

A Free Monthly Newsletter
From Your Friends At
Fifth Avenue Auto
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What's Inside?

- How To Take Care Of Yourself & Your Skin
 In The Sun -
- 10 Running Safety Tips -
- Sometimes We Hear Just What We
 Need To Hear -
- A Bridge To Success -
- Win A FREE Lube, Oil & Filter Change -
- June Events -
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 & Much More!



What's The Answer?



*What 10 Precautions Should You Take Before
You Go On A Run?*

Do You Still Follow Dads' Words Of Wisdom?

Can You Really Buy Happiness?

Why Is It So Important Not To Give Up On Yourself?



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



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What Your Father Told You Is Still True



On Father's Day, we remember those words of wisdom that Dad passed down to us, whether we listened to him or not. Here's a collection of some fatherly advice from a variety of sources:

- ♥ **On money** - "The people that make a lot of money are the ones that don't spend their time stressing about money."
- ♥ **On marriage** - "Create a marriage that lasts because it is a happy one."
- ♥ **On intelligence** - "Use that thing on your shoulders for something other than a hat rack!"
- ♥ **On pouting** - "If you stick that lip out any further, a bird will come along and poop on it!"
- ♥ **On problems** - "If you don't want the hole to get any deeper, stop digging!"
- ♥ **On success** - "I learned a lot from my father, especially about business. Probably the best advice I ever had came from him. He had a four-step formula for getting things done: Get in. Get it done. Get it done right. And get out." (Donald Trump)
- ♥ **On life** - "Appreciate scenery, art work, and a rainy Sunday. And always keep your gas tank full."

Quotes About Dad's

"Fatherhood is pretending the present you love most is soap-on-a-rope." ~ Bill Cosby

"A father carries pictures where his money used to be." ~ Author Unknown



June Events

June 5th	National Cancer Survivors Day
June 19th	Father's Day
June 21st	Summer Solstice
June 5th-11th	National Tire Safety Week



On Your Mark, Get Set . . . Go Safely

Running may be one of the easiest forms of exercise around: You don't need an expensive health club membership or a lot of elaborate equipment, just a good pair of shoes and plenty of room to run. But wherever you're heading, stay safe. Follow these precautions:

- **Leave your iPod at home.** Earphones that block out street noises can increase your risk of a mishap.
- **Run facing traffic.** If you must run in the street, head against the traffic so cars are easier to see and avoid.
- **Plan your route.** Avoid areas you're not familiar with.
- **Run with a buddy.** If possible, enlist a friend to join you for moral support and extra safety.
- **Carry ID.** If you're injured and unable to communicate, your name and phone number will enable paramedics and good Samaritans to notify your family. (A cell phone is handy, too.)
- **Bring a little money.** A few dollars for cab fare or something to eat or drink in a hurry can be very useful in a pinch.
- **Yield to cars.** Don't assume drivers can see you, or that they'll be able to stop if you trip and fall. Let cars go first through intersections, and watch for vehicles turning unexpectedly.
- **Defend yourself.** A whistle or some other kind of noisemaker, or some pepper spray, can keep attackers away.
- **Don't just disappear.** Tell someone where you're going, or leave a note behind.
- **Wear sunscreen.** In the summer, protecting your skin from sunburn is essential.



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 **250-768-4485** or email us at fifthave@shawbiz.ca or visit our website www.fifthaveauto.com

DID YOU KNOW?

We can now offer you **FREE** transferable lifetime protection on most major components of your vehicle. We can give you coverage of up to \$4000.00 per system including the engine, transmission, differentials, cooling system, fuel system, transfer case and power steering. For more info give us a call 250-768-4485 or check out our web site www.fifthaveauto.com.

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.

Thank you all so much: we received 14 referrals in April. None of who could remember who referred them. When making a referral, please insure your referred person remembers who you are!

A Bridge To Success

In the 19th century, engineers doubted they'd ever be able to build a bridge across the Niagara Falls. The problem: They couldn't see any way to get a line from one side of the great gorge to the other so that they could begin the project. No boat could cross the river without being pulled over the powerful falls. The other common method, shooting a line from one shore to the other with a bow and arrow, was impossible because the gap was too wide.

An engineer named Charles Ellet had an idea: He sponsored a kite-flying contest. The prize was \$5 to whoever could maneuver a kite across the gorge and lower it to a height where someone on the other side could grab the string and use it to secure a line that joined the two sides. With that line in place, he could begin building the bridge.

Great ideas connect dreams with achievement and often do so with simple tools.



Buying Happiness? You Can't, No Matter How Hard You Try

Learning to handle stress without spending money is crucial to your financial health. Here are a few questions to ask yourself to assess whether or not you are a compulsive spender:

- ✓ Do you hide the things that you buy?
- ✓ Do you feel great right after you buy something and then feel terrible later?
- ✓ Do you fill up one credit card with debt and then move on to the next, with no plan as to how you are going to pay the debt?
- ✓ Do you shop to cheer yourself up?
- ✓ Do you frequently stray from your shopping list or budget?
- ✓ Do you always use up your savings account or even fail to have one?



