

**January 2020  
Edition**

**Revving Your Mind  
Not just Your Engine**



**Du Fresne's  
AUTO  
REPAIR**

**NEWS  
flash!**

***Inside This Edition:***

Say What?

WOW...What A Testimony

How Do You Know?

The Stumper

Savings Hub

Slow Cooker Beef Stew

Get More Done In Less Time

**From Your Friends at  
Du Fresne's Auto Repair**

***Laugh Out Loud***

**Anger Management:  
When angry with someone,  
it helps to sit down and  
think about the problem...**



**Got  
Questions?**

**Contact us**



***Holiday Insights***

Hot Tea Month

National Hobby Month

National Soup Month

Jan 1: New Year's Day

Jan 3: Festival of Sleep Day

Jan 4: National Spaghetti Day

Jan 4: Trivia Day

Jan 6: Cuddle Up Day

Jan 8: Bubble Bath Day

Jan 9: Take The Stairs Day

Jan 10: Houseplant Appreciation Day

Jan 13: Make Your Dreams Come True Day

Jan 14: Dress Up Your Pet Day

Jan 15: National Bagel Day

Jan 17: Ditch New Years Resolutions Day

Jan 19: National Popcorn Day

Jan 20: Martin Luther King Jr Birthday

Jan 23: National Pie Day

Jan 24: Compliment Day

Jan 25: Chinese New Years

Jan 28: Fun at Work Day

Jan 29: National Puzzle Day

Jan 31: Inspire Your Heart with Art Day

**Hours of Operation**

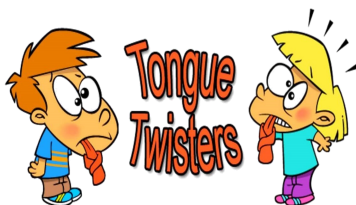
**Monday - Friday    6AM - 5:30PM  
Saturday            8AM - 5PM**

***Hurry...  
Savings Inside!***

**(503) 646-2940 ■ DuFresnesAutoRepair.com**

## Say What?

Tongue twisters are a sequence of words or sounds that are typically difficult to pronounce quickly and correctly. Some say that if you practice them regularly, you will improve voice clarity.



So we decided it would be fun to test this theory. See how fast and how many times you can say the following tongue twister without falling over words. Have fun and enjoy the challenge.

**“A certain young fellow named Beebee  
wished to marry a lady named Phoebe.  
But, he said I must see what the minister's fee  
be before Phoebe be Phoebe Beebee.”**

***“There is no such thing as an empty space  
or an empty time. There is always something  
to see, something to hear. In fact, try as we  
may to make a silence, we cannot.”***  
***~ John Cage***

## WOW...What A Testimony!

**Randy and Cindy Hudson:** “Took advantage of a special offer to have our Honda and Ford checked out before winter arrives. We're glad we did as we discovered major work needed to be done on one of the cars. We trust DuFresne's for honest advice about how to keep our cars in good condition, whether that's regular maintenance or special repairs.”  
**May Sun:** “Great service for an oil change. They checked the health of my car along with it.”

**Jeff & Nancy Sharff:** “Once more I was pleased to take my car to DuFresne's. I made an appointment for an oil and lube and was taken right on time. Promised it would take about an hour and was out in much less time. The people working here are so personable and accommodating. My headlight was out and they fixed it for free, reminding me that it was a light they had earlier replaced.”  
**John & Jane Bakke:** “As always the service was great and efficient.”

**Jill & Gary Daniels:** “We always trust DuFresne to take care of our daughters car. We just had new tires mounted and they did it why she waited. Thank you for the great prompt service!”  
**Cindy & Jeff Lozeau:** “Car fixed as quoted....on time and per quote. Drove away satisfied and all worked properly.”  
**James Miller:** “Everyone was very courteous and it was very helpful that they had a loaner car for me to use. Thanks Again. :-)”

## ***How Do You Know?***

When it comes to vehicles, there are many similar symptoms to different problems. You may need a tune-up or it may be something completely different. So what are some signs to look for when a tune-up might be needed?

