



ISSUE 75

OWNED & OPERATED BY LANCE REINHEIMER

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



## Merry Christmas & Happy New Year

Merry Christmas to all of you and your families, and all the best in the New Year!

During this holiday season, spend lots of time with your family, especially your parents if they are still here. Family is the most precious thing you have.

We went to the lake on December 3rd to be there for when the CP Christmas Train came through. It was really neat to see and our grandchildren



loved it, even though it was really cold. We hope to get out to the lake for the New Years weekend and spend some time with our son's family.

I talked about doing GDI Fuel Tune Ups. This picture of valves of an engine we took apart has very low kms, under 60,000kms. This engine had so much carbon it had no compression in one of the cylinders. If GDI tune ups had been done once a year, this would have saved our  
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**“Ultimate Car Care So You Can Have Safe and Breakdown Free Driving”**

## Benefits of Aftermarket Spark Plugs

**Are you aware of how high-performance spark plugs can improve you engines' performance?**

Depending on what you drive, there are several ways you can help explore different ignition options and how improvements in spark plug metallurgy and design can affect the performance of your engines.

### Understanding Quality Spark Plugs

Most people do not understand the benefits that different spark plug metallurgies can provide, especially for late-model vehicles.

You may feel upgrading your spark plugs isn't necessary, but you can feel at ease by the value of aftermarket plugs, specifically when it comes to iridium.

Iridium is an extremely durable metal, even when put to the test in highly rigorous or corrosive environments. As a noble metal like platinum, iridium has a high melting point at over 4400°F and naturally resists corrosion and oxidation.

So, why should you care about how this relates to spark plugs?

During times of high gas prices, any little thing drivers can do to improve fuel efficiency is important. That includes picking the right spark plug.



Iridium is used in modern spark plug construction, machined with a fine wire center electrode to produce more focused ignition for more than 160,000 kms. When compared with other metals used in plug design, like copper and platinum, iridium plugs deliver a cleaner and faster burn, resulting in lower emissions, stronger starting power, and improved acceleration.

For those of you who aren't sure about making the jump from OE to aftermarket, you have to understand that such products are cost-effective and

reliable—if they come from a trusted brand.

First, quality aftermarket spark plugs will meet all the required specifications (thread size, diameter, reach, installed height, and seat type) and performance demands (heat range, starting power, and durability), so you won't have to return with ignition issues.

It's also important to remember that even though aftermarket spark plug brands develop advanced products like those with iridium electrodes, you should still make sure they are properly tested and verified to meet the performance and reliability demands of your vehicle.

If you place priority on overall performance—including consistent ignition and better fuel economy—then iridium plugs are an ideal choice. These plugs also deliver a higher value because they are designed for longer mileage reliability than copper or platinum plugs.



## Upcoming Winnipeg Events



1. **Burton Cummings Theatre Saturday December 31, 2022, 9pm.** 364 Smith St. Burton Cummings 75th Birthday Bash. Tickets start at \$49.75 plus fees and are available at Ticketmaster.
2. **Centennial Concert Hall** - 555 Main St.—December 21 through December 28, 2022. Beloved winter favourite Nutcracker sparkles with charm and nostalgia. Tickets available via the RWB or call 204-956-2792.
3. **Manitoba Theatre for Young People (MTYP)** - 2 Forks Market Rd., Manitoba Theatre for Young People Production of A Charlie Brown Double Bill. December 2 –23, 2022. Tickets available at tickets.mtyp.ca.
4. **Winnipeg Jets Schedule:**

[Sun. Dec. 11](#) 6PM, Jets vs Capitals  
[Tue. Dec 13](#) 7PM, Jets vs Golden Knights  
[Thu. Dec. 15](#) 7PM, Jets vs Predators  
[Sat. Dec. 17](#) 9PM, Jets @ Canucks  
[Sun. Dec. 18](#) 7PM, Jets @ Kraken

[Tue. Dec. 20](#) 7PM, Jets vs Senators  
[Thu. Dec. 22](#) 6PM, Jets @ Bruins  
[Tue. Dec. 23](#) 7PM, Jets @ Canucks  
[Tue. Dec. 27](#) 7PM, Jets vs Wild  
[Thu. Dec. 29](#) 7PM, Jets vs Canucks

