

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

May Events

- May 1st May Day
- May 4th Star Wars Day
- May 5th Cinco de Mayo
- May 9th National Teacher's Day
- May 14th Mother's Day
- May 20th National Rescue Dog Day
- May 22nd Victoria Day



Health Benefits Of Coffee For (Almost) Everyone

Is coffee good for you? Bad? The arguments go on and on, but a meta-analysis of 127 studies on the question by the University of Catania in Italy has found that drinking coffee is associated with the following health benefits:

- ➔ Decreased risk of breast, colorectal, colon, endometrial and prostate cancers, among others, from 2-20 percent depending on the cancer type.
- ➔ Five percent reduction in risk for cardiovascular disease.
- ➔ An approximately 30 percent lower risk for both Type 2 diabetes and Parkinson's disease, thanks to coffee's ability to improve enzymes that regulate glucose and insulin metabolisms.

Coffee's natural antioxidants reduce free radicals that can damage cells and cause aging. It's also an anti-inflammatory that calms you down so you don't overact to stress.

One group that should avoid coffee, however, is pregnant women. Coffee, the study notes, can increase the risk of miscarriage.



Recruit The Help You Need With The Personal Approach

The road to success can feel long and lonely, but few people reach their goals without help. Successful people have a gift for enlisting assistance.

From How To Win Friends and Influence People by Dale Carnegie comes this advice for forging positive relationships with the people whose support you need, whatever you're working toward:

- ★ Avoid arguments. Make your case without letting emotions escalate out of control.
- ★ Always show respect for other people's opinions.
- ★ When you're wrong, admit it so everyone can move on quickly.
- ★ Allow the other person to think a good idea belongs to him or her. Don't try to hog all the credit.
- ★ Find a way to get the person to agree with you on something right away—even if it's just a small point.
- ★ Try to see from the other person's perspective.
- ★ Let the other person talk—a lot. Listen attentively to show you respect his or her ideas.
- ★ Be friendly with everyone, whether you need something or not.



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.rickyratchets.com**

HAPPY MOTHER'S DAY TO ALL OUR MOMS!

Return the completed puzzle on page 4 to decode the trivia question for your chance to WIN A FREE Heeman's Greenhouse Prize Package Valued at \$100.00!

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.

Jill and John Sunter

Be Prepared To Invest In Creativity

Creativity and innovation are important to business success. Are you and your organization ready to devote the resources necessary to support it? If you want to foster a creative atmosphere in your organization, take these factors into account:

- ▶ **Money.** Innovation can't breathe in an atmosphere of budget cuts and downsizing. Yes, you may come up with creative ideas to get around lack of funds, but in the long run you won't get many practical ideas unless you're willing to spend cash on developing and testing them.
- ▶ **Elbow room.** Cramping people into tight little cubicles is no way to get their imaginations working. Give them room to move around: conference rooms to spread out in, windows to stare out of, and the freedom to work in different environments that spark new ideas and insights.
- ▶ **Freedom.** Part of this is related to the space issue—freedom to work in nontraditional surroundings. But more important is freedom to suggest changes and question assumptions. Don't challenge people to think creatively only to squash their ideas with "But that's not how we do things around here."
- ▶ **Risk.** Remember how many times Thomas Edison tested his first light bulb? You can't generate creative thinking if people don't feel comfortable taking chances and failing. You should tolerate intelligent risk—and even celebrate failure—if people are acting in good faith while trying to help the organization grow.



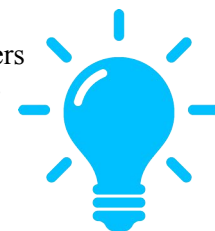
Explore Team Goals With A Simple Test

To encourage communication and trust between team members, try this exercise: Ask each team member to write on a 3x5 index card what he or she thinks the goals of the team are. Read the cards out loud, without identifying who wrote them, to give team members a taste of everyone's expectations.

Look For Your Best Opportunity To Thrive

Success depends on finding opportunity. You can't wait for opportunities to come along—you've got to actively seek them out. Whatever your career goals, target your next step by considering these factors:

- ◆ **Job market.** Does a labor shortage exist in your industry, or a related one? You may be able to take advantage of employers' needs for qualified and reliable experts.
- ◆ **Growth.** Are organizations expanding in your field? Find out what they're investing in and how you can contribute.
- ◆ **Technology.** Have new tools become available? If you can educate yourself on the latest tech, you may be in a position to help organizations put cutting-edge tech to work.
- ◆ **Customers.** Are any of your customers (or vendors) experiencing difficulties related to your industry? Solving problems for them can help your organization and position you as a go-to person for complicated issues.