- ♦ A misfiring engine (when spark plugs ignite at the wrong time) could be caused by worn or fouled spark plugs. Bad spark plugs can also cause low fuel economy, hard starting and sluggish acceleration.
- ♦ A dirty or clogged engine air filter is more likely to reduce acceleration than fuel economy, according to tests conducted by the EPA. Because filters get dirty gradually over time, you might not notice a small but steady loss of performance until your car is accelerating like a turtle. But if you haven't changed the filter in a couple of years (or sooner in areas that have a lot of soot in the air), that could be part of the problem.
- ♦ Engine deposits caused by low-quality or contaminated gasoline create drivability problems, and the cure for that might be a fuel system cleaning.
- ♦ An illuminated check engine light signals when something is amiss in the emissions control system, but depending on what the issue is, it could also affect fuel economy or engine performance, so don't ignore it. A faulty oxygen sensor, for example, leaves the engine computer in the dark about how to set the air-fuel mixture, and that can result in poor fuel economy.
- ♦ An old oxygen sensor may still work well enough that it doesn't trigger the check engine light but could still hurt fuel economy. Engine performance can also be reduced by more serious internal problems, such as valves that don't seat properly or worn piston rings, or by restrictions in the exhaust system.

We would recommend consulting a professional mechanic who has the right equipment to help diagnose the cause of the issue.

So next time you visit, instead of asking for a tune-up, talk with your mechanic about any issue your vehicle is having. This will help them diagnose the root problem to keep your vehicle running at it's best.



Courtesy of Cars.com

**CONGRATS!**



*You've*

**MADE  
THE   
GRADE**

***Customer Appreciation Special***

- ✓ Oil Change and Filter
- ✓ Replace Engine Air Filter
- ✓ Replace Wipers (Front Only)
- ✓ Tire Rotation and Brake Inspection
- ✓ 70 Point Inspection

**Conventional**

**Only**

**\$99.95**

**Synthetic**

**Only**

**\$129.95**



***Excellent Job!***

Expires 1/31/20 · Coupon must be presented at time of service  
Cannot be combined with any other offer · Up to 5 Qts

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## *The Stumper*

### **SUDOKU:**

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

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



Another successful coat Drive. Thank you to all our wonderful customers that donated coats and clothing.



**\$25.00 OFF-Over \$150.00 Service**  
**Scheduled Maintenance**  
**30, 60, 90 & 120 Mile Services**

**Manufacture Scheduled Maintenance**

Improve your fuel economy, keep your vehicle running longer and safer and prevent big repairs by paying a little attention to proper maintenance.



**SCHEDULED  
MAINTENANCE**



**\$25.00 Off**

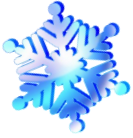
**\$25.00 OFF Any 30k, 60k, 90k  
or 120k Mile Service  
over \$150.00  
Expires 01/31/2020**



**DuFresne's Auto Service**  
**(503) 646-2940**



## Winter Can Be Trouble for Belts and Hoses!



For January  
ONLY...

Get 10% off  
belts and hoses!

**Save  
10%**

Expires 1/31/20 · Must Present Coupon  
Cannot Be Combined with another Offer · Max \$50.00



Check Out  
These  
Incredible Deals!

# ESPRESSO



## 50% OFF

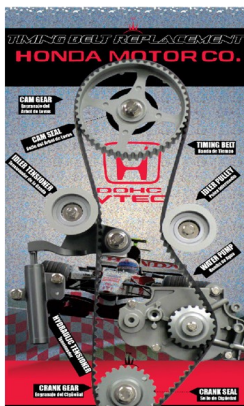
Expires  
01/31/2020



Our service technicians will perform a  
complete, computerized battery system  
test on your vehicle!

**Free Battery Test  
With Any Other Service**

Expires 1/31/20  
Coupon must be presented at time of service  
One coupon per visit · Not Valid with any  
other offer · With Any Other Service



## Timing Belt Coupon

**Severe Driving Habits:**

**From AAA**

1. Trips of 5 miles or less.
2. Extended idling conditions or low speed such as Stop and Go Traffic.
3. Trips of 10 miles or less and the outside temperature remains below 32 F
4. Trailer towing.
5. Operating in dusty, sandy, or salty areas.
6. Driving continuously in excess of normal highway speeds.
7. Extended driving in excessive temperature conditions. (above 90 F)

**Call or E-mail today for your appointment.**

**503-646-2940**

**The Picture of a timing belt is just an example,  
yours may be slightly different.**

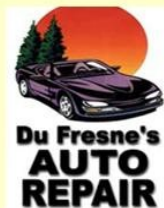
**Timing Belt Replacement**

**\$50.00 OFF**

**Can not be combined  
with any other offer**

**EXPIRES:  
Jan 31 , 2020**

**DuFresnesAutoRepair.com  
(503)646-2940**



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## *Slow Cooker Red Wine Beef Stew*

# *delish*

### Ingredients

- 3 lb. beef chuck, cut into 2" pieces
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. extra-virgin olive oil
- 2 tbsp. butter
- 1 2/3 c. dry red wine
- 3 tbsp. tomato paste
- 2 Yukon Gold potatoes, cut into 1" cubes
- 3 carrots, chopped into 1" pieces
- 3 celery stalks, chopped into 1" pieces
- 2 onions, chopped into quarters
- 1 c. chopped sun-dried tomatoes
- 4 cloves garlic, minced
- 1 large rosemary sprig
- 2 c. low-sodium beef broth
- 1 (28-oz.) can crushed tomatoes
- Freshly chopped parsley, for garnish

