

Ventura Industrial Products, LLC

Hello Summer!

Many of us think barbeques, vacations and relaxation when summer arrives. I on the other hand think travel! Mostly work travel, but the good weather gives me the opportunity to take longer road trips that winter can make difficult at times.

Thanks to all of you who attended the 9th Annual **NCFA Distributor Social!** It was another successful event again this year, with record setting attendance! It's always good to see everyone in a relaxed atmosphere.

I'm also just returning from the **MWFA/Fast Tech Show** which was held in Rosemont, Illinois again this year. This is always a great event and the afterhours at Bub City BBQ had several fastener friends singing live-band karaoke!! Kudo's to you all!! I'm impressed with the great voices and talent in this industry ☺

It will be hard to top, but can't wait to see what the **National Industrial Fastener & Mill Supply Show** in Las Vegas in October will bring!

No one solved the **Q1 Fastener Puzzle**. The answer was "Time For Disc Spring Golf" ☺ Good luck solving the 2017 Q2 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 **Wyandotte Industries!** Please call me for more information on their **machined nut capabilities** as well as **special screw machine products**.

Turn your face to the sun and the shadows fall behind you.



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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.

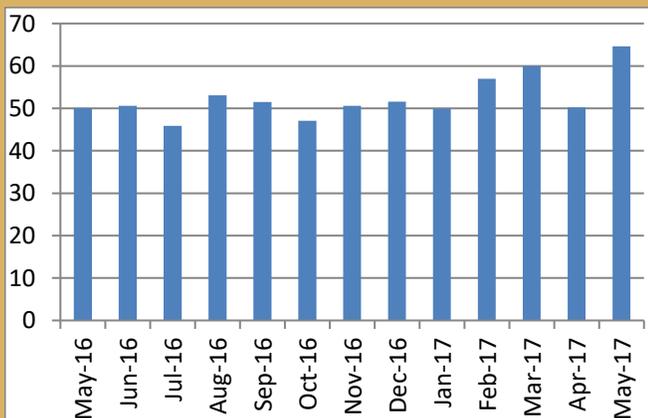
The seasonally adjusted FDI for May 2017 of 64.6 ticked up sequentially from the April reading of 50.2—returning once again to expansionary territory. YTD results have seen a saw-tooth pattern around the neutral rating of 50—consistent with the choppy and mostly flattish conditions seen in industrial markets throughout 2016. May 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 May FDI (64.6) ticked up into expansionary territory vs. an April reading in contractionary territory (50.2).

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

*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
Wyandotte Industries*

INDUSTRY EVENTS 2017 CALENDAR

North Coast Fastener Association

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

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

December 4-8
Fastener Training Week - Cleveland

HEALTHCAST 15 BENEFITS OF AVACADOS

By: Hezy

Avocado, or also called alligator pear, is a fruit that belongs to the Lauraceae, a flowering plants family which also includes camphor, cinnamon and bay laurel. Avocados are believed to be originated in Mexico, where the name of "avocado" is derived from Aztech or Nahuatl word 'ahuacatl', meaning 'testicle', a reference to the shape of the fruit.

The fruit is very popular in vegetarian cuisine, as a substitute for meats in sandwiches and salads due to its high fat content. It is used as the base for the Mexican dip known as guacamole, as well as a filling for several kinds of sushi, including California rolls. It is also popular in chicken dishes and as a spread on toast, served with salt and pepper.

Apart from that, avocado is also considered as one of the healthiest foods in the planet as it contains in excess of 25 essential nutrients, including vitamin A, B, C, E, & K, copper, iron, phosphorus, magnesium, and potassium. Avocado also contains fiber, protein, and several beneficial phytochemicals such as beta-sitosterol, glutathione and lutein, which may protect against various disease and illness.

Moreover, the avocado is one of the high calorie fruit that you could be eating. This is due to its larger amounts of fat content, approximately 20 times the average of other fruits. Although Avocado is high in fat content, but it is mostly the monounsaturated fat which is a healthy fat variety.

Health Benefits

1. Maintain a Healthy Heart - Avocado contains vitamin B6 and folic acid, which help regulate homocysteine levels. High level of homocysteine is associated with an increased risk of heart disease. Avocado also contains vitamin E, glutathione, and monounsaturated fat, which help in maintaining a healthy heart.

2. Lower Cholesterol Levels - Avocados are rich in a compound called beta-sitosterol which has been shown to be effective in lowering blood cholesterol levels. According to a study, patients with mild hypercholesterolemia who included avocados in their diet for 7 days had 17 percent decrease in total blood cholesterol levels, a 22 percent decrease in both LDL (bad cholesterol) and triglyceride levels, and a 11 percent increase in HDL (good cholesterol) levels.

3. Control Blood Pressure - Avocados are also a great source of potassium, which helps in controlling blood pressure levels.

