

**June 2019  
Edition**

**Revving Your Mind  
Not just Your Engine**



***Inside This Edition:***

Friends with Benefits

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The Savings Hub

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

***Laugh Out Loud***

**OMG... I'm Batman!**



***Morning***

Got Questions?



**CONTACT  
US**

***Holiday Insights***

Aquarium Month

Candy Month

National Fresh Fruit & Veggies Month

Rose Month

Jun 1: Dare Day

Jun 2: National Rocky Road Day

Jun 3: Repeat Day (I said Repeat Day)

Jun 4: Hug Your Cat Day

Jun 5: World Environment Day

Jun 6: D Day

Jun 8: Best Friends Day

Jun 10: Iced Tea Day

Jun 12: Nat'l Peanut Butter Cookie Day

Jun 14: Flag Day

Jun 16: Father's Day

Jun 20: Nat'l Bald Eagle Day

Jun 21: Summer Solstice

Jun 24: Swim a Lap Day

Jun 25: Log Cabin Day

Jun 26: National Canoe Day

Jun 29: Camera Day

Jun 29: Hug Day

Jun 30: Meteor Day

**Hours of Operation**

**Monday - Friday**

**6AM - 5:30PM**

**Saturday**

**8AM - 5PM**

**Want Some Savings?  
Don't Miss  
This Month's  
Exciting Deals!  
Hurry, Look Inside!**

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

## *Friends with Benefits*

Your dog, cat or even a goldfish may be just what the doctor ordered.

Check out these benefits:

- \* A quick break with your pet can lift your mood. It reduces the stress hormone cortisol while lifting dopamine levels helping you stay calm and relaxed.
- \* An animal's unconditional love makes it easy to smile and banish negative thoughts.
- \* Strolling with your pooch makes you more likely to get the recommended level of physical activity.
- \* Pets increase longevity by lowering pulse and blood pressure rates which may reduce your risk for heart disease. Cat owners are also one-third less likely to die from a stroke or heart attack.
- \* Regular walks ease joint pain and stiffness in knees, hips and ankles.



*Happy  
Father's  
Day!*

*"A smile is a language  
everybody understands.  
It costs nothing but creates  
much. It happens fast but  
its memory may last  
forever. Keep smiling."  
~ Unknown*

## *WOW...What A Testimony!*

**Dewi Dejarnett:** "This place has a good old retro vibe about it. Folks here are happy to help you with anything, the way things used to be. Instead of having to make a dump run after my oil change, they happily helped me place my broken chair in their dumpster. Their end of the year rebate program fully covered my oil change. Their newsletter is cute and unique with fun facts, coupons for service and coffees, delicious recipes and puzzles. All featured on thick card stock in a convenient size for carrying around in case time slows down for some reading. It's a rare mailer that does not go straight into the recycling bin. Their waiting area is small but the drive up coffee counter sells

small conveniences like muffins and chips. It's the only place I know that you can drive up to buy cigarettes without stepping out of your car!"

**Eryn Hughes:** "Wonderful service, wonderful people! My car is my baby and they took such incredible care with her! Thank you."

**Terry Kryski:** "Again DuFresne's Auto Repair knows how to take care of their customers."

**Dave Haugen:** "A detailed estimate was delivered by e-mail and an omitted labor charge was explained to me in advance of the work being started. Rather than do something that I suggested, further inspection

revealed it was unnecessary. I appreciate their integrity for not running up the repair bill and then explaining why the repair was not required. I intend to be a repeat customer."

**Chris & Karen Dempsey:** "Great job! Always trustworthy!"

**Darcy High:** "I would recommend Du Fresne's to anyone needing help with their vehicle. They are professional, prompt, and friendly. My Highlander was well taken care of and I thank you guys!!!!!"

**Kathryn Dawson:** "Amazingly prompt service, courteous and spot on with accuracy and estimates!"

## ***Got High Mileage?***

Are you driving a vehicle with over 100,000 miles on it? Determined to keep it for another 100,000 miles or more? It's completely possible as long as you stay on top of all the recommended maintenance tasks.

Some maintenance tasks should be performed every so many miles while others should be performed monthly or yearly. Here's a quick checklist to help you maintain regularly in order to avoid costly repairs and keep your vehicle reliable for years to come.

