

Volume 1, Issue 3



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Making a Difference in the Community

CAB employees are making a difference by getting involved and helping to battle Cancer. Cancer can and does destroy lives and irreparably harm families. Many within the CAB family have witnessed this --either directly or indirectly --and it has left a lasting impression. It is with those in mind who have courageously fought this disease that several CAB employees became involved, to do something positive to battle cancer. The method they chose was as volunteers in the "Believe Walk."

The "Believe Walk" is sponsored by both Stater Bros Stores and *Inland Women Fighting Cancer*. "It provides a means for volunteers to raise awareness and critical funds that support cancer-fighting organizations in the Inland Empire. Although the walk benefits breast cancer organizations, The Stater Bros. Charities & Inland Women Fighting Cancer's "Believe Walk" "honors all cancer survivors and benefits organizations that support patients with all cancer types."

Sandra Frayre (Production Scheduler) participated in this event last year and this year organized a turnout of CAB employees to participate as volunteers in the "Believe Walk." Their efforts and contributions with those of thousands of volunteers help provide funds to "to improve cancer care and support services for cancer patients and their families in the Inland Empire communities of Southern California."

This is a worthwhile effort and each volunteer should be commended for his/her involvement.

See page 14 for additional pictures of the CAB team participating in the "Believe Walk."

- Charles Rohr



Reporter: Sandra Frayre
Publisher: Sandra Frayre
Editor: Charles Rohr



EDITORS NOTE



REFLECTION ON THANKSGIVING

Welcome to issue 3. There are some fun and interesting items in this edition. Be sure to read about CAB's Softball team, looking sharp in their new jerseys and the very worthwhile work CAB employees are doing to help in the battle to defeat Breast Cancer—via the "Believe Walk." Many have been affected in some way by cancer and so it's gratifying to see CAB employees giving up part of their weekend to make a statement and help gather contributions for this worthwhile cause.

As this is the October - November issue two obvious holidays come to mind, one that is fun and one that is traditional and (in my mind) is the best family/friend

gathering day of the year.

Thanksgiving is the holiday between the fun and often hectic day of dressing in costume, haunted houses, children trick and treating and the stress and hurry that is the upcoming holiday season. It is a true American Holiday as it commemorates the Wampanoag tribe helping the early Pilgrim settlers though numerous hardships, and the Pilgrims giving thanks to God and celebrating their harvest. When I was a child the story of the Pilgrims and the neighboring Native Americans was presented as an example of working together and good citizenship. I hope that lesson is still taught.

There is little stress in the Thanksgiving holiday, except perhaps for the person or persons preparing the holiday meal. It is a time to be with friends and family, spending time together talking and interacting with each other in person (not via an electronic device), and on what other holiday is a mid-day nap considered not only acceptable but beneficial? It is a day of fellowship, watching some football and unless we forget, a few moments of thankfulness. To be thankful for what we have and thankful for those we hold dear; a day to reflect on the many blessings each of us has received. So, in this spirit I wish you and yours the Happiest of Thanksgivings.

-Charles Rohr



Christmas Contest

I was talking with friends and the subject of Christmas movies came up. The Christmas season brings with it a cornucopia of traditional family favorites. There are perennial sentimental favorites such as It's a Wonderful Life, Miracle on 34th Street, Elf, and Christmas Story and there are others such as Bad Santa and Die Hard (it does happen during the Christmas holiday) that are also found enjoyable. So, it would be fun if we could come up with a **CAB Top Ten List of**

Christmas Film Favorites that we will publish in the next issue of the CAB Connection, and make a little contest of it.

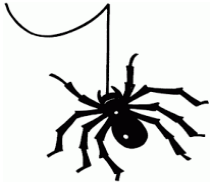
Here is what we will do, between now and November 21. **List your top five favorite Christmas films in order of preference.** It should not be hard to pick five, but it may be hard to put them in order. When done, print your name on the bottom and give your list to Sandra, or place it in the HR "in box" in the office area.

On November 22, everybody's name who has provided a list will be placed in a container and a name drawn. **The name selected will win a \$50 Visa Card**, which will come in handy during the Christmas season.

So, put together your top five list, submit it and get a chance to win a \$50 gift card while we put together the **"CAB Top Ten List of Christmas Film Favorites."** It will be interesting to see where your favorites wind up on the final listing.

