

The Trius Touch



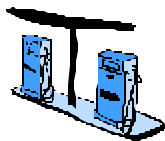
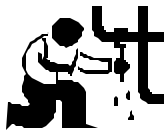
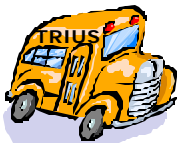
February 2006

"Staying in Touch With Our Customers"

Issue # 16



Culligan



Heartfelt Scoops From the Trius Group

- ? Brain Teasers
- ? Money Saving Tip
- ? Sweets for your Sweetheart
- ? Plumbing & Water Treatment
- ? Visit our Truck Centre
- ? Looking for a Mini Vacation?

February is heart month . . .

The normal heart is a muscle roughly the size of a fist. In an average day, it will beat 100,000 times, pumping approximately 8,000 litres of blood through our body . . . now isn't it worth a little TLC?



You could be a stroke of fortune for someone . . .

Research has found that quick identification of a stroke and prompt medical attention may be crucial in minimizing brain damage.

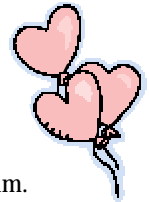
A stroke is the sudden death of brain cells due to a problem with the blood supply. When blood flow to the brain is impaired, oxygen and important nutrients cannot be delivered. The result is abnormal brain function which might be apparent to an observer. A bystander may help identify a stroke by doing three simple things:

1. Ask the individual to SMILE (detects facial weakness).
2. Ask him or her to RAISE BOTH ARMS (detects arm weakness).
3. Ask the person to SPEAK A SIMPLE SENTENCE coherently (detects speech problems).

If he or she has trouble with any of these tasks, call 9-1-1. Getting prompt medical attention could turn out to be a stroke of luck for the victim.

-Source material strokeassociation.org, MedicineNet.com

Can you identify these well-known "couples"?



1. Their relationship was a bit of a *yawn*.
2. In the end, he didn't give a darn.
3. She had a hard time keeping track of him.
4. It's tempting to be critical of their food choices.
5. He, not she, had the bad hair days.
6. The right shoes *can* make a difference.
7. He came, he saw, she conquered.
8. He was right on the mark.
9. She always had lots of '*splain*in to do.
10. They were always on a *Rocky* road.

(Answers on page four.)



A successful marriage requires falling in love many times, always with the same person.

- Mignon McLaughlin

Another challenging puzzle for our loyal readers!

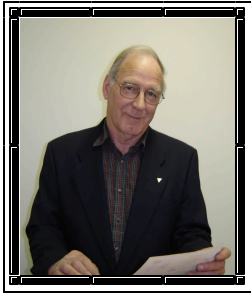
Try to solve the separate word puzzle in each of the squares below. Here is an example to get you started:

I'm myself

I'm beside myself

(The answers can be found on page four.)

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TRIUS AUTOMOTIVE

70 Trius Drive, Fredericton, NB

A Money Saving Tip from Earl: Engine coolant can become contaminated over time. For peak operating efficiency, it is very important to flush the cooling system and change the antifreeze in your vehicle as per the manufacturer's recommendations. This ensures your engine operates at the proper temperature for maximum fuel economy.

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OUR TOP GUN TEAM AT TRIUS AUTOMOTIVE!

Left to right: Ron Russell, Trevor Ward, Earl Staples (Manager), Randy Dutcher, Paul Hetherington, Ed Barrieau, Ben Dunphy, Wayne MacDonald, Calvin Wilson, Kelly Rosborough, Art Cameron (Unavailable for photo: Herb Sewell, John Valji)

Heart friendly Valentine treats . . . Cocoa Meringue Kisses (22 calories)

1/4 cup unsweetened cocoa powder
3/4 cup granulated sugar
4 egg whites
1 tbsp white vinegar
pinch salt



1/4 cup chopped pecans
2 ounces finely chopped bittersweet or semisweet chocolate
1 tsp vanilla extract

Preheat oven to 325°F. Prepare a cookie sheet by lining it with parchment paper. In a small bowl, mix together cocoa powder with 1/4 cup sugar; set aside. Beat egg whites until foamy. Add vinegar and salt, then slowly add the remaining 1/2 cup sugar to egg white mixture, 2 tbsps at a time. Add cocoa/sugar mixture slowly while continuing to beat until stiff peaks form. Fold in chopped pecans, chopped chocolate and vanilla extract.

Drop by teaspoonfuls on prepared cookie sheet. Bake for 22-25 minutes. Let cool for 1 minute before removing from pan. Makes 4 - 4 1/2 dozen.

Source: Heart and Stroke Foundation of Canada

Any way you say it, love is in the air . . .



English	I Love You
Spanish	Te Amo
French	Je T'aime
German	Ich Liebe Dich
Japanese	Ai Shite Imasu
Italian	Ti Amo
Chinese	Wo Ai Ni
Swedish	Jag Alskar Dig
Inuit	Nagligivaget
Greek	S' Agapo
Hawaiian	Aloha Wau la Oe
Irish	Thaim In Grabh Leat
Hebrew	Ani Ohev Otakh
Russian	Ya Lyublyu Tebya
Finnish	Mina Rakkastan Sinua
Turkish	Seni Seviyorum
Persian	Du Stet Daram
Maltese	Inhobbok
Catalan	Testim Molt
Korean	Tangsinul sarang ha yo
Esperanto	Mi amas vin

Fill in the blanks. Each answer is related to Valentine's Day by having the word "red" in it.

