

# LANPRO

## AUTO CARE CENTRE LTD.

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OWNED & OPERATED BY LANCE REINHEIMER

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**Mission Statement**  
To have the ultimate client experience ever.



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### Always with a Bang



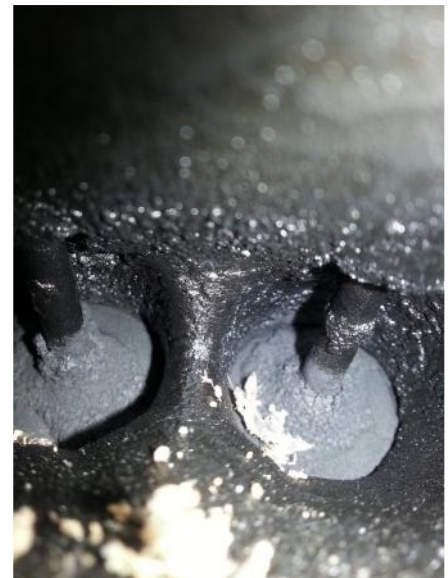
That's one thing about Winnipeg, we always get winter with a bang. One week it's still beautiful and the next week we are shoveling snow! I guess that is why Manitobans are so strong and resilient.

Before we know it Christmas will be here. We get wrapped up in all the Christmas stuff and our vehicle is forgotten about, until it leaves you sitting out in the cold.

You will hear us talk a lot about doing a Fuel Tune Up or a GDI Oil Change Fuel Tune Up. If you look at the picture you will see carboned up valves.

This picture was taken by us and that engine didn't have that many kms on it. When the valves are like this it stops the proper flow of air which affects fuel mileage, makes it harder to start, and also causes higher emissions. At the price of gas it will end up saving you money.

Why would you get a winter Tune/Check Up? It will let you know what condition your vehicle is in. What needs to be done .....can't on page 3



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

## Battery Evolution

**Protracted development has been a hallmark of EV power sources since day one.**

A propulsion system is only as reliable as its fuel source. The first EV appeared in the 1830s, the rechargeable battery did not exist and so it was viewed as magical amusement and not reliable transportation.

While electric motors have evolved over the years to become more compact, powerful, and efficient, the battery is the critical component of an EV's propulsion system. Thus, I will focus on battery evolution.

### Lead-acid breakthrough

In 1859, the French physician Gaston Planté invented the rechargeable battery based on the lead-acid system (still used today). This "fueled" the development of electric vehicles through the late 1800s and early 1900s

However, these early EVs faced many challenges. Batteries were expensive and you had to remove a 500 to 1,000 lb battery every few days, check the acid levels, top off low cells, replace dead cells, remove sludge from cells and periodically clean or replace plates. Also, in the late 1800's and early 1900's, the electrical grid was very limited thus you could not easily find locations to re-charge your batteries.

In 1908, Thomas Edison offered a solution to difficult and dangerous battery maintenance with his nickel-iron Storage Battery that required no maintenance. However, with a lifespan of only up to 4 years, this was a very expensive solution. This battery drove up the price of a new EV and every four years you had to replace the battery at a cost equal to buying a new Ford Model T. Yes, a battery for the price of an entire car.



**The advent of the electric starter on cars like Ford's Model T sounded the death-knell for EV sales in the early 20th century.**  
PHOTO Ford Motor Company

### Low density, limited range

Lead-acid and nickel-iron batteries are comparably large and heavy: compare a 12-volt car battery to a one-gallon jerry can of gasoline. This low energy density resulted in a very heavy and expensive vehicle, with limited range.

By the 1920s the Internal Combustion Engine power unit had won the battle and became the main propulsion system for motor vehicles. However, EVs were not dead. Industrial EVs continued to develop with the first electric forklift appearing in 1923. For over-the-road use, in the late 1940's, British dairies started to use electric milk floats (small electric trucks), for their door-to-door milk deliveries. In the recreational sphere, by the 1950s there were also several manufacturers of electric golf carts.

