

A Free Monthly Newsletter
From Your Friends At
Ambassador Auto Repair
15167 Fraser Highway
Surrey, BC V3R 3P2
604-589-9336

August

What's Inside?

- Robots Offer Hope -
- Taking On The Summer Heat -
- Libraries Are Still Vital -
- Branching Out In A New Direction -
- August Events -
- Money Saving Offers -
- & Much More!**



What's The Answer?



Which Is Better Exercise; Walking Or Running?

What Was Know As The World's First 'To-Go' Snack?

2000 Years Ago, Which Month Was Named Claudius?

Where Did The @ Symbol Originate?

***The Answers To These And Many
More Questions Are Inside***



August

FUEL for THOUGHT™

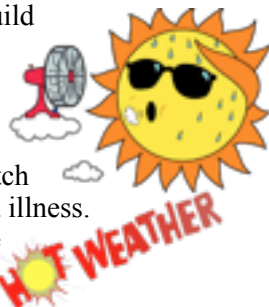
2013

A Free Monthly Newsletter From Your Friends At Ambassador Auto Repair

The Heat Is On... Don't Overwork Yourself In Hot Temperatures

If you're working outside under the hot August sun, you know that staying cool can be a challenge. It's vital to your productivity and safety, of course, so take the proper steps to keep the heat from striking you down:

- ★ **Water.** Drink lots of it. Keep a water bottle handy in a shaded location so it doesn't get too warm, and try to drink at least a cup every 20 minutes, whether you feel thirsty or not.
- ★ **Shade.** Avoid direct exposure to the sun when possible. Look for areas that aren't already hot from sunlight earlier in the day, and where breezes can cool the air somewhat. Remember your sunscreen.
- ★ **Breaks.** Supervisors shouldn't expect workers to stay on the job without rest for a full eight hours. Schedule regular breaks so everyone has a chance to cool down, get some water, and recover from the heat.
- ★ **Acclimation.** The body can learn to adapt to hot conditions, but don't force it. Build up your tolerance for heat by gradually extending the amount of time you work in the sun.
- ★ **Buddies.** Keep an eye on your co-workers, and ask them to watch you for any signs of heat-related illness. People often don't recognize the symptoms quickly enough.



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

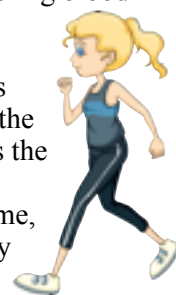
We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have a question about anything related to your vehicle, feel free to give us a call

(604) 589-9336 or email us at ambautorepair@hotmail.com

Walk Or Run? Maybe It All Evens Out In The End

Walking and running are two of the simplest ways to exercise. Aside from a good pair of shoes, you don't need any training or fancy equipment, just some space and time. But which is better for you?

In some senses, according to a study reported, they're equally beneficial, depending on how much time you're willing to invest. Two scientists studied data from over 33,000 runners and 15,000 walkers, monitoring blood pressure, cholesterol, blood sugar, and other vital health indicators over six years. They found that, although walking requires more time than running an equal distance, the health effects come out the same as long as the amount of energy expended is equivalent. Running does burn more calories in less time, but a long, brisk walk can be just as healthy and easier on your knees.



Libraries Still Vital, Parents Say

You can find almost everything you want to know on the Internet, but most Canadians still see a lot of value in their neighborhood libraries. A Pew Research Center survey of more than 2,000 parents found 94 percent agreement with the sentiment "Libraries are important to our children," with 84 percent saying libraries help to support a love of reading and books, and 81 percent believing that libraries provide information and other resources that children there can't find at home. Seventy-one percent support libraries as a safe place for kids.



August Events

August 5th	BC Day
August 10th	National S'mores Day
August 13th	International Left-Handers' Day
August 16th	World Humanitarian Day
August 22nd	Be An Angel Day
August 25th	Kiss And Make Up Day



FREE

Just Stop By:

We Will Check Your Lights, Battery, Wiper Blades, Tires & All Fluid Condition & Levels.

Vehicle Inspection

Expires 8/31/13

Most Cars And Light Trucks

Cannot be combined with other offers

Must present coupon

W

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.

Norman Deepwell

Robots You Wear Offer Hope To Patients With Paralysis

It's not exactly the Iron Man suit or the Bionic Woman's equipment, but a new type of "wearable robot" may be able to help men and women with paralysis become more mobile in the near future.

One lightweight model, the 27-pound Indego, snaps together from pieces that can be carried in a backpack and allows users to walk slowly across a room unassisted. The Indego and similar devices haven't been approved for personal use by federal regulators, and pose some challenges: Users can't walk very fast, and a fall could be dangerous. Still, physical therapy experts note that even limited mobility could have such benefits as preventing pressure sores, improving heart health, developing muscle strength, and easing depression.



Bring A Light To People's Eyes

According to a story, Benjamin Franklin wanted people in the city of Philadelphia to adopt street lighting, but initially he couldn't get anyone interested. So instead of arguing, he simply hung a nice lantern on a long bracket in front of his door. He kept the glass polished, and every night he made a point of going outside to light it as the sun set.

Franklin's neighbors watched. And soon they began mounting their own lights outside their homes on their own. After a short while the entire city was brightly lit at night, without Franklin having to do anything more than demonstrate the usefulness of a light.

Sometimes the best way to persuade is to set an example.



Going Nuts For Almonds

Shelling out for a bag of almonds might not be a bad idea if you need to lower your cholesterol. Almonds are recognized as a cholesterol-lowering food; studies also show that they can reduce the risk of heart disease.

