



ISSUE 78

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Mission Statement

To have the ultimate client experience ever.



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Easter Holiday !!!!!



I hope everyone had a great Easter holiday long weekend. I was lucky to be able to spend time with my kids and grandkids. Spend time with your family as often as you can as you never know what the future holds.

Finally, it looks like spring is here, thank goodness! Winter has dragged on long enough.

Our roads are an unbelievable mess. Ferry Rd. is almost undrivable. These roads are extremely hard on the suspensions of our vehicles. For the safety of you and your passengers, don't just have the oil changed but have a Spring Tune/Check Up done. That way, the suspension will be inspected thoroughly along with many other parts of your vehicle. Don't be sitting on the side of the road saying "I wish I would have had my car checked."

On page 2, I am reprinting an article on Fuel System problems and deposit build up. This is a problem with GDI Fuel Systems (Gasoline Direct Injection). For fuel economy, most manufacturers of thecan'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

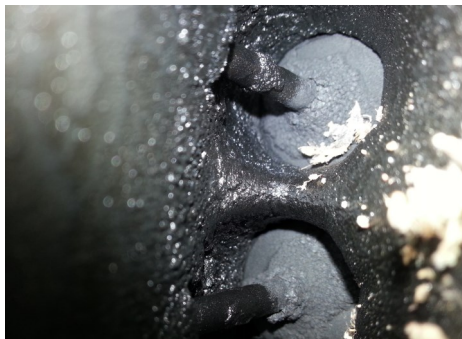
The formation of deposits on injector pintles can be a serious problem to motorists. Poor performance can be rough idle, decrease in engine power, hard starting, poor drivability, stalling, increased emissions, and poor fuel economy.

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.

Baked Garlic Parmesan Chicken

Prep Time: 5 minutes Cook Time: 40 minutes Total Time: 45 min 4 servings

Ingredients:

1/2 cup Mayonnaise	1/2 TSP garlic powder
1/2 cup shredded Parmesan cheese	1/2 TSP lemon pepper
4 boneless skinless chicken breast cutlets	Pinch of salt
4-5 TSP Italian seasoned dry bread crumbs	

Instructions:

1. Preheat oven to 400F.
2. In small bowl, combine mayo, garlic powder, and parmesan cheese.
3. Moisten chicken breasts with water and lay on parchment covered baking sheet.
4. Divide mayonnaise mixture evenly among the chicken, just spreading it across the top of each piece, and sprinkle with salt and lemon pepper.
5. Bake for 15 minutes, remove from oven and sprinkle crumbs on each piece of chicken.
6. Return to oven, bake for an additional 20 minutes or until chicken is cooked and juices run clear.
7. Tops will be browned and chicken incredibly juicy.
8. You can put them under a broiler for a minute or 2 if you prefer them browner.
9. Sprinkle with parsley and serve.



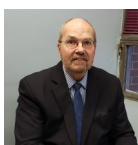
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vehicles have been forced to go in this direction. We are seeing engines ruined at very low kms because of carbon build up. It used to **cost \$2,000 - \$4,000** to replace an engine, now it can **cost \$10,000 - \$15,000**. So having a GDI Fuel Tune Up at least once a year is a small cost to help keep your engine running trouble free.

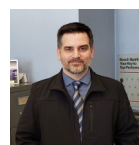
Beat the spring rush, call 204-783-5802 for an appointment.

Warmly,

Lance Reinheimer
President



Julian Carlyle-Gordge
Shop Co-Ordinator



Matt Skinner
Service/Pre-Owned
Vehicle Sales

P.S. Call to have your **Spring Tune/Check Up done**. Have peace of mind driving this spring/summer

P.S.S. In the long run you won't be sorry having a **GDI Tune Up**.

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
2. Lilja Tonnellier
3. Connie Hartog
4. Kevin Bergeron

5. Jennie Diacos
6. David Dickie
7. Vinh Huynh
8. Erin Shaw

9. Your name here?
10. ???????



On The Lighter Side

Q. What do you get when you pour hot water into a rabbit hole?

A. Hot cross bunnies!

Q. What do you call a rabbit that tells good jokes?

A. A funny bunny!



Q. Why won't Easter eggs go out at night?

A. They don't want to get beat up!

Q. Why did the Easter Bunny have on a hat?

A. Because he was having a bad hare day!

Q. What does the Easter Bunny plant next to the green beans in his garden?

A. Jelly beans!



Q. What do you get if you give an Easter Bunny a pair of socks?

A. A sock hop!



Q. What do you call an Easter Bunny with a bad memory?

A. A hare-brain!

Q. Why does Peter Cottontail hop on down the bunny trail?

A. Because he is too young to drive!

Q. How can you tell which rabbits are the oldest in the group?

A. Just look for the gray hares!



Q. Why did the Easter Bunny have to fire the duck?

A. Because he kept quacking the eggs!!

Q. How many EASTER EGGS CAN YOU PUT IN AN EMPTY BASKET?

A. ONLY ONE! AFTER THAT, IT'S NOT EMPTY ANY MORE !!



Q. How does a rabbit throw a tantrum?

A. He gets hopping mad!

Q. What do you call a rabbit with fleas?

A. Bugs Bunny!



Q. What did one Easter egg say to the other?

A. Heard any good yolks today?

Q. What do you call a line of rabbits jumping backwards?

A. A receding hare-line!

Q. Why SHOULDN'T YOU TELL AN EASTER EGG A JOKE?

A. IT MIGHT CRACK UP!



Q. What do you get if you cross Winnie the Pooh and the Easter Bunny?

A. A honey bunny!



Q. Why did the Easter egg hide?

A. Because he was a little chicken!

Sudoku (Hard)

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

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