



Mission Statement  
To have the ultimate client experience ever.



## SPRING HAS SPRUNG



The season that many of us anticipate is here! The snow is finally gone and the warm weather has arrived. Manitoba camp reservations have also begun on April 8, 2024 so don't forget to book your campsites soon to secure your spot(s).

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With that said, we all know that with the melting of the snow also comes the reveal of all the potholes in our post-winter roads. Just a friendly reminder to check up on your vehicle's maintenance, whether that means replacing your brake pads, getting an oil change or booking an alignment check.

Winter is harsh on all kinds of parts and systems, and if you've found out after a battery test that it isn't at full voltage, it could be a problem with charging. The alternator or serpentine belt may not be in the greatest condition anymore, or the tension may not be enough due to a weak or seizing pulley or tensioner.

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**“Ultimate Car Care So You Can Have Safe and Breakdown Free Driving”**

# Spring Maintenance Checklist

## Get Battery Tested

At this point, the battery may be weaker than it was entering the winter season and it may not last through the stressful summer when loads from heater fans and the AC compressors are consistent.

## Check Ignition & Caps

Check your spark plugs and wires. Your ignition system works hard. Spark plugs fire millions of times, and inefficient spark plugs can cost you performance and fuel mileage. Check all your caps. Gas caps, radiator cap, brake fluids and more. Anywhere fluids are poured should be checked for a tight seal. This will keep out water and debris and keep your car running smoothly. Faulty components can make starting your car a game of chance, and can even cause a breakdown.

## Switch Back to All-Season Tires

Timing is everything ~ Once the temperature is consistently above 7 °C, it's time to switch back to all-seasons. Driving winter tires on dry pavement in warmer temperatures will wear them out faster, which means buying a new set sooner. Changes in temperature create fluctuations in air pressure; improperly inflated tires are a problem. Keep them at the proper levels for better gas mileage.

## Check Brakes

After the temperatures have reached bearable levels, examine the effects of the winter season on the vehicle. If the brakes look worn out or loose performance, have them replaced. If any unusual noises or sparks are coming from the brakes, have them inspected right away.



## Check Headlights

Make sure all your interior and exterior lights are working. For safe driving, ensure your headlights are aimed correctly.

## Check Filters

It's spring – your car deserves to breathe fresh air, too! Check the air filter and the cabin air filter.



## Check the Fluids

Spring car maintenance is a good time to double-check your vehicle's engine fluids more than once per year and ensure they're completely topped up. That includes *brake fluid, transmission fluid, power steering fluid, windshield washer fluid and radiator fluid.*

## Replace Wiper Blades?

New wiper blades can really increase visibility on rainy days. If your wipers are leaving streaks on your windshield, it may be time to get new wipers installed on your vehicle.



## Time for an Oil Change?

It used to be normal to change the oil every 3,000 miles, but with modern lubricants most engines today have recommended oil change intervals of *5,000 to 7,500 miles.* Moreover, if your car's engine requires full-synthetic motor oil, it might go as far as 15,000 miles between services!

## Check Exhaust System

Typically, a normal exhaust system will last anywhere from **two to three years.** However, it is important to check your exhaust system periodically for any damage.

## Check Cooling System

The cooling system should be maintained as follows: Regularly check the radiator, belts and hoses and have them replaced when they show signs of excessive wear or aging. Replace the drive belt (also known as the serpentine belt) before it breaks.

## Why is it important to perform Spring maintenance on vehicles?

After a long, cold winter, your car needs some TLC before you hit the road this spring and summer. Spring is the perfect time to bring your car into your local auto repair shop *to address the consequences of cold temperatures, icy conditions, road salt and sand before they become serious issues.*

## Upcoming Winnipeg Events



### Winnipeg Jets Games | Concerts | Other Events

<a href="#">Tues. Apr 16</a> 7PM,	Kraken @ Jets	<a href="#">Fri. Apr 26</a> 8PM,	Snake Oil	<a href="#">Thurs. May 23</a> 10AM,	Downtown Farmer's Market
<a href="#">Thurs. Apr 18</a> 7PM,	Canucks @ Jets	<a href="#">Tues. Apr 30</a> 9AM,		<a href="#">Wed. June 12</a> 10AM,	Winnipeg Career Fair
<a href="#">Wed. Apr 24</a> 7PM,	Tori Kelly	<a href="#">Tues. Apr 30</a> 7PM,	Metalworking &	& Training Expo Canada	
<a href="#">Thurs. Apr 25</a> 7PM,	Luke Bryan,		Manufacturing Expo		
Chayce Beckham & Tenille Arts			Matt Dusk		

## Braised Five Spice Beef

**Prep Time: 20 minutes Total Time: 2.5 Hours 4 Servings**

*For extra flavour, leave the braised beef in the sauce overnight in an airtight container in the fridge. Reheat the beef before slicing.*



