



**ARK**  
AUTOMOTIVE

**BEPO MOTORS**  
02 9949 6242

# Not Just Mechanical

## FIRST EDITION

### Welcome to the first edition of ARK's new Newsletter.

Depending on what's happening, we hope to do this regularly. We feel it will be of value because our interest is about maintaining and repairing your cars and your interest is about using them and enjoying their benefits.

We hope to be able to bring you current issues, interesting articles and tips about cars and their use. We will also run a classified ads section for buying and selling cars. Recommendations from ARK will only be done based on our knowledge from servicing the car or checking it out thoroughly. We will also accept customer articles provided they are interesting and not controversial or political.

## ARK AUTOMOTIVE REMAINS OPEN

ARK Automotive is an essential service and open during COVID for;

- **Registration Checks**
- **Essential Maintenance as per log books**
- **Urgent repairs**

**All vehicles cleaned** at touch points, eg. Handles, gear shift, Steering wheel, switches etc., before and after cars are worked on.

**Masks required** while in premises and there is a **QR Code Attendance** registration.

Please **take your mask** with you when you leave your car with us (or put them in the centre console).

Can **pick up and drop off** your car if required (complimentary service).

Staff are required to stay home if showing symptoms of cold or flu.

Our staff have started their **COVID vaccinations** based on eligibility and availability and should be fully vaccinated soon.

## TIP OF THE MONTH:

Batteries are not getting a regular charge because car usage is well down and it is Winter. It is recommended you start & run your car several times a week for 15- 30 minutes, maybe a short run around the block then let it idle for a few minutes in the driveway.

Only do this in the open air & keep an eye on your temperature gauge. If your battery gets lazy, ARK can give it a good charge to top it up after checking its condition.



*We ask you to assist us to be a COVID-Safe Business by following guidelines regardless of your beliefs.*



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## COVID 'STAY-AT-HOME'

*As COVID 'Stay-at-Home' orders continues our frustrations can have an impact on our quality of life & mental health. There are many things you can do to help your mood or outlook on life & here are a few ideas from us at ARK:*

If we have Stay at Home there is probably no better place to be than on the Northern Beaches. We are very fortunate and should remember this!

Staying fit & healthy is essential to managing your mental health. It is a fact that exercise increases feel-good hormones like dopamine and serotonin. There are plenty of exercise programs around that you can use without the use of gym equipment.

*Google "exercise or workouts at home without equipment" where we found many options to choose from.*

Plan two possible short trips that you and your family can do once restrictions start to finish. Why two? Well I like to have two trips on the go so when I am on my current trip I already have another to look forward to. The discussion in the family about possible trips engages everyone. Having something to look forward to helps your mood.

Spend time in your own garden or balcony away from the TV or device. When the sun shines, cook on the BBQ. Plant some tomato seeds in a pot or garden bed. Getting out in the fresh air helps to balance your mood and direct sunlight can trigger your Vitamin D and biorhythms.

Source: <https://pubmed.ncbi.nlm.nih.gov/1888689/>



*Staying fit & healthy during lockdowns is essential to managing your well-being*

*We welcome a new mechanic to ARK Automotive, **Will Dickinson**. Will is also a motorcycle mechanic, if you have any bikes or scooters in your family. He has enjoyed the first few weeks of being here and we are pleased he has joined us.*