

THE **THANK YOU** ISSUE Braking News!

December 2011

This free issue of *Braking News* is being sent to you from your friends at DUFRESNE'S AUTO SERVICE. Thank you for being a valued customer!

Keeping Your Mind in Tip-Top Shape...Not Just Your Car!

December Events

Dec 7: Pearl Harbor Day
Dec 20: Hanukkah Begins at sunset
Dec 24: Christmas Eve
Dec 25: Christmas Day
Dec 31: New Year's Eve

The Funny Bone

You might have to read it twice...

There once was a Tsar in Russia whose name was Rudolph the Great. He was standing in his house one day with his wife. He looked out the window and saw something happening. He says to his wife, "Look honey. It's raining." She, being the obstinate type, responded, "I don't think so, dear. I think it's snowing."

But Rudolph knew better. So he says to his wife, "Let's step outside and we'll find out." Lo and behold, they step outside and discover it was in fact rain. And Rudolph turns to his wife and replies, "I knew it was raining. Rudolph the Red knows rain, dear!"

We Have to Go ... BACK TO THE FUTURE!

That's right! Delorean Motor Company announced that it will begin producing the iconic Delorean again. And the coolest part! It will be an



electric car. No, not with a Mr. Fusion and it will probably run on something less than 1.21 gigawatts.

Do you remember the futuristic time that Marty McFly went to with Doc Brown? Do you remember the year of that self-lacing-shoe,

hoverboard-riding, garbage-powered-engine time? It was 2015. Creeping up on us FAST!

And even though, for the short-term, we will still need roads for our new electric Delorean, according to Dr. Brown ... "Roads? Where we're going, we don't need roads."

Article compiled from DMC Press Release

4 Stay Slim Holiday Eating Strategies

1. **EAT A PRE-PARTY SNACK.** Showing up hungry means you'll have little control when surrounded by high-calorie fare.
2. **AVOID ALCOHOL.** It contains empty calories (100 in a 4-ounce glass of white wine) and can weaken your resolve to resist treats. Try water instead.
3. **STEP AWAY FROM THE BANQUET.** Standing near the food puts temptation literally in your face. Position yourself across the room and mingle.
4. **DON'T GIVE IN TO EXCUSES.** If you justify poor eating with the line, "But it's the holidays!" you're selling yourself short. We're surrounded by goodies all year long. If you can eat healthy during the year, you can do it during the holidays, too! Be strong!

Have a Question About Your Car?

Just give us a call! We always enjoy hearing from our valued customers.

Whether you have a question about vehicle maintenance, a repair question, or just want to call to say Hello, we'd love to hear from you.

Feel free to give us a call at **(503) 646-2940**



**Please bring in a bag of groceries
For the OREGON FOOD BANK
GET FREE BRAKES MONTH OF DECEMBER
Ask us Details 8th Annual food drive**

Thanks for the Kind Words

We really appreciate how quickly you were able to get our car in. And very glad that the "funny noise" didn't have a worrisome cause...Thanks! **-Lisa & Paul G**

This was my first experience with Du Fresne's, but it won't be my last.

They diagnosed, sent line item details on cost by email, fixed it, and the bill matched the estimate. There was no up-selling, and no surprises!

-Aarons

We have been customers of Du Fresne's for over 20 years, and trust their knowledge, experience and abilities completely **-Ken & Lori K**

You Are The BEST!

Thank you to all of our amazing clients that have referred us business time after time. Our business depends on the positive comments and referrals from people just like you. Every month we take a moment to thank the clients that have sent us the greatest number of referrals over the past month!

Joe Chandler, Chris & Stephanie McGinis and Jason Bowne

Client of the Month

Each month, we are thrilled to select one special client who has touched our hearts and brought a smile to all of us. Thank you to this month's Client of the Month! Thank you for your support of our business and we look forward to seeing you soon!

