



Custom is our standard

## February Newsletter

### LETTER FROM ACE TEAM

For 54 years Able Coil and Electronics has worked towards meeting the needs of our customers by providing the best quality products, at a fair price and with on-time deliveries.

As we enter 2023, one of management's objectives is to provide additional support to all members of our ACE team. Our goal is for everyone to achieve success within the organization.

We are committed to providing a safe work environment for all employees. We intend to increase our focus on safety. We strive to stimulate prosperity and growth by reviewing our processes and procedures, with a continuous improvement approach.

We will be focusing on additional training, as well as increased communication on the production floor. No surprises! Speak up if you have a question. We are a team, and every member is important.

**"If everyone is moving forward together, then success takes care of itself." - Henry Ford**



### CAMBRIDGE WINDING



### FEBRUARY BIRTHDAYS:

Maureen Smith – February 1<sup>st</sup>  
Neyshalee Rodriguez – February 3<sup>rd</sup>  
Ludualis Rodriguez – February 7<sup>th</sup>  
Michael Molchan – February 15<sup>th</sup>  
Victoria Isidro – February 25<sup>th</sup>



### Building B - Work Centers



### ABLE ANNIVERSARIES:

Katy Feliz – 1 year  
Aremi Velarde – 1 year  
Lidia Alvarez - 4 years  
Sonia Maric – 4 years  
Lorianne Oakley- 4 years  
Russ Olson- 4 years  
Elizabeth Sanchez – 4 years  
Yoshabel Figueroa- 4 years  
Teresa Vergara- 4 years  
LaurieAnn Ray – 6 years  
Ryan Cadorette – 12 years  
Carmen Martinez – 19 years



2023

### Safety Committee Members

**"If you see something, say something!"**

*Below are the safety committee members for this year. If you have any safety concerns, please let them know!*

#### BUILDING A:

- Hilary Lambert
- Nisa Macha
- Cody Shukis
- Elizabeth Sanchez
- Yoshabel Figueroa
- Regan Clancy
- Ryan Cadorette
- Matt Kulman
- Kimberly Rockefeller

#### BUILDING B:

- Shelby Bonomo
- Victor Alvarado
- Laurie Todd
- Lorraine Quintana
- Miguel DeJesus
- Yessenia Cotto
- Ryan Cadorette
- Matt Kulman
- Kimberly Rockefeller



### IDEAS TO WARM UP YOUR FEBRUARY

February is the month of love and valentines, but also very chilly temperatures! Here are some ideas and activities that promote warmth and connection among you and your loved ones during this cold winter month.

**\*\* Bake together** – invite friends and family to join in a bake-off. Pick one food item that everyone makes and throw a party where you share the finished products!

**\*\* Warm drink and a game** – Nothings better on a chilly evening than holding a mug of something warm and sweet in your hands, while playing a fun game with family and friends.

**\*\* Sleep in** – Enjoy an extra 5-10 minutes of sleep (and warmth) on Saturday and Sunday mornings.

**\*\* Create your own summer in winter-** Have a luau in the living room with Hawaiian chicken. Have an indoor barbeque and invite neighbors who you haven't seen in a while because it's too cold to leave the house! Make it a potluck!



## Homemade Hot Chocolate

### Ingredients:

- 4 cups milk
- ¼ cup unsweetened cocoa powder
- ¼ cup granulated sugar
- ½ cup bittersweet or semisweet chocolate chips or chopped chocolate bar
- ¼ teaspoon pure vanilla extract

### Instructions:

1. Place milk, cocoa powder and sugar in small saucepan. Heat over medium/ medium low heat, whisking frequently, until warm (not boiling). Add chocolate chips and whisk constantly until the chocolate chips melt and distribute evenly into the milk. Whisk in vanilla extract, serve immediately.



## February 18<sup>th</sup> Random Act of Kindness Day

Kindness counts! It is contagious and benefits all! Here are several ways that you can show kindness every day:

1. Focus on others.
2. Offer a helping hand.
3. Be there to listen. Give others your full attention.
4. Send care packages (no matter how small)
5. Stay connected – check in with family and friends.
6. Expect good things to happen and be a positive light.
7. SMILE at others! Smiles are contagious.
8. Compliment others.
9. Say “Thank you” and “I’m sorry”. – if genuine, they carry a lot of meaning.

**BONUS!!! Be kind to yourself.**

