



TraVek Presents:

OCTOBER 2018

# TIPS & CLIPS

TraVek Remodeling  
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480-367-1171  
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

### Game Changer

It was the bottom of the fourth inning, and the home team was getting slaughtered. The pitcher might as well have been playing for the other team. The bases were loaded, and the visiting team's best hitter was up at bat. Just then a horse walked into the dugout wearing the home team's jersey.

"Put me in," he said to the manager. "Your bullpen is done. I can pitch. I can hit. Just give me a chance!"

"Why not," the manager replied. "It couldn't get any worse."

The horse trotted to the mound and relieved the pitcher. He threw a series of fastballs and quickly struck out the player at bat—and the next one and the one after that. He repeated this performance for the next two innings.

When he finally took his turn at bat, the horse hit a fly ball to centerfield that almost made it out of the park, but it hit the wall and fell to the ground.

The centerfielder grabbed the ball, tripped, and dropped it before picking it up again and throwing it toward the infield. The ball flew over the head of the second baseman and almost knocked out the catcher, who caught it and threw it past first base. The first baseman ran into the field, retrieved the ball, and sauntered back to the base.

The horse was out by five feet. He trotted back to the dugout and took a seat on the bench.

"You're the best pitcher I've had all season," said the manager. "You're a pretty good hitter, too. Not much of runner though, are you?"

The horse looked at the manager and said, "Do you think I'd be here if I was?"

Dear Valued Customers and Employees,

Happy Fall! We have had a real flurry of activities here at TraVek, and I must say, it is so fun to be part of such a wonderful team of people, our employees and our customers!



Last week Todd, Alex, Susan and I traveled to New Orleans to receive an award from Remodeling Big50. Less than 1% of the remodeling companies in the United States have received this honor, so it was pretty special for us. It is a testament to our team and our customers. We could not have done it without either, and we are grateful and happy

to acknowledge that. Thank you for your part in this success.

Some of the members on our sales and design team recently visited the home of Starmark Cabinetry in Sioux Falls, SD and just this past week some of them went for training in Denver, CO for a new cabinet line that we are carrying. It is always nice to have our people meet with others in the same industry from across the United States. It is helpful for any of us to hear how others operate and then consider adopting some of their practices in ways to help serve our customers even better. They always return invigorated and full of new ideas. It was especially nice to hear about some of the different design ideas out there! Education and learning is something we value here at TraVek. It is a joy for us to see people excited about learning, and then implementing it in their daily lives.

Please join us **Tuesday evening, October 16 at 6:00** for our monthly Community Outreach Seminar. Dr. Mark Burdorf will be giving a presentation about Optimal Brain Health. There are many factors that affect our brain health. Fortunately we live in a time when we have learned there are steps that can be taken to improve our brain. Read our website Event page for more information. This is a **FREE event**, but if you plan to come, please R.S.V.P. on our website, or call our office at 480-367-1171.

Sincerely,

Von K. Raisanen  
President

P.S. Did you know that all concerts are FREE at the Scottsdale Philharmonic? We support their vision to enhance the cultural environment of the community. Their next performance features Liszt, Sibelius, and Beethoven. It is **Sunday, October 14** at Scottsdale Bible Church. Google them for more information.

## From the Doc

### So, What Do You Know About Pain Management?

For some, their approach to pain management may be taking a prescription or over-the-counter pill. That is fine for the short term, but it is tough on your heart, kidneys, liver and rest of digestive tract over time. For others it may mean just living with it. If you're like me, I'm sure after a while this just gets old and you might want to be looking at an alternative that is not drug-related.

How would you feel if I gave you something that took less than 10 minutes a day to do over the next 30 days for pain management? The brain and nervous system is a sensorimotor operation. There are many sensations into our body, but the most powerful are the visual, somatosensory and vestibular pathways.

When would be a good time to start? Possibly today because every week and every month that you allow this chronic discomfort to continue not only causes your brain to shrink in size, but also increases your risk of neurodegenerative diseases. Yes, that is a fact! There is also the risk of arthritis developing in your joints due to continued changes in bad muscle tone and balance. Yes, that's another medical fact!

You have many options. You can live with it and eventually require joint replacements which, depending on insurance, may be rather expensive and time-consuming with recovery. The most economical way to go about this is consider seeing a competent and experienced chiropractor for the evaluation and management of your injuries as quickly as possible after they occur. Then it is up to you to maintain the correction, which once again will take you less than 10 minutes a day to do.

Most people desire to be proactive with their health. How about you? Hire me to give you the direction you need. Call my office 480-951-5006 to schedule a consultation.

Also, I will be speaking about **brain health at TraVek on Tuesday, October 16 at 6:00 PM.** Age, genetics, diet, exercise and environment can all affect our brain health. Please join us! Call TraVek's office to register.

Sincerely,

Dr. Burdorf, D.C., D.A.C.N.B.  
8140 East Cactus Road, Suite 730  
Scottsdale, AZ 85260

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

## Homeowner's Corner

### Looking to Have Your Christmas Lights Hung? Call TraVek's Handyman 480-367-1171



Last month we kicked off our Handyman Department. Many of you know Rodney from when he was working as a lead carpenter. With his diverse background and skills in remodeling, he is a perfect fit as our Handyman.

