

April 2023



**ABLE COIL**  
& ELECTRONICS

Issue #11



Custom is our standard

## April Newsletter

### APRIL = ACCOUNTABILITY

We continue to spotlight our core values. This month we focus on **Accountability**.

**Accountability** is defined as an obligation or willingness to accept responsibility or to account for one's actions.

**Accountability** ensures the team can function as one. We rely on each other to hold ourselves to the standards that will meet or exceed the organizations goals.

For our customers, accountability means that we always aim to honor the commitments we have made. We take responsibility for finishing our work on time.

**Accountability** - Do what you say you will do!



#### ABLE BIRTHDAYS:

Kimberly Rockefeller – April 8<sup>th</sup>  
Christine Corocoran – April 11<sup>th</sup>  
Miguel DeJesus – April 11<sup>th</sup>  
Marta Torres - April 15<sup>th</sup>  
Yoshi Gurry – April 15<sup>th</sup>  
Matthew Kulman – April 21<sup>st</sup>  
Kimberly Cadorette – April 22<sup>nd</sup>



#### MAKING A DIFFERENCE

Did you know that at ABLE Coil:

1. Our coils are used in laser light shows!
2. For 4 decades, we have supplied flight critical magnetics for the US military.
3. Our products are used in microwave switches.
4. Our coils are used in Concept 2 rowing machines. They are the world's leading manufacturer of indoor rowing machines.



Happy Birthday Miguel!

#### ABLE ANNIVERSARIES:

Tammy Bunnell – 29 years  
Maria Figueroa – 26 years  
Maureen Smith – 13 years  
Paul Asvestas – 11 years  
Yessenia Cotto – 2 years  
Matthew Kulman – 1 year  
Aaron Hankerson – 1 year



#### STRAWBERRY MANGO SPRING SMOOTHIE

##### Ingredients:

- 1 mango (peeled, cut into chunks)
- 1 Banana (peeled, sliced, frozen)
- 5 Strawberries (large)
- 1 cup Coconut Milk

##### Instructions:

1. Combine mango, banana, strawberries, and coconut milk in a high-speed blender. Blend until smooth
2. Optional: add 1 scoop of protein powder for a more filling snack!



#### APRIL 22<sup>nd</sup> EARTH DAY

On April 22<sup>nd</sup> we celebrate Earth Day. Here are easy ways that we can celebrate Earth Day and help our environment:

1. Buy reusable bags
2. Use refillable water bottles
3. Unsubscribe to catalogs. Help save the trees!
4. Ride a bike and reduce your carbon footprint.
5. Spend time outside because the Earth is beautiful and awesome!



Maureen Smith celebrates 13 years with Able Coil. Thank you, Maureen, for your service! We are lucky to have you as a part of the ABLE Family.