Rechargeable battery development continued through the 20<sup>th</sup> century with a breakthrough in 1974, by British chemist M. Stanley Whittingham, that produced the earliest form of the modern Lithium-ion or Li-ion rechargeable battery. Further development of Li-ion over the past 48 years has changed the "power supply landscape" and fueled the creation of many new products, from cordless power tools to compact cell phones, to a new generation of EVs.

### History repeating itself?

So, we know where we are today with rechargeable batteries. However, we must pause and remember how long it has taken us to get here. Rechargeable batteries were born in 1859, long before the birth of the automobile, and it has taken us 163 years to create a battery that is heavier than an ICE power unit, has a lower energy density than gasoline or diesel, has range issues and takes significantly longer to charge than filling the fuel tank for an ICE power unit. Sounds like history repeating itself.

Yes, EVs have evolved, but the evolution of the ICE power unit has significantly raised the bar and after 163 years of development, the EV is still lagging ICE propulsion in many areas of daily life functionality. Now, we are expected to believe that, in just 13 years, EVs will meet or exceed daily life functionality of ICE?

Source: Atmosphere, March 2022

## Upcoming Winnipeg Events



- 1. Canad Inns Winter Wonderland - December 2, 2022—January 7, 2023.** Manitoba's largest drive thru light show, 2.5 Km, 26 different theme areas, with over one million lights. Open daily 6pm to 10pm, closed Christmas Day. Tickets at gate are \$20, advance tickets at [www.redriverex.com](http://www.redriverex.com) are \$15.
- 2. Royal Canadian Mint** - Tour the place that produces every single Canadian circulation coin. 45 Minute tours are Tuesday-Saturday. Tickets: Weekday, Adult \$8, Kids (5-17) \$4.50, Seniors \$7. Family(2 adults, 2 children) \$20. 4 and under Free. Weekend tickets: Adult \$6, Kids (5-17) \$3.50, Senior \$5.25, Family \$18.
- 3. Winnipeg Jets Schedule:**

<b>Mon. Nov. 21</b> 6:30PM,	Jets vs Hurricanes	<b>Fri. Dec. 2</b> 7PM,	Jets vs Blue Jackets	<b>Sun. Dec. 11</b> 6PM,	Jets vs Capitals
<b>Wed. Nov. 23</b> 6PM,	Jets @ Wild	<b>Sun. Dec. 4</b> 2PM,	Jets vs Ducks	<b>Tue. Dec. 13</b> 7PM,	Jets vs Golden Knights
<b>Fri. Nov. 25</b> 7:30PM,	Jets @ Stars	<b>Tue. Dec. 6</b> 7PM,	Jets vs Panthers	<b>Thu. Dec. 15</b> 7PM,	Jets vs Predators
<b>Sun. Nov. 27</b> 6PM,	Jets @ Blackhawks	<b>Thu. Dec. 8</b> 7PM,	Jets @ Blues	<b>Sat. Dec. 17</b> 9PM,	Jets @ Canucks
<b>Tue. Nov. 29</b> 7PM,	Jets vs Avalanche	<b>Fri. Dec. 9</b> 7:30PM,	Jets @ Blackhawks	<b>Sun. Dec. 18</b> 7PM,	Jets @ Kraken

## Zucchini Quiche with Bacon & Hashbrown Crust

**Prep Time: 15 min. Cook Time: 55 min. Rest Time: 5 min. Total Time: 1 hour 10 min.**

Ingredients:	Quiche Filling	Hash Brown Crust
1/2 lb bacon, cooked, crumbled	1/2 TSP baking powder	3 Cups frozen hash browns, thawed, patted dry
1 shallot, diced	1/2 TSP salt	2 TBSP olive oil
1 medium zucchini	5 eggs, room temperature	2 TBSP butter, melted
1/2 TSP salt	1 Cup plain Greek yogurt	
1/2 TSP pepper	3 Cups shredded cheese (cheddar, Gruyere, Monterey Jack etc)	
1/4 Cup flour		