### Directions

1. In a large mixing bowl, pat beef dry with a paper towel. Season generously with salt and pepper.
2. In a large skillet over medium-high heat, heat oil. Sear meat on all sides until golden brown with a crust, working in batches if necessary, about 10 minutes. Transfer meat to slow cooker.
3. Add butter and scrape pan with a wooden spoon to loosen all browned meat bits. Stir in red wine and tomato paste; simmer for 1 minute, then transfer to slow cooker.
4. Add potatoes, carrots, celery, onions, sun-dried tomatoes, garlic, rosemary, beef broth, and crushed tomatoes to slow cooker. Season with salt and cook on high until meat is tender, 4 to 5 hours. Remove stalk of rosemary. Garnish with parsley before serving.



**Thank you for  
trusting us and  
helping us grow.**

**THANK YOU To Our  
Referral Customers  
of the Month**

**Carol Spane, Larry Wade,  
Lynette Boettger, Pror &  
Katheryn Garnett, Richard  
Kolbell, Pat Bowman**

**Thank you for  
brightening our day  
and being an  
awesome customer.**

**Customer  
of the Month**

**Tenely  
Proudfoot**

# Get More Done In Less Time

Time, there's never enough time to go around. Who doesn't feel like they have enough time to get things done or accomplish more? I'm guessing, pretty much everyone these days. You can get more work done in less time today. It's all about managing your time better. The following secrets of efficient time management will help you accomplish more, while simplifying your life throughout the new year.

- ⇒ List your work, tasks and to-do list. This is the single most important and best way to create more time for yourself. Prioritize the items and estimate how much time it will take to finish. Identify what's really important and time-sensitive and tackle them first.
- ⇒ Delegate work. It's an important skill to leverage the time available. Delegate housework, lawn mowing, driving/car pooling and any other items that someone else can help.
- ⇒ Use the newest technology. You can get more work done in less time. If numerous people need to approve, edit or draft documents, consider using virtual collaboration so all the edits can be done together. Use Instant messaging to answer questions quickly or put out fires when they are just sparks.
- ⇒ Technology time trap. You can get more work done in less time if you keep things simple. Technology should save you time not waste your time. How much time have you wasted just closing the pop-up boxes throughout the day.
- ⇒ Avoid perfection. Perfectionism is the desire to turn out perfect work, however none of us are perfect. We can do our absolute best yet it doesn't have to be perfect. Being perfect saps energy and interferes with efficiency. Your work is most likely as close to perfect without you even trying. So stop sweating the small things.
- ⇒ And most importantly...avoid distractions and don't be a procrastinator. Avoiding gatherings around the water cooler will relieve much negativity while taking the power of action relieves stress.

Hello  
January



Launch your  
fresh start.



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

# Secrets From Nancy & Tee's Kitchen



Let us know if you liked  
this on Facebook.

## Split Pea Soup



### Ingredients

8 cups water  
1 pound dried split peas (about 2  
1/2 cups)  
2 pounds smoked ham  
1 medium onion, chopped  
1 teaspoon salt  
1/4 teaspoon pepper  
2 medium carrots, cut into 1/2 -  
inch pieces (about 1 cup)  
2 medium stalks celery, cut into  
1/2-inch pieces (about 1 cup)

Heat water and peas to boiling in Dutch oven; boil 2 minutes. Remove from heat; cover and let stand 1 hour

Stir in ham, onion, salt, and pepper into peas. Heat to boiling; reduce heat. Cover and simmer until peas are tender, about 1 hour. Skim fat if necessary.

Remove ham; trim fat and bone from ham. Cut ham into 1/2 - inch pieces (about 4 cups). Stir ham, carrots and celery into soup. Heat to boiling; reduce heat. Cover and simmer until vegetables are tender, about 45 minutes. 8 servings (about 1 1/2 cups each).

## Great For a Cozy Winter Night

This Free Issue of News-Flash  
is sent by your friends at

DuFresne's Auto Service  
10690 NW Cornell Road  
Portland, OR 97229  
(503) 646-2940  
[Dufresneautorepair.com](http://Dufresneautorepair.com)



# Happy New Year!

**January 2020  
Edition**

**Revvng Your Mind  
Not just Your Engine**

*Hurry...  
Savings Inside!*

PRESORTED  
STANDARD  
U.S. POSTAGE  
PAID  
PEORIA, AZ  
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