### **Monthly or More Often:**

- \* Check the tire pressure, oil level and coolant level

### **Every 3,000 Miles:**

- \* Change the oil, replace the oil filter, check the washer fluid level and add fuel injector cleaner to fuel

### **Every Six Months:**

- \* Check power steering fluid level and wax the car to extend the life of the paint and to prevent rust

### **Every 5,000 – 7,000 Miles:**

- \* Inspect the belts and rotate tires

### **Every Year:**

- \* Inspect brakes, hoses and clamps, clean battery connections, check brake fluid level, transmission fluid, coolant strength, back-flush radiator, buff plastic headlight assembly to maintain good visibility and replace cabin air filter.
- \* Check spark plugs and spark plug wires, replace distributor cap and rotor, change transmission fluid, inspect shocks, replace PCV valve, flush coolant system and inspect the accessory drive belts and timing belt.
- \* Have front-end alignment inspected and checked.

Best of all, we are here to help you every step of the way. With our expertise and monthly savings, you'll always be ready for the next step in your journey.

# ***Father's*** ***Day*** **SPECIAL!**

- ◆ Oil, Filter & Lube Service
- ◆ 70-Point Inspection
- ◆ Tire Rotation (as needed)
- ◆ Brake Inspection
- ◆ Check Antifreeze and All Fluids
- ◆ Inspect Belts & Hoses
- ◆ Air Conditioning Test for proper operation
- ◆ Consolation on Any Problems w/the Vehicle



**\$49.99**

Conv Oil-5 Qts Most Cars

**\$89.99**

Synthetic Oil Change  
5 Quarts - Most Cars

**A \$149.99 Value – Expires 06/30/19**



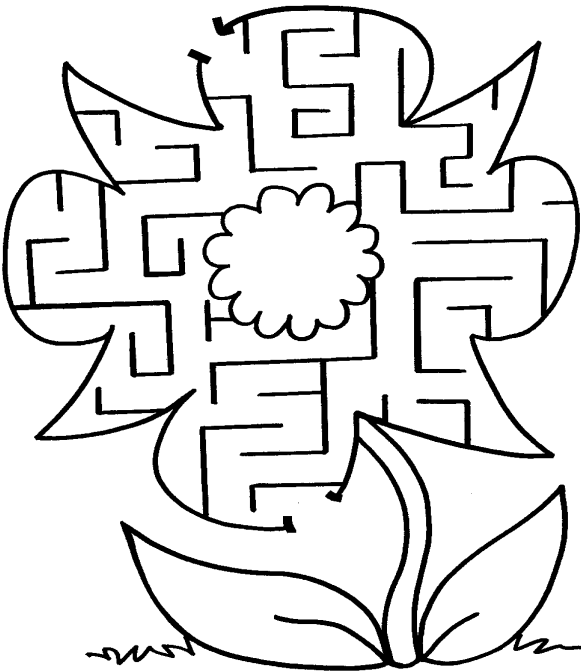
## The Stumpers

### 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.

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

*Hint...Sudoku answers  
included within*



### MAZE:

You must find your way out in one line.

Now...

No cheating or erasing. :)



## **Don't Flush Your Money Away**

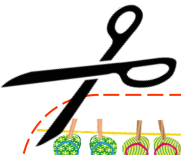


# **Save Up To \$100.00 On Your Flushes in June**

**Transmission Flush      Coolant Flush  
Fuel Injection Cleaning  
Hydraulic Flush   Power Steering Flush  
Brake Flush**

## **Car Care Club Members Receive \$100.00 OFF 6 Flushes**

<b>1 Flush</b>	<b>= \$20.00 Off</b>
<b>2 Flushes</b>	<b>= \$30.00 Off</b>
<b>3 Flushes</b>	<b>= \$40.00 Off</b>
<b>4 Flushes</b>	<b>= \$60.00 Off</b>
<b>5 Flushes</b>	<b>= \$70.00 Off</b>
<b>6 Flushes</b>	<b>= \$80.00 Off</b>



# The Savings Hub



## 10% Off Labor

Up To \$50.00

Can not be combined  
with any other offer

Expires: June 30th



I   
*Saving*  
*Money*

## B-B-Q



## \$2.00 OFF

## Propane



Min 4 Gallons  
Expires  
June 30



**\$25.00 OFF**  
**Any A/C Repair or**  
**Service over \$100.00**



Expires: 06/30/2019

Can't be combined with  
Car Care Club Card



# **YOU'RE GOING TO THE MOVIES**

## **Go To The Movies On DuFresne's**

If you send your Friends, Family and or co-workers to us we will send you to the Movies. Just make sure they give us your name when they come in to have work performed. You are probably asking yourself why I am doing this? Well let me tell you why. We have found that our best customers have come from people just like yourself referring one of their friends for work. So that is why I want to send you to the Movies each and every time you refer someone to us.

## **Refer A Friend**



## **2 Movie Tickets**



# *Extra Easy Lasagna*

When we say easy, we mean easy. You don't even have to cook the noodles for this speedy yet impressive lasagna that always gets rave reviews.

