

January Events 2021

- January 1st New Year's Day
- January 4th Trivia Day
- January 8th Bubble Bath Day
- January 15th National Bagel Day
- January 18th Martin Luther King, Jr. Day
- January 21st National Hugging Day
- January 24th Compliment Day
- January 28th Fun At Work Day



Four Tips For Staying Healthy These Days

An apple a day may keep the doctor away, as the old saying goes, but that's not all you need to stay healthy. *The Guardian* shares this advice from some general practitioners on how to live a healthy lifestyle:

- **Avoid processed food.** Frozen meals may be convenient, but they're not especially good for you. Although these foods have plenty of additives and chemicals for color and flavor, you're better off cooking for yourself.
- **Exercise.** You've heard this before, but it bears repeating: Exercising five times a week for 30–40 minutes is good for your health and soul. If you can't get to the gym, at least exercise at home or take long walks outside to get your blood pumping.
- **Take an aspirin a day.** This is excellent advice for people over 65 who are at risk of cardiovascular disease. A daily aspirin can prevent heart attacks and strokes by thinning the blood, which reduces blood pressure and the chance of coagulation or clotting.
- **Reduce stress.** Practice meditation and mindfulness to reduce stress in your life. Stress can cause skin diseases and autoimmune diseases, and contribute to the risk of heart attacks and strokes. Try deep breathing while clearing your mind of all extraneous thoughts and worries. Yoga can help too.

Crops On Mars Will Face Challenges

Future Martian colonists may have a tough time growing crops to eat, the Science News website warns. Experiments in Martian farming suggest that it will be more complicated than planting potatoes in local soil and fertilizing it with human waste, as the Andy Weir novel and Matt Damon movie *The Martian* hypothesizes.

Scientists recently tried planting lettuce and a weed, *Arabidopsis thaliana*, in three kinds of Martian-type dirt. Two types were made from material from Hawaii or the Mojave Desert that resemble the kind of dirt found on Mars, and the third was created from volcanic rock, clays, salts and other chemicals observed by NASA's Curiosity rover.

The lettuce and the weed both grew in the natural Martian-like soils under controlled lighting and temperature conditions when fertilized with a cocktail of nitrogen, potassium, calcium and other nutrients, but failed in the artificial dirt. The reason: Terran soil contains microbes and organic material that helps plants grow, but the dirt of Mars is composed of crushed rock and nothing more, meaning that potential Martian colonists will have to put a lot of work into transforming it into the type of soil that will sustain plant growth.



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...

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(519) 455-5351
Or visit our website at
www.rickyratchets.com

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Expires 1/31/21
 Must Present Coupon
 Cannot Be Combined With Other Offers



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.

Maryanne Giangregorio

Protect Kids' Backs From Heavy Backpacks

When your children head back to school, chances are they'll be carrying lots of books and school supplies in backpacks. You don't want them to injure their backs with a too-heavy load. The Literacy Site offers this advice on keeping your school-age kids safe at any age:

- ▶ **Purchase a lightweight bag.** Experts say that the unloaded bag should be less than 10% of your child's body weight. Rolling backpacks are an option, but they can pose a tripping hazard.
- ▶ **Choose the right size.** Whatever your child's age, the backpack shouldn't hang more than four inches below his or her waist, and shouldn't be wider than your child's torso.
- ▶ **Use both straps.** Some kids will hang their backpack over just one shoulder, but this can cause back pain and bad posture. Children should use both shoulder straps and also fasten chest and waist straps to distribute weight. Make sure to adjust straps to fit snugly without being too tight.
- ▶ **Do a regular cleanup.** Have your child go through his or her backpack once a week to remove unnecessary items—graded tests, books they don't need, etc.—to eliminate excess weight.
- ▶ **Pack bags properly.** Many bags come with pockets for smaller items like pens, glue, and other accessories, which allows you to distribute weight evenly. Place heavy books at the back, closest to the child's body.



Make Your Mark As A Remote Worker

Working remotely means less personal contact with co-workers and managers. That can make it hard to get noticed and make an impact on your organization. Follow these suggestions from the Enterprisers Project website for building influence as a remote employee:

- ✓ **Volunteer.** When managers are launching a new project or initiative, volunteer to help. Showing that you're willing to stretch yourself and learn new skills can earn you a reputation for teamwork. In your organization are working on. Understanding their goals can give you an opportunity to support them and show your commitment to their own objectives.
- ✓ **Be easy to reach.** Respond to emails promptly. Always be available to talk, either on the phone or via Zoom or other virtual channels. This shows you're responsive and eager to help.
- ✓ **Focus on cross-functional relationships.** Don't just talk to people in your department. Reach out to co-workers on other teams to find out what they're up to and how you can contribute.
- ✓ **Learn colleagues' goals.** Find out what other people in your organization are working on. Understanding their goals can give you an opportunity to support them and show your commitment to their own objectives.
- ✓ **Offer to help.** Always be willing and available to assist your colleagues. Ask what you can do for them. They'll notice and appreciate your helpfulness, and you'll be known as someone people can rely on.
- ✓ **Watch the big picture.** Be sure you understand your organization's overall goals and objectives. Ask questions and make suggestions that show you're totally on board with what top management wants to accomplish.
- ✓ **Don't overload yourself.** All this willingness to help can easily lead to burnout if you take on too much. Pay attention to your own inner resources so you don't stretch yourself too thin.



