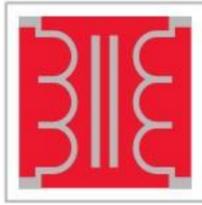


March 2023



**ABLE COIL**  
& ELECTRONICS

Issue #10



Custom is our standard

## March Newsletter

### Letter from Matthew Kulman

Over the next several months we will focus on Core Values that support our efforts to achieve the Vision statement.

#### ACE VISION

Able Coil & Electronics is committed to becoming our customer's product development and manufacturing partner.

In March we will highlight our **Continuous Improvement** Core Value. Learn, Teach & Grow are keys to a successful Continuous Improvement strategy. A continuous improvement strategy can be any number of initiatives that focus on improving the way things are done on a regular basis.

Organizations that focus on continuous improvement become more competitive in their industry and generate more value for both their customers and associates. All of us can promote continuous improvement at Able Coil. Never hesitate to offer suggestions on how a process or policy can be improved.

Engagement in the continuous improvement strategy will help Able Coil become our customer's preferred partner by providing quality products on time. Always ask yourself How Can I Help make today better!



**Matthew Kulman, General Manager**



### **ABLE BIRTHDAYS:**

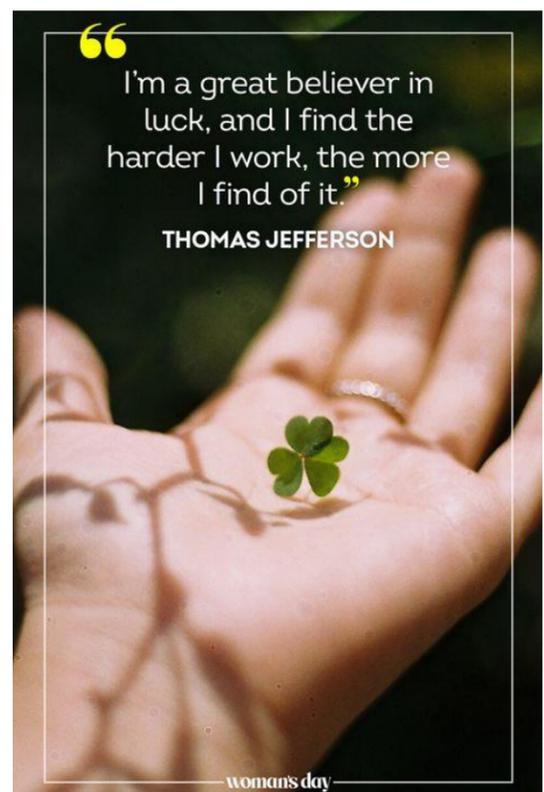
- Dave Spellman- March 6<sup>th</sup>*
- Thomas Salinsky – March 7<sup>th</sup>*
- Rosalba Garcia – March 8<sup>th</sup>*
- Hilary Lambert- March 11<sup>th</sup>*
- Aremi Velarde – March 11<sup>th</sup>*
- Myron Moroz- March 17<sup>th</sup>*
- Faith Platt – March 31<sup>st</sup>*



**Cambridge Team Members  
Sherley Sanchez and  
Yoshabel Figueroa**

### **ABLE ANNIVERSARIES:**

- Wendy Quintana – 23 years*
- Shelby Bonomo – 10 years*
- Luisanna Toribio – 4 years*
- Patrick Parnell – 4 years*
- Sonia Garay Badillo – 1 year*
- Jahaira Torres – 1 year*
- Kimberly Cadorette – 1 year*





**SLOW COOKER CORNED BEEF AND CABBAGE**

Ingredients:

1. 3 Carrots, peeled and cut into 3 inch pieces
2. 1 yellow onion, peeled and quartered
3. ½ pound small potatoes, halved
4. 1 corned beef brisket (about 3-4 pounds), plus pickling spice packet or 1 tablespoon of pickling spice
5. 2: 8-to-12-ounce beers (ale or lager preferred)
6. 6 sprigs of fresh thyme
7. ½ head cabbage, cut into 1 ½ inch wedges
8. ½ cup sour cream
9. 3-4 tablespoons prepared horseradish

Instructions:

1. In a 5-to-6-quart slow cooker, place the carrots, onion and potatoes. Place corned beef, fat side up, on top of the vegetables and sprinkle with pickling spice. Pour the beers over the vegetables and brisket. Sprinkle with the sprigs of fresh thyme. Cover and cook on high until corned beef is tender, 5-6 hours or 10-12 hours on low.
2. Arrange cabbage over corned beef, cover, and continue cooking until cabbage is tender, 45 min to 1 hour (or 1 ½ to 2 hours on low). Thinly slice the corned beef against the grain and serve with the vegetables and cooking liquid with the horseradish sauce.

**SHAMROCK SHAKE**

Always a delicious treat for both the young and the old! This shake is quick and easy to make!

Ingredients:

- 3 cups mint chocolate chip ice cream (the green one)
- ½ cup milk
- 1/8 teaspoon peppermint extract (for added minty flavor or just omit)
- 1/8 teaspoon green food coloring
- Green sprinkles
- Whipped cream

Instructions:

1. Add the mint chocolate chip ice cream to a blender. Then add milk. Blend until smooth.
2. Add the peppermint extract and green food coloring. Blend.
3. Pour into your favorite glass and garnish with whipped cream and sprinkles.
4. ENJOY!



**DID YOU KNOW.....**

1. St. Patrick is the patron saint of Ireland and national apostle.
2. He was credited with bringing Christianity to Ireland in the fifth century.
3. St. Patrick's Day is celebrated annually on March 17<sup>th</sup>, which is the anniversary of his death.
4. The Irish holiday has been observed as a religious holiday for over 1,000 years.
5. On March 17, 1772, homesick Irish soldiers serving in the English military, marched in New York City to honor the patron saint.
6. More than 100 St. Patrick's Day parades are held across the United States.
7. Corned beef and cabbage is an American St. Patrick's Day favorite.



