

**Sept 2025**

**Edition**

**Big News**



**Du Fresne's  
AUTO  
REPAIR**



## **September Observances**

**Pulmonary Fibrosis Awareness Month**

**Sept 1st: Labor Day**

**Sept 6th: Nat'l Coffee Ice Cream Day**

**Sept 11th: Patriot Day 9-11**

**Sept 15th: Wife Appreciation Day**

**Sept 16th: Mayflower Day**

**Sept 18th: The US Air Force B-day**

**Sept 22nd: Hobbit Day**

**Sept 26th: Jessica Kenny 40th B-day**

**Sept 28th Nat'l Drink Beer Day**

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## Visiting Mt. Tabor Park

You'll enjoy spectacular views across Southeast Portland at the mountain's summit, with the city skyline and West Hills in the distance. Bring a blanket and spread out for a picnic, or grab a seat on one of the benches and watch a summer sunset. In addition to leafy trails and unique sights, Mt. Tabor Park offers visitors a wide array of amenities. Entertainment options include a basketball court, horseshoe pit, playground, volleyball and tennis courts, and an outdoor amphitheater. A fenced, off-leash dog park is also located at the base of the hill. ADA-accessible picnic areas, play areas, and restrooms are available throughout the park.



## Thank You For The Kind Words

Greg Dourian 07/27/2025

For years now I have trusted the professionals at DuFresne's to care for my automobile repair and maintenance needs. I recently purchased an older Cadillac STS with the "check engine " light in the on position. The code said it was a Mass Airflow Sensor, however GM no longer makes the part, and the aftermarket replacement part proved inferior. Determined to fix my car, Preston contacted GM and did a dealer search to find the correct factory replacement part- and did. The car is now operating as it should, and I could not be happier. I truly appreciate this shop and all they do to do the job correctly, fairly, and with integrity.

They are the epitome of what a class act genuinely is.

Josh Gates 07/01/2025

DuFresne's is hands-down the best auto service in Portland—no contest! From oil changes to brakes to engine repairs, I've relied on their expertise for years, and they've never let me down. Nancy, Preston, Marco, and the whole crew treat you like family and go above and beyond to make sure both you and your car are in great hands. If you want honest, skilled, and genuinely caring people working on your vehicle, this is the place to go!



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- ◇ 5 Quart Lube, Oil & Filter Change
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- ◇ Replace Front Wiper Blades
- ◇ Tire Rotation & Brake Inspection
- ◇ 70 Point Inspection
- ◇ Complimentary Computerized Vehicle Inspection Report

**Save  
\$35.99**



**Conventional Oil**

**\$119.95**

**Synthetic Oil Change**

**\$149.99**

Expires September 30th, 2025-Not Valid with any other offer

Up to 5 Quart Oil-Most Vehicles.

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## Hikes in and Near Portland

### Forest Park

At 5,100 acres (2,064 ha), Forest Park boasts more than 80 miles (129 km) of paths and is one of the largest urban forests in the United States. On any given day, you'll find trail runners, dog walkers, families and outdoor enthusiasts enjoying every inch of Forest Park. With clearly marked trails and paths in every direction, you can explore this urban oasis from any of its 40 access points.



### Macleay Park

In Northwest Portland, it's less than a mile (1.6 km) to the Wildwood Trail. Once you pass the Stone House, known to Portlanders as the "Witch's House," you can ascend to Pittock Mansion or explore one of the seven loop trails of varying lengths that will take you into the forest and through neighborhood streets.

### Pittock Mansion

If you start at Macleay Park, the nearly 6-mile (9.6 km) out-and-back hike up to the Pittock Mansion is rated "moderate" and has a 950-foot (290 m) elevation gain. This route follows the Wildwood Trail through the Bird Alliance of Oregon (formerly Portland Audubon). For a shorter trek with no switchbacks, try a 4-mile (6.4 km) out-and-back from Washington Park that offers many undisturbed views of the city and Mount Hood.

