



CAB Employees Help In Fight Against Cancer

On October 7, 2018, CAB employees participated in the 11th annual Believe Walk in the city of Redlands. Stater Bros. Charities & Inland Women Fighting Cancer organized this event to honor cancer survivors and to benefit organizations that support patients with cancer.

The 5k is an upbeat walk through residential neighborhoods where participants are encouraged to keep going by cheerleaders from local schools posted in several locations along the route. Participants are also treated to live music, gymnast performances, and a variety of cute and creative pink outfits. Batman, Spiderman, and Wonder Woman were there to take pictures with the kids.

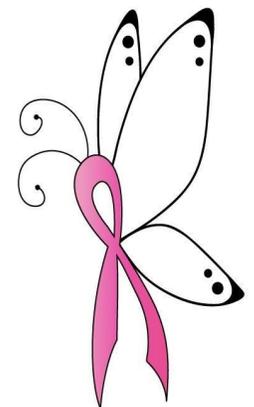
This was a great community event in support of an extremely important cause. Local business, walking teams, and individuals all came out to show support. It was fun to see all the CAB employees wearing their “CAB Warriors Time to Tackle Cancer” jerseys. Be sure to check out the pictures on pages 7-9 in this edition.

Thank you to everyone who participated and I look forward to walking again next year.

- Kimberly Burke

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



Editor's Note



Our biggest event is the CAB family's second annual involvement in the Stater Bros' Believe Walk. This year CAB sponsored a team of employees who wanted to participate in this worthwhile venture to help in the ongoing battle against cancer and its effects. Kim Burke wrote an article that appears on the front page, and there are pictures included in this issue of employees and their families taking part in the Believe Walk. Their commitment of time and effort speaks well of them and the value CAB places on community involvement.

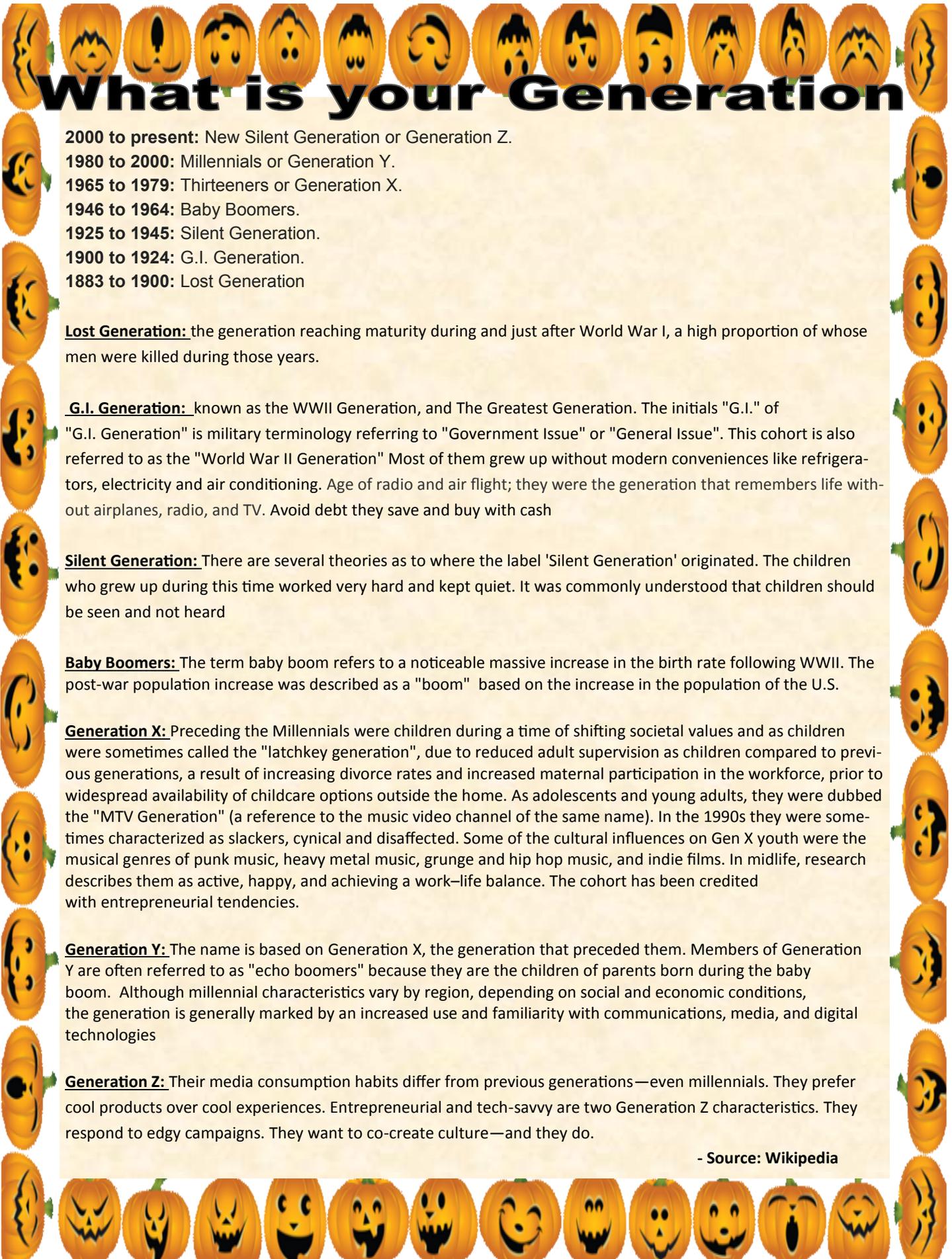
Thanksgiving is just around the corner and we will commemorate this national day of Thanksgiving with a four-day weekend beginning November 22, 2018. Thanksgiving is a day for reflecting on our blessings and joining together with family and friends to celebrate and to share. Thanksgiving had its origin in our heritage; the early Pilgrims' courageous undertaking in settling in the new world to escape religious persecution. The Pilgrims had lived through a year of sickness and scarcity and after a bountiful harvest joined with their Native American friends of the Wampanoag tribe to celebrate a joyous outpouring of gratitude. They likely feasted on turkey, as we do today, since wild turkey was bountiful in the area. History also tells us members of the Wampanoag tribe brought venison to the feast. This feast of Thanksgiving began the tradition we are so familiar with today.

