

A Free Monthly Newsletter From Your Friends At Auto Trust

Get Started On Reading To Your Kids

Reading to your children should start early. Really early. The American Academy of Pediatrics recommends starting as soon as your children are born.

Reading stimulates brain development and language skills, as well as fostering a closer emotional bond between parents and children. Remember these tips:

- ❖ **Read widely.** Infants respond to voices around them, so start out by reading anything that's handy—sports pages and cookbooks will do, as well as very simple picture books.
- ❖ **Ask questions.** As your child grows older, get him or her involved. Ask them what they think will happen next, or why a character behaved that way. You'll start teaching some basic critical thinking skills, and you'll make the experience more enjoyable.
- ❖ **Read every day.** Make reading a regular activity. Don't just limit it to bedtime. Bring a book with you to doctor's appointments and the store so you can read while waiting.



Fighting Bacterial Infection At The Source



Scientists at the University of Bath are working on a bandage that doesn't just stop bleeding and protect wounds but actively fights infection.

Many wound dressings contain silver to fight microbes, but the metal can damage human cells and may strengthen surviving bacteria while weeding out the weak. The new dressing is coated with minuscule capsules that resemble human cells, enticing bacteria to attack. The capsules then release an antibacterial agent that kills the bacteria.

The new dressings are still in the experimental stage, reports the *Science News* website, as the scientists attempt to stretch the lifespan of the bacteria-killing capsules from minutes to hours.

How Not To Lose Your Job With Social Networking

A survey of companies with 1,000+ employees by Internet security firm Proofpoint found that 8 percent have fired an employee for misbehavior related to social networks like Facebook or LinkedIn.

How can you avoid joining them? Steer clear of these obvious online mistakes:

- ❖ Complaining about your boss or company
- ❖ Posting that you're looking for a new job
- ❖ Sharing confidential information about your organization
- ❖ Criticizing your co-workers online
- ❖ Posting inappropriate (or stupid) photos of yourself
- ❖ Sharing workplace rumors online
- ❖ Spending too much time on social networking sites when you should be working



Fire Safety Tips For Collegians



About 1,600 fires break out in college dorms, fraternities, and sorority houses each year, according to the National Fire Protection Association. When you take your student off to school, stick around for a few minutes after unloading the van to check for these essentials:

- ◆ Clearly marked fire exits and fire extinguishers
- ◆ Sprinkler and alarm systems
- ◆ Ask the RA whether all equipment is tested regularly
- ◆ Inquire about smoking and fire policies.

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

403-742-0409 or email us at info@autotrusted.ca
or visit our website at www.auto-trust.ca

The **WARRANTY** On Your New Vehicle Stays In Effect When Maintenance Is Performed Here.

We are legally authorized to fulfill maintenance obligations on all vehicles, even new ones, & when we use appropriate parts & procedures, the vehicle's manufacturer is bound to honor its warranty obligations. Your vehicle's care starts at 00001 miles.



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.

Deena Lloyd

Does This Deal Smell Bad To You?

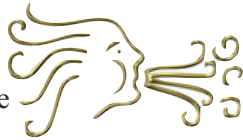
A real estate agent was showing a home to a young couple. "Now, I'm going to be honest," she said. "This house has some disadvantages and some advantages."

"What are the disadvantages?" asked the husband.

"Down the street to the west, there's a waste processing facility. And a few blocks away to the east, there's a factory that makes organic fertilizer."

"What are the advantages?" asked the wife.

"You can always tell which way the wind is blowing."



Snacks That Won't Undermine Your Diet

You're hungry, but you're trying to lose some weight and snacks are a bad idea. Right?

Actually, a healthy snack can support your diet by making you less likely to binge at your next scheduled meal. Better yet, you don't have to limit yourself to endless snacks of carrots and rice cakes. Here are some ideas for satisfying, low-calorie hunger stoppers:

- Sliced bananas and fresh raspberries (1 cup)
- Air-popped popcorn (3 1/2 cups)
- Peanuts (2 tablespoons)
- Olives (5)
- Hummus (1/4 cup, with 4 carrot sticks)



From Mayo Clinic's website come these suggestions for quick, healthy meals when you don't have time for anything elaborate:

Toast half of a whole-wheat English muffin and top it with a slice of Canadian bacon, a slice of tomato, and a slice of low-fat American cheese, and microwave it until the cheese has melted.

Spread half of a small cinnamon-raisin bagel with one tablespoon of part-skim ricotta cheese and top it with a few thin slices of apple.

Twist Your Mind In New Directions

Puzzles and games are useful tools for stretching your mind. Challenge yourself with these brain teasers:

1. A child was born in Boston, Massachusetts, to parents who were both born in Boston, Massachusetts. But the child was not a United States citizen. How is this possible?
2. Before Mount Everest was discovered, what was the tallest mountain on Earth?
3. A child is born on Dec. 27, yet her birthday is always in the summer. How is this possible?
4. How many times can you subtract the number 5 from 25?
5. An electrician and a plumber are waiting in line for admission to the "International Home Show." One of them is the father of the other's son. How could this be possible?