Some movie ideas you may want to choose from:

Christmas Story	Elf on The Shelf	Frosty the Snow Man	Jack Frost
Wonderful Life	Home Alone	Rudolph the Red Nose Reindeer	White Christmas
Miracle on 34th Street	The Santa Clause	Scrooge	A Charlie Brown Christmas
Elf	The Polar Express	A Christmas Carole	Arthur Christmas
The Grinch	Jingle all The Way		The Gathering



COO CORNER



Are we getting bonus this year :

* Yes, We are at 90% of our target and we still have 3 months left

Does CAB do anything to Improve its environmental impact?

* We are currently replacing the Refrigeration system with new state of the art efficient system to save on **electricity ,water** and replace the ammonia with an **environmentally safe refrigerant.**

* We are also installing a water filtration system that will recover **90% of the water wasted** by the fillers.

* We installed a new 3 tank CIP system to save on **chemical and water**

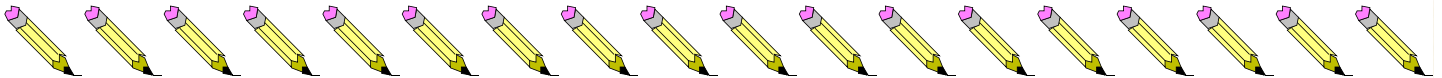
Are there any plans to expand the plant

* Yes, we are currently looking into expanding our production and storage areas

- George Riad



DID YOU KNOW?



Do and Don't

How to act when you are invited to a customer 's meeting in your work place

The Do

- Wait until your guests are seated then sit in one of the remaining seats
- Be prepared with your business cards and hand it with your name in the right orientation so the customer receives it and reads it comfortably without the need to flip it .
- Leave the table head place for the boss
- Be on time



The Don't

- Take a seat before your guests are seated
- Throw your business cards across the table for everyone
- Open subjects that do not get the attention of everyone
- Arrive late to the meeting





The CAB Team

By Randy Hartman

IT'S NOT JUST WHAT WE DO, BUT WHO WE ARE!

Some people may think that here at CAB all we do is just make juice boxes for our customers, but in reality, it is very much more than that. Stop and think for a moment of what it is that we do, we provide an enjoyable product that is available to every man women and child in the entire western United States, and with that comes a great responsibility for each one of us here at CAB; from palletizer to filler operator, from blender to warehouse driver to management. We should all maintain a conscious awareness of this to drive our individual commitment to quality. As we move forward towards SQF level 3 it is more than a certificate, it will be a hallmark of individual achievement for each one of us and a source of pride in who we are, the "CAB TEAM", a team of remarkable people who have come a long way in such a short time, who are always looking for ways to improve not just themselves but the team.

This is a very special place to work, full of special people who take pride in what they do, and I am grateful to be a part of it.

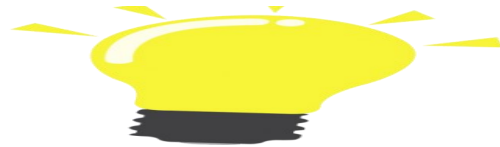
Marilyn



It has been
256
Days since CAB's last work related injury

Ana

DID YOU KNOW?



What your pay stub tells you?

CAB provides you a detailed check stub with your pay. This paystub has a great deal of information on it, and you probably never look at it. You should because it tells you many things about where the pay you have earned goes. Much of it, as we all know goes to the government in the form of state and federal income taxes as well as Social security, and Medicare taxes. The stub also tells you how much you are saving in your 401(k) or how much you are paying towards a 401(k) loan. It also tells you how much you have paid for insurance and lets you know how much vacation time you have accrued plus sick time remaining . You owe it to yourself to look at it regularly, to make sure what you expect is really happening.



Departmental Overview

CAB's Maintenance Department

The maintenance department is responsible for ensuring the consistent and efficient running of CAB's equipment, in particular its three High Speed A3 lines. For the company to be profitable and so sustainable year after year, it is essential that its production lines run constantly and consistently.

The Maintenance Department is responsible for handling breakdowns, line issues, changeovers and preventive maintenance on a timely basis, while coordinating these activities with all other operational departments. The mechanics use various tools and systems to accomplish these tasks. One such system is the **TPMS or the Tetra Pak Maintenance System**. This system generates check lists that are used in servicing CAB's lines. Parts are ordered and maintained through the **Tetra Pak Inventory Management System (TPIMS)**.

