

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



## **What's Inside?**

- The Dangers Of Distractions -
- A Philosophy To Live By -
- Take A Nap -
- Funny Definitions Given By Kids -
- September Events -
- Money Saving Offers -
- & **Much More!**



## ***What's The Answer?***



*What Should You Do After A Car Accident?*

*What Is The Optimum Length Of Time For A Nap?*

*Can You Name The Five Wealthiest people In The World?*

*Can A Laughter Therapist Strengthen Your Immune System?*

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



**A Free Monthly Newsletter From Your Friends At Ambassador Auto Repair*****Good Grief!  
Here's A Philosophy To Live By***

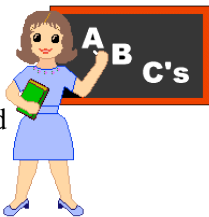
Charles Schulz, creator of the "Peanuts" comic strip, thought about a lot of serious things. This is said to be the philosophy he lived by:

First answer some questions:

- Name the five wealthiest people in the world.
- Name the last five Heisman Trophy winners.
- Name the last five winners of the Miss America pageant.
- Name 10 people who have won the Nobel or Pulitzer Prize.
- Name the last half dozen Academy Award winners for best actor and actress.
- Name the last decade's worth of World Series winners.

Now, take this quiz:

- Name a teacher who aided your journey through school.
- Name three friends who have helped you through a difficult time.
- Name five people who have taught you something worthwhile.
- Name three people who have made you feel appreciated and special.
- Name five people you enjoy spending time with.



The point? The people who are important in the world, and in your life. Not those with the most credentials, but those who show how much they care.

***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 at

**(604) 589-9336 or email us at  
[ambautorepair@hotmail.com](mailto:ambautorepair@hotmail.com)**

***Distractions... A Danger  
On The Road Driving Or Walking***

The road can be a dangerous place, especially if you're not paying attention to it behind the wheel. A study commissioned by Ford Motor Company found that 83 percent of adults, and 76 percent of teenagers, consider distracted driving to be at least as dangerous as drunk driving, but parents are 40 percent more likely to check their cell phones in transit than their teen children.

But as hazardous as distracted driving may be, distracted walking can be just as deadly: A Liberty Mutual Insurance study of 1,000 adults found that 60 percent of pedestrians walk while texting, emailing, talking on the phone, or listening to music, even though 70 percent said they consider such activities to be dangerous. And they're right: The Consumer Product Safety Commission reports that 1,152 people were treated in emergency rooms in 2012 for injuries received while using a cell phone or some other electronic device as they walked.

***Labour Day: This End-Of-Summer  
Holiday Is For You***

We look forward to holidays, but they usually mix a lot of work and preparation into our time off. Think Christmas, New Year's, and Easter, but not this time. The Labour Day Weekend is yours, a time to do whatever YOU want. You can snooze in a hammock, putter around the house and yard, see a parade, or go on a picnic.

If you have kids, they might want to take advantage of the last day the city swimming pool is open. Though most schools have already started, this day gives summer its proper sendoff. And with three days to play, there's plenty of time left over for friends and maybe even a cookout.

In the beginning, Labour Day was a day of rest for people who worked physically in factories, shops, and construction. Now, we all take credit for making our country what it is, no matter where or how we work. We're all part of it and proud to be.

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## ***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.

**Howard Staples**

## ***Funny Definitions Given By Students***

1. An optimist is a doctor who treats your eyes.
2. An epistle is the wife of an apostle.
3. Baboons live in an apiary.
4. A myth is a female moth.
5. Momentum is what you give someone when they are going away.
6. An executive is the man who puts murderers to death.
7. An antidote is a funny story.
8. A monastery is where monsters live.

## ***What To Do (And Not Do) After A Car Accident***

No one ever plans to be in a car accident, but unfortunately many of us will find ourselves involved in one some day.

### **Here's what you should do if you're in an accident:**

1. Don't leave the scene.
2. If there are injuries, call for medical assistance and provide basic first aid.
3. Call law enforcement if needed. Once the officer arrives, when appropriate, get the officer's name and police station address.
4. Ask for the case number, when the accident report will be filed, and how to get a copy.

### **Take careful note of the following:**

1. Date and time of the accident
2. Street and city
3. Weather and road conditions
4. Direction and speed you and other travelers were going
5. Description of how the accident occurred
6. The numbers of the license plate, driver's license, and insurance policy of each driver involved

## ***Offbeat Jobs For Scientists***

Scientists aren't necessarily people in white lab coats writing grant proposals or crunching data. A news website recently listed some offbeat occupations for scientists that might make a career in science more appealing:

- ◆ **Space psychologist.** Sounds cool, doesn't it? Space psychologists study how astronauts cope with the stresses and pressures of space travel.
- ◆ **Snake milker.** Experts in poisonous snakes are needed to extract venom for use in a wide range of antidotes and other medicines.
- ◆ **Laughter therapist.** If laughter is truly the best medicine, these scientists help by teaching people how to chuckle and guffaw naturally so they experience less stress and enjoy strong immune systems.
- ◆ **Fermentation specialist.** These experts study the process of fermentation, which is important in the production of bread, cheese, yogurt, and beer.

