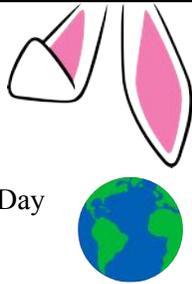


April Events

- April 1st April's Fools Day
- April 7th Good Friday
- April 9th Easter Sunday
- April 10th National Siblings Day
- April 22nd Earth Day



Ease Kids' Worries About Surgery

Surgery is scary—especially for children. If you've got a young one who needs an operation, you can manage his or her fears—and your own—with this advice from the Cleveland Clinic:

- ✓ **Take care of yourself first.** Children will pick up on your fears. Pay attention to your own health and stress levels so you can help your child manage his or hers. Get plenty of rest and enough to eat. Ask doctors lots of questions so you can relax about the procedure.
- ✓ **Explain the situation honestly.** Sit down with your child in a quiet, calm place at home to tell him or her what's going to happen and why. Use age-appropriate language to ensure they understand completely. Answer any questions they might have. Assure your child that he or she will be well taken care of.
- ✓ **Visit the hospital ahead of time.** If possible, schedule a tour of the facility before the procedure takes place. Show your child what kind of room he or she will stay in, and let him or her talk to nurses and doctors if they'll allow it. Getting familiar with the environment ahead of time will help ease their worries.
- ✓ **Bring toys from home.** Let your child pick a toy or stuffed animal to take with him or her. Even if it's an outpatient procedure, a "friend" from home will provide some added emotional security.



Start Thinking Green This Spring

Most of us can do a lot better when it comes to being ecofriendly. Here are two areas where we can improve upon our good intentions while we lessen our negative impact on the environment:

- ♻️ **Recycling.** It's great if you always throw your empty soda cans and water bottles in the recycle bin, but are there other items you are overlooking? If your municipality has a recycling program they probably have a set of guidelines posted online that explains what they accept and how you should prepare those items for disposal. Even though that peanut butter jar is marked as being recyclable, it might be considered garbage if traces of peanut butter are still in it. Find out what you need to know and make a commitment to recycle as much as possible, properly.
- ♻️ **The brown bag lunch.** Embrace sustainability when you take your lunch to work by eliminating the amount of disposable products you use. Carry your lunch in a cloth sack, bento box, or small basket. Pack food in glass, metal, or some other kind of reusable containers. Swap out paper napkins with cloth napkins, and plastic straws with metal ones. Consider keeping a coffee mug and set of flatware at your desk in an effort to generate less waste.

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...

**Call us at
(519) 455-5351
Or visit our website at
www.ricky-ratchets.com**

Hop On Down To Ricky Ratchets For Our Easter Eggs-travaganza!



Bring In Your Completed Puzzle From Pg 4 To Get Your FREE Cadbury Easter Creme Egg Treat!

While Supplies Last!



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.

Jake Chasen

Be Patient When Seeking Great Ideas

Whether you're brainstorming on your own or with a team, your goal is to naturally generate creative ideas and solutions as quickly as possible. But don't stop looking for answers too soon. Sometimes an idea will catch everyone's attention early in the discussion, and an immediate consensus will form around it. But further discussion will frequently yield more ideas, some of them better, so you don't want to cut off the flow too soon. Allow your idea-generation process to run its full course, then take a look at your results. The initial winners will still be there, along with some possibly great late arrivals.



Doing Your Best—Is It Enough?

Tom Peters, co-author of the influential book *In Search of Excellence*, learned a very important lesson while serving as a Navy SeaBee in Vietnam. As he writes in his blog, one time he was sent back to headquarters for a short meeting with the commandant of the Marine Corps, General Chapman.

Chapman and Peters spoke briefly, and as he dismissed Peters, Chapman asked, almost as an afterthought, "Tom, are you taking care of your men?" Peters led a detachment of 20 sailors.

"I'm doing my best, sir," he answered.

Chapman's face darkened. "Mr. Peters, General Walt and I and General Buse are not interested in whether or not you are 'doing your best,'" Chapman said. "We simply expect you to get the job done—and to take care of your sailors. Period. That will be all, Lieutenant."

It was a powerful message: Don't settle for "doing your best." A leader's responsibility is to accomplish his or her task—no excuses.

