November **FUEL for THOUGHT™** 2026

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

November Events

November 1st	Daylight Savings Time Ends
November 5th	National Donut Day
November 11th	Remembrance Day
November 13th	World Kindness Day
November 14th	National Pickle Day
November 26th	International Cake Day
November 27th	Black Friday

Wake Up To The History Of Coffee

For millions of us, the day doesn't begin until that first glorious sip of coffee. Whether you take yours black, with cream, iced, or decaf, that familiar cup has quite a story. Here's how coffee became a worldwide favorite:

Legend says that in Ethiopia around 850 A.D., a farmer named Kaldi noticed his sheep had more energy after eating fruit from a certain plant. He tried it and felt energized, so he took it to a monastery, where monks brewed it into tea. They found it helped them stay awake during evening prayers.

The first written mention of coffee came decades later, when a Persian physician wrote about "bunchum." "Bunn" was the Ethiopian word for the coffee berry.

The Ottoman Empire spread coffee through its lands, reaching Europe in the 17th century. Early Christians thought it evil and asked the Pope to ban it. The Pope tried it himself and declined.

Coffeehouses spread across Europe—Venice in 1645, England in 1650, and France in 1672. Coffee crossed the ocean in 1676, when a coffeehouse opened in Boston.

Mediterranean farmers enjoyed a coffee monopoly until the Dutch began growing and exporting it from the Indonesian territory of—wait for it—Java.

France is responsible for the first iced coffee, thanks to troops who dubbed it "café mazagran" after their fortress. Today, we consume more than 2 billion cups of coffee daily worldwide, making it one of the world's favorite beverages.

Remembrance Day: Honouring Those Who Served

Every November 11, Canadians pause to honour the brave men and women who have served and sacrificed for their country. Remembrance Day traces its roots to Armistice Day, marking the end of fighting in World War I on the eleventh hour of the eleventh day of the eleventh month in 1918.

Over time, the day grew to commemorate Canadians who served in all wars, conflicts, and peacekeeping missions. The red poppy has become its most recognizable symbol, inspired by the poppies that grew on the battlefields and immortalized in the poem *In Flanders Fields*.

Communities across Canada mark the day with ceremonies, wreath-laying, and moments of silence. At 11 a.m., Canadians are encouraged to pause for two minutes of silence to remember those who served and sacrificed.

This November 11, consider wearing a poppy, attending a local ceremony, or simply taking a quiet moment to reflect on the courage and sacrifices of Canada's veterans. A small gesture of remembrance helps ensure their service is never forgotten.

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

MARK YOUR CALENDAR!

RICKY RATCHETS ANNUAL CHRISTMAS DRIVE FOR
THE SALVATION ARMY CENTRE OF HOPE HAMPER PROGRAM

NOV 15th to DEC 15th, 2026

Collecting **NEW** toys, **NEW** clothing & **NON-PERISHABLE** food items

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.

Jason Lang

Smart Tips For Holiday Shopping On A Budget

With Black Friday and the holiday shopping season right around the corner, a little planning can help you save money without sacrificing the joy of gift giving. Here are a few simple strategies to keep your budget on track.

Make a list and set a limit. Before you shop, decide how much you're willing to spend overall, then divide that amount across everyone on your list. Having a number in mind helps you avoid impulse purchases.

Track prices ahead of time. Many retailers raise prices slightly before a big "sale," only to advertise a discount back to the normal price. Price-tracking tools and browser extensions can help you spot a genuine deal.

Take advantage of cash-back and rewards. If you already have a rewards credit card, use it for planned purchases to earn cash back or points, but only if you can pay off the balance in full each month.

Consider experiences over things. A homemade gift, a shared outing, or a heartfelt letter can mean just as much as an expensive present, especially for family members who already have plenty.

Shop early, but shop smart. Spreading purchases out over several weeks can ease the financial burden and help you avoid the stress of last-minute holiday crowds.

A little planning now can help this season feel generous instead of stressful.

Fun Family Activities To Enjoy This November

As the weather turns colder and the days grow shorter, November is a great month to slow down and enjoy some quality time together indoors and out. Here are a few ideas to try with the whole family.

Start a gratitude jar. Keep a jar on the counter and have each family member add a note about something they're thankful for throughout the month. Read them together on Thanksgiving Day for a meaningful tradition.

Host a game night. Cooler evenings are perfect for board games, card games, or puzzles. Rotate who picks the game each week to keep everyone engaged and looking forward to it.

Get outside while you can. Take advantage of crisp fall days with a family hike, a trip to collect pinecones and leaves, or an afternoon at a local park before winter weather sets in.

Try a new recipe together. Get the kids involved in the kitchen by trying a simple new dish or baking something warm and comforting, like homemade bread or apple crisp.

Volunteer as a family. November is a great time to give back, whether that means helping at a food pantry, writing cards for veterans, or simply checking in on an elderly neighbor.

Cozy movie nights. With darkness falling earlier, a warm blanket, hot cocoa, and a favorite film make for a simple, low-cost way to spend an evening together.

However you choose to spend it, November offers plenty of opportunities to slow down and connect as a family.

Quotes

"If you're not prepared to be wrong, you'll never come up with anything original."
— Ken Robinson

"Take responsibility of your own happiness, never put it in other people's hands."
— Roy T. Bennett

"Isn't it nice to think that tomorrow is a new day with no mistakes in it yet?"
— L.M. Montgomery

Buy One Get The ONE FREE!!!

