

Ventura Industrial Products, LLC

New Beginnings

I am anxiously awaiting the beginning of spring to show up in more ways than as a date on the calendar! While the winter temps slowly inch their way up, I am excited for all of the upcoming spring events.

The first ever **Fastener Fair USA** will be held in **Cleveland, Ohio** on **April 11-10, 2018**. Several of the companies I represent will be exhibiting, which I've listed in the "News" section below. The NCFCA is sponsoring two training sessions in conjunction with the **Fastener Training Institute**; Fastening 101 and The Bolted Joint. This seems to be shaping up to become a great event and the **Welcome Reception** at the **Rock-n-Roll Hall of Fame** will be awesome! I hope to see you there!

The 10th Annual NCFCA Distributor Social will be held on May 17th this year. Brighton Best will be sponsoring a blue print reading class prior to the event. More detail will be available soon.

No one solved the **Q4 Fastener Puzzle**. The answer was "Rolling into a New Year" ☺ Good luck solving the 2018 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 – Fastener Fair Exhibitors

EFC International Booth #521
 Eurolink Fastener SS Booth #248
 Minneapolis Washer Booth #956
 Spring Bolt & Nut Booth #124
 Wyandotte Industries – Dan will be walking the floor ☺



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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 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.

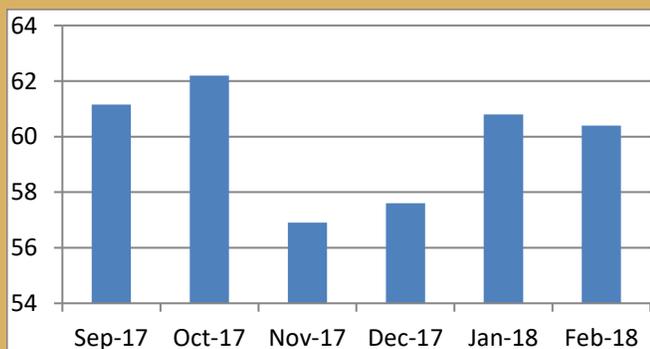
The seasonally adjusted FDI for February 2018 of 60.4 went down from the January reading of 60.8. Strong selling conditions continued in February as the seasonally-adjusted sales index came in at 74.2. Qualitative commentary on market conditions skewed positively, and the six-month outlook remains strong. The newly-developed Forward Looking Indicator (FLI) also moderated following a very strong reading last month, but was nevertheless still a healthy 58.3

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 (60.4) 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

May 17 – Distributor Social

Sept 6 - Golf Outing

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

7 Ways to Put Spring into Your Health

With the change of season comes the impulse to clean and replace the old with the new. But spring doesn't just have to be about cleaning and reorganizing – it's also a great way to start healthy new habits and break the old. Here are a few tips to get a head start in your spring health!

1. Start an Exercise Routine – The weather is warm and the days are longer which makes it a perfect combination to get active outside. The American Heart Association recommends that individuals do moderate exercise for at least 150 minutes per week, or 75 minutes per week of vigorous exercise.

2. Revamp Your Diet with Fresh Fruits and Vegetables – Take advantage of the variety of vegetables available during spring. A healthy diet includes adding vegetables and fruit every day. Vegetables like broccoli, green beans, leafy greens, zucchini, cauliflower, cabbage, carrots, and tomatoes are low in calories and high in fiber, vitamins, and minerals. Try to eat about 3 to 5 servings every day. Fruit is also a good source of fiber, vitamins, and minerals. You should try to eat about 2 to 3 servings of fruit each day. It goes without being said that it's OK to indulge in the occasional ice cream cone. Although, frozen yogurt would be a healthier alternative.

