



ISSUE 77

OWNED & OPERATED BY LANCE REINHEIMER

MARCH 2023

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



Mission Statement

To have the ultimate client experience ever.



Inside this issue:

Better Cooling Options	2
Winnipeg Events	2
Recipe	3
IPad Winner	3
On the Lighter Side	4
Sudoku	4
Hours	4



Happy St. Patrick's Day !



To all the Irish people, Happy St. Patrick's Day. May all the leprechauns use their magical powers for good!

Not sure if you noticed that there wasn't a newsletter in February. The reason was personally, health wise, I had a rough month. On February 10th I was taken to the hospital with Pulmonary Embolism (blood clots in the lungs). It was a rough time, I spent six days in the hospital, and they tell me it can take six months to get back to normal. So if you see me and I seem a little off, that is why. I was in the Grace Hospital, where they treated me very well. Even the food wasn't that bad, mind you I wouldn't line up outside to get in and eat their food, but it wasn't bad at all.

Staffing at Lanpro since the pandemic has been a nightmare. I had one technician move when Covid hit, and another one quit because of the fear of getting Covid. This past fall, Alex who is from Vietnam, had to go back because his mother was very ill.

Replacing them has been a challenge, not to tell you my problems but if it seems to take longer to get your vehicle in, that is why. By the way, our main core staff is still here. The other problem, I don't just want a body, I want a quality tech.

Winnipeg roads are another nightmare. Ferry Rd. is almost not driveable, it is so rough. It justcan't on page 3

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

Better Cooling Options

One of the most critical aspects of reliable vehicle operation is a properly functioning cooling system. Yet, in today's vehicles, there is more propensity than ever for parts to fail. Regular heat/cooling cycles of the engine and transmission, combined with the extreme temperatures much of Canada experiences can, along with salt and brine on winter roads wreak havoc on engine and transmission components. Additionally, as Andrew Connor, Director, Canadian Market Sales at Dorman Products, explains, with OEMs being pushed toward higher fuel economy targets, smaller displacement, higher output engines and cramped under-hood compartments, place additional strain on cooling system operation, increasing the risk of component failure.

More plastic components

There are also other considerations, such as saving cost, weight and manufacturing/servicing efficiency. As a result, we've seen more and more OEMs adopt items such as plastic flanges and quick-connect fittings for cooling systems, as well as thermostats with plastic housings. According to David Hirschhorn, REIN Brand Director, CRP Automotive, the trouble with these plastic components, is that repeated heat cycling/cooling, causes them to become brittle and crack and the O-ring seals on them tend to fail at earlier intervals than heavier-duty metal and traditional fittings seen on older vehicles. Additionally, the march toward efficiency has also resulted in more electronic control of cooling system operation, such as electrically driven water pumps and electronically controlled thermostats. "As with most technological advancements, these improvements in efficiency and performance increase the chance of a failure or need for a higher level of service," Hirschhorn explains.

Another aspect to consider in modern vehicles is the use of incorrect coolant. As Jay



Buckley, Director of Product Development, North American Aftermarket for Dayco notes—using the wrong antifreeze can also result in part failures. "For example," he says, "if you put traditional silicate coolant in a modern vehicle that requires an OAT or HOAT type coolant, the silicates will eat the water pump seals quickly. This has really become an issue with many cars that have an electric water pump, used either as a supplementary pump or as the main cooling pump."

Buckley says he's also seen water pump failures in some vehicles that use a plastic impeller mounted on a steel shaft.

Significant opportunity

While these issues are frustrating and potentially costly for motorists, they also represent an opportunity for the automotive aftermarket, particularly in today's economic environment where replacement vehicles, whether new or used, are expensive to purchase and many consumers are looking to keep their existing car/truck for longer.

Aftermarket manufacturers often have an advantage in that they can design heavier-duty replacement parts that are not subject to the same cost and regulatory rules as OE-supplied components. At Dayco, Jay Buckley points to water pumps designed with stainless steel impellers to improve both longevity and reliability. Others include using Ethylene

Propylene Diene Monomer (EPDM) in rubber hoses for added durability, as well as increasing the number of serpentine belt kits available. "We know replacing the whole system helps ensure that the drive system for the water pump operates at the correct engine speed it was designed for," Buckley says. Additionally, by offering a complete kit, the technician can ensure that the entire water pump system can be repaired back to factory specs, eliminating any potential weak links.

Research and improve

At Dorman Products, Derek Suen, Manager, New Product Development Team, notes that the ability to research where failures are happening and come up with solutions can make a big difference. A good example is the plastic coolant reservoirs found under the hood of most vehicles today. "Typically, over time, these crack at the seams due to thermal cycling," he explains. Dorman has used this as an opportunity to re-engineer the factory product, using a material called styrene-isoprene-styrene (SIS)—a thermoplastic elastomer that adds flexibility, enabling the reservoir to expand and contract to reduce the risk of it cracking at seams and causing fluid leakage.

Ultimately, reliable cooling system operation comes down to service providers offering their customers a sound preventative maintenance strategy by educating their customers on how the system operates, how failures can occur and which parts to replace and when to replace them.

By taking these steps," explains REIN's David Hirschhorn, "the service provider can help the vehicle owner develop a level of understanding with regard to the system, the importance of maintenance, and the costs of properly fixing it, as well as helping them budget for repairs"—an important consideration in today's economic environment.