## ***Sharing Love & Knowledge***

Honoring grandparents is one of the three purposes of Grandparents Day, Sept 7. The second purpose is to give grandparents an opportunity to show love for their children's children. The third purpose of Grandparents Day is to help children become aware of the strength and guidance grandparents can offer.



## ***Nap Time***

Naps increase creativity, memory and alertness, says Sara Mednick, author of *Take a Nap! Change your Life!*

A six-year study of 23,500 healthy adults by Harvard School of Public Health and the University of Athens Medical School showed that taking naps at least three days per week reduced coronary mortality by 37 percent.

Some workplaces have designated sleep areas. If people need a 15 or 20 minute nap in order to finish the workday with a clear mind, they can take one.

Mednick recommends 20 minutes to increase alertness and motor performance but 30 minutes will put a person into deeper sleep, which may leave them feeling groggy.

You don't need a designated sleep area. Have a nap at a desk, a quiet spot in the gym, or in your car. Get comfortable and snooze but not too long. You might consider setting a watch alarm.

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great way to keep  
your vehicle running  
great all year!***

## ***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

**James Martin**

Hello Fall, Thanksgiving, Remembrance Day and Christmas. That is how fast time is going. Summer is over and where did it quickly disappear to? Our trip to Edmonton went without mishap and no speeding tickets. It took us 12 hours of traveling time and averaged 34 mpg. That's not bad for a big van and 3 people, with all our luggage. It was good to visit with family and friends. We left the van with our son, Steve as he was staying for a couple of weeks to visit with family and friends in Alberta and Sask. He arrived back here Sat. the 10th, had a 3 day course for handling long rifles, then a 2 day course on small arms and then to finish up, a 2 day course on hunting. So when he goes up to Dease Lake in 5 days, he will have all his licenses to be able to go hunting. We are going to miss him and his hectic pace.

Our other son, Malcolm, and friend were going to fly to Chicago for a 2 week holiday from Sea Tac in Seattle. They stayed at a Motel 6 and paid to leave their car there. When they got back, her car had been stolen. They had to rent a car to get back here. The police found the car in Kent Wash. Now today they are waiting to find out what ICBC is going to do. Have any of you had this happen before? Let me know.

On the way to Edmonton, we listen to the audio of a book called Wheat Belly by William Davis. Wheat has been modified so many times that our system can't process it properly. If you are having any health problems, this is a must read book! Go on the internet and read about it or pick one up at the library. A side benefit when you go on a wheat free diet is that you lose weight. We all need that. Didn't get out on the motorcycle to explore in August, so hopefully this month. We would like to go to Parksville to visit my cousin and explore around there.

Happy Birthday to those born in September.

Dr. Phil

## ***The Greatest Gift?***

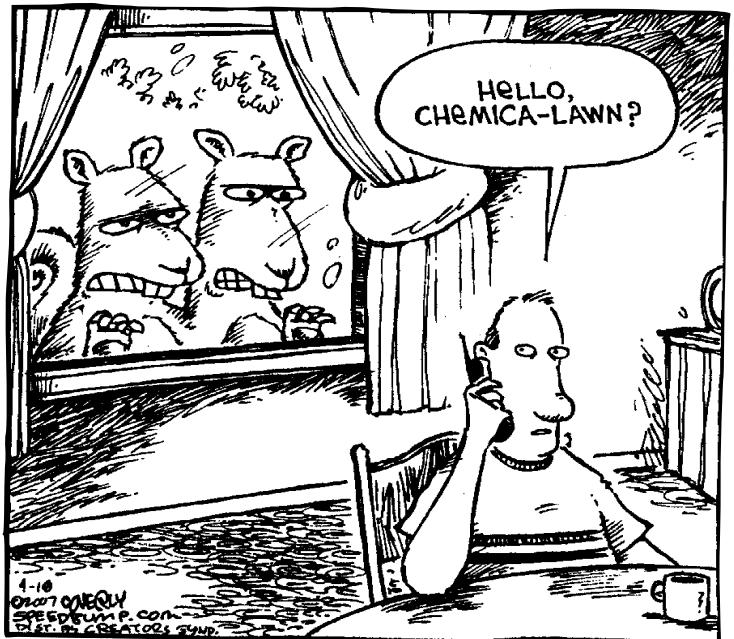
Three young men went out into the world to seek their fortune. After 20 years they were all wealthy, and they decided to do something nice for their father.

The oldest son bought his father a huge mansion. The middle son gave him a Mercedes with a chauffeur. The youngest son gave him a parrot that could recite Bible verses.



The father claimed to be overjoyed with his gifts, but a few weeks later he wrote an email to his three sons: "James, I love my new house, although it's so big I can't really take care of it and I mostly use just a few of the rooms, and the rest of it sits empty. And Peter, the car is marvelous, but I don't have anyplace to go and, to be honest, the driver is a little rude.

"But Thomas, I have to say, the chicken you gave me tasted delicious."



## ***Thanks For The Kind Words***

***"Knowledgeable and trustworthy!"***

***~Kevin Gebert***

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