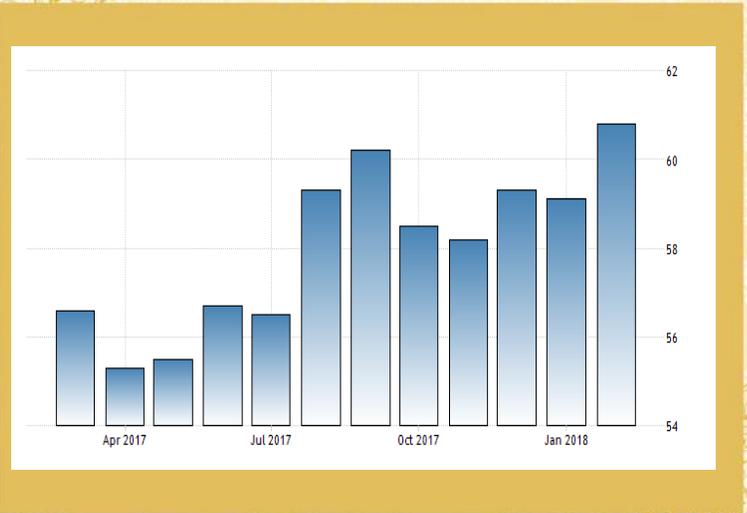
3. Drink More Water – As the heat kicks into high gear it is harder to stay hydrated and more important to drink more water. Drink plenty of water before going outside and have plenty on-hand to stay hydrated. If you aren't a fan of water, try one of our recipes for Cucumber Water—it makes a great party beverage for those hot days!

4. Cut Out the Night Cap – If one of your habits is having a drink before bed, or having a few at dinner, you may want to reconsider your next glass of Merlot. Alcohol not only causes dehydration, but is also associated with sleep disorders, high blood pressure and certain types of cancer. It is recommended that women limit themselves to one drink per day, and men up to two alcoholic beverages each day.

5. Check In for a Check Up – You may have chalked up some symptoms and illnesses to the winter blues, but now that it is spring, its time to get back to the doctor for a head-to-toe check up! A periodic well-exam for all ages is not just about good medical care, but it also gives you the opportunity to learn more about beneficial health habits, counseling and community support services as well as an overall view of the best ways to take care of yourself and your family for a lifetime. Your doctor will let you know how often they need to test for high blood pressure, diabetes, other diseases, and cancer screenings.

6. Protect Your Skin – Its going to get hot, the sun is shining, and your skin needs protection. Not only do men and women need to regularly moisturize their skin, but also protect it from the harsh rays of the sun. If you're outside, make sure to use a sunscreen with SPF 15 or higher that protects against UVA and UVB rays. It doesn't hurt to throw on a pair of sunglasses and hat as well!

7. Renew Relationships – It's time to get out of the house and visit with your friends and family. Research has shown that good, strong relationships benefit your overall health and happiness. Spend the day with people you love, and schedule regular outings to enjoy the great spring weather.



ECONOMIC OUTLOOK

Actual	Previous	Highest	Lowest	Dates	Unit	Frequency
60.80	59.10	77.50	29.40	1948-2014	Percent	Monthly

The Manufacturing ISM Report On Business® is based on data compiled from purchasing and supply executives nationwide. Survey responses reflect the change, if any, in the current month compared to the previous month. For each of the indicators measured (New Orders, Backlog of Orders, New Export Orders, Imports, Production, Supplier Deliveries, Inventories, Customers' Inventories, Employment and Prices), the report shows the percentage reporting each response, the net difference between the number of responses in the positive economic direction and the negative economic direction, and the diffusion index. A PMI™ reading above 50 percent indicates that the manufacturing economy is generally expanding; below 50 percent indicates that it is generally declining. This page provides the latest reported value for - United States ISM Purchasing Managers Index (PMI) - plus previous releases, historical high and low, short-term forecast and long-term prediction, economic calendar, survey consensus and news. United States ISM Purchasing Managers Index (PMI) - actual data, historical chart and calendar of releases - was last updated on March of 2018

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

Thoughts to Ponder

“You are confined only by the walls you build yourself.”

Andrew Murphy



Fastener Cluster Fun

IUYQTLA SSEFTRAN

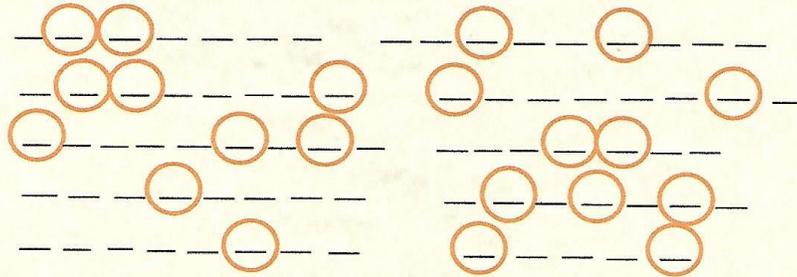
IILCTCRA VRLYEEDI

CSEINRPOI DCTARFE

VATCREIL RFGGNOI

AEIMHDCN BSLTO

ANSWER:



ANSWER CLUE: You can do this any time of the year

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

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