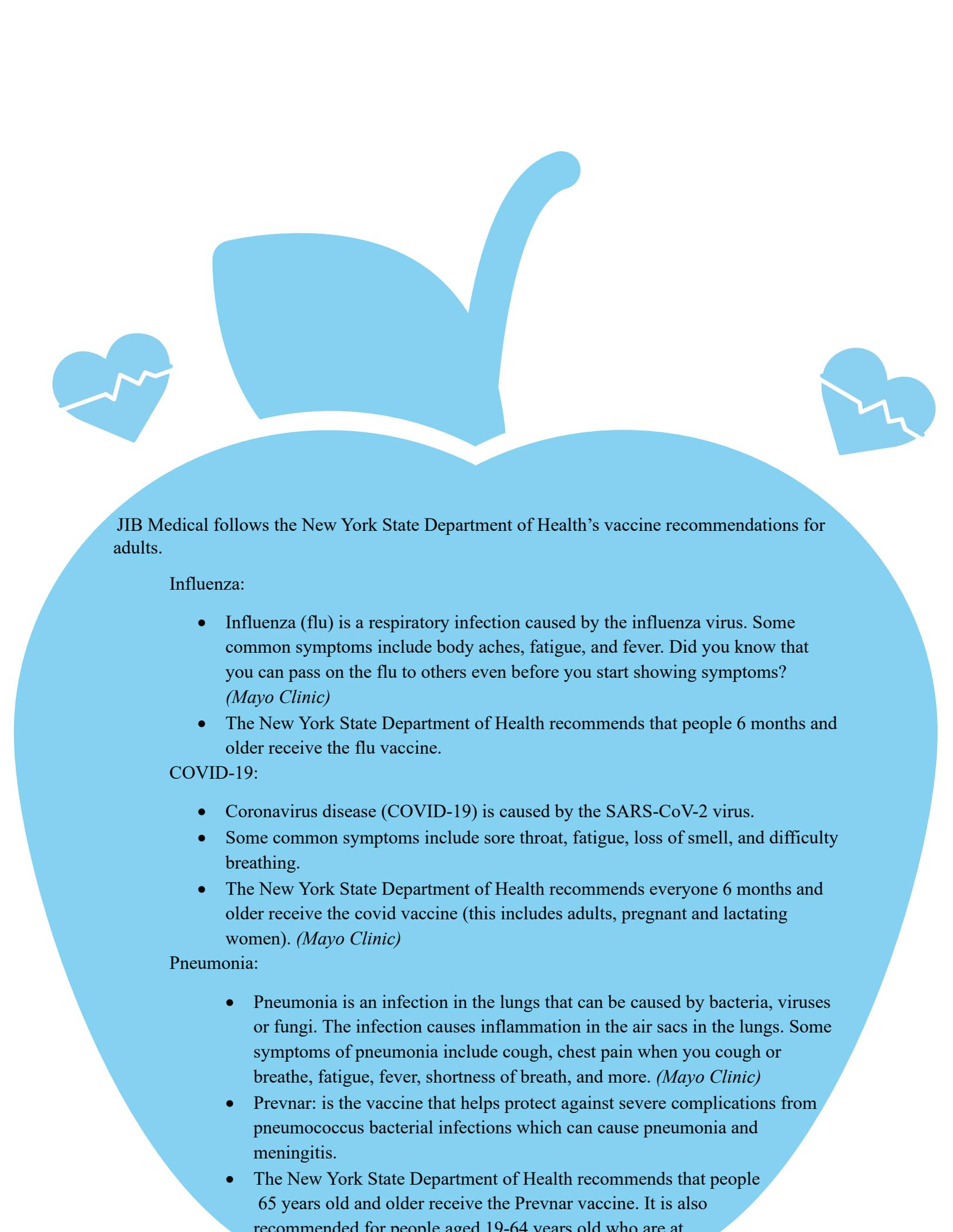
By: Marsha Hoffmann, RD, CDN, Wellness Coordinator
&
Michael E. Makover, MD, CMO JIB and CEO and Medical
Director JIB Medical PC



Winter is here and as we say goodbye to autumn and welcome it, flu season is here. Did you know that the Southern hemisphere experiences the winter season from April through October? Since they experience this season earlier in the year it gives us an opportunity to observe the patterns of respiratory illness to help us predict how the flu season will be in the Northern hemisphere. During this time of year, there is a rise in respiratory illnesses like the flu, Covid-19, and pneumonia. These respiratory illnesses can cause symptoms like cough, fever, sore throat, wheezing, stuffy or runny nose. It is mostly possible to manage these symptoms at home, but hospitalizations from the worsening symptoms of these illnesses can occur. Staying up to date with vaccines can help provide your body with protection (immunization). Studies show that COVID, other respiratory viruses and shingles might also increase risk of heart attack, stroke and dementia and the immunizations seem to help reduce those risks as well.

