



TraVek Presents:

TIPS & CLIPS

If you can read this, you can take me home!

August 2020

TraVek Remodeling
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ROC #168997, #168998, & #324789

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!

Calendar of Events

Coming up...

August 18: Design & Remodeling Seminar 4:00 - 6:30 p.m. at TraVek. 15575 N 83rd Way Ste A-4, Scottsdale, AZ 85260 Registration required, seating is limited. Register at travek.com or call 480-367-1171.

Homeowner Helper When They Can't, We Can

This homeowner needed to replace old, disintegrating doors to better protect the belongings being stored. However, the doors and the jamb weren't standard. Other companies told him it was not possible, or would not communicate at all.

Our handyman was able to build out a new jamb to support these secure, fiberglass doors.

Call **480-367-1171** to schedule a TraVek Handyman!



Dear Valued Customers and Employees,

No matter our feelings about 2020, I think we can all agree that it has been flying by. In the blink of an eye it seems we have skipped from March to August!

It has been a productive, albeit fleeting, Spring and Summer for the TraVek team. We had two, simultaneous 10-Day Kitchen projects that finished on or ahead of schedule. While we were confident in the outcome, we were still amazed with the accomplishment. The 10-Day Kitchen program is one we developed to help take the stress out of the remodeling process for our clients. It can be daunting to think about the interim that occurs from demo to completion of a kitchen remodel. With our 10-Day Kitchens, you'll barely have time to notice we are even there! If you are happy with the layout of your kitchen, but tired of the outdated look or quality of your cabinetry or countertops, our 10-Day Kitchens could be the answer you have been looking for! Call 480-367-1171 to schedule an in-home consultation to see if your kitchen qualifies to be a 10-Day Kitchen. You can see one of the completed kitchens inside.

In other exciting news, we are proud to share that our own Susan Raisanen, who just celebrated 12 years with TraVek, has recently joined the NARI National Accreditation Committee. This committee serves to recognize remodelers across the nation who meet the high standards outlined by NARI, the National Association of the Remodeling Industry. The NARI Accreditation program was created by remodeling professionals to uphold quality industry performance and outstanding client service. As you know from previous announcements, TraVek became a NARI Accredited Remodeling Company a little over a year ago, which has enabled us to raise the bar for the industry as a whole. This was exciting for both Susan and TraVek, and we know that she will add tremendous value to the committee!

Our TraVek Handyman crew is growing in numbers and skillset. One of our Carpenters from the remodeling team, Talo Woodward, recently joined our Handyman department. This is a great example of the kind of expertise you get when you hire a TraVek Handyman. The array of experience and knowledge they bring to a job allows TraVek to practically be your one stop handyman shop! See a Before and After of a recently completed handyman project inside.

Do you have a home or manage properties that need monthly maintenance or repairs? We offer a Handyman Subscription service that would be perfect for you. By signing up for a year with our TraVek Handyman Service, you will have two hours of service guaranteed per month and a discounted hourly labor rate for longer projects. Call 480-367-1171 to learn more about this new program.

Best Regards,

Von Raisanen, CR, CKBR
President, TraVek, Inc.



From the Doc

Are You Giving the Full Measure

I am a big fan of a guy named Grant Cardone. Two of my favorite books that he has written are “10X” & “Sell or Be Sold”. We all are in sales. If you have kids, you must sell them on doing their homework.

Me? I sell healthcare. I was at a seminar at the Westin Kierland the first Saturday of the year. Cardone was talking about 2020, was it for you going to be better or worse? He really emphasized that it is never exactly the same. Hopefully, it is a little better and not a lot worse. The outcome is what happens and more importantly how you react to what happens, good or bad. So here we are, half the year is over, and it has been quite a situation so far.

One hundred fifty-seven years ago, this July 4th in 1863 marked the conclusion of a 3-day battle in Gettysburg, Pennsylvania during the Civil War. Between 46,000 and 51,000 soldiers from both armies were casualties, the costliest in US history.

President Lincoln delivered the 272-word, 10 sentence Gettysburg Address speech in three minutes on November 19, 1863, on the battlefield near Gettysburg. In Lincoln’s speech he refers to “the last full measure”. It refers to those soldiers that gave it their all, their life in the battle.

Are you doing the same, doing enough? I have been doing functional neurology and nutrition since 1995. I see all the rants on social media about everyone’s opinion on diets and supplements. My simple question to everyone is, “Are you doing enough?” Are you giving it the full measure? You do not guess how fast you are going because you use the speedometer of your car. You do not guess how far you can travel because you have a gas gauge. Taking supplements is a strategy to prevent and survive COVID-19 if you get it, as well as preventing cardiac, cancer, and cognitive decline. Knowing the “what and how” of taking supplements and diets requires blood work to establish a baseline and retesting to see if what you are doing is enough. The most expensive vitamin is the one that does not work.

Call or schedule online a complimentary consultation at my office at drburdorf.com or call 480-951-5006.

Yours in health,



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Dr. Burdorf is one of only seven Board-Certified Chiropractic Neurologists in the State of Arizona. He deals with very complex neurological issues, and is a doctor patients to go after they have been dealing with their situations for many months or even years, and have been unable to find help elsewhere.

