

Ventura Industrial Products, LLC

Spring Arrival



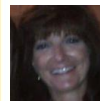
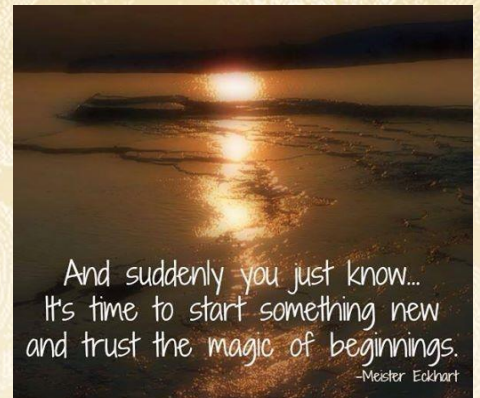
Ah, spring! I am eagerly awaiting the arrival of spring and the beauty that emerges as result of it! I was able to have a brief glimpse of warm weather recently in Long Beach, CA for the **Pac-West/NFDA Fastener Show**. Congrats to the entire team for putting together a well-planned and beneficial event! This seems to be the kick-off of the show season and events for 2017. Please see the calendar of event inside, but the headliners are the **NCFA Distributor Social** to look forward to in May, followed by **MWFA/Fast Tech Show** in June, and then the **National Industrial Fastener & Mill Supply Show** in Las Vegas in October. The "Vegas Show" venue has changed to the Las Vegas Convention Center and plans are under way as the Pool Party Welcome Reception has been changed to the Westgate Resort & Casino located next to the Convention Center. It is my understanding this will be the "official" hotel for the show, and they have a centralized "round bar" that we can all congregate at.

No one solved the **Q4 Fastener Puzzle**. The answer was "Cold Drawn Steel Wire" © Good luck solving the 2017 Q1 puzzle on the back. Be the first to email the answer to me at JV@JackieVentura.com and win a \$25 Panera Gift Card!

News

The Dale Company is now stocking Spring Nuts!

The **FDI** announce the addition of **FLI** (Forward-Looking Indicator), which is designed to provide directional perspective on future expectations for fastener market conditions.



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**Proud Member of the
North Coast Fastener Association!**
Please call me for Membership Information or visit
NCFA Website at www.ncfaonline.com

WWW.JACKIEVENTURA.COM

FDI Fastener Distributor Index

Report Based on Monthly Distributor Input

The **Fastener Distributor Index** has been developed by **The FCH Sourcing Newtork** in conjunction with the **NFDA (National Fastener Distributor Association)** and data is analyzed by **David J. Manthey, CFA of R.W. Baird** to measure the operating conditions and sentiment within the North American industrial fastener distributor sector. The **FDI** is compiled monthly from survey input provided by qualified distributors. Results are published on **Fully Threaded Radio** by Mike McNulty of **Fastener Technology International Magazine**. A historical graph of the index is provided below.

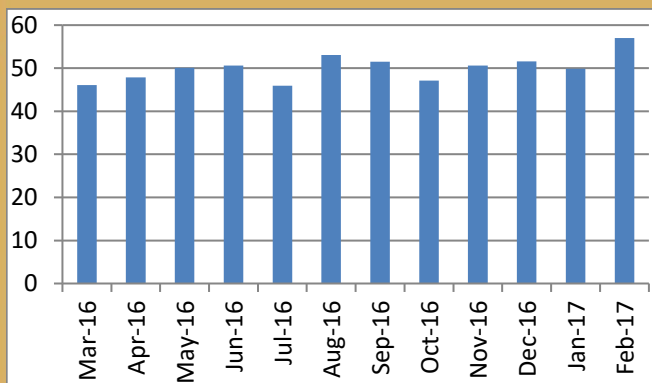
The seasonally adjusted FDI for **February 2017 of 57.00** ticked up sequentially from the January reading of 49.9—returning once again to expansionary territory. YTD results have seen a saw-tooth pattern around the neutral rating of 50—consistent with the choppy and mostly flattish conditions seen in industrial markets throughout 2016. February 2017 sales seem to indicate some stabilization or slight improvement among distributors. The newly-developed **Forward Looking Indicator (FLI)** registered a seasonally adjusted **61.0**

The FDI has been developed as a service to the fastener industry and to the wider business community it serves. All survey data collected is maintained in strict confidence and is compiled for publication in index form by **R.W. Baird & Co.** No information collected or compiled through the **FDI** monthly survey is shared, sold or otherwise used outside the scope of the index.

