



TraVek Presents:

JUNE2018

TIPS & CLIPS

TraVek Remodeling
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ROC # 168997 and #168998

Hello friends! We are pleased to send you this monthly issue of *Tips & Clips*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to your friends and neighbors. Enjoy!

Monthly Humor

A Deal Is a Deal

Ronald made a deal with his dad that if he improved his grades by the end of the school year, pitched in around the house, attended church on Sunday with the rest of the family, and cut his now shoulder-length hair, he could have access to the car throughout the summer. Ronald began to focus on his schoolwork more, took on responsibility in the home, and was the first person in the house ready for church each Sunday.

"I knew you could do it," his dad said as he looked over Ronald's final grades for the school year. "I'm very proud of how responsible and focused you've been these last few months."

"Hand over those keys, old man," Ronald said to his father with a laugh.

"Not so fast," his father said. "Remember our deal? Grades, church, chores, and hair."

"Do I really have to cut my hair?" Ronald protested.

"That was our deal," his father said.

"Can't you cut me some slack this one time? I've done everything else you wanted," Ronald argued. "It took me so long to grow my hair out. Besides, Moses had long hair, and Samson had long hair, and even Jesus had long hair."

"Good point," his father agreed. "They walked everywhere."

Dear Valued Customers and Employees,

The team at TraVek has been busy creating some really exciting initiatives. After the housing marketing crash 10 years ago, there has been a shortage of jobs in the trades and, as a result, skilled craftsmen left the industry and the younger generation stopped showing an interest in learning those crafts. Contractors across the United States have felt the pain in staffing, including TraVek.

This year, we have been very intentional in building programs and creating opportunities in an effort to bring back the trades for our young people to learn a transferable skill that would allow for long, successful careers. Through our Apprenticeship Program, we have hired 4 apprentices this year (or what we call Remodeling Assistants). Our experienced carpenters are grooming them to be whole-house remodelers, teaching and fostering the craftsmanship of a quality remodel as well as exceptional customer service, to help us continue to create what we like to call "The Ultimate TraVek Experience".

The other program is our Internship Program. We have developed a relationship with the CREST STEM Program at PV High School, and will be hosting our first summer intern beginning later this month. This is a way to show young men and women that there are great career opportunities outside the traditional 4 year college track after high school.



Congratulations to Dan Schmidt, our May Employee of the Month. Dan was awarded this largely due to the feedback we have received from you, our valued customers. It is nice when we can reward our people based on feedback from our customers as to what is happening in the field.

We have another great speaker for our Community Outreach this month. Come learn how to adjust your diet when it has to be modified due to health concerns or desires. Keep your numbers on track with cholesterol and sugar levels and get the specific nutrients that fit each unique individual case. Colitis, cancer, allergies, heart related complications - there are ways to help those conditions/diseases and have good quality of life. **Chef Celine** with "Cuisine by Celine" will share a few tips, provide simple solutions and delicious SAMPLES to help you navigate through the maze of diets, health, meal planning -- so you find your way to great flavors and enjoyable dishes! Please join us **Tuesday evening, June 19 at 5:30**. This is a **FREE event**, but if you plan to come, in order to plan for food, please R.S.V.P. on our website, or by calling our office at 480-367-1171.

Sincerely,

Von K. Raisanen
President

From the Doc

Plantar Fasciitis

Causes and Treatment for Painful Feet

Your foot has thick, fibrous bands of tissue ("fascia") reaching from your heel to your toes. These tissues support the muscles and arch of the foot. When they are overly stretched, tiny tears can occur in their surface. This can cause *pain* and *inflammation*. Doctors once thought this type of pain was caused by bony growths called *heel spurs*. Now they believe that heel spurs are the result -- not the cause -- of pain from *plantar fasciitis*.

What Causes Plantar Fasciitis?

A number of things can contribute to plantar fasciitis. Poor footwear and bad gait posture is common. While men can get plantar fasciitis, it is more common in women. You are also more likely to suffer from this condition as you age or if you are overweight or on your feet for several hours a day.

Now you can relieve the pain and inflammation of the heel associated with plantar fasciitis. Our office has added the Erchonia FX 635, an FDA market-cleared laser that has been proven in clinical tests to effectively treat this painful condition. The healing powers of this low level laser technology can reduce inflammation and eliminate pain in the plantar fascia, and often return people to an active life style after just a few weeks of treatment.

The FX 635 is proven to promote cellular function through painless bio-stimulation. It provides patients experiencing chronic heel pain with a non-invasive, effective and successful solution to quickly improve their walking comfort and quality of life without surgery.

I recently attended a rehabilitation course in Denver and will show you simple exercises that take minutes a day that you can do at home to promote the effects of the laser therapy and keep your feet healthy and strong.

Call 480 951 5006 to schedule an appointment.

Sincerely,

Dr. Burdorf, D.C., D.A.C.N.B.
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Email: mark@drburdorf.com

Dr. Burdorf is one of only seven Board-Certified Chiropractic Neurologists in the State of Arizona.

Nutritional Corner

6 Reasons Why You Should Eat Seasonal

It has become so easy to find just about anything all year long. As you walk through the Produce section, choices from everywhere are available, so how do you know what is in season? The seasonal vegetables and fruits are in larger quantities in the stores, and the origin should be mentioned on the label too! Otherwise you can Google it.

What are the benefits of eating seasonal?