Each year the President of the United States proclaims a National Day of Thanksgiving. George Washington began this tradition when he proclaimed Thursday, November 26, 1789 as a day of "public thanksgiving and prayer to be observed by acknowledging with grateful hearts the many signal favors of Almighty God." Other presidents followed suit, but it was Abraham Lincoln who fixed it as a National Day of Observance that has been since celebrated on the final and then fourth Thursday of November.

Thanksgiving has always been - for me - a day of getting together with family and friends. It is a laidback day of food, talking, reflecting on memories, and watching football. It is also the beginning of the holiday season. Christmas music will soon be heard on the radio, internet, and television. Many people begin planning for Christmas sales that begin in earnest with Black Friday, the day after Thanksgiving. On this day there is something for everybody to enjoy. I hope each of you have a wonderful day and a pleasant long weekend, and that sometime during those four days, have a few moments to reflect on the things for which you are blessed and are thankful.

- Charles Rohr





What is your Generation

2000 to present: New Silent Generation or Generation Z.

1980 to 2000: Millennials or Generation Y.

1965 to 1979: Thirteeners or Generation X.

1946 to 1964: Baby Boomers.

1925 to 1945: Silent Generation.

1900 to 1924: G.I. Generation.

1883 to 1900: Lost Generation

Lost Generation: the generation reaching maturity during and just after World War I, a high proportion of whose men were killed during those years.

G.I. Generation: known as the WWII Generation, and The Greatest Generation. The initials "G.I." of "G.I. Generation" is military terminology referring to "Government Issue" or "General Issue". This cohort is also referred to as the "World War II Generation" Most of them grew up without modern conveniences like refrigerators, electricity and air conditioning. Age of radio and air flight; they were the generation that remembers life without airplanes, radio, and TV. Avoid debt they save and buy with cash

Silent Generation: There are several theories as to where the label 'Silent Generation' originated. The children who grew up during this time worked very hard and kept quiet. It was commonly understood that children should be seen and not heard

Baby Boomers: The term baby boom refers to a noticeable massive increase in the birth rate following WWII. The post-war population increase was described as a "boom" based on the increase in the population of the U.S.

Generation X: Preceding the Millennials were children during a time of shifting societal values and as children were sometimes called the "latchkey generation", due to reduced adult supervision as children compared to previous generations, a result of increasing divorce rates and increased maternal participation in the workforce, prior to widespread availability of childcare options outside the home. As adolescents and young adults, they were dubbed the "MTV Generation" (a reference to the music video channel of the same name). In the 1990s they were sometimes characterized as slackers, cynical and disaffected. Some of the cultural influences on Gen X youth were the musical genres of punk music, heavy metal music, grunge and hip hop music, and indie films. In midlife, research describes them as active, happy, and achieving a work-life balance. The cohort has been credited with entrepreneurial tendencies.

Generation Y: The name is based on Generation X, the generation that preceded them. Members of Generation Y are often referred to as "echo boomers" because they are the children of parents born during the baby boom. Although millennial characteristics vary by region, depending on social and economic conditions, the generation is generally marked by an increased use and familiarity with communications, media, and digital technologies

Generation Z: Their media consumption habits differ from previous generations—even millennials. They prefer cool products over cool experiences. Entrepreneurial and tech-savvy are two Generation Z characteristics. They respond to edgy campaigns. They want to co-create culture—and they do.

- Source: Wikipedia

Announcements



The COMPANY CHRISTMAS PARTY



SATURDAY

DECEMBER 1, 2018

DO NOT FORGET TO SIGN UP!

SIGN UP SHEET IS BY BOTH TIME CLOCKS

LAST DAY TO SIGN UP IS OCTOBER 26...

