

April 2024



ABLE COIL
& ELECTRONICS

Custom is our standard

April Newsletter

Issue #23



TRAINING NEWS:

Employee training is essential in today's work environment. Able Coil strives to provide staff with the necessary knowledge and skills to perform their jobs safely and effectively. There are specific training topics that Able is required to provide on a yearly basis. Each of these training sessions will be provided separately in English and Spanish. These training sessions will happen every year as follows:

Quarter 1 - AS9100 Annual Review training in March. This training has already occurred.

Quarter 2 - Emergency Action Plan and Plant Evacuation in June.

Quarter 3 - Safety Data Sheets and Hazard Communication in September.

Q4 - Lock out Tag Out (LOTO) in November.



Thank you, Maria, for 27 years of service!



ABLE BIRTHDAYS:

- Kimberly Rockefeller – April 8th
- Christine Corocoran – April 11th
- Miguel DeJesus – April 11th
- Marta Torres - April 15th
- Kimberly Cadorette – April 22nd
- Rob Dearth – April 30th



Cambridge Winding



Happy Birthday Miguel!



Welcome Back to Able Kreishla!!



Building B Ladies

ABLE ANNIVERSARIES:

- Tammy Bunnell – 31 years
- Maria Figueroa – 27 years
- Maureen Smith – 14 years
- Paul Asvestas – 12 years
- Yessenia Cotto – 3 years



Lemon Pound Cake

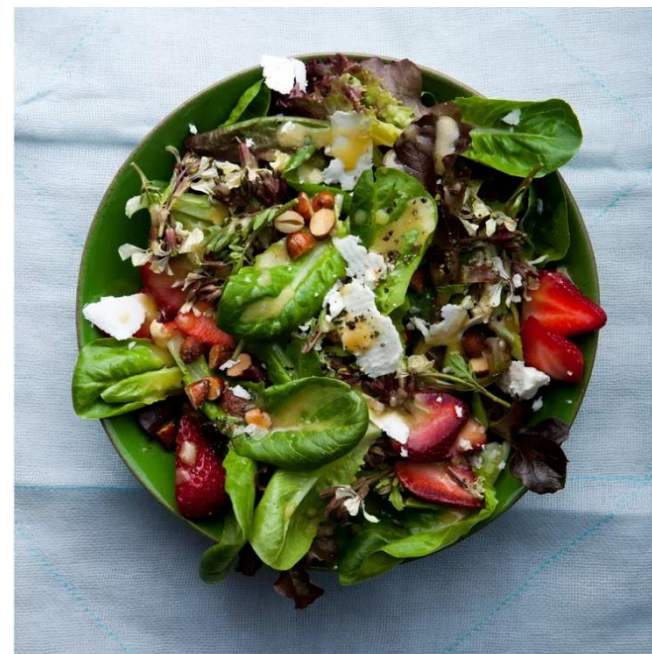
This bright and buttery lemon pound cake is perfect for springtime.

Ingredients

- Baking spray with flour
- 1 1/2 cups granulated sugar
- 3/4 cup (6 ounces) unsalted butter, softened
- 3 large eggs, at room temperature
- 1 1/2 cups (about 6 3/8 ounces) all-purpose flour, sifted
- 3/4 teaspoon kosher salt
- 1/2 teaspoon baking powder
- 1/4 cup whole milk
- 2 tablespoons grated lemon zest, plus 8 to 9 tablespoons fresh juice, divided (from 3 medium lemons)
- 2 cups (about 8 ounces) powdered sugar

Instructions:

- Preheat oven to 325°F. Coat a 9- x 5-inch loaf pan with baking spray. Line loaf pan with parchment paper; coat with baking spray.
- Beat granulated sugar and butter with a stand mixer fitted with a paddle attachment on medium-high speed until very fluffy, 5 to 6 minutes, stopping to scrape sides of bowl. Add eggs, 1 at a time, beating well on medium speed after each addition.
- Stir together sifted flour, salt, and baking powder. Gradually add flour mixture to butter mixture in a mixer on low speed, alternately with milk and 1/4 cup of the lemon juice, beginning and ending with flour mixture, beating just until combined after each addition. Stir in 1 tablespoon lemon zest. Beat on high speed until fluffy, about 1 minute. Spoon batter into prepared loaf pan.
- Bake in preheated oven until a wooden pick inserted in center of cake comes out clean, about 1 hour, 5 minutes. Remove from oven and let stand for 10 minutes. Remove cake from loaf pan and let cool completely on a wire rack, about 2 hours.
- Place powdered sugar and remaining 1 tablespoon lemon zest in a medium bowl. Whisk in remaining 4 to 5 tablespoons lemon juice as needed to reach desired consistency until smooth. Drizzle over cooled cake.



Baby Lettuce with Feta Strawberries and Almonds

Ingredients

- 2 teaspoons Dijon mustard
- 1 teaspoon honey
- 1 small shallot, minced
- 2 tablespoons red wine vinegar
- 1/3 cup extra-virgin olive oil
- Salt
- Freshly ground pepper
- 12 cups packed assorted baby lettuces (about 6 ounces)
- 1-quart strawberries, hulled—small berries halved, large ones quartered
- 4 ounces feta (preferably French), crumbled (1 cup)
- 1 cup smoked almonds, chopped

Instructions

1. In a small bowl, stir together the mustard, honey, shallot, and vinegar. Stir in the olive oil and season with salt and pepper.
2. Put the lettuce in a large bowl. Add the strawberries, feta and almonds. Drizzle the dressing over the salad, toss well and serve.