1. Something for a blue lady _____
2. Clara Barton's organization _____
3. Caught in the act _____
4. Embarrassed _____
5. A football team _____
6. Snoopy's nemesis _____
7. Bureaucratic paperwork _____
8. A special day _____
9. Throws you off the track _____
10. Aka Clem Kadiddlehopper _____
11. Small state chicken _____
12. Late night flight _____
13. Sophie Tucker's nickname _____
14. Singer of "Sam, you made the pants too long" _____
15. Famous seasonal high flyer _____
16. Have a great time _____
17. Physical children's game _____

(Answers on page four.)

"Search"

The teenager lost a contact lens while playing basketball in his driveway. After a fruitless search, he told his mother the lens was nowhere to be found.

Undaunted, she went outside and in a few minutes, returned with the lens in her hand.

"How did you manage to find it, Mom?" the teenager asked.

"We weren't looking for the same thing," she replied.

"You were looking for a small piece of plastic. I was looking for \$150.00."



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Many of nature's most scenic destinations, including Grand Manan's lighthouses, Fundy Rocks, St. Martin sea caves, the Roosevelt House on Campobello Island, St. Andrews, Minister's Island, and the Grand Falls Gorge were among our most popular day trips in 2005.



We also enjoyed fabulous food at the famous York's Dining Room in Perth-Andover,



cross-border shopping, museums and historic locations, beautiful flower gardens, spectacular fall foliage, delicious treats at the chocolate fest in St. Stephen and our grand finale, a Christmas lights and dinner tour.



Our exciting 2006 brochure is in the works. It will include some old favorites as well as some interesting new locations. Many of our loyal travelers have requested overnight trips which we also plan to include this year.



If you aren't already on our mailing list, call **459-7300** today to be sure to receive your copy!



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The Trius Touch

is a "stay in touch" newsletter published by the Trius Group of Companies. Trius has been in business since 1972. Our motto is, "The Customer is the Boss."

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Fredericton, NB E3B 5E3

E-mail
admin@triusgroup.com

Visit our Web site
www.triusgroup.com

Comments are welcomed.
Please ask for Cecilia or Nancy.

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Word Puzzle

Answers:

Three square meals a day, wise guys, think outside the box, dark circles under the eyes, one in a million, gross injustice, right between the eyes, neon lights, split second timing, scotch on the rocks, into thin air, line up in alphabetical order, four way stop, out of sorts, it's over between us


Well-known Couples:

Sleeping Beauty and Prince Charming, Rhett Butler and Scarlett O'Hara, Romeo and Juliette, Adam and Eve, Samson and Delilah, Cinderella and Prince Charming, Caesar and Cleopatra, Robin Hood and Maid Marion, Lucy and Ricky Ricardo, Boris and Natasha from the Rocky and Bullwinkle Show

DID YOU KNOW?

You burn more calories sleeping than you do watching TV.



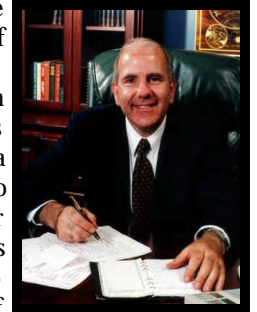
 The king of hearts is the only king without a moustache.

Answers (Valentine's Day):

1. Red roses
2. The Red Cross
3. Red-handed
4. Red-faced
5. Washington Red Skins
6. The Red Baron
7. Red tape
8. Red letter day
9. Red herring
10. Red Skelton
11. Rhode Island Red
12. Red-eye
13. Red Hot Mama
14. Red Buttons
15. Rudolph the Red Nosed Reindeer
16. Paint the town red
17. Red Rover

NOTE FROM THE PRESIDENT

For as long as I can remember, I have always enjoyed the challenge of business. My early ventures into the business world go back to my days on Charlotte Street with Koolaid stands (sometimes we used Freshie) and a paper route. I was fortunate enough to inherit one of the best Daily Gleaner routes in the city from my brothers Bobby and Reggie. I delivered 105 newspapers all within two blocks of my home. Delivery cost 30 cents a week then and we earned about 3/4 cent per paper - handy money for an industrious boy. More importantly, I learned about commitment, work ethic, money management and how to operate a business. As a bonus I got to meet and enjoy almost every resident in my neighbourhood.



Things were quite different in the 50s and 60s. Doors were rarely locked so I put the paper in the front hall and on collection day many customers would leave their money inside on a shelf or a windowsill for me to pick up. Sometimes I would have to use the door bell - 'new' ones were of the push button variety, otherwise you gave a twist to an old key-like handle to wind the bell mounted on the other side of the door. Though there are few of this vintage used today, they would surely be considered energy efficient!

It made me smile recently when Frank Johnston, one of my old Gleaner customers, pointed out that I have now come full circle, from delivering the papers then to collecting them in our recycle trucks today! My enthusiasm for business is as keen as ever.

My wife, Patricia, and I are Baby Boomers who, having always enjoyed our own home, have tired of the chores related to property care and maintenance. Two years ago we moved into a new townhouse. We enjoy the home and new surroundings, but mostly I enjoy the maintenance free living; no shoveling, no lawn mowing and no hedge trimming as this is all covered by a small monthly maintenance fee. It is a wonderful relief not having to worry about digging out of snow storms or city plows filling in the end of the driveway. This is not a new concept, but it is a new experience for me and I realized there may be many home owners who want the best of both worlds with maintenance-free home ownership.

Within our group of companies we have access to qualified technicians, plumbers, electricians, painters, carpenters and grounds keepers. We have vehicles, equipment and manpower at our disposal. With all these services and staff in place it only makes sense to offer this to the public, hence our newest business venture, Trius Home Maintenance.

Finding opportunities to provide good and valuable service is still enormously satisfying to me. My paper route days may be long since over, but with the pleasure I get from providing good business service, I'm still delivering!