Do you have a Honey-Do list? Do you need help getting certain projects done just because you do not have the time and/or the interest to do them yourself? Call us! We'll send Rodney out.

Although the list is not a complete list of what Rodney will do, here is a list of some of the most common handyman-type projects:

- Assembly of products, including Christmas trees
- Blind and drapery installations
- Doors – adjustments, interior and exterior
- Exterior repairs
- Flooring – new/repair/replace – most types
- Grouting and caulking
- Hanging – mirrors, paintings, décor, curtain rods, Christmas lights
- Hardware installation – windows, cabinets, doors, racks, rods, mailboxes, house numbers, etc.
- Light bulb replacement
- Painting – interior and exterior
- Patio – new/repair/replace
- Safety – childproofing, home health equipment
- Storage Solutions
- Walls – drywall and plaster repairs
- Windows – new/repair/replace

Right now we're entering the holiday season. Call now to schedule Rodney to come hang your Christmas lights and put up your trees! He does lights on single-story homes only. The schedule will fill up quickly.

## What Are These Community Events?

You have been reading for the past 10 months about Community Outreach and may be wondering what it is.

Our Community Outreach Events take place one evening a month at our office. It is a time when we invite different speakers to come in and talk about topics that may interest our customers, employees and anyone else in the community.



Why do we do it? Life is more than just our livelihoods. Although remodeling is really fun, there are a lot of other topics that are super fun to learn about, too! An added bonus is that everyone can spend time and make new friends with people they may have otherwise never had an opportunity to meet. Isn't that what makes life so sweet? The people we meet along the way...

Our doors are open to whomever would like to come listen and participate. The topics have been anything from Healthy Cooking, Dementia and Alzheimer's, Setting Up Your Homes for Aging-In-Place, Balance, Estate Planning, and Reverse Mortgages. Last month Carrie Curran from Carrie Curran Art Studios came in and taught a lesson on acrylics. It was a really fun evening!

If you are a lifelong learner and these kinds of things interest you, watch our schedule. We have a couple really interesting speakers coming including one who will talk about how to publish your own book and a hypnotherapist. To date, all of the events have been FREE except the painting class. There is also a light dinner provided.

If you are a speaker and have a topic that you think may interest our customers and community, call and talk to Susan. If you have always wanted to know more about something (anything!) but don't know where/how you can find a class, call and talk to Susan. She is very well-connected and knows speakers or specialists in so many areas, and is likely able to find someone who could come talk on so many different topics of interest.

Your input would be really appreciated. We want to be able to provide classes or presentations on topics that interest our audience, and the only way to know this is by you letting us know.

Welcome to join us on Tuesday, October 16 for our seminar on Brain Health!

## Home & Family

### Lights Out! Make Sure Your Entire Family Gets Enough Sleep

What's the one thing busy families have in common? The morning chaos that consumes the household when no one received enough sleep the previous night. If your family starts the day with pouting, shouting, whining, and other cranky behavior, it's time to establish a consistent bedtime for yourself and your children.

According to *Harvard Health*, the average adult (ages 18 to 64) should be getting seven to nine hours of sleep at night. The average time for teens (ages 14 to 17) is eight to 10 hours; school age children (ages 6 to 13) should get nine to 11 hours; and preschoolers (ages 3 to 5) require 10 to 13 hours of sleep.

With enough rest, everyone in your home should start the morning refreshed, agreeable, and ready to take on the day ahead.

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### The Voice of a Customer:

*The team at Travek is amazing. The process and installation were very easy and professional. Our sales representative was Thom Pitschke and he followed the project through completion. He was very honest and thorough in his quote and there were no surprise charges or add ones. He was very easy to work with. He also followed up with us near the end of our one year warranty period to be sure that any existing issues could be corrected under warranty.*

*The installation leader / master carpenter, David was great as well. Very professional and thorough. The project was completed on time and as quoted. Overall, Travek was a great organization to work with and I would use them again for remodeling projects in the future.*

Google Review: Matt Crowe



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*TraVek Has Opened a Handyman Division!*

## ENTERTAINMENT AND EDUCATION FOR OUR CUSTOMERS

OCTOBER 2018



*Hans Raisanen, Designer*

### Featured Project: Kitchen Remodel in Glendale 85308

This was a beautiful kitchen remodel. When the homeowners came to TraVek, they wanted to keep the same layout, but update their kitchen. They removed the soffit in order to raise the height of the cabinets. Notice how they also removed the wall between pantry closets in order to create more storage. The countertops have an absolutely beautiful granite with a lot of movement in the stone. The cabinets are Waypoint. To see all the changes we made to their home, go to [www.travek.com/About Us](http://www.travek.com/About Us), and then click on the picture of Hans or Rodney. It will show up on the projects they have recently completed.



*Rodney Silvernale, Lead Carpenter*