One ounce of almonds is about 25 nuts. That contains 164 calories and 1.10 grams of saturated fat. That same ounce is also a good source of protein, potassium, vitamin E, and magnesium and has no cholesterol.

Almond lore...

- Almonds were key to the world's first "to-go" snack. Ancient desert nomads combined almonds with chopped dates, bits of pistachios, sesame oil, and breadcrumbs and rolled them into balls. The concoctions traveled well.
- King Tut apparently knew the nutritional value of almonds. Several handfuls of them accompanied him into the tomb, perhaps to nourish him on his post-life journey.



Branching Out In New Directions

A homeless man sat at the same street corner for several years with one hand out, asking passers-by for spare change. A businessman usually gave him a dollar or two once or twice a week. One morning he noticed that instead of holding just one hand out, the panhandler now had both hands up as he asked for money.

"What gives?" asked the businessman. "Usually you only have one hand out."

The man shrugged. "Business was so good I decided to open a second location."



Make 'Child Labor' Useful And Fun

Giving kids chores around the house helps them feel like an integral part of the family. It also serves to teach them basic life skills—and helps you out to boot. The key is to start them early, even as young as 2 years old. Here are some chores that young children can easily take on:

- ◆ Help carry or sort laundry.
- ◆ Help set the table.
- ◆ Water plants.
- ◆ Pick up and put away toys.



**Do You Want To Know How To Save
\$\$\$ On All Your Auto Repair?
Give Us A Call At (604) 589-9336
And Ask About Joining Our
Royalty Rewards Program!**



***Royalty Rewards is a
great way to keep
your vehicle running
great all year!***

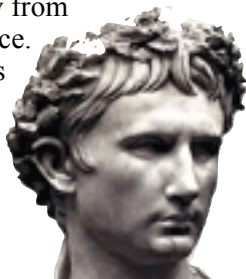
The @ Symbol Has Come A Long Way

We know @ as a standard symbol in email addresses, but it obviously originated long before the first computer was ever built. According to some historical sources, the @ symbol was created by medieval monks during the Middle Ages, when copies of books had to be painstakingly transcribed by hand, one at a time. The monks developed ways to reduce the number of pen strokes for common words. The result was to loop the “t” in the word *at* around the “a.”

August... What's In A Name?

August is named for the Roman emperor Augustus Caesar, grandnephew of Julius Caesar. When Augustus defeated Cleopatra and Mark Antony at the Battle of Actium in 30 B.C., he became emperor of Rome, and the Roman Senate quickly decided that since the month of July was named for Julius, their new emperor should also have his own month. At the time, Sextilius (the sixth month of the year in the pre-Gregorian calendar) had only 30 days, so the Senate also decreed that the newly named August should be equal to July, and took a day from February to keep the calendar in balance.

Other emperors tried to get months named for them: May was called Claudius for a while, and April became Neronius, but the names didn't stick. Only Julius and Augustus Caesar's names apparently had the staying power to last 2,000 years.



Thanks For The Kind Words

“I have had my car serviced at Ambassador Auto Repair for several years now. As a Returning Customer, I appreciate the prompt and helpful service I receive during each visit. The friendly service and competitive pricing is A-1 and I anticipate remaining a faithful Customer in the years to come.”

~Brian Cannon

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

Yvonne Elsom

Where has the time gone? We are half way through the summer and it still seems that we should be at the beginning of July and not the beginning of August. We'll be driving to Edmonton with our son Steve to attend our nephew and his wife renewing their wedding vows after 18 years. We were at their wedding 18 years ago and got a speeding ticket going to the rehearsal. On the way home, by Jasper at 5am some elk were crossing the road and by the time I stopped 1 elk was dead and the front end of my car was smashed up. (I had just got it out of the body shop 2 weeks earlier) Marj was sleeping on the back seat and she heard me say, “Oh no” just before I hit the elk. To this day, she will not sleep on the back seat. To make matters worse, when I was going to phone ICBC to report the accident, I had just remembered that I forgot to renew my insurance before I left and it had expired 2 days earlier. So now no insurance, 2 days stuck in Jasper getting parts for the car, tying the hood down so it wouldn't fly open and getting the car insured over the phone with a faxed copy back to me. Just when I was picking up the car, an RCMP officer asked to see my insurance papers. When I handed him my new insurance papers, he asked to see my old insurance. He then proceeded to tell me that Alberta had just passed a law that driving without insurance is a \$2000 fine. He did let me go with a warning and we drove back with our wounded car to Surrey. I'm glad that is all behind me now.

Aug 4th, we will be celebrating our 51st Anniversary. Happy Anniversary to all of you celebrating yours.

If you think cars are expensive to repair, then try owning a motorcycle. I just got back from the motorcycle shop to have them install a rear tire. The labour alone was close to \$200. It definitely is cheaper repairing a car. Hope to get over to the gulf islands and explore with the motorcycle this month, so will let you know what happens.

Happy BC Day!

~Dr. Phil

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. ©2013 CMG

**DOG DAYS OF
SUMMER**

Most Cars And Light Trucks.
Synthetic Oil Not Included

**Come In This Month To Get
An Oil Change, Lube & Filter
PLUS 27-Point Inspection, All
Fluids Checked & Topped-Off
& A Tire Rotation!**

**ONLY
\$39.95**

Expires 8/31/13
Must Present Coupon
May not be combined with
other offers



W