



ISSUE 60

OWNED & OPERATED BY LANCE REINHEIMER

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Mission Statement

To have the ultimate client experience ever.

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Half the Summer is Gone!

It's hard to believe that half the summer is almost over. The one thing though, it sure has been warm. We sure do need rain. It's been a long time since it's been this hot. The best part is, no mosquitos, except at the lake (Ingolf), which has been the same, hot and dry, but there's been a crazy amount of mosquitos. Everyone is baffled as to where they have come from. As soon as the day starts cooling off they come our and make it impossible to sit out and enjoy the evening. But it is still better than having snow!! Enjoy the summer while you can.

The homeless in Winnipeg desperately need our help. I am still trying to go out as often as we can, butcontinued on page 3

Scott Reinheimer Licenced Technician



When we had our second child last spring, we realized our house was getting a bit too small for our family. We knew we wanted to move outside the city. We purchased a 2.2 acre property just outside the city, & moved out there last fall. I ended up getting a small tractor for the new house knowing we would have some projects to get done. So far we built a play structure for the kids, a giant sandbox and put up a pool. The tractor sure makes it easier moving around sand and gravel. Our oldest likes to help drive the tractor, mowing the lawn and hauling dirt and sand.



"Ultimate Car Care So You Can Have Safe and Breakdown Free Driving"

What You Should Know About BRAKE SERVICE

Bad stuff happens when you don't drive.

As we are well past the one year mark of this pandemic, it is important to note that in the area of automotive service, vehicles are designed to move. Extended periods of sitting can lead to all manner of negative impacts.

In the area of brake service in particular, a continued lack of driving can be particularly concerning.

Corrosion

Number one on the list has to be corrosion. While rust is a common factor in a brakes systems life (take ferrous metals like those used in a rotor and our mostly salty Canadian winters, and you're going to get some rust), under normal circumstances rust on a braking surface will be wiped clean before it has much of a chance to take hold. An extended period of sitting idle can allow rust to really build up on that braking surface. Too much rust there, and the brake pad will not be able to clean it up, which can lead to significant loss of braking performance.

Automotive service professionals may be able to do some cleanup during service, but it is also possible that the better option might be to replace the brake rotors and pads entirely.

Parking brake

It may come as a surprise to many that leaving the parking brake engaged for an extended period of time could actually cause problems of its own. If a car is parked for weeks or even months, you may find that a mechanically driven parking brake will remain fused to the brake rotor it is acting on, even



when the parking brake is released.

The parking brake, which (in the case of disc brakes) is actually just a very small brake pad, can actually adhere to the brake rotor. Also, the long braided steel cable that connects to the parking brake inside the car can become corroded and bind to the protective sleeve it runs through. In either case, releasing the parking brake from inside the vehicle may not actually release the parking break from the rotor or drum.

If this is the case, an extended period of driving can actually do quite a bit of damage to both-it's like driving with the brakes on (which in essence is exactly what it is).

Brake Fluid

As automatic service professionals know, brake fluid is hygroscopic. This means that it has a tendency to attract and absorb water. While a very small amount of water in brake fluid can be accommodated, any significant accumulation is very bad for the systems that it comes into contact with, and can lead to critical system failure in an emergency braking event.

Water, of course boils at 100 C (212F).

Depending on the rating (DOT 3, 4 or 5), new brake fluid has a "dry" boiling point between 401F and 500F. After it has been in a brake system for a while and has absorbed water, that boiling point drops to between 284F and 356F. (That may seem pretty hot, but a typical brake system can exceed this temperature.) Once brake fluid boils it stops applying pressure to the brake pads and you lose all braking.

Animal Damage

For reasons best known only to themselves, some animals are attracted to brake lines.

While this can occur from time to time under normal driving circumstances, extended periods of disuse can provide even greater opportunities for your local wildlife to tuck in. You don't need to be a professional automotive technician to understand that chewing through a brake line is not going to lead to a safe operating situation. There is, of course, very little you can do to prevent this from occurring, but a regimen of regular usage can help.

And in many cases it's a good idea to drive easily and carefully, checking the function of your brakes when heading out on the road after the vehicle has been sitting, particularly for a long period of time.

There are certainly many components and systems on a vehicle that are wear-dependent, but as noted at the outset, advising customers to take their car out periodically for a spin will be very useful to keep components lubricated, help drive out moisture that can cause corrosion, and remove light surface corrosion from friction surfaces.

Helping the Homeless Update

We've given out 900 cheeseburgers, 700 drinks, 400 pairs of socks, and 350 boxers, besides the winter items.

The cost of doing this has been a lot.



I'm hoping to keep doing this, but I can't without your help. You don't get a tax receipt but I can guarantee

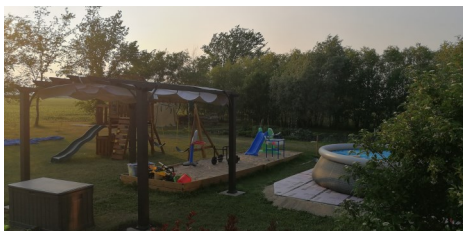
every \$ goes to helping the homeless.