Sometimes You Hear What You Need To Hear

A group of frogs was hopping through the woods one day when one of them fell into a deep pit. His friends surrounded the hole, looking for any way out, but the sides were too sheer and it seemed impossible that any frog could jump high enough to escape.

So the frogs began croaking loud goodbyes to their comrade, raising their voices in tearful tribute, exhorting him to be brave, and expounding on how they'd miss him.

Then, to their amazement, the frogs saw their departed friend flying through the air, clearing the edge of the pit with a mighty leap. He lay exhausted on the ground, and they hopped over to welcome him back.

"Why did you even try to jump so high?" one frog asked. "It seemed completely impossible."

"I was going to give up," the frog admitted. "But all I could hear was your voices. I couldn't make out what you were saying, but I had to try because I heard how hard you were cheering me on."

Take Care Of Yourself & Your Skin In The Sun



Summer means warm weather and sunshine. As enjoyable as that may be, sunshine means increased risk of skin damage due to overexposure.

Protect yourself from harmful rays this summer with this common-sense advice:

- **Choose your times.** When possible, limit your exposure to the sun between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- **Dress appropriately.** Wear loose, light clothing covering your body as much as possible, along with a broad-brimmed hat to protect your face and neck.
- **Check your medications.** Antibiotics and other medications can increase your sensitivity to sunlight. Talk to your doctor about how best to take care of yourself on bright days.
- **Drink lots of water.** Avoid overheating by staying hydrated during hot weather.
- **Use sunscreen liberally.** Your best line of defense is a broad-spectrum sunscreen that blocks both UVA and UVB rays. Reapply every four hours, or more often if you go swimming or sweat a lot.
- **Examine yourself.** Regularly check your body and skin for any strange or irregular growths that might be caused by sun exposure.

We need your help to build our Facebook following. Search for "Fifth Avenue Auto", when you find us click the like button, this will take you to a surprise reward! Then suggest us to your friends, they too can get the reward!



Like us on
Facebook

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

Rick DeJong and all the Rotarians that put in so much hard work and dedication getting the new water park under construction.

National Tire Safety Week June 5-11th

More than 900 million tires travel U.S. roads on cars and light trucks every year. The National Highway Traffic Safety Administration estimates that 600 deaths every year are caused by under-inflated tires, and it recommends a visual inspection and pressure check of all tires once a month and before every long trip. Please feel free to stop by and allow us to take a look at your tires and check your air pressure.



An Early Failure That Wasn't

Don Knotts achieved lasting fame with his portrayal of the overeager but lovable Deputy Barney Fife on "The Andy Griffith Show." But he might never have reached that point if he'd given up after an early setback.

During service in the Army, Knotts appeared onstage doing comedy bits with professional actors from Hollywood and Broadway. When he returned to college after his hitch was up, he competed in a talent contest. With his experience, Knotts was confident he would win first place.



He didn't. In fact, he wasn't even mentioned by the judges. Depressed, he considered giving up show business. How could he expect to succeed as a professional when he couldn't even win a college talent show?

But the day after the contest, a professor pulled him aside. "Listen," the prof said, "I just want you to know that we ruled you out last night because you are obviously a professional. We didn't think it was fair for you to compete on an amateur level." Otherwise, the professor assured Knotts, he would have unquestionably won first prize.

That news allowed Knotts to regain his confidence, and go on to win fame as the Deputy Sheriff of Mayberry.

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. ©2011 CMG

Diminishing Returns

The county hired Milton to paint a white line down the middle of the highway between two towns that were 20 miles apart. They gave Milton a can of paint and a brush and drove him out to the city limits, where they left him to his work.

On his first day, Milton got off to a good start and he painted a white line seven miles long. The next day, however, he got only four miles further. At the end of the third day, he'd made less than a mile of progress. As he clocked out, his supervisor asked why he was getting less and less far as time went on.

Milton shrugged. "It takes me longer and longer to get back to the bucket each day."



Do You Want To Win A Free Lube, Oil & Filter Change?

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 Gift Certificate for a Lube, Oil & Filter Change from us! Here is this month's trivia question: When are the rays of the sun at their strongest?

(Hint: the answer is somewhere in this newsletter)

- a) 10am-4pm
- b) 12pm-4pm
- c) 10am-2pm
- d) 12pm-2pm

Call right now with your answer!

Last month's trivia challenge was, *What percent of passengers buckle up in the backseat?* b) 74%. Congratulations to last month's lucky winner!

Bryan Feagan

Thanks For The Kind Words

"Thanks to the amazing staff for being so courteous and thorough in keeping my car on the road and keeping it maintained. I appreciate the honesty and great service!" J.A.

Want some cash from us in 2011?

Send a friend, family member or associate to us as a new client and they will receive \$10.00 off their bill and we will send you a \$10.00 bill! Most of our new clients come from our existing happy clients.

To be honest, we'd rather give you the money & service clients like you than spend the money on things like radio or newspaper ads.