The CAB Maintenance team when fully staffed consists of six mechanics. There are three lead mechanics; **Robert Bombard, Bryan Reyes** and **Miles Lake**. They are currently training two recently hired mechanics; **William Peeper, and Garrison Wentworth**. **William** began in facility maintenance and currently is transitioning to be a third shift mechanic. Currently **Samy Ibrahim** is transitioning form a third shift mechanic position to that of third shift supervisor. **Samir Elremawy** is responsible for CAB procurement and ensures the maintenance spare parts inventory is maintained at appropriate levels.

- George Riad





Announcements



**Medical Insurance
Open Enrollment
Tuesday
December 5, 2017**



Christmas Party
Saturday December 2, 2017
Do not forget to sign up!
Last day to sign up is
Oct 23rd
Sign Up Sheet is by the time
clock!



Tuesday October 31, 2017
 Straddling the line between fall and winter. Halloween is a time of celebration and superstition. It is thought to have originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off roaming ghosts.

Tuesday October 31st to Thursday November 2nd
 People build private altars containing favorite foods and beverages, as well as photos and memorabilia, of the departed. The intent is to encourage visits by the souls.

Thursday November 23, 2017
 An annual national holiday marked by religious observances and a traditional meal including turkey. The holiday commemorates a harvest festival celebrated by the Pilgrims in 1621, and is held in the US on the fourth Thursday in November



Congratulations!

CAB Weight Challenge

Six CAB employees entered a weight loss challenge. They created a cash prize to be awarded to the winner. A contestant had to lose a minimum of five percent of his/her beginning body weight, in order to be eligible to win. From the eligible contestants the person with the largest percentage weight loss would be declared the winner. Everyone was very determined and focused. Each participant had his/her own diet plan. Examples of methods used were a 1,000 calories per day diet, a non fat diet, the slim fast diet, and one person ate every two hours combined with an exercise plan. All participants together lost an amazing 65.1 pounds. The average weight loss for all contestants was 6.05%. The winning weight loss was an awesome 8.8%.

Congratulations to the winner **Kimberly Burke**

Charles Rohr



Best of luck!



Best wishes to Jonathan Zuniga as he leaves CAB for a new Challenge

NEW HIRES

Name: Gregory Esquivias
Title: Filler Operator
Hobbies: Working on classic cars, spending time with his kids. Favorite teams are Raiders, Angels and Lakers. Dream car is a 61 Chevy Impala Convertible



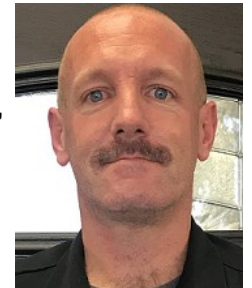
Name: Nick Agajanian
Title: Batcher
Hobbies: Surfing, quad riding and spending time with his kids and his girlfriend. Favorite sport is baseball. His favorite team, the Angels. He is a dog lover has a newfoundland. Enjoys horse back riding.



Name: Teah Hunt
Title: Palletizer
Hobbies: Enjoys playing softball. She is excited to become a grandma, both of her daughters are pregnant. Likes to play video games, shopping and going to her kids sporting events. Also enjoys hiking and camping, any outdoor fun. Favorite sport teams are the Angels, Ducks and Cowboys



Name: Garrison Wentworth
Title: Mechanic
Hobbies: Spending time with his two children. Enjoys the outdoors, watching sports, football (Cowboys) and building models of cars and airplanes



Name: Chris Mills
Title: Warehouse Manager
Interest: Live music, movies, baseball (Go Angels!), Football (Chargers), hiking and spending time with his two kids. Also is a volunteer with West Covina Soccer for 20+ years and referees soccer.



Name: Israel Ortega
Title: Batching
Hobbies: Basketball (Lakers), Football (New York Giants) long drives and going shopping to the mall. Spending time with family and hiking. Dream car Lamborghini.



Experience: 25+ years in the foods business-warehouse, purchasing, production and continuous improvement

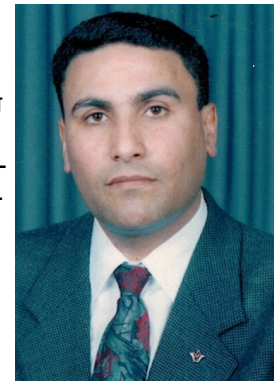


PROMOTIONS

Name: Issac Martinez
Title: Batching Lead
Hobbies: Favorites sport is soccer, his favorite team is Real Madrid. Loves the outdoors, specially hiking . Dream Car 2018 Acura NSX . Enjoys playing the guitar.
Other: Would like to go back to school to continue his education and obtain a degree. He would like to become a Spanish professor.



