

A Free Monthly Newsletter From Your Friends At Fifth Avenue Auto

Build Exercise Into Your Day With Instant Recess

Don't have time to exercise? It's a common excuse. Setting aside half an hour every day can seem daunting, so how about "instant recess"? It's the title of a book by Dr. Toni Yancey, a professor of health services at the University of California, Los Angeles, and also a strategy for getting some serious exercise every day.

The idea is simple: At least twice a day, devote 10 minutes to some physical activity. Take a brisk walk, do some mild aerobic exercise, dance, or lift weights, anything that gets your blood pumping a bit.

Three 10-minute exercise breaks add up to 30 minutes of exercise a day, which is the amount that doctors usually recommend for a healthy lifestyle. You'll feel better physically and emotionally, and you'll probably find yourself looking forward to "instant recess" throughout your day.

Practice The Positive Values Of Inspiration

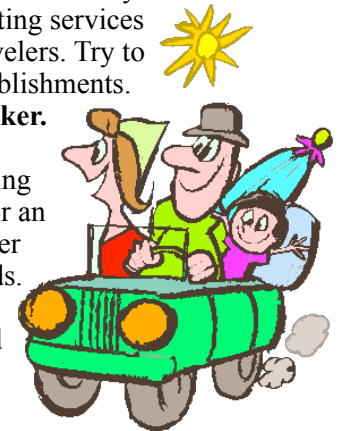
Creativity isn't just a process. It's a value. To become more creative, you have to accept the beliefs and practice the behaviors that help creativity to flourish. For a more inspired and creative life, here are a few of the values you should live:

- ❖ **A sense of wonder.** Don't take a cynical, seen-it-all attitude. Pretend you're a child experiencing everything in life for the first time. Ask questions about the world around you.
- ❖ **Pursuit of ideas.** Don't hold back. As soon as you feel a spark of interest in something, regardless of how "practical" it seems, let yourself go with it.
- ❖ **Courage.** You've got to be fearless and not worry about what others may think. Don't try to be like everyone else. Take your own approach, whatever you're doing.
- ❖ **Patience.** You can't hurry creativity, so take time to ponder your ideas. Sit down, relax, have a cup of tea, and think things over.

How To Include Your Family On Business Trips

Any road warrior will tell you how hard business travel can be on a family, especially when you have children. But there's a solution: taking your family on the road with you. Here are a few ideas for making it work:

- ◆ **Choose trips that match your family's needs.** Some trips will require your total focus (high-powered negotiations, for instance). Others, like professional conferences, have more predictable schedules and frequent breaks, which leave more time for your family.
- ◆ **Make sure people have plenty to do on the trip.** They'll need the distractions in order for you to get more work done. Pack activities the kids can do while you're on the plane or in meetings.
- ◆ **Check out babysitting options.** Many hotels now provide babysitting services or daycare for business travelers. Try to book your stay at such establishments.
- ◆ **Coordinate with a co-worker.** If you're traveling with a colleague who's also bringing children, offer to babysit for an evening, or to pay their older children to babysit your kids. That way both you and your colleague get to spend time with your families during the trip.



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.

Jude Pipher, Eileen Olenick

Some Fishy Nutrition Advice

An apple a day may keep the doctor away, but one or two fish a week can keep your heart healthy, can prevent arthritis, and may cut your risk of Alzheimer's Disease.

Fish including salmon, tuna, sardines, and herring contain healthy amounts of a fatty acid called Omega-3, which has been shown to reduce blood pressure and may prevent insulin resistance (resulting in diabetes). DHA, a specific type of Omega-3, aids in the brain development of infants, making it beneficial to pregnant women and nursing mothers.

Mercury found in fish is a health issue, but for men and women of childbearing age, the benefits of a fishy diet seem to outweigh the risks of mercury exposure. For women who are pregnant or breastfeeding (or who may become pregnant), as well as small children, seafood like shark and swordfish should be avoided, but light tuna, salmon, and shrimp contain relatively low levels of mercury. As always, check with your doctor to know what's safe and nutritious to eat.

'You Missed Work Because Of What?'