1. More flavor. Seasonal products are usually harvested ripe, when they are perfect for consumption. The taste will be much better than other produce that are picked unripe, and ripen during the transport, arriving tasteless, like sad winter tomatoes! There's nothing like a peach or cherry in summer.

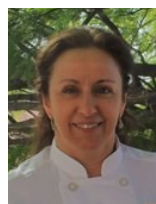
2. The nutritional content is greater, especially when it comes to antioxidants. These are produced by foods when they are exposed to the sun, so when your harvest is picked unripe and carried for days in the dark, it leaves less chance to get nutrients out of them.

3. It meets our body's natural nutritional needs. Nature is just great, and seasons provide us with what we need, when we need it. Winter fuels us with vegetables that call for warming stews and soups, and citrus full of Vitamin C that will help fight infections and colds. Summer, on the other hand, provides watery and hydrating fruits, and crisp and refreshing vegetables perfect for salads!

4. It is a money saver. When at its pick, crops are usually larger which makes the prices go down. When you add to that the local effect, you don't have to pay for transportation which can be pricey when you have produce coming from the other side of the world.

5. Less pesticides. When you grow a fruit or vegetable out of season, you need to "boost" it with more chemicals. When you choose one coming from a different country, you don't necessarily know what the legislation is as far as pesticides are concerned...

6. Environmentally friendly. Respecting the natural flow of nature and less transportation are "planet savers", less pollution can only be a good thing.



Chef Celine Fabre graduated from Le Cordon Bleu with high honors and was classically trained in France with 3-Star Michelin Recipient Chef Marc Veyrat. She is currently focusing on working on medically-monitored diets for patients such as radiation therapy patients. She will be at TraVek June 19.

Family Matters

Accentuate the Positive

The things we read, view, and listen to can influence our behavior. Make sure your children are exposed to material that offers positive life lessons that will help them develop a sense of responsibility, integrity, and honor. Here are a few tips to try:

- **Share uplifting stories.** Spend quality time with your children reading stories that are age appropriate and have a moral. Apply this same logic in anything else you view and share through other forms of media. The same holds true when telling stories of your own life experiences. Think about whether or not the message you are sharing will help build them positively.
- **Create a forum for dialogue.** You want your children to ask you questions and come to you with their concerns, so be prepared to listen and respond without judgment or bias. Give them the opportunity to find solutions to their challenges, but let your wisdom be their guide.
- **Be their best role model.** Your children see and hear more than you realize, even at a very young age. Don't ask anything of your children that you aren't committed to doing yourself. Your behavior should be the benchmark of what is expected of family members.



TraVek hosted its first Annual Trade Partner and Subcontractor Breakfast on Tuesday, June 5, 2018. This was a fun way to be able to show appreciation for our partners and have a chance to be able to talk about ways that we can make our partnerships even stronger.

Homeowner's Corner

Tips for Interior Design

Interior design is important with studies showing that it can cause particular reactions and even affect our mood. Our psychological health and overall happiness can be impacted by our living space, making it all the more important to make the best space you can. But how can you gain the inspiration to create the best living space?

An interior design sense can be improved with just a small commitment of time, and there are many ways to find inspiration. The internet offers numerous message boards and expert blogs as well other resources generated by users that offer discussion and advice. Away from the internet, there are also a myriad of books you could buy or borrow from your local library that are filled with guidelines and tips and can be a major source of inspiration.

However, as important as books and websites can be, it is important not to become too reliant on them and to remember that some rules are made to be broken. Never be afraid to follow your instincts and try new things as trying different things is the way in which you will hone your interior design skills and find out what really works for you.

Your design representatives at TraVek are diligent in keeping up on design trends, and will be happy to assist you with your design ideas/needs, too.

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The Voice of a Customer:

Thanks to Dan for being such a Pro. He was dedicated to doing his job with dedication and professionalism. Thanks to Cole, Dan's Assistant, for his knowledge of his job and being helpful when I asked questions. Dan and Cole always were patient and knowledgeable. Thanks to Davin, David, Jeff. Thanks also to the shower door installer and the glass treatment installer. To you, TraVek Inc. for a job well done that demonstrated the professionals you are.

- Robert R 5-28-18



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ENTERTAINMENT AND EDUCATION FOR OUR CUSTOMERS

JUNE 2018



Featured Project: Galley Kitchen Remodel in Scottsdale

This homeowner called TraVek because she wanted to brighten up her kitchen and have nicer finishes. The lighting was changed around in order to bring in more light. We also switched the refrigerator to be counter-depth so that we could open up the walkway a bit more which, in turn, gave the entire kitchen a larger feel. The countertops were changed to a beautiful quartz. It turned out to be such a cute kitchen! To see more pictures, go to www.travek.com/About Us, Photo Gallery, Kitchen Remodeling or go to About Us and click on Jake's picture.

Jake Miller Designer



Rodney Silvernale, Lead Carpenter

Before



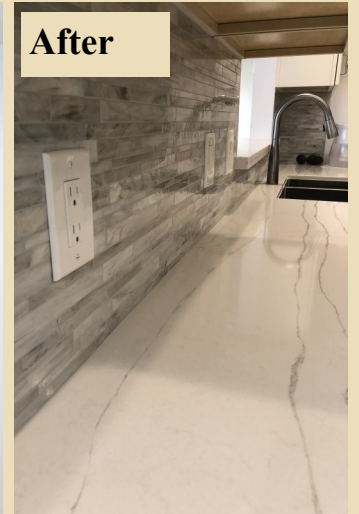
After



After



After



Before



After



After

