

LANPRO

AUTO CARE CENTRE LTD.

ISSUE 70

OWNED & OPERATED BY LANCE REINHEIMER

JULY 2022

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



Mission Statement
To have the ultimate client experience ever.

Inside this issue:

Road Trip Preparations	2
Winnipeg Events	2
Recipe	3
IPad Winner	3
On the Lighter Side	4
Sudoku	4
Hours	4



Summer Holidays

The weather this year has been unreal, something has really annoyed Mother Nature, and she's really giving it to us.

The lakes in the Whiteshell are finally getting down to a more normal level. Go out and enjoy the beauty of our Manitoba lakes and countryside.

I finally was lucky enough to find a pontoon boat in great condition. It has everything we wanted in one, the seating arrangement, the size of the motor, non carpeted flooring, the overall condition, and one bonus barbeque (when we tried it out it was more fun than we expected).



Our helping the homeless is really struggling due to the cost. We've also decided to increase the amount of cheeseburgers and drinks from 100 to 125. This increases our costs even more. So if you can help out with a donation either e-transfer the money to lreinheimer@mymts.net or drop it off at the shop. Thanking you in advance, remember no amount is to large or too small, and every dollar goes to helping the homeless. All of you that have donated previously, pat yourself on the back knowing you've made their lives a little easier and made a lot of them smile.



Is your vehicle ready for your summer vacation or day trip? A misconception is that because it's warm out you don't need to look after or do regular maintenance. It is as criticalcon't on page 3

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

A Checklist To Prepare Your Car For A Long Road Trip

Road trips are a great way to explore some new places you've never seen before. Before you set off on a tri, its always a good idea to prep your car for te adventure so you don't hit any snags or run into any problems on the road.

Check your tires

Have a look at your tire pressure and make sure it matches up with the guide-lines set out in your owners manual. Check the wheels for any bulges or cracks and examine the condition of the tire tread.

Test your lights

Have a look around the front and rear of the car. Are your headlights, blinkers, brake lights, hazard lights and reverse lights all in working order? Are any of the lights cracked or burnt out?

Get a tune-up for your car

If your car hasn't been in the shop for a while, spending the money for a tune-up before you set out on the road could save you from having to shell out for a major repair while on vacation. Your technician can check all the essential fluids and filters (oil, transmission fluid, antifreeze, coolant, radiator coolant, brake fluid, windshield washer fluid and power steering fluid) to see if they need to be changed or topped up. They'll also look to see if any hoses or belts need to be replaced. The best time to



take your car in is at least two weeks before your road trip - that way if the technician finds any major issues, you'll still have time to fix them.

Test your brakes

Listen carefully to your brakes to spot any squeaking or scraping sounds. Is there a burning smell or do your pedals go all the way to the floor? This probably means it is time to replace the brake pads and give the area a good check-up. Have a brake inspection done if it's been a year or more.

Check the A/C

If you're taking off on a road trip this summer, test it out to see if it's still running properly and pumping out cold air.

Plan ahead, renew all your documents

Review the expiration date on your licence plate sticker, on your insurance, your passport and on your drivers licence.

Pack the essentials

Make a list of what you need for the trip. Consider packing road maps for emergencies, hotel information, spare phone charger for the car and to plug into a socket, music, travel games, snacks, and beverages. Have a look at your emergency roadside kit to make sure it's up-to-date.

Make a schedule

Figure out what times you'll be driving and when you need to pull off the road to find lodging, fuel, food or to take a nap. Don't plan to drive an extended amount of time without sleep-alternate drivers to make sure everyone gets a rest.

Clean your car

Stop by the car wash so you can set off on the trip with a shiny, clean car both inside and out.

Upcoming Winnipeg Events



1. **Manitoba Museum** - All attractions + Ultimate Dinosaurs
Open daily 11am - 5pm. 190 Rupert Ave. 204-956-2830
2. **Folklorama - July 31-August 13**, the worlds largest and longest running multicultural festival of its kind returns. Plan your pavilion-hopping journey around Winnipeg.
3. **Downtown Farmers Market** – City Place, 333 St Mary Ave. Every Thursday during summer months, and every second Thursday during winter months. Find fresh and local vegetables, baking, preserves, meat, crafts, jewelry and other food and artisan items at this Farmers Market in the heart of downtown. Visit website for more info.