To add your company to the FDI survey group, visit their website at www.FDIsurvey.com or contact FCH directly with additional questions at (877) 332-7836. This website can be accessed securely by registered users during the monthly open survey period, which occurs during the last week of each month. Registered users receive email reminders at the start of each open survey period.

Anything above 50 indicates growth, below 50 is retraction. The seasonally adjusted February FDI (57.0) ticked up into expansionary territory vs. an January reading in contractionary territory (49.9).

Please listen to Fully Threaded Radio's online podcast at for a detailed analysis, which will be available in mid-January www.fullythreaded.com



REPRESENTING

Band-N-Go
Bolts Unlimited
C&H International
Couplings Company
The Dale Company
Disc & Belleville
EFC International
Eurolink Fastener Supply Service
Fascomp, Inc.
Minneapolis Washers & Stamping
Triem Industries
USA Fastener Group

INDUSTRY EVENTS

2017 CALENDAR

North Coast Fastener Association

April 6, 2017 Comedy Night at Pickwick & Frolic

May 18, 2017 Distributor Social

August 3, 2017 Night at the Ballpark – Tribe vs. Yankees

September 7, 2017 Screw Open Golf Outing

December 7, 2017 Holiday Bash – Big Bang Dueling Piano Bar

National Shows

June 5 – 7
Fastener Tech™ '17
Rosemont, IL

June 20 – 21
NFDA/New England Fastener Distributors Association Joint Meeting
Boston, MA

August 23 – 26
Pac-West Fall Conference
Whistler, British Columbia, Canada

October 17 – 19
National Industrial Fastener & Mill Supply Expo
Las Vegas, NV

2017 Training

April 3-7 & December 4-8
Fastener Training Week - Cleveland

HEALTHCAST

SPICE RACK OR MEDICINE CHEST?

By: Rachel Alm NTP

My favorite kitchen remedies for managing inflammation.

Inflammation is the body's natural response to injury. We WANT the body to INFLAME when necessary, and we want it to ANTI-INFLAME when the work is done. An overactive inflammatory response is usually a sign that the system has been over-worked and it's time to hit the medicine chest. You know, the one in your kitchen that holds jars of colorful, aromatic spices.

Turmeric (Curcuma longa): Commonly used in curry dishes and mustard, turmeric is deep yellow in color with a distinctive sharp flavor. I recommend turmeric for all inflammatory disorders including arthritis, fibromyalgia, and auto-immune conditions. I especially love the benefits for those with Rheumatoid Arthritis and Inflammatory Bowel Disease. Curcumin is the major constituent of turmeric, and is often isolated for therapeutic use. You can cook with turmeric daily or take capsules. Expect about two months of regular use to get the full anti-inflammatory benefit.

Ginger (Zingiber officinale): This rhizome is well known for its healing properties, with a long history of use for inflammation and digestive upset. Grate fresh ginger in hot water, steep for 7 minutes, and enjoy with a bit of raw honey. Powdered dry ginger is also effective and can be taken in capsule form. As with turmeric, you'll get the most benefit after a couple months of consistent use (although I believe any bit of ginger in your diet is beneficial).

Rosemary (Rosmarinus officinalis): This aromatic shrub tastes delicious with roasted poultry and veggies, but also significantly inhibits the inflammatory response. Try a drop of rosemary essential oil, mixed with a carrier oil like coconut oil, rubbed on sore muscles and stiff joints.

Cinnamon (Cinnamomum Zeylanicum): A recent study showed that cinnamon has the potential to reduce inflammation of colon cells. We also know that cinnamon helps to keep blood sugar steady, which in turn prevents inflammation associated with hypo/hyperglycemia. Grab a new crop honeycrisp apple and sprinkle some cinnamon on top for a tasty and healthful fall treat.