### Hoyt Arboretum

Hoyt Arboretum showcases 2,000 species of trees and shrubs on 189 acres (76.5 ha) of hilly terrain within Washington Park. An interpretive center at this "living museum" offers restrooms and a gift shop, plus maps and brochures. The arboretum's 21 trails cover 12 miles (19.3 km); of these, 2 miles (3.2 km) of trail are suitable for wheelchairs, strollers and visitors who appreciate firm footing.

No math is required to solve a Sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. The difficulty on this puzzle is easy.

		4			7			
8	9	3						
7			8	3		5		4
6	3	9		5				
				7		2	3	5
1		7		4	5			3
						9	4	8
			2			1		



**September 1st, 2025~Labor Day**

Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. It was created by the labor movement in the late 19th century and became a federal holiday in 1894.

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DuFresne's Auto Service Big News

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**Du Fresne's  
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REPAIR**

10690 NW Cornell  
Portland, Oregon 97229  
503-646-2940



**Du Fresne's Auto Service Mission:**  
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**\$555.00 in Savings**  
~~**For \$259.99**~~

**\$229.99 Sept Only**

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# Coupons



**50% Off**  
**Any Latte or Mocha**



**Expires: Sept 30th**

**\$5.00 Off**  
**Conventional**  
**Oil Change**



Expires  
09/30/25



# secrets From Nancy & Tee's Kitchen



Let us know if you  
liked this on  
Facebook

## 7-UP Brown Sugar and Garlic Chicken in a Slow Cooker

### Ingredients

- 1 Cut up Chicken
- 1 C. Packed Brown Sugar
- 2/3 C. Vinegar
- 1/4 C Sprite or 7-up
- 3 Tblsp Minced Garlic
- 2 Tblsp Soy sauce
- 1 tsp Cayenne Pepper



Mix all ingredient together in crock pot except chicken. Then add Chicken. Heat on low 8 hours or on high 4-5 hours.

You can put over rice, noodles or spaghetti squash

Ingredients you can substitute.

Chicken Thighs or Chicken Breast For Whole Chicken

Stevia Brown Sugar For Brown Sugar

Diet Sprite or Diet 7-up For Sprite or 7-up

Low Sodium Soy Sauce For Soy Sauce



HAPPY  
LABOR DAY



**Rocky Butte** (previously known as **Mowich Illahee & Wiberg Butte**) is an extinct cinder cone butte in Portland, Or. It is also part of the Boring Lava Field, a group of volcanic vents and lava flows thru Historically, the butte was the home of the Rocky Butte Jail, Judson Baptist College, and Hill Military Academy, as well as an extensive Works Progress Administration construction project, Portland Bible College and a campus for the City Bible Church; at the summit of Rocky Butte there is a still functioning but decommissioned rotating airway beacon. The slopes of the butte currently support **Joseph Wood Hill Park** and the **Rocky Butte Natural Area**, which includes a wide variety of flora and fauna and supports rich forest stands. Located adjacent to I-205, the butte is a popular destination for hiking, climbing, and viewing mountains from its summit viewpoint.



Rocky Butte Jail



Rocky Butte Tunnel

Sept 2025 Edition



**Your Cars CHECK ENGINE  
LIGHT is your Cars Way  
Of  
SCREAMING FOR HELP!**



**\$25.00 Off**

**Check Engine Light Diag**

**Expires: September 30th, 2025**

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5	6	4	1	9	7	3	8	2
8	9	3	5	2	4	7	1	6
7	2	1	8	3	6	5	9	4
6	3	9	4	5	2	8	7	1
2	7	5	3	1	8	4	6	9
4	1	8	6	7	9	2	3	5
1	8	7	9	4	5	6	2	3
3	5	2	7	6	1	9	4	8
9	4	6	2	8	3	1	5	7



"Just think of it as if you're reading a long text message."

**Thank you for trusting us with  
your friends & family!**

**Customer of the Month**

Greg Dourian, Kat Miller,  
Sam Garcia, Joe Gross

David Fryer

REFER A FRIEND OR FAMILY MEMBER  
& GO TO THE MOVIES ON US



Exceptional Customer of the month.

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