This month's Client of the Month is

Ellen Ryker

Have a great move to Kenya

Mama's Night-Before French Toast Casserole

- Cinnamon sugar mix (8 T. sugar + 1 tsp cinnamon mixed together)
- 1 loaf of Texas Toast or thick sliced Challah bread
- ¾ T. almond extract (or vanilla)
- 3 T. sugar
- 1 tsp salt
- 2-3 sticks butter
- 1 dozen eggs
- 4 ½ cups milk



1. Beat together eggs, milk, sugar, salt & almond extract.
2. Spray a 13 x 19 baking pan with cooking spray.
3. Place pats of butter on bottom of pan for each slice of bread.
4. Layer bread, pat of butter for each slice, ½ of egg mixture over first layer.
5. Repeat...layer bread, pat of butter for each slice, rest of egg mixture.
6. Sprinkle cinnamon sugar over the top. Cover with foil. Place in frig overnight.
7. Bake with foil covering top at 350 degrees for 45-50 minutes.
8. Remove from oven, make sure it is baked and place it back in the oven without the foil to brown for 5 – 10 minutes. Serve with maple syrup.

APPLAUSE

BEST WISHES

DANCE

GRACIAS

GRATEFUL

GRAZIE

OVATION

REGARDS

RIGHT ON

SINCERELY

THANK YOU

THANKS

TIP MY HAT

YOU ROCK

CLAP
HOP
NOD
SUPER



Thank You Puzzler

B	T	A	H	Y	M	P	I	T	D	U	E
F	K	E	S	U	A	L	P	P	A	O	T
L	R	E	P	U	S	B	I	C	H	Y	N
S	I	N	C	E	R	E	L	Y	O	K	L
L	N	G	B	D	T	S	J	X	V	N	G
U	S	Y	R	A	H	T	N	L	A	A	R
F	A	O	E	N	A	W	O	N	T	H	A
E	I	U	G	C	N	I	T	M	I	T	Z
T	C	R	A	E	K	S	H	Z	O	X	I
A	A	O	R	P	S	H	G	D	N	F	E
R	R	C	D	O	O	E	I	C	L	A	P
G	G	K	S	H	P	S	R	L	M	Q	V

3 Sentence Formula for the Perfect Thank You Note

Thank you notes for gifts can be tough to write—it's not easy to find the right words to tell Aunt Molly how much you loved the taxidermal squirrel. Try this no-fail, three-sentence formula:

1. Thank them for the specific gift (not just "the gift").
2. Tell them what you'll use it for and how much you look forward to doing so (if you're planning on using it by taking it to the store to return it for cold, hard cash, keep it quiet).
3. End by wishing them well or letting them know you look forward to seeing them soon.



Get 10% off Labor the month of December



Max \$50.00) excludes brakes, tires & batteries

How to Pull Off "Joint" Gift Giving

START EARLY: Do a quick assessment of who might be interested and willing to pitch in and leave plenty of time to iron out details, set the terms and alert people before they start their own shopping.

BE CLEAR: It's helpful to suggest the gift and estimate the cost per person up front so people have enough information to decide whether they want to participate.

SELECT WITH CARE: The perk of group giving is pooling your resources to give something you wouldn't otherwise be to, but that doesn't mean this works only for big-ticket items like a laptop or a trip. Group gifts can be heavy on effort and light on cost.

COLLECT WITH TACT: Make sure you know ahead of time how you plan to collect the promised contributions, because it's no fun to chase down your friends and family for money. Several websites, like shareagift.com, will help you collect funds online.

KEEP A RECORD: You should know along the way, by keeping a close record, who contributed, how much and when they gave so you can avoid hurt feelings or conflict.

REMEMBER THE DETAILS: You still should include a gift-receipt, when applicable, in case your choice isn't the hit you'd anticipated. And make sure every gift-giver is noted on the card or acknowledged in another way.



"A thankful heart is not only the greatest virtue, but the parent of all other virtues." -Cicero

Dealing with Family Holiday Stress

Acknowledge your feelings. It's OK to take time to express your feelings. You can't force yourself to be happy just because it's the holiday season.

Be realistic. The holidays don't have to be perfect or just like last year. Be grateful for your family, just as it is.