| HOW TO TELL THE DIFFERENCE BETWEEN FLU, RSV, COVID-19, AND THE COMMON COLD | | | | |
|---|------|-----|----------|-----|
| Common symptoms may include cough, headaches, sneezing, runny nose, and congestion. Different symptoms may include: | | | | |
| | COLD | FLU | COVID-19 | RSV |
| ACHES | ✘✘ | ✘✘✘ | ✘✘ | ✘ |
| DIFFICULTY BREATHING | ✘ | ✘ | ✘✘✘ | ✘✘ |
| FATIGUE | ✘✘ | ✘✘✘ | ✘✘✘ | ✘ |
| FEVER | ✘ | ✘✘✘ | ✘✘ | ✘✘ |
| LOSS OF TASTE OR SMELL | ✘ | ✘ | ✘✘ | ✘ |
| SORE THROAT | ✘✘✘ | ✘✘ | ✘✘✘ | ✘ |
| WHEEZING | ✘ | ✘ | ✘ | ✘✘✘ |

Chart from National Foundation for Infectious Diseases



JIB Medical follows the New York State Department of Health's vaccine recommendations for adults.

Influenza:

- Influenza (flu) is a respiratory infection caused by the influenza virus. Some common symptoms include body aches, fatigue, and fever. Did you know that you can pass on the flu to others even before you start showing symptoms? *(Mayo Clinic)*
- The New York State Department of Health recommends that people 6 months and older receive the flu vaccine.

COVID-19:

- Coronavirus disease (COVID-19) is caused by the SARS-CoV-2 virus.
- Some common symptoms include sore throat, fatigue, loss of smell, and difficulty breathing.
- The New York State Department of Health recommends everyone 6 months and older receive the covid vaccine (this includes adults, pregnant and lactating women). *(Mayo Clinic)*

Pneumonia:

- Pneumonia is an infection in the lungs that can be caused by bacteria, viruses or fungi. The infection causes inflammation in the air sacs in the lungs. Some symptoms of pneumonia include cough, chest pain when you cough or breathe, fatigue, fever, shortness of breath, and more. *(Mayo Clinic)*
- Prevnar: is the vaccine that helps protect against severe complications from pneumococcus bacterial infections which can cause pneumonia and meningitis.
- The New York State Department of Health recommends that people 65 years old and older receive the Prevnar vaccine. It is also recommended for people aged 19-64 years old who are at