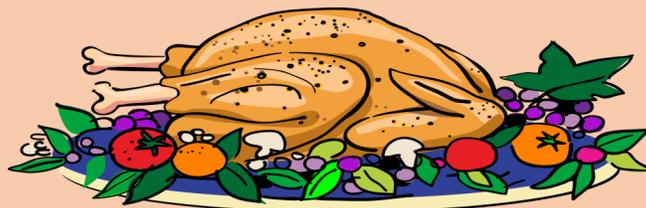
FOR ANY QUESTIONS PLEASE SEE SANDRA!!!!

DON'T MISS OUT ON ALL THE FUN, RAFFLES & SURPRISES!!!

CAB's Pre- Thanksgiving Insurance Rebate Feast

Wednesday November 21, 2018

CAB will be providing lunch for each shift



New Hires



Name: Daniel Reyes
Title: Palletizer
Hobbies: Enjoys drawing, driving and watching horror movies. His favorite food is pizza. Favorite rapper is Chief Keef.





October

Randy Hartman
 Richard Taylor
 Ernesto Rocha
 Cesar Solis

November

Robert Bombard
 Samir El Remawy
 Rolando Zuniga
 Gilbert Hernandez
 Michael Chavez
 Marie Bastiampillai



Celebrating 7 years !

Charles Rohr

Celebrating 4 years!

Sandra Frayre
Antonio Hernandez

Celebrating 3 years!

Gabriel Sidas

Celebrating 1 year!

Hughie Shelton

QC Investment

CAB's final capital expenditure of 2018 was the revamping of its Micro Lab and QC area.

The Micro Lab area had three new Hepa High Efficiency Filters installed to improve air quality. Additionally, new counter tops, upgraded flooring, and new ceiling tiles were also installed.

The QC Lab was also revamped with new counters, cabinets, upgraded flooring and new ceiling tiles.

This investment is part of CAB's continuous improvement program to improve accuracy in QC and within the company.

- Charles Rohr

Before



After



Contest Your Favorite Pet

Bryan Reyes
winner of the
drawing....



Dogs name: **Striker**
Breed: Golden Retriever
Likes: People, people who have food, people who will pet him, long walks and anything that has water involved.
Dislikes: Nothing
Cats name: **Cuda**
Breed: Lioness
Likes: Eating and laying in the sun along with playing with spiders then eating them. Also likes her friend striker, sometimes.
Dislikes: too many things to list

- Bryan Reyes



Name: **Grace**
Breed: Rhodesian Ridgeback/Golden Retriever or Yellow Lab mix She is 4 & loves to dig holes in the yard also likes green bell peppers

Name: **Angel**
Breed: Border Col-lie/German Shep-ard Mix, She is 16 & loves bacon

- Ann Chestnut



Name: **Lexy**

Breed: Jackapoo (Jack Russel Terrier & Toy Poodle Mix)
3 month old female Puppy that loves to play with empty water bottles & plastic plant pots- anything but dog toys. Likes to sleep on her back and on top of her food.

- Sandra Frayne



Dogs Name: **Mason**
Breed: Chihuahua Mix
6 year old Female dog who eats every-thing & enjoys walks

Name: **Chilla**
Chinchilla, 2 yrs old male who likes to play with the cat
Cats Name: **Harley**
Breed: Maine coon
4 year old female cat who likes to play with the chin-chilla

- Kim Burke



Name: **Nebula**
Breed: Lab & Pitbull Mix
3 year old female rescue dog, brought home at 8 weeks . Loves to take showers & playing in the water, Thinks she is a human. She will start talking once you walk in to the door, she will sit on your lap and hug you. Loves children and watches over them.

- Chrissy Cleveland



Name: **Lily**
Breed: Half Staffordshire Bull Terrier & half American Pit Bull

Name: **Zoey**
Breed: Pomeranian
Name: **Charlie**
Breed: English Bulldog

-Charles Rohr

Dogs Name: **Peanut**
Breed: Pure Chihuahua
8 year old female dog who loves to sleep



Name: **Annabelle**
Breed: Part Coyote
She likes to dig holes, has OCD and taps on the shoulder when she wants to get attention.
Name: **Nellie**
She is very passive, enjoys playing with

Annabelle and her toys. She snores when she sleeps.
Name: **Izzy**
Despite being extremely uncoordinated she is great at playing catch, can catch from 30ft

- Randy Hartman







Special Thanks Participation



George Riad

Kimberly Burke

Rafael Anaya

Teah Hunt

John Harkin

Sabrina Rochon

Johnny Arballo

Sandra Frayre

Isaac Martinez

Nicholas Imoohi

Luis Rodriguez

Donations



MILESKI HOLDINGS



SHEPARD BROS.

George Riad

Charles Rohr

Personal Donation from one
of CAB's vendor Account
Manager at Weber

Nancy Silvester

Goodbye Farewell Bryan Reyes



Last issues mystery employee



Sandra Frayre