[Sat. Dec. 31](#) 9PM, Jets @ Oilers  
[Tue. Jan. 3](#) 7PM, Jets vs Flames  
[Fri. Jan. 6](#) 7PM, Jets vs Lightning  
[Sun. Jan. 8](#) 2PM, Jets vs Canucks  
[Tue. Jan.10](#) 6:30PM, Jets @ Lions

## No Knead Rosemary Bread

**Prep Time: 1 Day, 15 min. Cook Time: 40 min. Total Time: 1 Day 55 min. 8 Servings**

**Ingredients:**

- |   |                                      |
|---|--------------------------------------|
| 3 Cups all-purpose flour                          | 3/4 TSP ground pepper                |
| 3 large garlic cloves, minced                     | 1/2 TSP instant yeast                |
| 1 TBSP rosemary, finely chopped, or more to taste | 1 1/2 Cups water at room temperature |
| 1 1/4 TSP kosher salt                             | 2 TBSP cornmeal                      |



**Instructions:**

1. In large bowl, combine flour, garlic, rosemary, salt, pepper and yeast.
2. Using a wooden spoon or your hand, add water and mix until a wet sticky dough forms, about 30 seconds.
3. Cover bowl tightly with plastic wrap and let stand at room temperature until surface is dotted with bubbles, about 18-24 hours.
4. Lightly oil a 10 inch cast iron skillet or coat with nonstick spray: sprinkle with cornmeal.
5. Working on a lightly floured surface, gently shape dough into a round.
6. Place dough into the prepared skillet. Cover with a clean dishtowel and let stand at room temperature until dough has doubled in size and does not readily spring back when poked with a finger, about 2 hours.
7. Preheat oven to 450F. Place in oven and bake until golden brown, about 30-40 minutes.
8. Serve warm.

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client \$6,000.00. If your vehicle has GDI Fuel Injection, a GDI Fuel Tune Up needs to be done once a year!

Why would you do a Winter Tune/Check Up? It's for your own safety for you and your family. So you don't end up sitting on the side of the road. It also includes oil & filter.

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. Get a **GDI Fuel Tune Up** before it's **too late**.

## Thank You for Your Referrals

Our 14th draw was just done. Congratulations to Craig Heisinger, 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. Chris Garski    | 9. Nicholas Vachon |
| 2. Nick Diacos                     | 6. Joe Avila       | 10. Noelle Michan  |
| 3. Dean Davis                      | 7. Dennis Lewicki  |                    |
| 4. Dave Baker                      | 8. Craig Heisinger |                    |





# On The Lighter Side

"Ultimate Car Care"

Q. What kind of money do reindeer use?  
A. Bucks!



Q. How do snowmen get around?  
A. They ride an icicle!



Q. Why wouldn't the Christmas tree stand up?  
A. It has no legs!

Q. What goes "Oh, Oh, Oh"?  
A. Santa walking backwards!

Q. What does an elf study in school?  
A. The elf-abet!



Q. Where do polar bears vote?  
A. The North Pole!

Q. How much does it cost Santa to park his sleigh and reindeer?



Q. What's a dinosaurs least favorite reindeer?  
A. Comet!



A. Nothing, it's on the house !!!

Q. What kind of photos do elves take?  
A. Elfies!

Q. WHAT IS AN ELF'S FAVORITE SPORT?  
A. NORTH-POLE VAULTING!

Q. How does a sheep say Merry Christmas?  
A. Fleece Navidad!



Q. WHAT DO YOU CALL AN ELF THAT CAN SING AND DANCE?  
A. ELFIS!

Q. What kind of ball doesn't bounce?  
A. A snowball!

Q. What do you get if you eat Christmas decorations?  
A. Tinsil-itis!



Q. How can Santa's sleigh fly through the air?  
A. You would too if you were pulled by flying reindeer !!



Q. What did Mrs. Claus say to Santa when there are clouds in the sky?  
A. It looks like rain, dear!

Q. What did the stamp say to the Christmas card?  
A. Stick with me and we'll go places!

Q. What do you call a reindeer on Halloween?  
A. A CariBOO!

Q. Why did Frosty ask for a divorce?  
A. His wife was a total flake!

Q. WHY WAS THE SNOWMAN LOOKING THROUGH THE CARROTS?  
A. HE WAS PICKING HIS NOSE !!



Q. What do you call a kid who doesn't believe in Santa?  
A. A rebel without a Claus!



Q. What do snowmen wear on their heads?  
A. Ice caps!!!

Q. What is a Christmas tree's favorite candy?  
A. Ornamints!



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](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