4. Anti-Inflammatory properties - Phytonutrient compound found in avocados, such as polyphenols and flavonoids have been found to have anti-inflammatory properties, thereby reducing the risk of inflammatory and degenerative disorders.

5. Promote Eye Health - Avocado is an excellent source of carotenoid lutein, which known to help protect against age-related macular degeneration and cataracts.

6. Regulate Blood Sugar Levels - The monounsaturated (good) fats in avocados can reverse insulin resistance which help to regulate blood sugar levels. Avocados also contain soluble fiber which keep a steady blood sugar levels.

7. Prevent Birth Defects - Avocados are rich in folate, a B vitamin commonly known as folic acid. One cup of avocado provides about 23% of the recommended daily value of folate. The high amount of folate in avocado is essential in the prevention of birth defects, such as neural tube defect and spina bifida.

8. Reduce Strokes Risk - The high levels of folate in avocados may also protect against stroke. A study has shown that individuals who ate a diet rich in folate had a lower risk of stroke than those who did not.

9. Protect Against Cancer - Many studies have shown that avocado can inhibit the growth of prostate cancer. The oleic acid in avocado is also effective in preventing breast cancer.

10. Fight Free Radicals - Avocados contain glutathione, a powerful antioxidant that helps fight free radicals in the body.

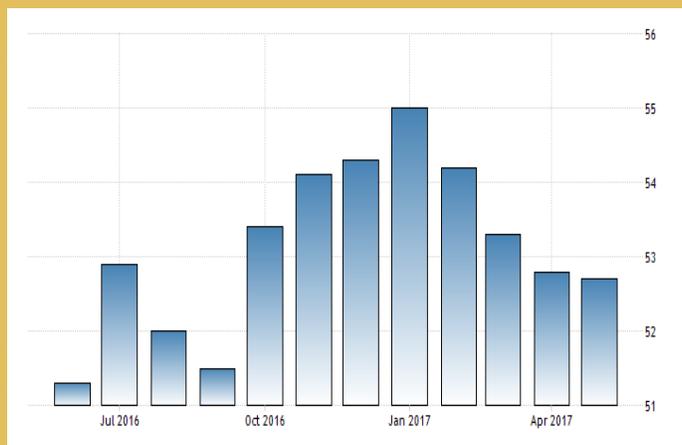
11. Anti-aging Properties - Being rich in antioxidants, avocado is beneficial in preventing aging symptoms. The glutathione in avocado may boosts immune systems, slows aging process, and encourages a healthy nervous system.

12. Cure Bad Breath - Avocados are one of the best natural mouth wash and bad breath remedies. It cleanses intestine which is the real cause of coated tongue and bad breath.

13. Increase Nutrient Absorption - Avocado intake is linked with an increased nutrient absorption. A study suggests that, when participants ate salad included avocados, they absorbed five times the amount of carotenoids (a group of nutrients that includes beta carotene and lycopene) than those who did not include avocados.

14. Skin Care - The avocado oil is added in many cosmetics because of its ability to nourish the skin and make your skin glow. It also aids in treating psoriasis, a skin disease that causes skin redness and irritation.

15. Weight Gain - The avocado has 200 calories for 100 grams. Typically, fruits has approximately 60-80 calories for 100 grams. Due to the high amounts of calories, avocado is a best diet for people who want to gain weight. Avocado is a healthy source of calories, unlike many other calorie-dense foods that may contain excess saturated fats and sugar.



ECONOMIC OUTLOOK

Actual	Previous	Highest	Lowest	Dates	Unit	Frequency
54.90	54.50	77.50	29.40	1948-2014	Percent	Monthly

The IHS Market US Manufacturing PMI edged down to 52.7 in May of 2017 from 52.8 in April but higher than a preliminary 52.5. It is the lowest reading in 8 months amid a moderate rise in new business and subdued increases in output and employment while input cost inflation slowed, final figures showed.

The latest reading pointed to a further growth slowdown from the 22-month high recorded in January (55.0). Weaker new business growth and softer job creation helped to offset a marginally stronger upturn in production volumes.

May data indicated that manufacturing output increased for the twelfth month running. The rate of expansion picked up slightly from April's seven-month low, but remained relatively modest overall. Survey respondents noted that subdued new business growth and more cautious inventory policies had acted as a brake on production requirements. Reflecting this, stocks of finished goods were accumulated at a slower pace than seen at the start of 2017. Meanwhile, preproduction inventories dropped for the second month running, which contrasted with robust rates of stock building earlier this year.

New order levels increased again in May, although the rate of expansion was the least marked recorded since September 2016. This was mainly linked to subdued client demand. Some manufacturers also cited weak export sales, as highlighted by a slower upturn in new work from abroad than that seen in April.

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

Thoughts to Ponder

"Life is like a roller coaster. You can either scream everytime there is a bump or you can throw your hands up and enjoy the ride."

- Unknown