**Ingredients:**

- |   |  |
|---|--|
| 3 star anise pods, 1 pc ginger peeled   | 2 1/2 lbs boneless beef shank, cut into 4 pieces |
| 6 fresh red Thai chilies, thinly sliced |  |
| 1 tbsp Sichuan peppercorns              | 1 cup light soy sauce, 1 1/2 tbsp sugar          |
| 2 bay leaves, 1 cinnamon stick          | 1/2 cup dark soy sauce & rice wine               |
| 12 cups water, more as needed (divided) | 8 garlic cloves, peeled and smashed              |

**Instructions:**

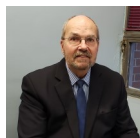
1. In a medium frying pan, combine the star anise, chilies, Sichuan peppercorns, bay leaves, cinnamon stick, and cardamom pod, if using. Toast over medium-high heat, stirring frequently, until fragrant, 2-3 minutes. Transfer the spices to a small plate and let cool. Place the spices in a spice bag. Set aside.
2. In a large pot, bring 6 cups of the water to a rapid boil over high heat. Add the beef and blanch for 4-5 minutes, until the scum has floated to the top. Drain the beef and rinse with cold water. Wipe the pot.
3. In the same pot, combine the light soy sauce, dark soy sauce, rice wine, garlic, ginger, sugar, the spice bag and the remaining 6 cups of water. Bring to a simmer over medium heat. Increase the heat to high, add the beef and bring to a boil. Reduce the heat to medium-low, cover with a lid, and simmer for 1 1/2-2 hours, until the beef is soft and can be pulled apart with a fork.
4. Remove from the heat. Discard the spice bag. Transfer the beef to a cutting board and cut crosswise into thin slices. Serve immediately on top of rice or noodles and drizzle with the broth.

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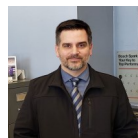
*Let's enjoy the warm weather to come, but safety first!*

*To book an appointment, call 204-783-5802.*

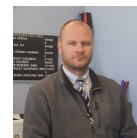
Warm Regards,



**Lance Reinheimer**  
President



**Julian Carlyle-Gordge**  
Shop Co-Ordinator



**Matt Skinner**  
Service/Pre-Owned  
Vehicle Sales

Lance Reinheimer

P.S. *Please drive safely!*



## Thank You for Your Referrals

Stephanie Rossi, was our 16th iPad winner, Congratulations! Stephanie. Draw number 17 is in the works. Thank you to all of you that have given Lanpro Auto Rreferrals thus far; it is very much appreciated.

- |                    |                    |          |
|--------------------|--------------------|----------|
| 1. Jordan Lanoway  | 5. Your name here? | 9. ????? |
| 2. Donna Chambers  | 6. ?????           | 10.????  |
| 3. Terry Van Damme | 7. ?????           |          |
| 4. ?????           | 8. ?????           |          |

## On The Lighter Side

"Ultimate Car Care"

Q. What is a flower's favorite kind of pickle?  
A. A daffo-dill!

Q. Why are frogs so happy?  
A. They eat whatever bugs them!

Q. Why do golfers wear two pairs of pants?  
A. In case they get a hole in one!

Q. What season is best to go on a trampoline?  
A. **SPRING TIME!**

Q. What goes up when the rain goes down?  
A. Umbrellas!

Q. How did the bee brush his hair?  
A. With a honeycomb!

Q. What kind of flower should a boy give his mom for Mother's Day?  
A. A son-flower!

Q. What kind of garden does a baker have?  
A. A flour garden!

Q. How do you know flowers are friendly?  
A. They always have new buds!

Q. What's a tree's favorite drink?  
A. Root beer!

Q. What falls but never gets hurt?  
A. The rain!

Q. What do you call a rabbit with flees?  
A. Bugs Bunny!

Q. Where did the egg go for Spring break?  
A. New York City!

Q. What kind of bird should you never let into a jewelry store?  
A. A Robin!

Q. Why did the Spring breakers miss their flight?  
A. They had no Spring in their step!

My husband and I had a disagreement about whose turn it was to do the laundry.  
*In the end, he threw in the towel.*

Q. WHAT TRAVELED AROUND THE WORLD OVER SPRING BREAK BUT STAYED IN ONE PLACE?  
A. A STAMP!

Knock Knock!  
Whose there?  
Bean  
Bean who?  
Bean a long time since Spring was here!

Sudoku (Extra Hard)

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

Check out our website: [www.lanproauto.com](http://www.lanproauto.com) Email: [lanpro@mymts.net](mailto:lanpro@mymts.net)

HOURS: MONDAY - FRIDAY 7:30AM - 5:30PM  
CLOSED: SATURDAY & SUNDAY