Buy one wiper blades & get the 2nd one FREE

Expires 11-30-26 **(Equal Or Lesser Value)** **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

Hugh Cleveland

Thank You For The Kind Words

Five stars honestly doesn't feel like enough for Rick and Ricky Ratchets.

I brought my '65 Olds to Rick when I honestly thought I might not get her back on the road. I've owned this car for 30 years, and it means a lot to me and oh the stories she could tell.

Rick fixed the car and also re-did some work from a previous mechanic. The difference was incredible. His work is clean, thorough and done with real knowledge, pride and integrity.

Rick brought the Cutlass back to life, and I couldn't be happier to be back on the road again. It's a pretty great feeling to have her running right again. Thanks, Rick — I'm so happy and blessed to have found you and your shop. #grateful

-Dena, London, ON

Simple Tips For Adjusting To Daylight Saving Time

When clocks fall back in early November, the extra hour of sleep is welcome, but the earlier darkness can throw off your body's rhythm for days or even weeks. Here are a few tips to help you adjust smoothly.

Ease into it gradually. If possible, shift your bedtime by 15 minutes a day in the days leading up to the change, rather than adjusting all at once.

Get morning sunlight. Exposure to natural light shortly after waking helps reset your internal clock and can reduce the grogginess that often comes with the time change.

Stick to your routine. Keep meals, exercise, and bedtime as consistent as possible during the transition to help your body adjust more quickly.

Be patient with yourself. Most people adjust within about a week. A little extra rest and consistency will have you back on track before you know it.

Do You Want To Win A $25 Tim's 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 $25.00 Tim's card! Here is this month's question… What county is responsible for coffee getting the nickname "Java"?

(Hint: the answer is somewhere in this newsletter)

a) France
b) Ethiopia
c) Italy
d) Indonesia

Call right now with your answer!

Last month's trivia challenge was, How much did American's spend on Halloween in 2025?
Answer: A) 13.1 Billion
Congratulations to last month's winner…

Bev Lowry

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: When does December come before November? A: In the dictionary.
Q: What do you call a belt with a watch on it? A: A waist of time!
Q: What comes at the end of November? A: The letter R.
Q: What kind of shoes do spies wear? A: Sneakers!
Q: Why did the clock get in trouble during class? A: It tocked to much!

Customer Corner

November 2026

Brenda had me find her a specific Toyota Matrix. She loves these cars!!

First plow of the season!

Scrap tires ready for pick up!!

- ☐ ACORN
- ☐ APPLE
- ☐ AUTUMN
- ☐ BONFIRE
- ☐ CHESTNUT
- ☐ CIDER
- ☐ CORNUCOPIA
- ☐ CRANBERRY
- ☐ CRISP
- ☐ FESTIVAL
- ☐ FOLIAGE
- ☐ FOOTBALL
- ☐ GOURD
- ☐ HALLOWEEN
- ☐ HARVEST
- ☐ HAYRIDE
- ☐ LEAVES
- ☐ MAPLE
- ☐ NOVEMBER
- ☐ ORANGE
- ☐ ORCHARD
- ☐ PUMPKIN
- ☐ RAKE
- ☐ SCARECROW
- ☐ SQUASH
- ☐ SUNFLOWER
- ☐ SWEATER

RICKY RATCHETS ANNUAL CHRISTMAS DRIVE FOR

THE SALVATION ARMY

CHRISTMAS ASSISTANCE PROGRAM

Nov 15th – Dec 15th, 2026

We Will Be Collecting:

~ NEW, UN-OPENED & UN-WRAPPED TOYS ~ A BAG OF NON-PERISHABLE FOOD ITEMS ~ PERSONAL CARE ITEMS ~ AND NEW CLOTHING ~ WE WILL ALSO COLLECT MONETARY DONATIONS AND GIFT CARDS!

PLEASE CHECK EXPIRY DATES BEFORE DONATING

GIVE A LITTLE, GET A LITTLE FREE TREAT PLUS A DISCOUNT COUPON WITH EVERY DONATION!

CHRISTMAS WISH LIST

Your generous donation of new/unwrapped gifts with a $1-40 value will help put a smile on a child's face!

Infants & Toddlers

- Sleepers/Winter apparel (Size 1+)
- Soft blankets
- Hats/Mitts
- AA batteries
- Baby Einstein/Leap Frog/ VTech/Duplo
- Light up and musical toys
- Cloth/Board books
- No button eyes or noses on stuffies

Ages 3—8

- Family board games, puzzles
- Art/craft supplies
- Books, colouring/ activity books
- Crayons, washable markers, pencil crayons
- Hats, mitts, slippers
- Lego, K'Nex
- Make believe toys
- Hot Wheels/Tracks

Ages 9-12

- Jewellery/Lip balm/Nail kits
- Books/Journals
- Hats/Mitts/Scarves
- Bath/Hair gift sets/ Lotions/Body sprays
- Board games
- Karaoke
- Lego/K'Nex
- Sports equipment
- Adult colouring books/markers
- Slime kits/Lava lamps/LED Lights

The Salvation Army London Community Services

Your generous donations will help put a smile on a child's face!

Together We Can Make A Difference In The Lives of Local Families This Holiday Season!