

A Free Monthly Newsletter From Your Friends At Ricky Ratchets Auto Repair

October Events

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| October 5th | World Smile Day |
| October 8th | Thanksgiving Day |
| October 16th | Bosses Day |
| October 20th | Sweetest Day |
| October 21st | Pumpkin Cheesecake Day |
| October 30th | National Candy Corn Day |
| October 31st | Halloween |



Take Up A Hobby

Want to be more creative? Find a hobby. According to the Nature website, hobbies boost inspiration in scientific researchers, and they can spur your imagination, too. Here's how to do it:

- * **Set aside some time.** No matter how busy you are, commit to spending a certain amount of time every day or week on your hobby. It doesn't have to be excessive, but schedule enough time so you can concentrate fully on what you're doing without interruption.
- * **Consider exercise.** Getting your blood pumping can be good for your mind as well as your body. Committing to an exercise routine, even a modest one, forces you to take time out of your day. Focus on things other than work as you work out. You may find the solution to a sticky problem after you're done.
- * **Look outside your field.** Pick a hobby that's not related to your work. Painting, for example, can help you see the world in different ways. Select something that will challenge your thinking, and you may find connections to the issues you're working on.

Double Layer Pumpkin Cheesecake Recipe

Ingredients:

- 2 (8 ounce) packages of cream cheese, softened
- 1/2 cup white sugar
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1 (9 inch) prepared graham cracker crust
- 1/2 cup pumpkin puree
- 1/2 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pinch ground nutmeg
- 1/2 cup frozen whipped topping, thawed



Directions:

1. Preheat oven to 325 degrees F
2. In a large bowl, combine cream cheese, sugar, and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of crust; set aside.
3. Add pumpkin, cinnamon, cloves, and nutmeg to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust.
4. Bake in preheated oven for 35 to 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Cover with whipped topping before serving.

Do You Have A Question About Car Maintenance That You Want Answered?

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have a question about anything related to your vehicle, feel free to reach out to us...

**(519) 455-5351 or
www.rickyratchets.com**

All Month Long Trick Or Treat HALLOWEEN Special



**SAVE
\$20.00!**



**DURING THE MONTH OF OCTOBER,
SAVE \$20.00 ON ANY
REPAIR OVER \$100.00!!**



Must Present Coupon. Cannot Be Combined With Other Offers

Expires 10/31/18

Thank You! Thank You! Thank You!

Special thanks go out to all of our clients and friends who graciously referred our shop to their friends and neighbors last month! Our business is built based on the positive comments and referrals from people just like you. We just couldn't do it without you.

Kerrie Ronson, Brian/Steve Koenitzer

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 a runner though, are you?"

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



Thinking Of A Fast? Try These Approaches

Many people practice intermittent fasting—going without food for a limited period of time. Benefits include fat loss, greater longevity, and better overall health. The Medical News Today website offers these strategies for fasting:

- ★ **Twelve hours.** Some researchers say that fasting for 10–16 hours can cause your body to start burning fat and turning it into energy. The easiest way to do a 12-hour fast is to start at night. Fasting from 7 p.m. to 7 a.m., for example, means you won't spend all day reminding yourself that you're not eating, so you avoid the temptation to give in when hunger pangs start to rise.
- ★ **Two-day fast.** You don't have to go completely without food, but under this plan, men should eat only 600 calories a day and women should consume 500. Separate the days—don't go two days in a row. Instead, plan at least one non-fasting day between your efforts. Studies suggest that this can help reduce weight and also improve insulin levels.
- ★ **Every other day.** Again, limit yourself to 500–600 calories per day on your fast, but eat as much as you want on non-fast days. One study found that this is effective for weight loss and heart health. It's a little extreme, though, and may not be suitable or sustainable for long periods of time.
- ★ **Twenty-four hours.** Once a week, abstain from eating for a full 24 hours—maybe from one breakfast to the next. You can drink coffee, tea, or other calorie-free beverages during your fast. Return to your normal routine afterward. Be aware, though, that this fast can cause fatigue, headaches, and/or irritability.
- ★ **Skip a meal.** This type of fast is good for beginners. Instead of fasting for long periods of time, simply skip breakfast, lunch, or dinner. Just remember to eat nutritious and healthful foods during your other meals. It's important to stay hydrated during your fast, with lots of calorie-free drinks. Try not to obsess about food—plan distractions, like going to the movies or catching up on chores. Finally, avoid strenuous activity when you fast. Rest and relaxation will help you maintain your motivation.



Scary Fact:

8 Out Of 10 Transmissions Fail Due To Lack Of
Preventative Maintenance. Transmissions Fail Due To
Fluid Not Dissipating Heat From The Transmission.



Expires 10/31/18
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TRANSMISSION SERVICE SPECIAL
SAVE \$20.00 WITH THIS COUPON!!

Congratulations To Our Client Of The Month!

Every month, we choose a very special client of the month. It's our way of acknowledging our great clients and saying thanks to those that support our business with referrals and repeat business.

This month's Client of the Month is

Don Stroud



Thanks For The Kind Words

Very competent, well organized, excellent communication. My car was in for repairs to the heating and A/C unit. The diagnosis was obtained within 2 hours and until the repairs were completed I was able to call anytime and receive an update on the progress of the job. Completely satisfied.

- Wayne Middleton, Strathroy, ON

Behold The Squirrel

Because October is Squirrel Awareness Month, here are some interesting nuggets of information to gnaw on:

- ❖ Squirrels are omnivores whose diets require an intake of salt.
- ❖ Their four incisors can grow an average of six inches per year, but their constant gnawing on nuts, branches, and other objects keep those teeth filed down.
- ❖ They run in a zigzag or erratic pattern to evade capture from predators.
- ❖ In 1870, small animals including squirrels, starlings, and sparrows were taken from rural U.S. communities and rehomed in city parks to give those spaces an element of charm.
- ❖ More than 200 species exist worldwide.
- ❖ Love them or hate them, they won't be going anywhere anytime soon.

"I'm so glad I live in a world where there are Octobers."

— L.M. Montgomery

Do You Want To Win A \$25 Gas Card ?

The first 10 people to call with the correct answer will be eligible to win. At the end of the month we'll draw one lucky name. That winner will receive a \$25 Gas Card from us! Here is this month's question... What do squirrels' diets require an intake of?

(Hint: the answer is somewhere in this newsletter)

- a) Nuts and Seeds
- b) Minerals in Tree Bark
- c) Salt
- d) Meat

Call right now with your answer!

Last month's trivia challenge was, What holiday falls on September 21st this year?

Answer: A) International Peace Day.

Congratulations to last month's winner...

Shirley Barnes

The material contained in this newsletter is for informational purposes only and is based upon sources believed to be reliable and authoritative; however, it has not been independently verified

Jake's Jokes: Live...Love...Laugh



Q: Where do Volkswagens go when they get old?

Q: Why did the poor man sell yeast?

Q: Why did the skeleton avoid skydiving?

Q: How do hockey players kiss?

A: The Old Volks home!

A: To raise some dough!

A: He didn't have the guts to try it!

A: They pucker up!



**RICKY RATCHETS IS
CELEBRATING 25 YEARS**

JOIN IN THE FUN !!!

**GUESS HOW MANY DINKY CARS
ARE IN THE JAR
FOR A CHANCE TO WIN**



ONE OF 25 GIFT CARDS!!

Draw Date Oct. 30th!