Take Care Of Your Body And Mind At College

If you or someone you love is starting college, remember that grades aren't the only thing to pay attention to. Stay on top of your physical and mental health as you ease into college life with this advice from the Chapman University website:

Physical health

- ▶ **Sleep.** Get six to seven hours of sleep a night. Pay attention to how you feel when you don't get enough sleep, and listen to what your body is telling you.
- ▶ **Diet and alcohol.** How do certain foods make you feel after eating them? How does caffeine or alcohol affect your mood or behavior? Learn to recognize what's good for you and whatever interferes with your ability to function.
- ▶ **Stress.** Headaches and other symptoms may be signals that the pressure is getting to you. Go to your student health center to get checked out and learn how to balance schoolwork and activities.
- ▶ **Exercise.** Try to get at least 30 minutes of physical activity in each day. Go to the gym, or just take a walk around campus. It'll help with weight, stress, and emotional stability.



Mental health

- ▶ **Practice mindfulness.** Pay attention to how you're feeling. What makes you happy, sad, angry, or depressed? Learning what causes your emotions to surge can help you manage situations more effectively.
- ▶ **Find a support network.** Cultivate a group of friends who value and support you. Stay in touch with your family and friends at home. Reach out when things are difficult.
- ▶ **Remember gratitude.** Instead of dwelling on the negative, spend some time every day thinking about the things you're grateful for in life—your friends, family, health, and the opportunity to learn. It'll improve your attitude and overall good health.

**Bring This Coupon In During The
Month Of April & Take \$10.00 OFF
Any Service Or Repair Over \$100.00!**



Expires 4/30/23 Not Valid With Other Offers Excludes Oil Changes & Tire Swaps Must Present 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

Arlene Laroque-Jones



Thank You For The Kind Words

"I had a wonderful experience with Rick and Linda at Ricky Ratchets! I was involved in an accident that caused a lot of damage to my vehicle. Rick and Linda helped me from day one. Rick was able to repair my vehicle very quickly and was super responsive throughout the entire process. Both Rick and Linda went above and beyond to ensure my car was fixed to be even better than before my accident! Linda was also kind enough to find me new floor mats. I would recommend Ricky Ratchets to anyone. You are in the best hands when you choose Ricky Ratchets!"

~ Hailey Lacelle

Don't Be Afraid To Ask For Help

Many people avoid asking for advice from fear of being seen as ignorant or incompetent. But soliciting guidance from others can show that you're open to new ideas and focused on success. Here's how to ask for help and look good doing it:

- ★ **Be sure you really need help it.** Don't interrupt a colleague for something you can figure out on your own with a little more time and effort. Save requests for problems that are truly difficult to solve.
- ★ **Ask the right person.** Identify the person who can really help you. You'll irritate your co-workers by asking for help on something that's outside their area of expertise.
- ★ **Be direct.** Don't beat around the bush when you need assistance. If you don't know the person, introduce yourself and explain why you think he or she is best person to help you out. Most people are happy to lend a hand, and they'll feel flattered that you think highly of their skills.



Do You Want To Win A Free \$25.00 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 FREE \$25.00 Gas Card from us! Here is this month's question... How many hours of sleep should you get each night?

(Hint: the answer is somewhere in this newsletter)

- | | |
|------|------|
| a) 3 | c) 5 |
| b) 9 | d) 7 |

Call right now with your answer!

Last month's trivia challenge was, On average, how many questions do children ask their parents per day?

Answer: A) 300

Congratulations to last month's winner...

Jodi Schmidt

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Jakes Jokes:



- Q: How does the Easter Bunny get around so quickly? A: He takes a hare plane!
Q: Why are people so tired in April? A: They just finished a 31-day march!
Q: What do you name a rabbit that wears a kilt? A: Hopscotch!
Q: What do bunnies and corn stalks have in common? A: They both have big ears!
Q: What happens if you catch a flower telling a lie? A: It will back petal!



**Are You Or Someone You Know In Need Of Auto Repair??
We Have Great News!!
Ricky Ratchets Has Teamed Up With Wippy Pay To
Help Ease Financial Worry Of Auto Repair!
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The logo for Wippy Pay, featuring the word "wippy" in a light blue, lowercase, sans-serif font with a white outline, and "pay" in a darker blue, lowercase, sans-serif font with a white outline. The logo is set against a dark blue rounded rectangular background.

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