

TAB TELL ALL



TAB RETAIL REMODELING INC.

TAB Year End Review

As we kick off the new year and begin our 2023 remodel season it is appropriate to look back over 2022 and reflect on some of our accomplishments. TAB had a very productive year through all of its divisions across the country. TAB remodeled 40 Walmart's in 16 different states. We completed 50 Special Projects for Walmart, consisting of Back Room Sets, Bike Racks and Steel work all over the country. With our Walmart Division we traveled as far as Hawaii and had the unique pleasure to work on a Native American Reservation in Washington State. Our TAB family grew and we witnessed many of our colleagues move up in management ranks. We are very proud of the work we accomplished and are very proud of you, the ones who executed it!

Our Publix and Sprouts Divisions also had wonderful years. We expanded our book of business and market share in both of these divisions and added valuable team



Members to the crews. We want to give special thanks to the leadership over these divisions in Shaq Evans, Bruce Mixon, Rashad Legette and Michael Peck. They were instrumental in the steps we took in 2022.

We are not satisfied with where TAB is and we plan to reach new heights in 2023 but it is important to see where we have been and recognize and appreciate the work and those who made it possible.

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Special points of interest:

- Year End Review
- Blackout Stores
- New Year's Resolutions
- Fun Facts

What is a Blackout Store?

A "Blackout Store" is a Walmart Remodel that takes place during the holiday season. This season typically begins prior to Thanksgiving and runs until just after New Years. This period is usually "blacked out" to work because of the high volume of sales that occur during this window. Companies typically want little to no disruption of the sales floor during their peak volume.

Due to the large number of Walmart stores around the country they typically have a very small amount that they work on during the "blackout" time period. Walmart only works with select few of their vendors during this period who m they consider to be "Core

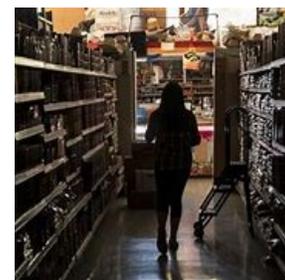
Partners." At TAB we want to do everything in our power to be viewed by Walmart as a "core partner."

So it is an honor and a privilege for TAB to get selected and awarded remodels during this period. To our knowledge there were only 30 or so remodels going on during the "blackout" period in the entire USA to be divided into Walmart's Internal Team and a select few 3PLs and TAB was awarded 3. This is a big deal.



It is a testament to the work done by our teams in the field and the reputation TAB has earned by the consistent level of production.

It furthers our relationship with the client to excel in these opportunities. Selected team members are getting an excellent chance to earn money for themselves and their family in a time where everyone who worked for TAB was forced to sit down for the year.



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1 Team 1 Goal 1 Family



Easy Hotel Room Meal That Will Save You Money

Mac-n-Cheese

Add desired amount of macaroni pasta to microwave safe bowl and add water until macaroni is covered. About 1.5 cups of water to 1 cup of pasta. Microwave in 2-3 min intervals, stirring each time and watching so it doesn't burn. When pasta is tender, add 1/4-1/2 cup milk, 2 TBSP butter, and grated cheese of your choice. We like to add cheddar and pepper jack or cheddar and parmesan. Microwave for 1 minute, stir and repeat until your mac-n-cheese is nice and creamy.

You can also add real bacon bits or pre-cooked ham to this meal to make it more hearty. If you have salt and pepper, add some of that too. Or you can go extra simple and buy Kraft Easy Mac.



Nachos

It doesn't get much easier than a plate of nachos! These can be as simple or as grand as you like. We love tortilla chips with plenty of shredded Mexican cheese, salsa, refried beans, guacamole, lettuce, and sour cream. The kids opt for just cheese and salsa.

Throw the cheese, salsa, and refried beans on a plate of tortilla chips, and microwave for 40-50 seconds. Add cold toppings, and enjoy!



Top 10 Most Common New Year's Resolutions (and How to Follow Through on Them)

Every year, millions of people make New Year's resolutions, hoping to spark positive change. The recurring themes each year include a more active approach to health and fitness, improved finances, and learning new things for personal and professional development. Chances are, more than a couple of the top 10 most common resolutions will look familiar to you:

1. Exercise more
2. Lose weight
3. Get organized
4. Learn a new skill or hobby
5. Live life to the fullest
6. Save more money / spend less money
7. Quit smoking
8. Spend more time with family and friends
9. Travel more
10. Read more

Making your New Year's resolutions happen

1. Mentally prepare for change
2. Set a goal that motivates you
3. Limit resolutions to a manageable amount
4. Be specific
5. Break up big goals into smaller goals
6. Write down your goals
7. Share your resolutions with others
8. Automate where possible
9. Review your resolution regularly
10. If you fall off track, get back on quick

We hope these 10 steps help you follow through with your resolutions and make this your best year yet.



FUN FACTS!

-While they are hibernating, bears do not urinate. Their bodies convert waste into protein.

-At their closest points, the U.S and the Soviet Union are over 2 miles (3km) apart.

-Alexander the Great was the first person to be pictured on a coin

The sun weighs 2,000 million million million million tons