Slow Cooker Barbacoa Beef

Prep. Time: 10 minutes Total Time: 6-8 hours Makes 8 servings

Ingredients:

- | | | |
|--|-------------------------|--------------------------|
| 4 lbs beef brisket or beef chuck roast | 4 TSP minced garlic | 1/4 cup fresh lime juice |
| 2 TBSP vegetable oil | 1 1/2 TBSP ground cumin | 1/2 TSP pepper |
| 3-4 chipotle chilis in adobo | 1 TBSP dried oregano | 1 TSP salt or to taste |
| 1 1/4 cups beef broth | 1/4 TSP ground cloves | |

Instructions:

1. Cut the beef into large cube. In a large skillet, over medium high heat, add the vegetable oil and sear the beef on each side. Transfer to your slow cooker
2. In a food processor, add adobo chilis, beef broth, garlic, cumin, oregano, salt and pepper, cloves and lime juice. Pulse until blended and pour over meat
3. Cook on low for 8-9 hours or high for 6 hours. Shred the meat with two forks and turn crock pot to warm. Serve with your favorite topping, such as lettuce, tomatoes, avocados, cilantro and radishes.

There are so many options for enjoying this beef barbacoa recipe. Stuff your barbacoa in a taco or burrito, fill a bowl or a wrap or add it to any salad or nacho. It is that simple and makes a complete meal within minutes.



.....continued from page 1

if not more critical than in the winter. The heat puts a strain on everything. You have you're A/C on full blast along with your blower motor which makes not only the A/C components work hard but also your alternator. These parts along with you cooling system work to their max.

Did you know conventional oil actually boils off in the heat (that is one of the many advantages of synthetic oil), so make sure you check your oil level before heading out on the highway.

The best is to have a Pre-vacation/summer tune check-up done so you can have a safe and breakdown free trip.

Doing a fuel tune-up will help increase your fuel milage.

For an appointment call [204-783-5802](tel:204-783-5802).

Warmly

Lance Reinheimer
President



Julian Carlyle-Gordge
Shop Co-Ordinator



Matt Skinner
Service/Pre-Owned
Vehicle Sales



P.S. **Donations for the homeless** lreinheimer@mymts.net, or drop it off at the shop. **THANK YOU, THANK YOU, THANK YOU!!!**

Thank You for Your Referrals



One in 10 chance of winning. Our 12th draw was in April. Congratulations to Don Michon. We are now working up to lucky 13th draw. Thank you to all of you that have given Lanpro referrals, it is very much appreciated.

- | | | |
|--------------------|-----------------------|--------------------|
| 1. Miriam Mort | 5. ????? | 9. Your name here? |
| 2. Luke Loewen | 6. Your name? | 10. ????? |
| 3. John Graham | 7. Could this be you? | |
| 4. Your name here? | 8. ????? | |

On The Lighter Side

“Ultimate Car Care”

Q. What is brown, hairy and wears sunglasses?
A. A coconut on vacation!

Q. Why can't you be friends with a squirrel?
A. They drive everyone nuts?



Q. What did the reporter say to the ice cream?
A. What's the scoop!

Q. What did the pig say at the beach on a hot summers day?



A. I'm bacon !!!

Q. What do whales like to put on their toast?
A. Jellyfish !

Q. What is black and white and red all over?
A. A zebra with sunburn !

Q. Have you heard of the garlic diet?
A. You don't lose much weight, but from a distance your friends think you look thinner!

Q. What do you call seagulls that live near the bay?
A. Bagels !



Q. Where do you learn how to make ice cream?
A. At Sundae School !

Q. How do you prevent a summer cold?
A. Catch it in the winter !

Q. What do snowmen do in summer?
A. Chillout !

Q. What does the sun drink out of?
A. Sunglasses!



Q. Why do fish swim in saltwater?
A. Because pepper makes them sneeze!

Q. WHY DO BANANAS USE SUN SCREEN?
A. SO THEY DON'T PEEL!

Q. How do teddy bears keep their den cool in summer?
A. They use bear conditioning!



Q. WHAT DID THE BEACH SAY TO THE TIDE WHEN IT CAME IN?
A. LONG TIME, NO SEA!

Q. What kind of shoes can fit a lot of feet in them?
A. Vans !



Sudoku (Hard)

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