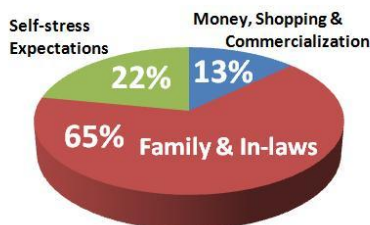
Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all your expectations.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Continue to get plenty of sleep & physical activity.

Take a breather. Make some time for yourself. Spending just 15 minutes alone without distractions, may refresh you enough to handle everything!

What causes the most Holiday stress?



TIRES AT DU FRESNES

Buy 4 tires
Rotate Free
Fix all Flats
Choose Tires to meet



Your needs, not the seller.

We can compete with the Big Box Stores!

Call for **FREE** Estimate
503-646-2940

The Funny Bone



I'm Sure He Remembered To Say
"Thank You!"



50% OFF
ANY ESPRESSO DRINK

EXPIRES 12/31/11

This free issue of *Braking News* is being sent to you from your friends at **Dufresne's Auto Service**
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Braking News



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IN THIS ISSUE

We're Going **BACK TO THE FUTURE**
4 Stay Slim Holiday Eating Strategies
Mama's French Toast Casserole Recipe
Perfect Thank You Notes in 3 Sentences
How To Pull Off "Joint" Gift Giving
Dealing with Holiday Family Stress
Win The Grand Prize
December Events
Money Saving Offers
& More!



Inside Secrets

- The New Delorean – 1.21 Gigwatts is Optional
 - 4 Stay Slim Holiday Eating Strategies
- The 3 Sentence Formula for Perfect Thank You Notes
 - How to Pull Off "Joint" Gift Giving
 - Dealing with Family Holiday Stress



**Find These Answers
and More Inside This Issue
of Braking News**

**THE
THANK
YOU
ISSUE**

7th Annual FOOD DRIVE & FREE BRAKES!



Oregon, once again, remains among the top five hungriest states in the nation, as it was last year. About 13.9 percent of households – more than half-a-million Oregonians – suffered from food insecurity. 6.6 percent of households – more than 225,000 individuals – suffered from very low food security – or hunger

**Bring in a Grocery Bag of Food
& we will inspect your
Brakes for FREE and give you
FREE Brake Pads if needed**



(min 6 cans of food)



Canned Food = \$197,632.01

Free Brakes To Date

For the month of December, We will do a **FREE BRAKE INSPECTION, FREE PADS, FREE SHOES** if needed. This is a value of \$350.00 to our valued clients. What does “FREE” mean? It means just that—**FREE** brake pads or shoes. We are not talking cheap brakes either!! We are giving you Top of the line Pads, if possible.

The same ones we always use. Thanks to several of our parts distributors we are able to continue giving you **FREE Brakes** year after year. This is one of our ways of saying, Thank you for the all 43 years of doing business with you. And some of you we have been doing that long. Also, to Thank a great holiday for the **SOOOOOOOOOOOOOOOOO** it !!!!!

Du Fresne's Auto Service
10690 NW Cornell Rd
Portland, Or 97229
(503)646-2940
DuFresnesAutoRepair.com

business with us
you for making this
less fortunate.
Bring Food, Lots of

You Know Dasher and Dancer and
Prancer and Vixen ... But Do You Recall
The Most Famous Reindeer of All?????



Milton



Wait ... who's Milton?

Milton is the Sleigh Technician. You didn't think that thing actually ran on reindeer power, did you?

Milton keeps the sleigh running tip-top so Rudolph can take all the GLORY!
Milton worries about you too. So he put together this package for you to get your sleigh, I mean car, running like it could land on a roof top
(without the click, click, click)



MILTON'S SPECIAL

- Premium oil change
- Rotate the tires
- Change the oil filter
- Check the tire tread depths
- Lubricate the steering linkage
- Set the air pressure in the tires
- Check all fluids
- Check the fan drive belts
- Check the battery
- Check the radiator hoses
- 70 point courtesy inspection

ALL FOR ONLY \$49.99
(a \$89.99 value)

Milton's Special will keep your car running tip-top!



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