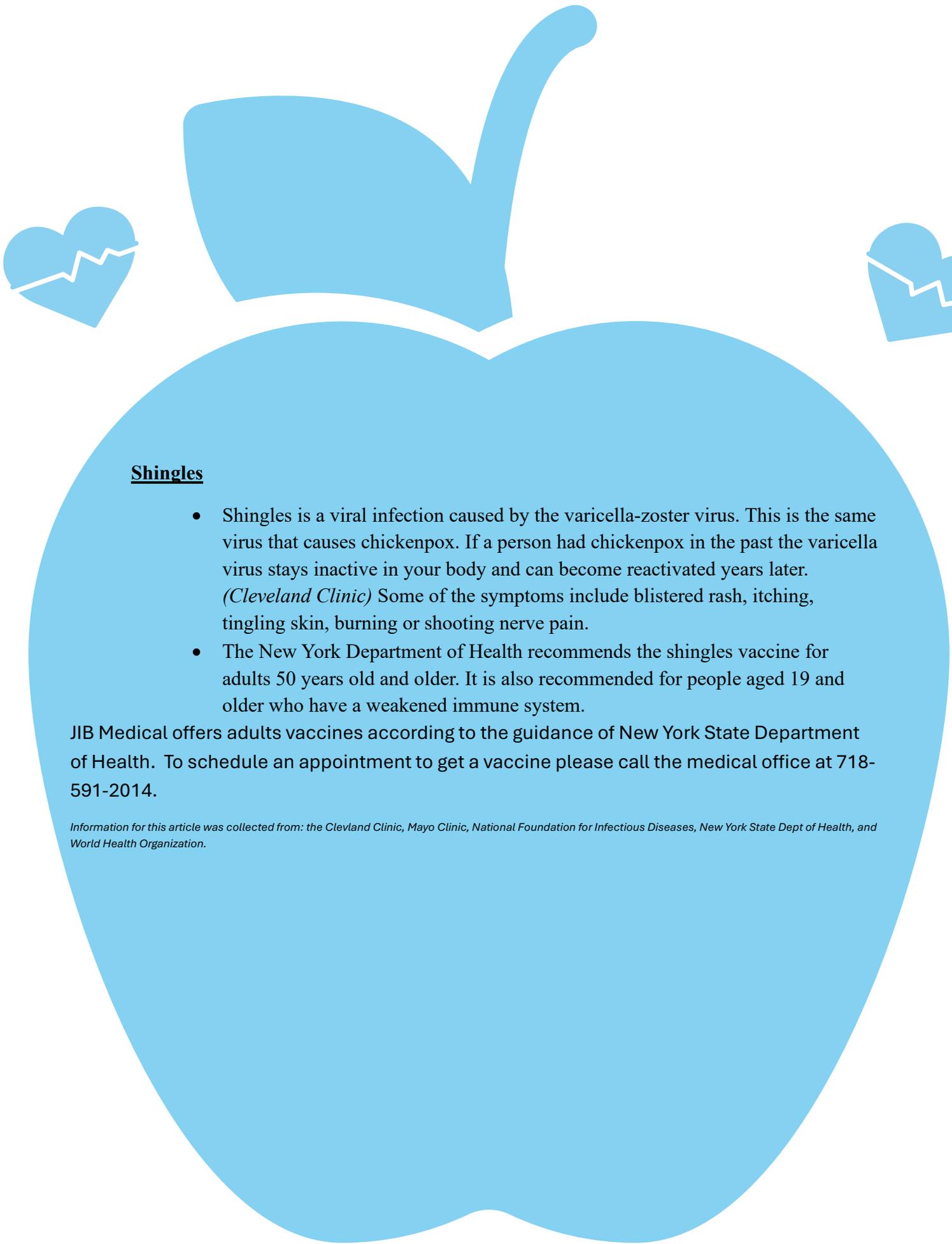
RSV

- Respiratory syncytial virus (RSV) is a virus that causes infection in the lungs and respiratory tract. RSV symptoms include dry cough, sneezing, headache, runny nose, etc. RSV can cause a serious infection for anyone who is immunocompromised, older adults, and infants. (*Mayo Clinic*).
- The New York State Department of Health recommends that adults 75 years old and older and adults 50-74 years old with certain chronic conditions and risk factors receive the vaccine. It is recommended that pregnant people between 32 through 36 weeks of pregnancy receive the vaccine to help protect newborns during the first six months of life.

Other vaccines to consider:

TDAP

- The Tdap vaccine provides protection against tetanus, diphtheria, and pertussis. These are bacterial infections that can cause severe health complications like difficulty breathing, difficulty swallowing, terrible sore throat, terrible muscle spasms, intractable cough, and death. (*Mayo Clinic*)
- The New York State Department of Health recommends that you receive a booster shot every ten years.



Shingles

- Shingles is a viral infection caused by the varicella-zoster virus. This is the same virus that causes chickenpox. If a person had chickenpox in the past the varicella virus stays inactive in your body and can become reactivated years later. *(Cleveland Clinic)* Some of the symptoms include blistered rash, itching, tingling skin, burning or shooting nerve pain.
- The New York Department of Health recommends the shingles vaccine for adults 50 years old and older. It is also recommended for people aged 19 and older who have a weakened immune system.

JIB Medical offers adults vaccines according to the guidance of New York State Department of Health. To schedule an appointment to get a vaccine please call the medical office at 718-591-2014.

Information for this article was collected from: the Cleveland Clinic, Mayo Clinic, National Foundation for Infectious Diseases, New York State Dept of Health, and World Health Organization.