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Give Your Transmission A
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Must Present Coupon



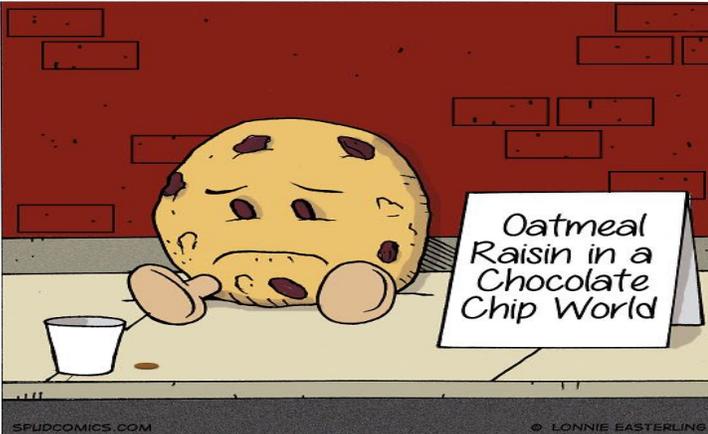
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Congratulations To Our Client Of The Month!

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

Richard LeBlanc



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Thank You For The Kind Words

"My parents no longer drive their car so I wanted to sell it locally and hassle free. I had checked with some other spots in town including the dealership where it was serviced for years and I was very disappointed with their offers. I knew it was a good car, had been cared for and still had good value. I was pleased with the quote I received from Rick at Ricky Ratchets Auto Repair. His offer for purchase over the phone was significantly higher than the others I had received. When I arrived at his shop, his inspection of the vehicle was quick and we were able to come to an agreement very quickly. He was very professional and friendly and I really believe I was getting fair value for the vehicle. I was very pleased with the whole "hassle free" experience and would highly recommend Rick for consideration if you are selling your vehicle. Once we finished the transaction, I was given a ride in their courtesy vehicle back across town by Bob, the friendliest courtesy driver I have ever met. "

- David Brown, London, ON

JANUARY WORD SEARCH

C	L	X	R	F	U	M	A	R	T	I	N
M	P	H	N	J	Y	R	A	U	N	A	J
E	T	I	H	W	F	Q	F	R	O	S	T
L	Q	F	S	N	O	W	F	L	A	K	E
E	T	A	N	R	E	B	I	H	T	J	O
K	R	B	L	O	N	I	U	G	N	E	P
R	E	L	L	A	B	W	O	N	S	N	R
H	T	U	F	G	C	F	K	G	U	O	F
D	N	T	S	N	N	A	M	W	O	N	S
E	I	H	N	I	G	M	J	L	R	U	L
I	W	E	O	K	J	N	E	T	T	I	M
L	D	R	W	P	C	O	L	D	N	D	L

January
snow
Martin
Luther
King
Jr
penguin
snowman
cold
mitten
snowball
snowflake
frost
hibernate
winter
white

Do You Want To Win A Free \$25.00 Pizza Hut Gift 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 FREE \$25.00 Pizza Hut Gift Card from us! Here is this month's question... An unloaded backpack should be less than what percent of your child's body weight?

(Hint: the answer is somewhere in this newsletter)

- | | |
|--------|--------|
| a) 15% | c) 20% |
| b) 10% | d) 17% |

Call right now with your answer!

Last month's trivia challenge was, What breed was the longest living shark?

Answer: A) Greenland

Congratulations to last month's winner...

Jesse Simpson

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 by us. This newsletter should not be construed as offering professional advice. For guidance on any specific matter, please consult a qualified professional. ©2017 CMG

Jake's Jokes:

Q: What do snowmen all their offspring? A: Chill-dren!

Q: Why didn't the tourist in the Arctic get any sleep? A: He plugged his electric blanket into the toaster by mistake - and kept popping out of bed all night!

Q: What is the favourite Mexican food of snowmen? A: Brrrr - itos!

Q: What did the big furry hat say to the warm woolly scarf? A: You hang around while I go on a head!





2021



Happy New Year

What a wonderful thought it is that some of the best days of our lives haven't even happened yet ~ Anne Frank

Happy New Year from the team at Ricky Ratchets! We look forward to brighter days ahead and a resolution to the pandemic that has gripped our city, our province, our country and the world. The Government of Ontario has deemed Automotive Repair and Sales an Essential Service and we are here to serve our customers to the best of our ability. Please allow us the flexibility to create a safe environment for our customers and staff. Our front office is open but limited to one person or family at a time, our waiting room will remain closed. We do offer limited shuttle service (masks are required) and vehicle delivery. We will continue to prioritize emergency service. We have barriers in place for everyone's protection and hand sanitizer is available on-site, with increased sanitization measures within the facility and with customer's vehicles. Be safe and stay healthy!

Please call ahead to make an appointment for vehicle service or viewing a used vehicle on the lot at 519-455-5351

Also, As a Special New Year's Gift to You... We Will Take 21% OFF Labour For Any Repair or Service Your Vehicle Needs!

**Call Us to Book Your Appointment
519-455-5351**



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