Designer’s Corner

Remodeling for Accessibility

The trends for the last couple of years have been all about open concept and accessibility. With more and more older generations preferring to live at home as long as possible, accessibility is becoming more and more of a concern. Every situation is different, and working with a designer means that your home can be tailored for you now and in the future. Common things a designer would plan for are wider doorways/walkways, levers instead of knobs, minimizing flooring transitions in between rooms and cabinet modifications for a wheelchair user or someone with limited mobility.

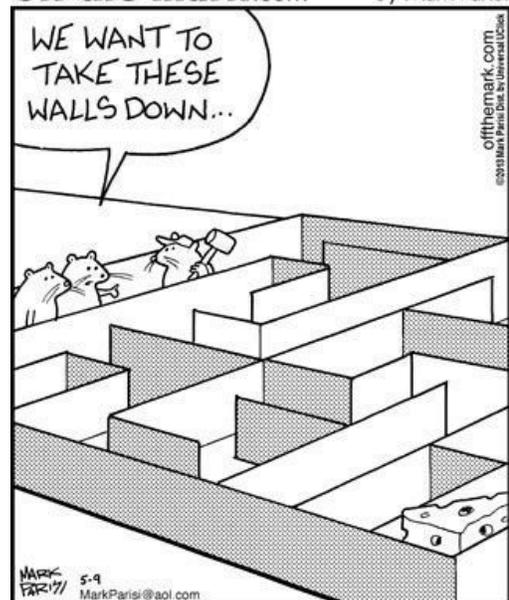
When it comes to remodeling for accessibility and ease of use, bathrooms are one of the most important parts. There are many options ranging from grab bars and beach entry (curbless) showers, to removing doors as needed. For someone who requires wheelchair accessibility, there is planning for the five foot turnaround clearance so they are able to comfortably access the bathroom. There are also many cabinet and sink modifications that can be made to fit your individual needs.

The designer will also take into account and tailor to each unique situation. There are a lot of considerations when remodeling your home for the long term future, hopefully this article has provided some points to think about when considering a remodel.



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off the mark.com by Mark Parisi



10-Day Kitchen

Started 7/13/20 Completed 7/23/20

Here you see ne of two 10-Day Kitchens we completed in July! These homeowners first came to us by joining one of our monthly seminars to gain some insider information on the remodeling process. They were impressed by the seminar as well as our Designer, Thom Pitschke, our 10-Day Kitchen lead.

For this kitchen, we updated the cabinetry with Star-Mark Maple in a Macadamia finish, refreshed their counters with White Springs granite, added a “splash” of fun with the Herringbone Cream Marfil backsplash, and function to the fashion with a scratch-resistant, granite composite sink.

Call to schedule a free consultation with Thom to see if your kitchen is a 10-Day Kitchen!



Health & Wellness

Meet Mack Newton

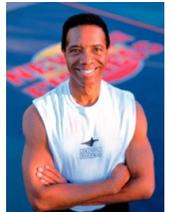
Who is Mack Newton? Eighth Degree Black Belt, Master Instructor, Conditioning Coach for the Oakland A's, Dallas Mavericks and a multitude of professional athletes, developer of nationally acclaimed Self Defense course, “I Will Fight Back”, author, husband, father, life changer.

I was introduced to Mack Newton in 2006, at which time my life changed for the better. Mack has mentored me for 14 years. The words of wisdom I am sharing have come from his mouth, to my journals, and now into the TraVek Newsletter for all to benefit from.

How do you create more positive behavioral characteristics towards other people? This is especially important with today's culture and climate. Start with being agreeable. Eliminate criticizing, complaining, and condemning behavior. Keep a pleasant expression on your face with positive body language. Being agreeable doesn't mean you “agree” or you are a “yes” person, it just means you are respectfully allowing the other person to have a say. Don't be willing to build your own self-esteem at the expense of someone else's. The best part is you may actually realize someone else's opinion is more thought out than your own!



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Phoenix Real Estate

Many are Deciding to Say Yes To Arizona with No Place to Call Home

The Arizona Real Estate market continues to be on fire with only 6,290 current single-family homes on the market as of July 31, 2020. Interest rates are at an all-time low with a 30 year fixed at 2.99, leaving many buyers that are relocating for jobs, lower taxes, or a better life scrambling for short term rentals or commuting until a home comes available. A normal summer market provides around 12,000 homes for those relocating and wanting to sell before the school year starts.

Many buyers are turning to new builds, which are struggling themselves to keep up with the demand due to COVID-19 and available trades with build-out times of nine to 12 months. As the land in the East Valley dwindles, many builders are turning to the

West Valley, where permits are currently at 5,782.

If you are considering selling, now is the time to Say Yes to Arizona especially if you may have a difficult home that would take longer to sell during a strong buyers market.

If you have any questions please feel free to reach out.



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Ask about our 10-Day Kitchens!

ENTERTAINMENT AND EDUCATION FOR OUR CUSTOMERS

August 2020



Featured Project: StarMark Cabinetry in North Phoenix New Build

For this new build, the homeowners really wanted to keep the look of the cabinets natural. These beautiful StarMark cabinets are Walnut with nothing more than a seal to bring out the gorgeous grain. To see more pictures of this project, go to www.travek.com/About Us, and then click on the picture of Todd. These pictures will show up at the bottom of his page for Projects Todd has recently completed.

Todd Raisanen, Designer