2025 JIB HOLIDAY PARTY



2025 EXECUTIVE LUNCHEON

LEONARD'S PALAZZO
Friday, December 19, 2026





December and January Belated Work Anniversaries

Mark Albin
Howard Bennett
Rogel Bodeta
Laura Datkhayeva
Iris Figueroa

Gulcihan Himko
Sitara Hines
Dennis McGinn
James Panagakos
Shawn Panday

Ina Sahagun
Gabrielle Schulman
Nicholas Tarricone
Andrew Tratner

Christopher Antonello
Thierno Barry
David Battaglini
Robert Biordi
Linda Brown
Amanda Budhu
Rosanna Cardenas
Yin Lei Castro
Joseph Doceti
Esther Echevarria
Scott Feldman
Jessica Feliciano
Christopher Garcia

Vincent Haffkoss
James Harris
Mary Hu
John Hyun
Christine James
Brandon Jawahir
Christine Jones Lennard
Lourdes Lopez-Paredes
Dalinda Lugo
Monika Makuc-Smigielski
Michele Maldonado
Linda Mansueto
Bryan McCarron

Alexandra Mojica-Rosario
Bianca Nikolenko
Joann Novak
Jessica Ortiz
Glenn Phillips
Kwong Poon
Manuel Priegue
Manuel Sanchez
Laura Sexton
James Stoney Jr
Margaret Suarez
Christian Vega
Xiaobo Wu



Happy December & January Belated Birthdays to our Staff Members

| | | |
|--------------------|-------------------|---------------------|
| Gregory Aiello | Gulcihan Himko | Bindu Poulouse |
| Jaime Aromando | Marsha Hoffmann | Manuel Priegue |
| Robert Ball | Concepcion Kunkel | Bicker Rodriguez |
| Rogel Bodeta | Tamara Lukach | Nilanthi Senarathna |
| Linda Brown | Mark Lundquist | Marcell Stevens |
| Giovanna Conlon | Luke Malachi | Regina Sydor |
| Marva Dixon | Marcia McDermott | Naela Tarantino |
| Esther Echevarria | Sheri Midha | Kevin Vayas Torres |
| Jessica Feliciano | Bianca Nikolenko | Jennifer Yoo |
| Adam Fishman | Glenn Phillips | |
| Lori Cappello | Christine James | Gina Russo |
| Glenn Cariddi | Ina Kornegay Lane | Wanda Salinas |
| Yin Lei Castro | Isabella Lovasz | Eric Saul |
| Melissa Diaz | Bryan McCarron | Maureen Steiger |
| Albert Eng | Henry Molina Sr. | Linford Thompson |
| Pasquale | | |
| Evangelista | Stacy Monterosa | Andrew Tratner |
| Josephine Freedell | Stanley Moore | Janet Velez |
| Natasha Gill | Darius Newsome | Brianna Woodfin |
| Beonca Harry | Shawn Panday | Su Min Yun |
| Brian Hobbie | Meera Prabhat | |

Blueberry Strudel

Ingredients

3 cups of frozen or fresh blueberries (You can also substitute for any fruit like apples or strawberries)

¼ cup of sugar or 2 packets of Stevia

2 Tablespoons of cornstarch

Spray avocado oil

12 9x14 phyllo sheets, thawed if frozen

Directions

1. In a saucepan over moderate heat, bring the blueberries, sugar and cornstarch and salt to a boil.
2. Lower the heat and simmer for 3-4 minutes. Stir occasionally.
3. Transfer to a bowl and let cool completely.
4. Preheat oven to 400 degrees.
5. Line a sheet pan with parchment paper and give a quick spray with avocado oil.
6. Cover the phyllo sheets with a damp towel.
7. Arrange a 3 phyllo sheets on a work surface with the short side nearest you. Keep the rest of the phyllo covered.
8. Place a heaping ¼ cup of blueberry mixture over the lower third of the phyllo, leaving a 2 inch border along the bottom and the sides.
9. Fold the bottom edge of the phyllo up over the blueberry mixture and fold in the sides to enclose the filling completely.
10. Roll up the phyllo to form a strudel, about 4x2 inches.
11. Transfer, seam down, to the prepared sheet pan.
12. Spray each strudel with avocado oil.
13. Using a paring knife, cut 2 vents across the top of each strudel.
14. Repeat with the remaining ingredients.
15. Bake until golden brown and crisp, 15-20 minutes.



Erica A. Viñas RD, CDE

Thank You



A special shout and a heartfelt Thank You to our gracious Chairman, Humberto Restrepo, for the delicious Krispy Kreme donuts and coffee provided during the holiday season. We are also grateful for the early dismissals on Thanksgiving eve, Christmas eve and New Year's eve. The JIB Holiday Party was truly a hit this year with the raffles and Photo Booth that gave everyone a token to take home. The Executive Luncheon at Leonard's Palazzo was enjoyed by all. How lucky are we to have an amazing leader with such a generous heart as well as a keen sense of fashion!

Stay connected by contacting JIBHR@JIBEI.com