



ISSUE 48

OWNED & OPERATED BY LANCE REINHEIMER

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1870 ELLICE AVENUE, WINNIPEG, MB R3H 0B9 PHONE: 204-783-5802



Mission Statement

To have the ultimate client experience ever.

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Valentine's Day

Don't forget to give your spouse an extra big hug and Kiss on the 14th.

Don't pass up the chance to remember your parents also. As you get older, time flies by so quickly and before you know it they won't be here with us anymore.

Well, we've got the worst part of winter beat, and so far it's been pretty good. But that doesn't mean it's easy on your vehicle. Remember your engine starts at -25 C and then operates at 100 C, that's a huge swing in temperatures, which causes a lot of expansion and contraction. The worst part about it is that we do a lot o short trips which creates condensation and the engine doesn't get hot enough to get rid of the moisture. What this all means is you need to ... continued on page 3

Employee Profile



Sixiang (Jackie) Lin Technician

Started at Lanpro: May 2017

Automotive Experience prior to Lanpro: 1 1/2 years.

Education: High School-Qingdao, Shandong, China June 2014, Automotive-Centennial College, Toronto, Ont. 2014-2016

Interests/Hobbies: Playing basketball & video games, reading & watching movies.

"Ultimate Service So You Can Have Safe and Breakdown Free Driving"

5 Surprising Ways You May Be Hurting Your Car



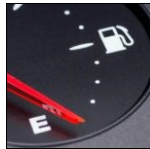
You're driving down the highway when you notice the gas needle creeping toward empty. Do you pull off at the next rest stop, or do you push your luck and see how far you can go?

If you're a fan of "gas-gauge chicken," consider this: It may actually be damaging your car.

True, modern cars are more dependable than their predecessors, but some common behaviors can put unnecessary wear and tear on a vehicle. "A car is an investment," says Richard Reina, product training director at CARiD.com. So not only should you perform regular maintenance he says, but you should also avoid the following.

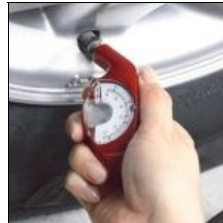
Keeping The Tank Near Empty

Reina says he used to run his fuel tank down near empty before he learned how much it was damaging his fuel pump, an electric tool designed to remain immersed in the car's fuel. When gas runs very low, the fuel pump can be exposed and begin to overheat. It cools again when the tank is full, but over time, that cycle of cooling and heating can cause damage. "I try to refill my tank when I get to one quarter or one eighth of a tank, to extend the fuel pump's life," he says.



Letting Your Tires Get Low

Each new vehicle today must, by law, have a Tire Pressure Monitoring System (TPMS), which alerts the driver when one of the tires gets low. Some drivers assume they don't have to check their tires unless the TPMS light goes on. But



this is a mistake, says Reina. Before the threshold for the TPMS is even reached, driving with an underinflated tire can affect your vehicle's performance. "Even being a few pounds off," says Reina, "can affect your fuel economy, as well as how the car handles and brakes."

Shifting Abruptly From Reverse To Drive

Have you ever noticed the way your car lurches when you shift from reverse to drive without coming to a complete stop? This abrupt change in direction puts unnecessary strain on your transmission and driveline components, and it can cause that uncomfortable shudder. If you're not in the habit of coming to a complete stop before changing gears, give it a try—your transmission will thank you.

Ignoring Your Windshield Wipers

Failing to change your wiper blades can result in diminished performance and even in scratched windshields, which in inclement weather can pose serious safety risks due to distorted visibility. "I recommend changing your wiper blades once a year," says Reina. "Just before winter, when you want the blades to really clean the windshield well." Consider changing them sooner if your car usually sits outside, or if you live in a warm climate.



Forgetting The Parking Brake

"With automatic transmission cars," says Reina, "people presume that they don't need the parking brake." But that isn't so. Putting the car in park engages the parking pawl, a small metal pin that disengages the transmission's output. This can put (literally) tons of weight on that little metal pin, especially on an incline—an unintended distribution of pressure that can cause premature wear on the pawl. The job of the parking brake is to immobilize the wheels, easing the burden while also providing a measure of protection for the pawl.

Up Coming Winnipeg Events



1. **Winnipeg Jets Home Games:** Sunday, Feb. 16, 7:30 pm vs Blackhawks. Tuesday, Feb. 18, 7pm vs Kings. Thursday, Feb. 27, 7pm vs Capitals. Tuesday, Mar. 3, 7pm vs Sabres. Friday, Mar. 6, 7pm vs Golden Knights. Monday, Mar. 9, 7pm vs Canucks. Coyotes. Tuesday, Mar. 17, 7pm vs Panthers. Friday Mar. 20, 7pm vs Wild. Friday, Mar. 27, 7pm vs Avalanche. Sunday, Mar. 29, 2pm vs Golden Knights.
2. **Festival Du Voyageur:** February 14 – 23rd. Includes children's entertainment, Indigenous programming, snow sculptures, maple taffee and horse sleigh rides.
3. **Winnipeg Scavenger Hunt: Winnipeg Cenotaph,** February 8 to June 7. Sign up for a Winnipeg scavenger hunt and put on your best Nick Cage impression as you seek out the national treasures hidden in Winnipeg
4. **James Webb: Prayer: Winnipeg Art Gallery,** February 8 to May 3. The work consists of recordings of prayer from individuals who belong to dozens of faiths and spiritual affinities. It's Interactive.
5. **Snowshoe Club: Fort Whyte Alive,** February 8 to February 29th. Explore the trails and lakes of Fort Whyte Alive by snowshoe, guided by a volunteer interpreter and search for animal tracks and wildlife along the way.