## Ingredients

- 1 pound lean ground beef
- 4 cups tomato-basil pasta sauce
- 6 uncooked lasagna noodles
- 1 (15-ounce) container ricotta cheese
- 2 1/2 cups (10 ounces) shredded mozzarella cheese
- 1/4 cup hot water



## Directions

1. Cook beef in a large skillet over medium heat, stirring until it crumbles and is no longer pink; drain. Stir in pasta sauce.
2. Spread one-third of meat sauce in a lightly greased 11- x 7-inch baking dish; layer with 3 noodles and half each of ricotta cheese and mozzarella cheese. (The ricotta cheese layers will be thin.) Repeat procedure; spread remaining one-third of meat sauce over mozzarella cheese. Slowly pour 1/4 cup hot water around inside edge of dish. Tightly cover baking dish with 2 layers of heavy-duty aluminum foil.
3. Bake at 375° for 45 minutes; uncover and bake 10 more minutes. Let stand 10 minutes before serving.

This dish pairs well with green beans, mushrooms, broccoli, asparagus, salad, or an assortment of roasted vegetables. One could swap out the beef for chicken or sausage, or one could replace red sauce with white sauce. Additional cheeses could also be added.



**Because of you, we are  
able to continue servicing  
our amazing guests!**

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

**Heather Johnston**

**Every customer is special  
and each month,  
someone makes our  
day much brighter.**

**Customer  
of the Month**

**Chuck & Nancy  
Thompson**

## *All-Ages Trips*

Summer is here! Time for the whole family to connect, build memories and have a grand old time. Here are just a few of the multigenerational destinations that will help your family explore, discover, bond, get away and learn some new things.

1. Explore New Orleans. Ride streetcars, explore swamps or take a ghost tour through a cemetery.
2. Go gramping in Hocking Hills, OH. The Inn & Spa at Cedar Falls caters to a range of ages which they lovingly call "gramping". Choose a room, cabin or cottage at the Inn and you'll be set for your adventure.
3. Experience history in D.C. and Philadelphia. Dig into our collective roots and take a trip through both cities. Hit highlights like the D.C. Memorials by Moonlight tour and follow Benjamin Franklin's footsteps on a customized course through Philly.
4. Giddyap at Elkhorn Ranch, AZ. At this 10,000 acre property near Tucson, everyone can take horseback rides geared to their skill levels. Not ready for roughing it? Enjoy the heated pool, tennis courts and workshops on photography, music and art.
5. Find your passion as a Road Scholar. From snorkeling in the Galapagos to seeing Mount Rushmore, Road Scholar offers dozens of intergenerational learning and exploration trips around the world.



### *Sudoku Stumper Answer*

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

# secrets From Nancy & Tee's Kitchen



Let us know if you  
liked this on  
Facebook.



## Browned Butter Honey Garlic Shrimp

### Ingredients

4 Tbls Butter	21 Ounces Peeled Shrimp
4 Tbls Honey	Lemon Wedges (To Serve)
1 Tbls Lemon Juice	Salt to taste
3 Cloves Garlic Minced	



Heat butter in a non stick pan or skillet over medium-high heat. Melt, swirling pan and stirring occasionally for about 3 minutes, or until the foam settles; the butter begins to change in color to golden brown and has a nutty fragrance.

Add the honey, lemon juice, soy sauce and garlic; stir well to combine all of the flavors together and cook for 30 seconds until the garlic is fragrant. Remove from heat.

Pour out just over half of the browned butter from the pan (liquid only), leaving 2 tablespoons of the honey butter mixture in the pan, and reserve the rest for later.

Add half of the shrimp to the honey/butter in the pan; sear for about 2 minutes each side, or until just cooked through and no longer opaque. Transfer to a plate; set aside.

Wipe pan over with paper towel and add 2 more tablespoons of the honey/butter mixture to the pan. (You may need to add 1 teaspoon of olive oil or extra butter to the pan if your sauce has thickened too much.) Sear the remaining shrimp for 2 minutes each side, or until just cooked through and no longer opaque.

Add the cooked shrimp back into the pan, and pour in the remaining honey/butter sauce; stirring through the shrimp to evenly coat. Season with salt and pepper if desired and garnish with parsley.

Serve with steamed vegetables; over rice or with a salad.

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Dufresnesautorepair.com**



**Du Fresne's  
AUTO  
REPAIR**



# **Happy Father's Day**

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**Revving Your Mind  
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**Don't Miss  
This Month's  
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Hurry,  
Look Inside!**

**Customer Name  
Or Current Resident  
Address  
City, State, Zipcode**