A survey by CareerBuilder.com collected some of employees' more unusual excuses for missing work. Here are some highlights:

- * An employee said his mother had been attacked by a chicken.
- * Another employee reported that his finger had gotten stuck in a bowling ball.
- * An employee simply told the boss he wasn't feeling too clever that day.
- * An employee said he needed to mow his lawn right away in order to avoid a lawsuit from his homeowner's association.
- * One employee's foot got caught in a garbage disposal.
- * The day after Thanksgiving, one employee called in to say she'd burned her mouth on a piece of pumpkin pie.

Got A Cut? Get A Band-Aid

The adhesive bandage is commonplace in medicine cabinets and first-aid kits around the world. It was invented in 1921 by Earle Dickson, an employee of Johnson & Johnson. Dickson was concerned for his wife Josephine, who suffered frequent cuts and burns in the kitchen. They originally tried to wrap Josephine's wounds in gauze and adhesive tape, but the dressing usually fell off in a short time. Dickson tried placing some gauze in the center of a piece of tape, and covering the whole thing with crinoline to keep it sterile.



The invention worked so well for his wife that he took some to work to show to his colleagues. The company owner, James Johnson, caught wind of the idea, asked for a demonstration, and ultimately decided the company should manufacture them. And Dickson went on to have a successful career at Johnson & Johnson, becoming a vice president before his retirement in 1957.

Creative Or Crazy?

Consider These Innovative Products

Build a better mousetrap, as the saying goes, and the world will beat a path to your door. But not every invention means instant riches for the genius behind it.

From the Business Insider website comes this selection of some of the more outlandish (but creative!) products recently brought to market:

- * **Tongue-brush.** It's like a toothbrush for your tongue, with soft, pointed bristles designed to eradicate bacteria and make your breath fresh. And there's one for your pet, too!
- * **Zip bed.** No time to make your bed (or just too lazy)? This bed allows you to zip everything up into a self-contained pod. Downside: You can't let your feet stick out from under the covers when you're trying to sleep.
- * **See-through refrigerator.** Don't waste time and energy while deciding what to eat. Transparent neoprene panels allow you to view the contents without opening the door. In addition to saving energy, this may motivate you to clean your refrigerator a whole lot more often.
- * **Online profanity detector.** Worried about accidentally typing a bad word while you're updating your Facebook profile? This device plugs into a USB port on your computer, tracks your keystrokes, and emits a foul odor when it picks up foul language. Your words will be safe for Grandma to read.

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!



**WE'RE 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

Paul Wilson. Travels all the way from Dawson Creek to have his vehicle serviced! Now that's loyalty. Thanks Paul!

Thanks For The Kind Words

Hi Folks: Just to let you know that since my vehicles have been serviced at 5th Ave. they have never failed me. Following the recommended maintenance schedule for my cars since 1998 has proved to be cheapest way for me to drive a safe operating vehicle with peace of mind. The friendly, courteous, professional and personalized reception delivered with integrity at the front desk doesn't hurt either. I want to thank the whole crew for their care and providing me with a safe and trusted form of transportation. This is a local business that I have no qualms in recommending to family and friends. Thanks for everything.

Ron McGowan.

Mixing Business And Pleasure?

A wealthy banker was enjoying a day on a friend's sailboat when an unexpected gust of wind tipped the boat, causing him to fall overboard.

The friend ran to the rail and called down, "Can you float alone?"

"Of course I can!" the banker sputtered, "but this is no time to talk business!"



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: In what year was the Band-Aid invented?

(Hint: the answer is somewhere in this newsletter)

- | | |
|---------|---------|
| a) 1921 | c) 1951 |
| b) 1957 | d) 1917 |

Call right now with your answer!

Last month's trivia challenge was, *How many years did this famous couple, Odysseus and Penelope wait to be reunited?* d) 20 years. Congratulations to last month's lucky winner!

Bill Clarke

Eyeballs On The Run

Does the thought of sneezing keep you awake at night? Are you afraid if you forget to close your eyes in an "achoo moment" your eyeballs will come flying from your head like something out of a Poltergeist movie? Well good news, this cannot happen. Since we have been little we have been told by some paranoid friend that if we don't shut our eyes while sneezing they will pop out of our heads. And like fools, we all believed this crazy idea. Did we think our eyes are just floating around and could fall out at any time? Rest assured, our eyes are attached to our heads securely and a simple sneeze will not send them rolling across the room.



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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.