Garlic Cheddar Biscuits

Prep Time - 15 minutes

Cook Time - 15 minutes

Total Time - 30 minutes

Makes 12

These Garlic Cheddar Biscuits are quick and easy to make, delicious!

Ingredients

2 cups flour
2 TBSP baking powder
1/2 TSP cream of tartar
1/2 TSP sugar
1/2 TSP salt
1/2 Cup cold butter-cubed

1 cup shredded cheddar cheese
1/3 cup chopped green onions
1 cup milk

Topping - Mix together

2-3 TBSP butter melted
1 clove garlic minced or 1/2 tsp garlic powder
1 TBSP fresh chopped parsley (optional)



Instructions:

1. Preheat oven to 450 degrees F.
2. In a large bowl, combine flour, baking powder, cream of tartar, sugar, salt & butter. Mix till crumbly.
3. Add shredded cheese and onions, mix well. Add milk slowly till mixed, should be sticky but not runny.
4. Drop by spoonful's onto parchment lined cookie sheets. Brush tops of biscuits with half the butter/garlic mixture.
5. Bake 12 minutes, then brush on remaining butter mixture and continue baking another 2-3 minutes, till golden.

.....continued from page 1

change your oil sooner than later.

Till the end of March, get a **\$10.00 Tim Hortons gift card**, when you have an **Oil and Filter change** done. Even better yet for your vehicle, do a Winter Tune/Check Up, making sure you have safe and breakdown free winter driving.

Congratulations to Ryan Bembridge in our latest draw for an iPad. I really appreciate everyone for referring people to us. It helps us out immensely!

Once again, Thank You for your loyalty. It means a lot to me.

Warmly,

Lance Reinheimer
President



Thank You for Your Referrals

Along with the Gift Certificates they have received, all were entered to win an iPad. (1 in 10 chance to win). Best of luck next time!

- | | |
|-------------------|--------------------|
| 1. Kyle Radford | 6. Garry Hebert |
| 2. Ed Zwinger | 7. Cheryl Rayter |
| 3. Stephen Barber | 8. Wayne Arnould |
| 4. Ken Depoe | 9. Jaskaran Singh |
| 5. Lori Armstrong | 10. Ryan Bembridge |



Ryan Bembridge was our most recent winner of the iPad draw. Congratulations Ryan.! Enjoy the iPad!

On The Lighter Side

FUNNIEST WEDDING JOKES

Q. Why does a man twist his wedding ring on this finger?

A. He's trying to figure out the combination.



Ah, marriage. I was standing in front of the bathroom mirror one evening admiring my reflection, when I posed this question to my wife of 30 years: "Will you still love me when I'm old, fat & balding?" She answered "I do."

A couple are sitting in their living room, sipping wine. Out of the blue, the wife says, "I love you" Is that you or the wine talking? asks the husband. "It's me," says the wife. "talking to the wine"

A husband & wife had been married for 60 years & had no secrets except for one: The woman kept in her closet a shoe box that she forbade her husband from ever opening. But when she was on her deathbed-& with her blessing-he opened the box & found a crocheted doll & \$95,000 in cash.

"My mother told me that the secret to a happy marriage was to never argue," she explained. "instead, I should keep quiet & crochet a doll."

Her husband was touched. Only one doll was in the box-that meant she'd been angry with him only once in 60 years. "But what about the money?" he asked. "Oh," she said, "that's the money I made from selling the dolls."

JOKES OF THE DAY



What happens to a frog's car when it breaks down?

It gets toad away!

My friend told me he had the body of a Greek god. I had to explain to him that Buddha is not Greek!

Politicians & diapers have one thing in common: they should both be changed regularly..... and for the same reason.

Q. How do you make a tissue dance?

A. Put a little boogie in it!



He's a few dollars short of a paycheck.

Ohio man Michael Harrell slipped bank teller name & address during robbery!

A knucklehead Ohio bank robber slipped a teller a hold-up note -with his name and address scrawled on it, officials said.

Michael Harrell, 54, entered a U S Bank branch in Cleveland on Monday and passed the not-so-discreet note, the FBI said.

"When the teller took the note, and looked at the other side, she saw his name, he had used a note that he had used earlier at the Ohio Bureau of Motor Vehicles, and it had his name on it," FBI Special Agent Vicki Anderson told the news station.

The teller reportedly complied with his demand & handed Harrell \$206 before calling the authorities.

"She actually even referred to him as Michael. Gave him the money and called him Michael and then notified law enforcement."

Anderson said.

Harrell, who was a frequent customer, has been arrested in the robbery.

Sudoku (Hard)

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

Check out our website: www.lanproauto.com Email: lanpro@mts.net

HOURS: MONDAY - FRIDAY 7:30AM - 5:30PM

*SATURDAY 8:00AM - NOON *CLOSED LONG WEEKENDS