

Ventura Industrial Products, LLC

Winter Wonderland

'Tis the season to be jolly! And hopefully I don't end up looking like this squirrel by the end of it!!

I'm not going to dwell too much on the **International Fastener Expo (IFE)** of which the location was fortunately a one-time event. The Las Vegas Convention Center was not the problem, so much as the "lovely accommodations" at the Westgate Hotel. Any of you who stayed there know what I'm referring to and I'll just leave it at that. Thank goodness, we'll be changing locations and going back to **Mandalay Bay** for 2018!

The NCFCA Holiday Party was a lot of fun this year. We jumped onboard a Holiday Light Tour Bus, and explored many lighted locations throughout the city of Cleveland. I'm not sure how Bohemian Rhapsody became a Christmas Carole, but that combined with the 12 "fastener days" of Christmas was a lot of fun singing! Thanks to all who participated.

No one solved the **Q3 Fastener Puzzle**. The answer was "No More Fall Ty Components" ☺ Good luck solving the 2017 Q4 puzzle on the back. Be the first to email the answer to me at JV@JackieVentura.com and win a \$25 Panera Gift Card!



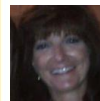
News

Now Representing Rolled Threads and Spring Bolt & Nut!!!

Spring Bolt & Nut is a hot header and exotic material specialist.

Rolled Thread offers Precision Thread Rolling

Please call me for more information!



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Proud Member of the

North Coast Fastener Association!

*Please call me for Membership Information or visit
NCFCA 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 Network** 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.

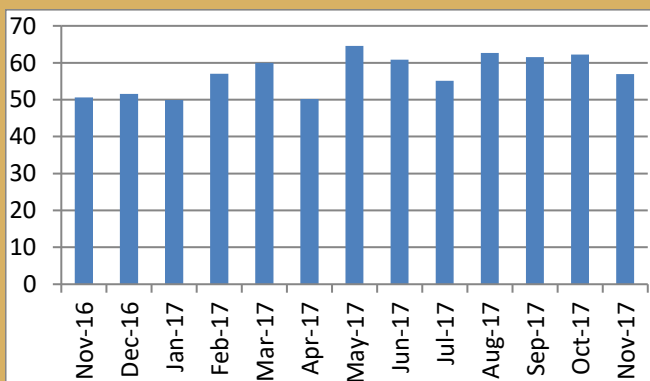
The seasonally adjusted FDI for November 2017 of 56.9 went down from the October reading of 62.2. YTD results have seen a saw-tooth pattern around the neutral rating of 50—consistent with the choppy and mostly flattish conditions seen in industrial markets throughout 2016. November 2017 sales seem to 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 November FDI (56.9) went down however still in expansionary territory.

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

*C&H International
Couplings Company
The Dale Company
Disc & Belleville
EFC International
Eurolink Fastener Supply Service
Fascomp, Inc.
Minneapolis Washers & Stamping
Rolled Threads Unlimited
Spring Bolt & Nut
Triem Industries
USA Fastener Group
Wyandotte Industries*

INDUSTRY EVENTS

2018 CALENDAR

North Coast Fastener Association

2018 Events dates coming soon!

National Shows 2018

April 11-12 – Fastener Fair Cleveland, OH USA

June 5-6 – MWFA Annual Fastener Show,
Elk Grove Village, IL

Oct 30 – Nov 1 – International Fastener Expo 2018,
Mandalay Bay Las Vegas, NV

2018 Training

April 2 -6 – Fastener Training Week, Cleveland, OH

Training in Conjunction with Fastener Fair Cleveland

April 10 – Understanding the Bolted Joint (CFS Class)

April 10 – Fastening 101 (CFS Class)

HEALTHCAST

THIS HOLIDAY SEASON, EAT MINDFUL, NOT MINDLESS

It's the holidays and for most Americans, that means eating – lots of eating – followed by weight gain and a New Year's resolution to lose weight.

But why not take a healthier approach to what we eat during this holiday season and beyond?

According to a recent website survey, about 18 percent of people say it's hard for them to eat healthy because they don't want to stop eating their favorite foods. The good news is you don't have to. You can still enjoy your favorite occasional indulgences, but in moderation. It's all about being mindful of what you eat.

Mindless Eating

Mindless eating is consuming food just because it's there. It's eating while distracted – watching TV, working at a computer or texting on our smartphones. It's eating for emotional comfort instead of for hunger. Simply put, it's not paying attention to what we eat which can lead to being overweight and even obesity. "Mindless eating has always been an issue," said Riska Platt, M.S., a registered dietitian and certified nutritionist for the Cardiac Rehabilitation Center at Mt. Sinai Medical Center in New York. "The key to mindful eating is awareness. Just by paying more attention to what you eat, you're more likely to make beneficial changes."