What Does That Mean?

The origins of some figures of speech are obvious, putting the cart before the horse, for instance. Others are a little more obscure. From Jeff Rovin's book *The Unbelievable Truth!* (Signet) here's a look at the explanations behind three common expressions:



- ▶ **Pulling the wool over their eyes.** In the 17th and 18th centuries, thieves and robbers would yank their victims' wool wigs down over their eyes so they couldn't see who was attacking them.
- ▶ **Blackmail.** In 16th-century England, mail meant "rent" or "tribute." Debts that had to be paid in silver were called "whitemail." A debt that could be paid in any other way—from livestock to property—was called "blackmail." Because blackmail did not have a set value, the person collecting the debt could extort any amount or anything they wished from the debtor.
- ▶ **Red tape.** For centuries, it was British custom to seal important documents with red wax and red tape. Cutting through it was the only way to get at the documents and read them.

Answers To Mind Twist Trivia

1. The child was born before 1776.
2. Mount Everest. It just hadn't been discovered.
3. She lives in the southern hemisphere.
4. Only once. Then you're subtracting it from 20.
5. They are husband and wife.



Professional Detailing Services Now Available Right Here!



Full Interior detailing, polishing, etc. Come in and meet our new Detail Technician!

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 who appreciate the value of driving well maintained vehicles.

This month's Maintenance Client is:

Don Anderson

A Roll Of The Dice Ends Sibling Sniping - Eventually

Quarreling between siblings is a problem that many parents face. A column from *The Wall Street Journal* told of one mother's solution: Her daughter and stepdaughter, both 10 years old, constantly bickered and insulted each other. One day she handed the two girls a pair of dice and told them that the number they rolled would be the number of compliments they had to give each other. At first the results were good. "I like the shirt you're wearing today," said one sister. "I like when you're here on weekends."

But quickly things took a turn for the worse when one daughter said, "I like it when you're not here."

The mother immediately set a new rule: Now the girls had to double the number of compliments they gave each other. By the end of the exercise, harmony had been achieved and the fights ended.



Thanks For The Kind Words

"Autotrust has been very efficient and friendly. Jackie and Brad are so much fun."

- Ralph Kirkpatric

Cell Phone Civility

Cell phones sometimes seem to create as many problems as they solve. To smooth over the rough spots, CellPhones.org has put together this list of common cell phone etiquette tips:

- **Lower your voice.** Don't force everyone around you to listen to your half of the conversation.
- **Avoid personal subjects.** Resist the temptation to over-share where complete strangers can listen to your intimate secrets.
- **Don't take calls (or text) when talking to someone else.** If necessary, ask permission before answering your phone.
- **Silence your ringer in theaters.** Put it on vibrate, and don't answer your phone while others are watching the movie, play, or performance.
- **Don't get mad about dropped calls.** You'll lose 2-4 calls every week if you make 100 calls per week. Don't blame the other person for a dropped call. It happens.
- **Keep your distance.** Whenever possible, stay about 10 feet away from others when talking on your phone.



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

Take the trivia challenge and you just might win!

Each month we'll give you a new trivia question. 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: What percent of employees have been fired for misbehavior, related to social networking according to Proofpoint?

(Hint: the answer is somewhere in this newsletter)

- a) 9%
- b) 4%
- c) 8%
- d) 3%

Call right now with your answer!

The answer to last month's trivia challenge was, *What percent of Smart Phone drivers ability to brake quickly was reduced by 20%?* b) 97.5. Congratulations to last month's lucky winner!

David Keith

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AC failures can cost \$\$\$ Prevent it with our featured services.



Expires 8/31/10

Not blowing cold air?

Get your system performance tested or get a recharge to help keep your cool!



August

a h e a t j g n r d y m q t w h p r k r
y i p c n v o x m n r z y k u f y g e f
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|----------|-----------|------------|-----------------|
| heat | sand | sunshine | airconditioning |
| hot | shade | sweat | beach |
| humid | sizzling | vacation | dogdays |
| lemonade | sprinkler | water | fans |
| pool | summer | watermelon | festivals |

DOG DAYS OF SUMMER WORD SEARCH



Recipes by You

PINEAPPLE COCONUT COOKIES

- 1 c. sugar
- 1 c. brown sugar
- 1 c. shortening
- 2 eggs
- 2 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 c. crushed pineapple with juice
- 1 c. nuts
- 1 c. coconut
- 4 c. flour



Mix all ingredients. Make drop cookies. Bake at 350 degrees about 12 minutes.



