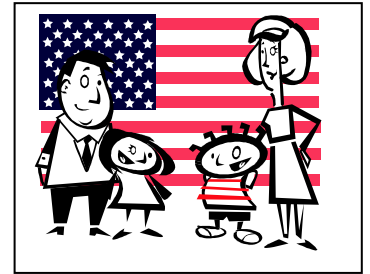




Apex Design Technology, Inc.

The Buzz



APEX' NEW WEBSITE

We just launched our new, updated and re-designed Website. It's clean, fast and fun!

Go to: www.apexdt.com.

6TH ANNUAL CHILI COOK-OFF - MAY 19TH

The Best Chili Recipe belonged to Cory Yip who **WON AGAIN!** Cory defended her 2005 Title and keeps her bragging rights for one more year.

Voting was close with Jose Sanchez taking Second Place and Doug Takehara in Third.

Thanks to Carolina and all who participated in organizing and competing in the Event.



EXERCISING PERSISTENCE USUALLY PAYS OFF

We've all heard it before, but there really is no substitute for persistence. Here are a few tips for being persistent, but not annoying in the office.

- ~ It's best to focus on what you can accomplish than on what you can't. This will help you stay positive. Use your energy to work toward a goal, rather than against an obstacle.
- ~ Giving up is not an option. You never know, success might be closer than you think.
- ~ Try to make it easy, even desirable, for your colleagues to say yes to your requests. Remember to give coworkers lots of options so that they're able to choose what they want to do.
- ~ Once you identify a roadblock to your goal, develop a plan to dismantle whatever is in your way.
- ~ Try to be assertive, but not aggressive. Always be polite, but don't give up on your direction in order to be liked.

Adapted from *1001 Ways to Take Initiative at Work* by Bob Nelson.



APEX NEW HIRES - *Welcome to the Apex Team!*

Jay M. Raymond - Production Planner
Robert Michael - Welder (Decatur)

STATE REGULATION REGARDING MEAL PERIODS "No employer shall employ any person for a work period of more than 5 hours without a meal period of not less than 30 minutes..."

(State of California Law (Order No. 4-2001)

Employees have asked either their supervisors or Human Resources if they could "work through lunch" and either leave after 7.5 hours and get paid for 8 or work their normal 8 hour shift and get paid for 8.5 hours.

The answer is No.

Apex is obligated to abide by State Law.

PERSONAL PHONE CALLS (SHOP FLOOR)

Just a reminder that **all** personal phone calls can be accepted and made on your break or lunch. If a personal call comes in for you while you are working, a message will be taken and brought to you or to your supervisor who will give you the message. In emergency cases, you will be paged. Your cooperation is appreciated.
Thank You!

COFFEE CUPS

Do you know how long it takes for a styrofoam coffee cup to break down and disintegrate in a landfill site? It's upwards of thirty years! We can all do a small thing to help the environment by no longer using these cups. Everyone who drinks our coffee is asked to bring a coffee cup from home. We thank you and the environment thanks you.

Note: *Disposable cups will still be purchased for visitors.*

REALAGE TIP - TAKE VITAMINS

Regularly taking vitamin C (1200 mg/day), vitamin E (400 IU/day), calcium (1000-1200 mg/day), vitamin D

(400-600 IU/day), folate (400 mcg/day), and vitamin B6 (6 mg/day) can make your **RealAge 6 years younger.**

JUNE BIRTHDAYS:

- 2nd Peter Pineda
- 18th Delbert Basurto
- 20th Michael A. Cang
- 27th Armando Juarez
- 29th Todd M. Gallagher

APEX EMPLOYEE ANNIVERSARIES - JUNE

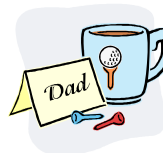
Thao N. Pham	10 years
Alberto Garcia	6 years
John A. Belote	6 years
Ian W. Craven	5 years
Joe M. Garcia	4 years
Douglas M. Takehara	3 years
John D. Alarcon	1 year
Lorne C. Dyke	1 year

A CUSTOMER

A customer is the most important visitor on our premises.
They are not dependent on us.
We are dependent on them.
They are not outsiders in our business.
They are a part of it.
We are not doing them a favor by serving them.
They are doing us a favor by giving us the opportunity to do so.

DATES TO REMEMBER:

Sunday, June 18th - Father's Day



Tuesday, July 4th - Independence Day
Apex will be closed.