**Instructions:**

1. Grate zucchini onto a clean kitchen towel & squeeze dry, removing as much excess liquid as possible. Set aside.

**Hash Brown Crust:**

1. Preheat oven to 400F. Coat a 9 inch pie plate with cooking spray. Set aside.
2. In medium bowl, combine hash browns, oil, butter, salt and pepper and toss to combine.
3. Press hashbrowns into the bottom and up the sides of the pie plate firmly, forming a crust. You want it to go all the way up the sides because it will shrink some while baking.
1. Bake for 20-25 minutes till edges are golden brown. Reduce oven temperature to 350F

**Quiche Filling:**

1. Cut bacon into small pieces, cook in skillet over medium heat till crispy, 6-8 minutes. Remove from skillet, and crumble more if needed.
2. Remove all but 1 TBSP of bacon grease from skillet. Add diced shallots and sauté over medium heat 3-4 minutes, till soft.
3. Add shredded zucchini, turn heat to high. Season with salt and pepper. Cook an additional 3-5 minutes, stirring occasionally.
4. Combine flour, baking powder, and salt in a small bowl.
5. In separate bowl, beat eggs until nice and fluffy (2-3 minutes). Whisk in the yogurt until combined and smooth.
6. Add grated cheese (a combination of cheeses is best), flour mixture, bacon and zucchini mixture, stir to combine.
7. Pour filling into hash brown crust and bake for 35-40 minutes or until center is set, the top is puffed and golden brown and a toothpick inserted into the center comes out clean. Let stand for several minutes before removing from pan and serving. **Serves 8.**

.....continued from page 1

right now, what can wait, and what should be done for maintenance.

This helps you to have Safe and Breakdown Free driving.

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. Do the necessary maintenance for your own peace of mind.

## Thank You for Your Referrals

Our Lucky 13th draw was done recently. Congratulations to John Graham, enjoy your new IPAD. Thank you to all of you that have given Lanpro referrals, it is very much appreciated. One in 10 chance of winning.

- |                                    |                   |              |
|------------------------------------|-------------------|--------------|
| 1. Jan Pedersen/Kristin Stefansson | 5. Your Name Here | 9. ????????  |
| 2. Nick Diacos                     | 6. ????????       | 10. ???????? |
| 3. Dean Davis                      | 7. Is this you?   |              |
| 4. ??????????                      | 8. ??????????     |              |



## On The Lighter Side

“Ultimate Car Care”

Q. What does a gingerbread man put on his bed?  
A. A cookie sheet!



Q. Where do snowmen put their money?  
A. Snowbanks!

Q. What can you catch with your eyes closed?  
A. A cold!

Q. What do you call it when a snowman throws a temper tantrum?  
A. A meltdown !!!



Q. Why are winter days great?  
A. They're snow much fun!

Q. Why is Frosty never late?  
A. Time waits for snow man!



Q. What do you call a snowman in summer?  
A. A puddle!

Q. What do you call a winter monster with a six-pack?  
A. Abdominal snowman !!



Q. What's the scariest part of owing Santa money?  
A. He snows where you live!

Q. How do you make up a snowman's bed?  
A. Fresh sheets of ice and a thick blanket of snow!

Q. WHY ARE SNOWMEN GREAT AT PARTIES?  
A. THEY ALWAYS BREAK THE ICE !!



Q. Did you hear about the man buried alive under a sudden snowstorm?  
A. He was feeling under the weather!

Q. What do you call a penguin that steals calamari?  
A. A squid-napper!

Q. Did you hear about the rude snowman?  
A. He didn't carrot all!



Q. What did the icy road say to the car?  
A. "Want to go for a spin"!

Q. Where do snowmen love to dance?  
A. At the snowball!



Q. How do mountains stay warm?  
A. They put on their snowcaps!

Q. Why don't penguins fly?  
A. They're not tall enough to be pilots!



Q. WHAT DO YOU CALL A SNOWMAN'S DOG?  
A. A SLUSHPUDDY!



Q. DID YOU HEAR ABOUT THE SNOWMAN WHO FELL IN LOVE WITH A MITTEN?  
A. IT WAS GLOVE AT FIRST SIGHT!

Q. What do you call it when a reindeer ignores you?  
A. The cold shoulder!



### Sudoku (Medium)

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

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

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