Source: *Autosphere Magazine*, Huw Evans

Upcoming Winnipeg Events



Winnipeg Jets Schedule:

Sat. Mar. 18 1PM, Jets @ Predators
Sun. Mar. 19 6PM, Jets @ Blues
Tue. Mar. 21 7PM, Jets vs Coyotes
Thu. Mar. 23 9PM, Jets @ Ducks
Sat. Mar. 25 3PM, Jets @ Kings

Tue. Mar. 28 9:30PM, Jets @ Sharks
Fri. Mar. 31 7PM, Jets vs Red Wings
Sun. Apr. 02 6PM, Jets vs Devils
Wed. Apr. 05 6:30PM, Jets vs Flames
Sat. Apr. 10 6PM, Jets vs Sharks

Tue. Apr. 11 7PM, Jets @ Wild
Thu. Apr. 13 8PM, Jets @ Avalanche

#GOJETSGO

Stuffed Spaghetti Squash

Prep Time: 20 minutes Cook Time: 40 minutes Total Time: 1 hour 4 servings

Ingredients:

2 spaghetti squash, medium size	1/2 Tsp Italian seasoning
2 TBSP olive oil	10 oz fresh spinach
Salt & pepper	2 Apples (1 green, 1 red) cored & chopped
Stuffing	4 oz Pepper jack cheese, shredded
16 oz spicy Italian sausage, crumbled	4 oz cheddar cheese, shredded



Instructions:

1. Preheat oven to 400F. Line a baking sheet with parchment paper.
2. Cut each squash in 2 halves, scrap out seeds and fiber. Drizzle oil over cut sides, season generously with salt & pepper.
3. Place halves on baking sheet, cut side down. Roast for 30-40 minutes till soft (pierce squash with fork-it should be soft).
4. While squash is cooking, prepare stuffing. Heat 1TBSP olive oil in skillet on medium heat. Add crumbled sausage, cook for about 5 minutes or until sausage is cooked. Drain excess fat.
5. Add Italian seasoning, stir, then add spinach in bunches and cook till spinach wilts. Add in chopped apples and mix together.
6. Once squash is cooked, remove from oven, turn halves cut sides up and cool slightly.
7. Divide the sausage mixture among the 4 halves and stuff squash until mixture is leveled. Top with both shredded cheeses.
8. Roast the stuffed squash of 15 more minutes until cheese melts.

.....continued from page 1

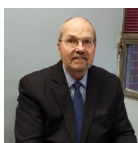
hammers the suspension on your vehicle.

Which brings up maintenance on your vehicle. Don't just have an oil change done this spring, but have our seasonal maintenance Spring Tune/Check Up done! It will ensure your vehicle has survived our roads, and helps you have safe and breakdown free driving.

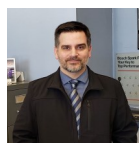
Call 204-783-5802 an appointment.

Warmly,

Lance Reinheimer
President



Julian Carlyle-Gordge
Shop Co-Ordinator



Matt Skinner
Service/Pre-Owned
Vehicle Sales

P.S. Yes, the Spring Tune/Check Up includes an oil and filter change.

P.S.S. On our website it has a copy of our Spring Tune/Check Up inspection sheet.

Thank You for Your Referrals

Craig Heisinger was our latest iPad winner in our 14th draw. Currently, working on draw number 15, just need 2 more referrals before we draw. Thank you to all of you that have given Lanpro referrals, it is very much appreciated.

- | | | |
|---------------------------|------------------|--------------------|
| 1. Curtis & Cobie Romance | 5. Jennie Diacos | 9. Your name here? |
| 2. Lilja Tonnellier | 6. David Dickie | 10. ??????? |
| 3. Connie Hartog | 7. Vinh Huynh | |
| 4. Kevin Bergeron | 8. Erin Shaw | |



On The Lighter Side

Q. Why do leprechauns hate running?

A. They'd rather jig than jog!

Q. Why do leprechauns love to garden?

A. They have green thumbs!

Q. What do you call a leprechaun prank?

A. A saint pat-trick !

Q. Why shouldn't you borrow money from a leprechaun?

A. Because they're always a little short !

Q. How can you tell if a leprechaun likes your joke?

A. He's Dublin over with laughter !

What do you call a leprechaun who scams you?

A. A lepre-con!

Q. Why do we wear shamrocks on St. Patrick's Day?

A. Because real rocks are too heavy!

Q. What does it mean if you find a horseshoe in Ireland?

A. Some horse lost its shoe !

Q. How can you tell if a potato is not from Ireland ?

A. When it's a French fry !

Q. What job did the leprechaun have at the restaurant?

A. He was a short order cook!

Q. Why don't you iron four-leaf clovers?

A. Because you don't want to press your luck!

Q. WHAT DO YOU GET WHEN TWO LEPRECHAUNS HAVE A CONVERSATION?

A. A LOT OF SMALL TALK !!

Q. Why did the leprechaun go outside?

A. To sit on his paddy-o !

Q. How does a leprechaun work out ?

A. By pushing his luck !

Q. What did the Irish potato say to his sweetheart ?

A. I only have eyes for you!

Q. HOW DID THE IRISH JIG GET STARTED?

A. TOO MUCH WATER TO DRINK AND NOT ENOUGH RESTROOMS !

Q. What is a huge Irish spider called?

A. Paddy Long Legs !

Q. WHAT IS DWAYNE JOHNSON'S IRISH NICKNAME?

A. THE SHAM-ROCK !

Q. What's Irish and stays out all night?

A. Paddy O'Furniture!

Sudoku (Hard)

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

Check out our website: www.lanproauto.com Email: lanpro@mymts.net

HOURS: MONDAY - FRIDAY 7:30AM - 5:30PM

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