



ISSUE 71

OWNED & OPERATED BY LANCE REINHEIMER

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Mission Statement
To have the ultimate client experience ever.



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Mid-August

Why is it winters seem to drag on forever and our summers zip by? The days are getting shorter and it won't be long before that white stuff flies again.

I guess the bottom line is, get out and enjoy our beautiful lakes and scenery while the nice weather is still here.



With helping the homeless, it looks like we will have to discontinue doing it as the help has dwindled to just about nothing. To all of you that have donated money, pat yourselves on the back (many of you have donated multiple times), for helping out many needy people. We made a lot of homeless peoples' day a little easier and brighter.



We gave out 1,700 cheeseburgers & drinks, 842 pairs of socks, 728 boxers/ pants, 85 toques, 67 hats, 28 scarves, 3 slippers, 75 pairs of finger mitts, 70 neck warmers and 3 afghans. In total, about

\$10,000.00 worth of items.

The only way I can keep it going is if there is an influx of donations.

Mid summer maintenance -on the second page of this newsletter you will see an article about fuel Tune-ups and Engine Oil Flushes. These are not gimmicks, ...con't on page 3

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

Fuel System Problems - Deposit Build Up

“Fuel & air intake system deposits interrupt the proper flow & cause an incorrect fuel/air ratio. A computer controlled systems will try adjusting the fuel/air ratio mixture by providing extra fuel. This often results in higher tail pipe emissions & poor fuel economy.”

Air Intake Passages

Deposits around the throttle plate keep the plate from seating completely at idle. This causes rough idle, stalling, stumbling, & hesitation.

Combustion Chamber & Intake Valves

Deposits in the intake manifold ports & on the intake valves absorb the fuel before it can get to the combustion chamber. A lean fuel condition will occur, causing hesitation, stumbling, and stalling. This will also cause the computer to signal the injectors to stay on for a longer time. The excess fuel will boil & leave more deposits. “A vicious cycle”, unless the system is cleaned and kept clean.



Carbon deposits

Fuel Injectors

The formation of deposits on injector pintles can be a serious problem to motorists. Poor performance can be rough idle, decrease in engine power, hard starting, poor drivability, stalling, increased emissions, and poor fuel economy.

Gas Tank & Fuel Lines

Gasoline is not a pure substance after refining & may contain tars, gums, & varnish, & still meet standards even though it appears clear to the eye. Fuels that meet all the standards required will still contribute to drivability problems in the formation of fuel & air system deposits.

Carbon Deposits

Carbon deposits on the intake valves develop on the intake manifold side of the valve between the face & the stem. Mainly these carbon deposits are of 2



Carbon deposits

types: heavy-thick (carbonaceous, usually oily deposits) & light-thin (uniformly coated, sponge-like deposits).

Intake valves are designed to cause a swirl when the air flows into the cylinder. This swirl action allows the air/fuel mixture to spread evenly throughout the cylinder, resulting in a cleaner burn.

Heavy deposits cause disruption in the air flow into the combustion chamber & loss of compression resulting in misfire.

This intake valve deposits cause performance losses at coldstart & warm up. These thin type deposits act like sponges absorbing the fuel that is to go into the cylinder. This causes a lean condition in that cylinder resulting in poor combustion. NOTE: Not all cylinders are affected with the same amount of carbon & so each intake valve absorbs a different amount of fuel.

Combustion Chamber

Carbon deposits also form in the combustion chamber, causing 2 problems. First, they increase the compression ratio of the engine because of the space they occupy. This increases the octane requirement of the engine resulting in **knock**. Secondly, carbon deposits form **hot spots**. These hot spots ignite the mixture in the cylinder before the spark plug fires, resulting in an uncontrolled explosion. This can cause **preignition** which is very damaging to the piston & engine also resulting in energy loss.

Piston Rings

There are 3 or 4 rings on each piston, the top 2 are compression rings & the bottom ring(s) is/are control ring(s). The

compression rings must seal the piston & cylinder wall as best as possible to minimize blow-by during combustion. The oil control ring scrapes surplus oil from the cylinder wall to prevent excessive oil burning. These rings sit in grooves that are machined near the top of the piston, each ring has its own groove. There is a constant oil film on the cylinder wall & in the ring groove on the piston. Because this is one of the hottest areas inside an engine, the oil can burn & oxidize in these grooves, leaving deposits. These deposits interfere with the proper movement of the rings causing increased blowby & increase in oil burning.

Fuel Tune-Ups should be done once a year as a maintenance item to help get rid of carbon deposits.

Engine Oil Flushes

How Deposits & Sludge Form Inside an Engine

If it did its job, your engine's performance will return to the heady days of its youth, when it delivered maximum power & efficiency.