Awareness

When you pay attention to what you're eating, you can make small changes that make a big difference. Here are some tips toward a more mindful approach:

Control portions. Especially during the holidays, know that you'll have more opportunities to eat festive snacks and desserts. You don't have to deprive yourself, just eat smaller portions and less often.

Eat when you're hungry. Just because the clock says noon doesn't mean you have to eat. If you're not hungry, wait until you are – just don't wait until you're famished because you might overeat. Also, don't eat just because the food is available. Learn more about why you might be eating when not hungry.

Plan. Prepare healthy snacks throughout the day. If you tend to get hungry between meals, bring along a 200-calorie, whole grain, high-fiber snack. Fiber keeps you feeling full longer. Learn how a little planning helps your heart, and your budget.

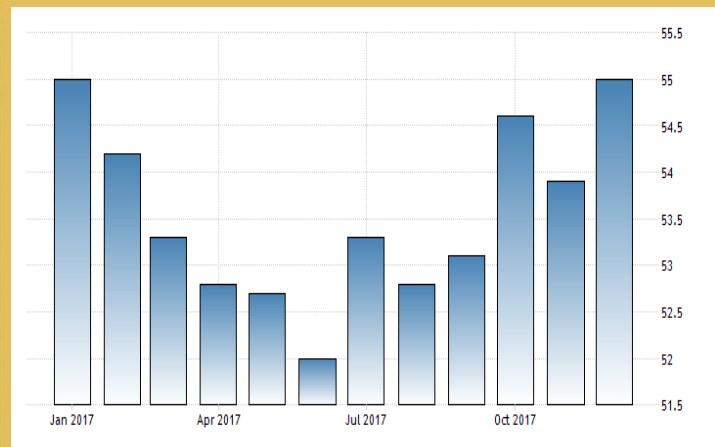
Slow down. Enjoy each bite and put your fork down while chewing, then take a drink between each bite. This gives your body enough time to trigger your brain that you are satisfied (not necessarily full).

Pay attention. Do not eat in front of the TV or computer, or while standing in the kitchen or talking on the phone. When you do these things, you're more likely to lose track of how much you've eaten.

Use technology. As we continue to become increasingly distracted by modern technology, our focus on health can fall to the back burner. But it doesn't have to be that way. "We can actually use our smartphones and other electronic devices to help us," said Platt, a volunteer with the American Heart Association. "There are now apps that manage food records, count calories, help you track what you eat and even provide guidance on healthy food choices at the grocery store and restaurants."

Keep a food diary. Write down everything you eat, look at it, then identify why you ate it – was it hunger, stress, boredom? Then look for areas you can make adjustments and incorporate healthy changes. "Keeping a food diary is really key to awareness," Platt said. "Most people are surprised at all they've consumed when they review what they've eaten."

Eating healthier is easier than you think!



ECONOMIC OUTLOOK

Actual	Previous	Highest	Lowest	Dates	Unit	Frequency
58.20	58.70	77.50	29.40	1948-2014	Percent	Monthly

The IHS Manrit US Manufacturing PMI increased to 55 in December of 2017 from 53.9 in November and beating market expectations. The reading pointed to the fastest expansion in manufacturing since January amid sharper increases in production, new orders and employment.

Anecdotal evidence suggested that greater domestic demand was a key driver of manufacturing growth at the end of the year. A number of firms also cited efforts to boost operating capacity at their plants, which led to the steepest rise in payroll numbers since September 2014.

Business optimism picked up for the third month running in December. The degree of positive sentiment was also the strongest since January 2016. Survey respondents widely commented on hopes of a sustained upturn in sales volumes over the year ahead, supported by new product launches and investment in additional plant capacity.

Meanwhile, higher prices for raw materials resulted in the strongest rate of input cost inflation since December 2012. There were signs that manufacturers had absorbed part of the rise in average cost burdens, as highlighted by a slower increase in factory gate charges in December.

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

Thoughts to Ponder

"Do not fear the winds of adversity. Remember, a kite rises against the wind rather than with it."

Unknown



Fastener Cluster Fun

CNEIISPOR TTSRVILYEA ○ ○ ○ ○ ○

LDEA SSRWCE ○ ○ ○ ○ ○

ISLOCTEPYA EEFRTSSNA ○ ○ ○ ○

CPHTI NREASG ○ ○ ○ ○

ELTAPARZIDO ○ ○ ○

ANSWER: _____

ANSWER CLUE: Times Long Past

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

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