Brad's Rant

Everything we thought we knew about oil changes 5 years ago has changed. Changing the oil has nothing to do with months or mileage, yet we always gauge your next service on this alone. The true keys to determine when it should be changed, is by these three things: ambient operating temperature of the engine (Eg -5 or +30), relative humidity, operating conditions of the engine, such as how long has it run towing, highway driving, city/town.

The manufacturers all use a method of calculating temp & time to know when to display the "Change Oil Soon" message, & its getting very accurate. But one thing it does not know is humidity. And this is the major cause of sludge build-up.

Humidity is everywhere, & blowby gases contain super-heated steam. When this steam is suddenly condensed by the incoming cool air from the crankcase ventilation system, acids are formed & they stick to the cylinder walls. The rings then scrape these acids off into the oil, this acidic oil must then be neutralized by additives in the motor oil. When the additives are used up, sludge will form at an alarming rate, and lubrication failure may well happen within 800 kms.

This is the real reason that the oil change interval depends on ambient air temperature (cold incoming air) AND relative humidity (steam formation). The more humidity the more steam, and the colder the air the more condensation. The length of the trip in the drive cycle factors in because the oil needs to evaporate out all the moisture and unburned fuel. If the engine is shut down too soon this accumulates and dilutes the oil.

This is why you need to use a premium oil AND a proper maintenance plan to protect your engine beyond your service interval. Why would you want to risk it?

Brad

Check out our blog! <http://www.auto-trust.ca/blog/>

Things You Should Know:

- ✓ There is a very fine line between "hobby" and "mental illness."
- ✓ You should not confuse your career with your life.
- ✓ A person who is nice to you, but rude to the waiter, is not a nice person.
- ✓ Take out the fortune before you eat the cookie.
- ✓ Your friends love you anyway!

Ladies Car Care Clinic

Wednesday, September 15, 2010 6:30 – 9:00 pm

The Clinic will be hosted by Kelly Williams, a race and pace car driver, as well as, a TV personality.

This fun and informative Clinic, especially designed for WOMEN, will cover a variety of topics, from how to check tire pressure, emergency roadside kit contents, oil and air filters, brakes, various vehicular fluids, and more – all in 'laywomen' terms!

Beverages and a light snack will be served, and gift bags will be presented to all attendees.

Seating is limited, so please call us at **403-742-0409** to reserve one for you, and perhaps a friend.

We look forward to having you join us, and trust you will leave feeling a little more qualified and comfortable in knowing your vehicle and how best to take care of it – so it will take care of you!

Please keep in mind this clinic is held in the shop area so dress warmly!

PS – there is no cost for this event!

Kelly's
Garage



Be Car Care Aware



Mission Statement

To reduce stress, costly breakdowns & save our customer Time & Money we will:

- ✓ Book your next appointment tailored to your time schedule
- ✓ Perform inspections for safety and maintenance every time on every vehicle
- ✓ No surprises! Never proceed with any maintenance or repair work without customer authorization
- ✓ No Surprises! Never present an invoice that was larger than the most current estimate
- ✓ Advise customers of all manufacturers recommended services
- ✓ Provide new warranty inspections and on line search for all manufacturers recalls
- ✓ Provide highly skilled diagnostic technicians to accurately solve the toughest problems
- ✓ Source and provide parts considering quality, price and availability
- ✓ Provide and maintain responsible environmental practices
- ✓ Provide a personalized and competitive warranty (1 yr 20,000 km's)

Through these principles we will continue to be a quality professional service provider to all our clients and their referred friends and family

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Friendship Day	2  Ice Cream Sandwich Day	3  National Watermelon Day	4 Twins Day	5  Mustard Day	6 Wiggle Your Toes Day	7 Sea Serpent Day
8  Sneak some Zucchini onto your Neighbor's Porch Day	9 Polka Festival Day	10 Lazy Day	11  Happiness Happens Day	12 Middle Child Day	13 Blame Someone Else Day	14  Creamsicle Day
15 National Relaxation Day	16  Bratwurst Festival Day	17 Thriftshop Day	18 Bad Poetry Day	19  Potato Day	20  National Radio Day	21 Spumoni Day
22 Be An Angel Day	23  Spongecake Day	24  Knife Day	25  Kiss and Make Up Day	26 Cherry Popsicle Day	27 Petroleum Day	28  World Sauntering Day
29  More Herbs, Less Salt Day	30 Toasted Marshmellow Day	31 National Trail Mix Day	31 Did you Know? This is Motorsports Month!		Stone: Peridot	Flower: Gladiolus
<h2>Want to Save a Tree?</h2> <p>If you would rather receive our stupendous newsletter by email than by snail mail now you can! Just send an email to info@autotrust.ca and we will zoom our monthly letter right to your inbox.</p>						

A Month of Fun Days!

From Your Friends at: **AUTO TRUST**
DRIVING CONFIDENCE