Over time, however, harmful deposits & sludge may have accumulated, causing power & performance loss. Deposits & sludge can form for several reasons, including...

- Frequent short trips that don't allow the oil to fully warm up & evaporate moisture.
- Ingestion of dirt.
- Fuel dilution
- High heat breaking down the oil.

As it settles, sludge can clog narrow oil passages or the screen on the oil pickup tube, restricting oil flow to vital parts, especially the upper valve train. Deposits can cause the rings to stick, reducing engine compression and horsepower.

Engine Oil Flushes should be done at least once a year to help clean the engine oil system.

Better than Takeout Shrimp Fried Rice

Prep. Time: 20 minutes

Cook Time: 20 minutes

Total Time: 20 minutes

**Makes 8 servings
129 cal.**

Ingredients:

- | | |
|--------------------------------|-------------------------------------|
| 1 lb shrimp, peeled & deveined | 1 cup frozen peas & carrots, thawed |
| 1 TBSP vegetable oil | 3 eggs, lightly beaten |
| 2 TBSP sesame oil, divided | 2-3 TBSP soy sauce |
| 3 cups cooked rice, cold | 2 TBSP chopped green onion |
| 1 onion, chopped | |



Instructions:

1. Heat large skillet or wok to medium heat, add vegetable oil, 1 TBSP sesame oil & shrimp. Season with salt & pepper, cook for 2-3 minutes. Remove shrimp and set aside.
2. Add white onion and peas and carrots and fry until tender. Slide the onion, peas and carrots to the side, and pour the beaten eggs onto the other side.
3. Using a spatula scramble the eggs. Once cooked, mix the eggs with the vegetable mix.
4. Add the rice and shrimp to the veggie and egg mixture. Pour the soy sauce and 1 Tablespoons sesame oil on top. Stir and fry the rice and mixture until heated through and combined. Add chopped green onions if desired.

.....continued from page 1

but important maintenance items which will help your vehicles engine to last longer and perform better.

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. For donations for the homeless- either E-transfer lreinheimer@mymts.net or drop it off at the shop. If a small response, your money will be returned.

Upcoming Winnipeg Events



1. **Gardens at The Leaf** - are located in the south-east corner of Assiniboine Park & are comprised of 6 unique spaces to explore. The Indigenous Peoples Garden, Kitchen Garden, Seasonal Garden, Sensory Garden, Performance Garden and the Grove. Each garden offers a new surprise.
2. **WAG-Qaumajug** - houses the worlds largest public collection of contemporary Inuit art as well as extensive collections of fine art, decorative arts and photography. Winnipeg Art Gallery, open Tuesday to Sunday. 11 am to 5 pm, Friday till 9 pm.
3. **A New Food Hall, A New Benchmark** – Inspired by cutting-edge food halls across North America and Europe, Hargrave St Market is the newest & most exciting addition to Winnipeg’s food scene. Level 1 & 2 of True North Square, 242 Hargrave St.

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. James McLean | 9. Your name here? |
| 2. Luke Loewen | 6. Jan Pedersen/ Kristin Stefansson | 10. ?????? |
| 3. John Graham | 7. Could this be you? | |
| 4. Vinh Huynh | 8. ?????? | |

On The Lighter Side

“Ultimate Car Care”

Q. Why did the robot go on summer vacation?
A. He needed to recharge his batteries!

Q. What do you call six weeks of rain in Scotland?
A. Summer!

Q. How do we know the ocean is friendly?
A. It waves!

Q. What do you call a dog on the beach in the summer?



A. A hot dog !!!

Q. When do you go to red and stop at green?
A. When you're eating a watermelon!

Q. What should a baby wear to go swimming?
A. Pool-ups! !

Q. Why was it so hot in the stadium after the baseball game?
A. All the fans left!



Q. Why did the summer school teacher wear sun glasses?
A. Because her class was so bright!!

Q. What does the gingerbread man sleep on?
A. Cookie sheets!



"I just love how they come individually wrapped to seal in the flavor."

Q. What kind of fruit grows at the beach?
A. Crab apple trees!

Q. What do toads drink on hot summer days?

A. Ice cold Croak-a-cola!



Q. What do you call a sleeping bull?
A. A bulldozer!

Q. Where do sheep go on summer vacation?

A. The Baa-hamas!



Q. WHAT DO YOU CALL A CAT THAT LIVES AT THE BEACH?

A. SANDY CLAWS!

Q. What season do math teachers like best?
A. Summer!

Q. WHY DID THE GYMNAST PUT EXTRA SALT ON HER FOOD?

A. SO SHE COULD DO SUMMER SALTS!

Q. What summer race can you never run?

A. A swimming race!



Sudoku (Hard)

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

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