Name: Samy Ibrahim
Title: 3rd Shift Supervisor
Hobbies: Reading and traveling around the world. Has been to Germany, Spain, France, Switzerland, Denmark, Belgium, Netherlands, Canada. Favorite sport is soccer, team Barcelona. He also likes to play soccer. Enjoys spending time with his children.
Other: He served in the Army until he became a first lieutenant, learned to work hard, respect others and work as part of a team.



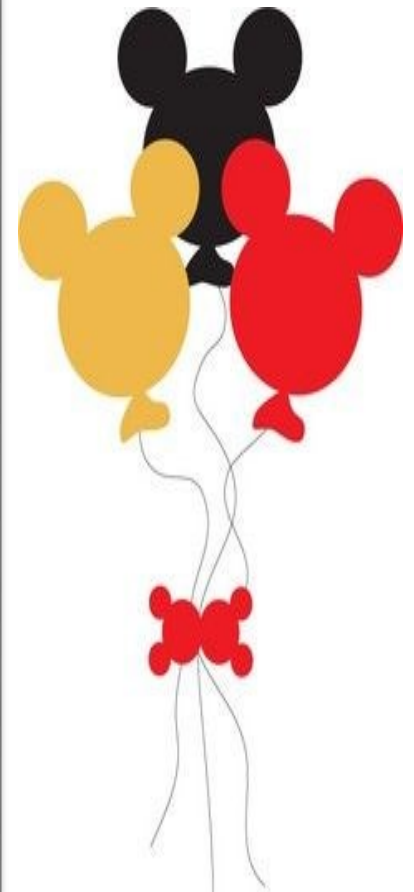
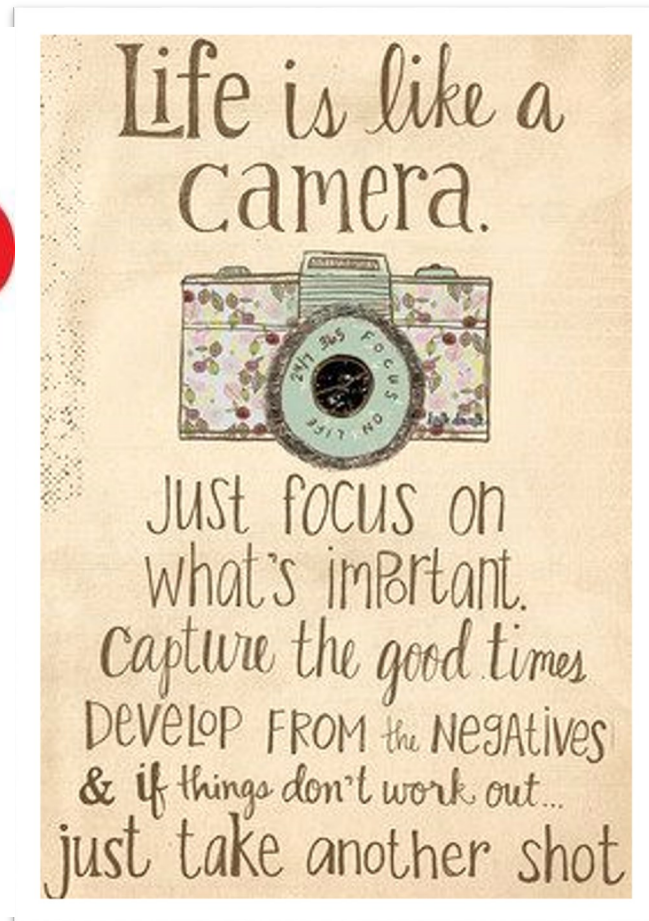
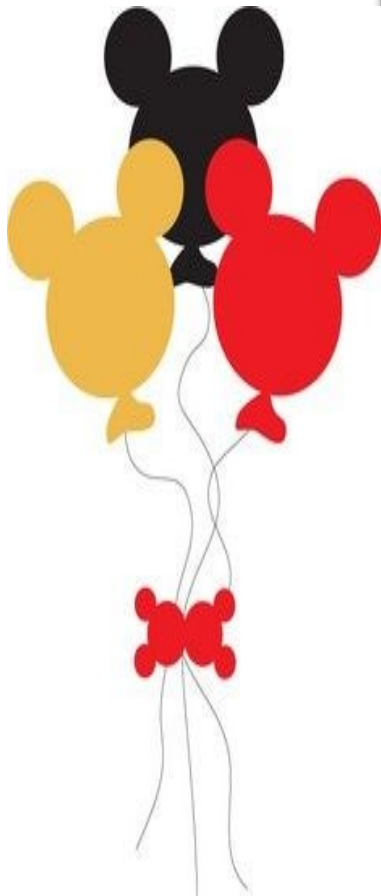
happy Birthday



Randy Hartman
 Samy Ibrahim
 David Mudrovich
 Richard Tylor



Robert Bombard
 Samir Elremawy
 Dennis Garcia





Happy Anniversary

Celebrating 6 years !