To help, either drop off your donations at the shop or contact me at lance@lanproauto.com.

Those of you that have donated previously, I can't thank you enough & many of the homeless have asked me to make sure you know how much they appreciate it.

Scott can't from page 1....

Both of the kids love having more space to run around now.



My wife, Michelle has done an amazing job on the front garden.

And we always have a great view of the Manitoba sunsets.



Italian Meatloaf

Prep. Time: 10 minutes

Cook Time: 50 minutes

Total time: 1 hour

Ingredients 5 Servings

1 lb ground beef (lean)	1/2 tsp basil
1\2 lb mild Italian sausage	1/2 tsp parsley
1 onion, finely chopped	2 eggs, beaten
1 bell pepper, finely chopped	1/2 cup panko bread crumbs
1tsp olive oil	1/2 cup Italian breads crumbs
1 tsp Worcestershire sauce	1/4 cup milk
1 tbspc minced garlic	1 cup shredded mozzarella cheese
1/2 tsp oregano	1/4 cup parmesan cheese
	3/4 cup shredded mozzarella , for topping

Instructions:

1. In small skillet, over medium heat, add olive oil, onion and pepper and saute for 3-4 minutes, till onions are translucent, Set aside to cool.
2. In large bowl, add beef, sausage, onion mixture, seasonings, eggs, milk, cheese, bread crumbs, & panko. Mix well.
3. Spray loaf pan with non-stick cooking spray. Place meatloaf mixture into pan, press to evenly distribute.
4. Cook in 400F oven for 50 minutes.
5. Remove, top with remaining cheese and sprinkle a little dry basil over top. Return to oven 10 more minutes.



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the cost has become overwhelming. If you can help -any amount- contact me at lance@lanproauto.com or drop off the donations at the shop. Thanking you in advance. We can make a difference.

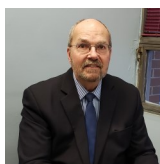
Your car and being mid-summer, don't get fooled into thinking you don't need to do maintenance because it's warmer. Don't keep putting it off and have it leave you sitting on the side of the road.

Check out the insert to help you out.

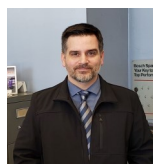
For an appointment call 204-783-5802.

Warmly,

Lance Reinheimer
President



Julian Carlyle-Gordge
Shop Co-Ordinator



Matt Skinner
Service/Pre-Owned
Vehicle Sales

P.S. Drop your donation off at Lanpro or contact me at lance@lanproauto.com

P.P.S. Did you check out the savings insert?

Thank You for Your Referrals

I just drew for our 10th iPad winner. Congratulations to Vick Sturtridge!!! Thank you to all of you that have given Lanpro referrals, it is very much appreciated.

- | | | |
|---------------------|----------------------|-----------------------|
| 1. Andrew Robertson | 5. Will your name be | 8. ?????? |
| 2. Mel Marsh | here? | 9. ?????? |
| 3. Marcel Hebert | 6. ?????? | 10. Win the next iPad |
| 4. ?????? | 7. We need your help | |



On The Lighter Side

SUMMER JOKES

Q. What does Cinderella usually wear to the beach?
A. Glass Flippers!

Q. How does the ocean floor stay well-informed on the news?

A. By following current events!

Q. What crashes onto the shore on tiny beaches?

A. Microwaves!

Q. Why do bananas like to use sunscreen?

A. Because they peel!

Q. Where do ghosts love to go on a vacation?

A. Lake Eerie!

Q. You wanna know why mountains are the funniest place to go on vacation?

A. Because they are hill-airious!

Q. Where do ghosts usually go for a swim?

A. The Dead Sea!

Q. Where do cows go on summer vacation?

A. To the moo-vies!

Q. What will you get when you throw a lot of books into the ocean?

A. A title wave!



"You'll have to get behind me and push."

Q. What does a shark like to eat for dinner?

A. Fish and ships!

Q. What's the latest summer pirate movie rated?

A. It's rated ARRRR!

Q. WHAT'S BROWN, HAIRY AND WEARS SUN-GLASSES?

A. A COCONUT ON VACATION!

Q. What do ghosts love to eat in summer?

A. I Scream!

Q. Why do elephants keep getting kicked out of the pool?

A. They keep dropping their trunks!

Q. What do you get when you combine an elephant with a fish?

A. Swimming trunks!

Q. Why can't basketball players go on a nice vacation?

A. They would get called for travelling!

Q. WHAT ARE FROGS' FAVORITE DRINK ON A HOT SUMMER DAY?

A. CROAK-O-COLA!

Sudoku (Hard)

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

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