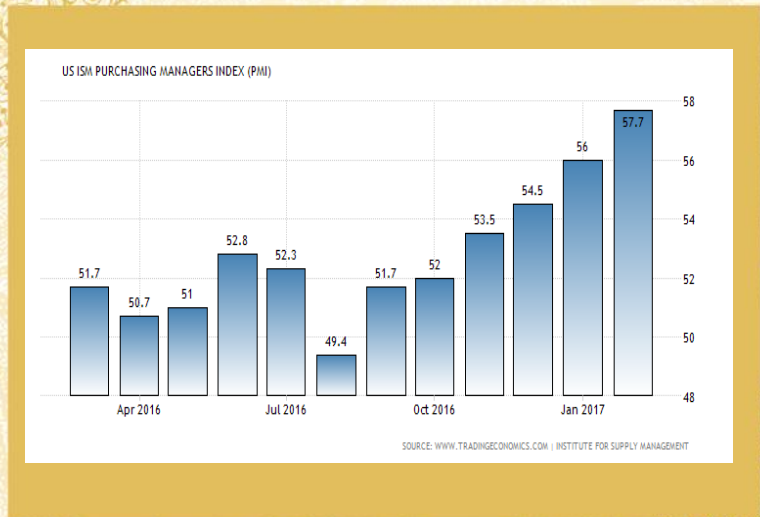
Oregano (Origanum vulgare): A member of the mint family, oregano is known to be one of nature's most potent antiseptics. Oregano oil is particularly powerful and can be used topically (diluted in carrier oil), or diffused in the air to soothe respiratory irritation and reduce aches and pains. Apply diluted oil to the bottom of a child's feet at the first sign of a cold to knock it out.

Garlic (Allium sativum): Affectionately called "the stinking rose", garlic belongs in your meal every day. The sulfur-containing compounds in garlic promote cardiovascular health as well as offer an anti-arthritis effect. Chop your garlic and allow it to sit for several minutes before cooking with it, as this allows garlic's healing powers to reach their full potential.

Not on your spice rack, but no anti-inflammatory article is complete without mentioning...

Boswellia (Boswellia serrata): Made from the resin of the Boswellia tree (also known as Indian Frankincense), this remedy is widely used in Ayurvedic medicine. It was traditionally used for arthritis, asthma, and irritation of the skin and digestive tract. Recent studies have confirmed the efficacy of Boswellia in the treatment of RA, IBD, and asthma, as well as generalized inflammatory conditions such as fibromyalgia.

Omega 3 fatty acids: The healthy fat that our body NEEDS to regulate inflammation is not produced in the body and MUST be present in your diet. Many (most) Americans over-consume Omega 6's which promote inflammation, and not enough anti-inflammatory Omega 3's. Get them from fatty cold-water fish AND a quality supplement taken daily.



ECONOMIC OUTLOOK

Actual	Previous	Highest	Lowest	Dates	Unit	Frequency
57.70	55.00	77.50	29.40	1948-2014	Percent	Monthly

The Institute for Supply Management's Manufacturing PMI rose to 57.7 in February of 2017 from 56 in January and well above market expectations of 56. It is the highest reading since August of 2014 amid rising new orders and production while employment eased. Comments from the panel largely indicate strong sales and demand, and reflect a positive view of business conditions.

The New Orders Index registered 65.1 percent, an increase of 4.7 percentage points from the January reading of 60.4 percent.

The Production Index registered 62.9 percent, 1.5 percentage points higher than the January reading of 61.4 percent.

The Employment Index registered 54.2 percent, a decrease of 1.9 percentage points from the January reading of 56.1 percent.

Inventories of raw materials registered 51.5 percent, an increase of 3 percentage points from the January reading of 48.5 percent.

The Prices Index registered 68 percent in February, a decrease of 1 percentage point from the January reading of 69 percent, indicating higher raw materials prices for the 12th consecutive month.

Source: www.tradingeconomics.com | US BUREAU OF ECONOMIC ANALYSIS

Thoughts to Ponder

"A journey of a thousand miles begins with a single step."

- Lao Tzu

Fastener Cluster Fun

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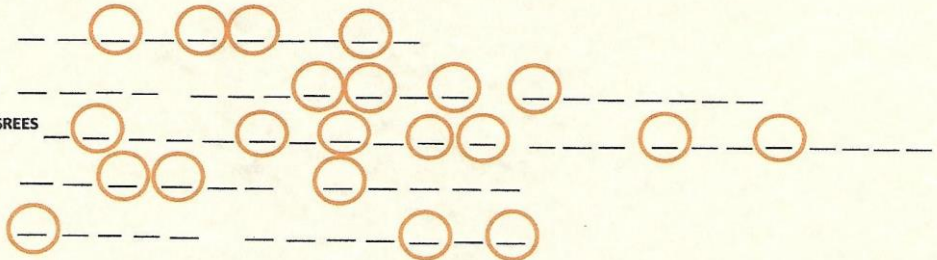
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IAARDL TTSEE

ATMEL SAEHSRW

ANSWER:



ANSWER CLUE: An activity we are looking forward to.

The puzzle answer winner will be announced in the next newsletter.

Ventura Industrial Products, LLC

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