Charles Rohr

Celebrating 3 years !

Sandra Frayre

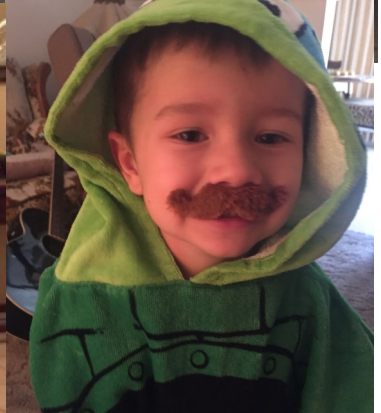
Antonio Hernandez

Celebrating 2 years !

Samy Ibrahim

Gabriel Sidas

Happy Halloween



CAB CUBS



The second season for the CAB Cubs is off to a great start. We are currently tied for third place with a record of 2 wins and 3 losses. We are excited to welcome the new players that have joined our team and are grateful to all the dedicated team members that come ready to play each week. Everyone is looking sharp in the new jerseys! There are five games remaining in the regular season and we hope to make the playoffs.

Come out and support the CAB Cubs! Games are played on Sunday afternoons at the Epicenter Sports Complex located at 8408 Rochester Avenue in Rancho Cucamonga. The schedule is posted by the timeclock.

-Kim Burke



VETERANS DAY

November 11

On November 11, we commemorate those who have served in the United States armed forces. The origin of Veterans Day stems from the Treaty of Versailles that ended what was referred to as the Great War, that now is called World War I. Hostilities ceased on the 11th hour of the 11th day of the 11th month (November 11, 1918).

President Wilson — one year after — proclaimed November 11th as the first commemoration of Armistice Day. It was a day in President Wilson’s words to “be filled with solemn pride in the heroism of those who died in the country’s service....”

In 1938 Armistice Day became a national holiday. This was fitting and proper but many veteran service organizations urged congress to replace the word Armistice with the word Veterans. The day should commemorate not only those that died but those that served. So, in 1954 the word Armistice was replaced with the word Veterans and November 11 became a date to honor American veterans of all wars. President Eisenhower desiring to honor all veterans, issued the first “Veterans Day Proclamation” and the day—since then —has encompassed all veterans.

It is interesting to note that currently there are 22 million veterans. 13.4% of the male adult population have served in the military. Although women have made significant inroads into military service, presently only 1.4% of adult females have served in the military.

Here at CAB we have three employees who have served:

So, in commemoration and in appreciation, Thank each of you for your service.

- Charles Rohr

Dennis Garcia

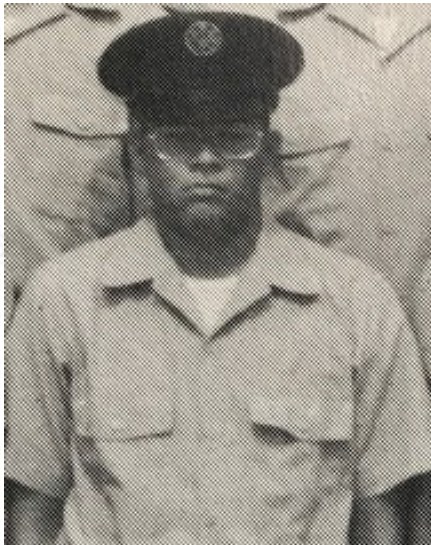
Randy Hartman

Daniel Chaffino

United States Air Force

United States Army

United States Army



Believe Walk
All things are possible for one who believes
presented by **STATER BROS. Charities**
& *Inland Women Fighting Cancer*

CAB Warriors





Who Am I



Can you guess who our mystery employee is?

- Graduated Everest College and obtain a Medical Assistant Certificate
 - Has two sisters and one brother
 - Worst fear are clowns
 - Attended Citrus High School

Last Issue's mystery employee Answer...

Debbie Wyller