A Key Question For Job References

When calling references for job candidates, the way you phrase each question can make the difference between evasive replies and meaningful information. One nonjudgmental question you're safe asking is, "Would you characterize [this person] as a team player, or one who works best on his or her own?" The answer can give you valuable insight into the strengths of the candidate you're considering.

Cooling System Service

With Summer Temperatures On The Way, You Can't Afford To Miss Out On This Important Service! We'll check your thermostat, heater & coolant hoses, pressure check cooling system, and drain & refill radiator with new coolant.



SAVE
\$20.00

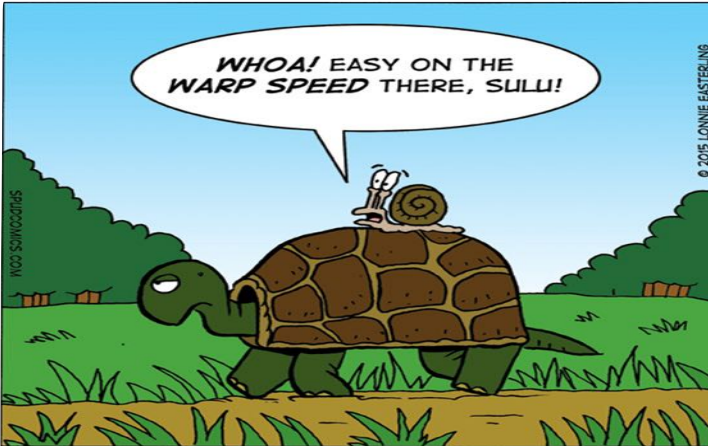
Expires 5/31/23
Must Present Coupon
Not Valid With Other Offers

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

Gerry Jordan



Thank You For The Kind Words

"Easily the best experience I have ever had in any shop, truly down to earth owners, and incredibly skilled technicians. My vintage car is my life, and I have never felt more comfortable leaving my car knowing whatever the issue is, it will be fixed correctly. So thrilled with Ricky Ratchets!!"

~ Stephanie Siambis

Try These Year-Round Common Cold Remedies

You can catch a cold any time of the year, no matter what the weather is. Although you can't cure it, you can relieve its symptoms with some simple remedies. Try these:

- ✓ **Honey.** Honey mixed with tea or warm lemon water can relieve coughing and sore throat.
- ✓ **Zinc.** Zinc supplements taken within the first few days of having a cold can shorten your illness and could prevent a cold in the first place.
- ✓ **Stay hydrated.** Water, juice, or clear broth helps loosen congestion and prevents dehydration.
- ✓ **Salt water.** Evidence suggests that rinsing your mouth with salty water can clear up nasal congestion and unclog your sinuses.
- ✓ **Hot liquids.** Hot tea or water can loosen up congestion in your chest and sinuses.



Do You Want To Win A Free \$25.00 Tim 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 Tim Card from us! Here is this month's question... Drinking coffee provides a ___ percent reduction in risk for cardiovascular disease?

(Hint: the answer is somewhere in this newsletter)

- a) 20
- b) 5
- c) 2
- d) 30

Call right now with your answer!

Last month's trivia challenge was, How many hours of sleep should you get each night?

Answer: D) 7

Congratulations to last month's winner...

Dan Martin

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Jakes Jokes:

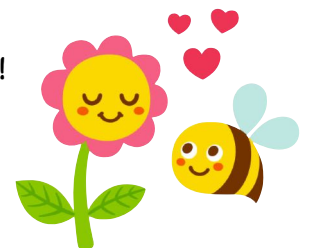
Q: Why did the bean give his Mom a sweater? A: She was chili!

Q: Who conducts the spring orchestra? A: May-stro!

Q: What do you call a Mom who can't draw? A: Tracey!

Q: Why is the letter A like a flower? A: A bee comes after it!

Q: What is an alien Mom's favorite treat? A: Starbucks!



HAPPY

mother's
DAY



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CALLING ALL MOMS!!

UNSCRAMBLE THE WORDS TO DECODE THE HIDDEN ANSWER TO THIS MOTHER'S DAY TRIVIA FOR A CHANCE TO WIN A HEEMAN'S GREENHOUSE PRIZE PACKAGE VALUED AT \$100.00

IN 2022, OVER \$ 31 _ _ _ _ _

WAS SPENT ON MOTHER'S