



ISSUE 81 OWNED & OPERATED BY LANCE REINHEIMER

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



### Mission Statement

To have the ultimate client experience ever.



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## Summer Vacations

It's that time of year, kids are out of school, it's vacation time, going to the lake enjoying the summer!

We love going to the lake, enjoying the peace and quiet,



Blake driving

going out on the boat and the grandkids tubing. I used to take my kids tubing, now I've got my grandkids driving the boat pulling the other grandkids. It makes lots



Kids tubing

of fun memories for all of us. When I was a kid, I used to go to my Grampa's farm where I have many, many fond memories. My kids and grandkids have many memories from the lake, sitting around the fire, burning their last years school-work, tubing, boating & swimming. Lots and lots of memories that will be with us forever.

Getting back to vacation time and your vehicle. Most of the time I feel like a broken record, but I guess I'm trying to get across how important this is. 1st: Pre-Vacation Tune/Check Up (which includes an oil & filter change). This is a very thorough inspection which will help you have a safe and breakdown free vacation. Can we guarantee you won't have any problems? No, (sometimes our crystal ball doesn't work as good as we would like), but at least we can prevent most of them. Don't be sorry and be left .....can't on page 3

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

## Road Trip: Summer Driving Checklist and Safety Tips

### Inspect & Maintain Your Vehicle

Routine maintenance is a must. Keeping up with your car's maintenance schedule can help prevent costly breakdowns. Before you pack your bags, perform a basic safety check of your vehicle's tire pressure, wiper blades, fluid levels, headlights, and heating and air conditioning system. You shouldn't defer regularly scheduled services such as tune-ups, oil changes, battery checks and tire rotations.

### Make Child Safety Your Top Concern

All children under 13 years old should ride in the back seat. And be aware of the added risks that arise in warm climates. Heatstroke can occur when a child gets left unattended in a parked vehicle.

### Hot Car Awareness

Being on vacation can interrupt your routine and distract you from checking the back seat when you exit the vehicle. It's hard to believe but, on average, heatstroke death claim 38 children in the United States each year. Pets are also in grave danger when left in a car, even for a short period with the windows cracked.

The National Highway Traffic Safety Administration (NHTSA) reminds everyone to keep our tiny loved ones safe with these tips.

- **Lock your car** when you aren't using it to prevent small children from entering.
- **Never leave your child alone in a car**, even if you think you'll only be away for a moment.
- **Always "look before you lock"** so no child or animal remains in the back seat.
- **Many newer vehicles alert you with a rear seat reminder.** When drivers turn off the car, it alerts you to check for rear occupants. If you have an older car, aftermarket products also provide the same type of alert.

### Pack a Safety Kit

NHTSA also recommends that drivers carry the following item in their vehicle:

- Cell phone, charger, and extra portable battery
- First aid kit

- Flares and a white flag
- Jumper cables
- Tire pressure gauge
- Jack (and ground mat) for changing a tire
- Work gloves & change of clothes
- Essential repair tools & duct tape
- Water & paper towels
- Nonperishable food, drinking water & medicines
- Extra windshield washer fluid
- Navigation options
- Emergency blankets, towels & jackets

### Be Prepared for Road Trip Contingency Plans

Plan your travel and route, and check road conditions, weather and traffic to know what you can expect. Be prepared for any contingency as well. Remember, a cell phone is the most critical emergency item since it allows you to call for help when and where you need it. Just remember to pack your phone charging cord for extra protection, even if your car offers a built in wireless charger.

### On-the-Road Trip Safety Tips

Once you're on the road, car safety is about paying attention to your surroundings and keeping yourself alert. To that end, don't neglect these necessary safety precautions:

### Drive at Non-Peak Times

Late afternoon and early evening can be the worst times on the road. Avoid peak traffic times for the long weekend by leaving Wednesday or Thursday to be well on your way when the travel rush kicks in. Give yourself an extra day and travel on Tuesday for the trip home that way other holiday drivers are out of the way.

### Limit Nighttime Driving

A national Sleep Foundation poll says 60% of adults drive cars when tired. It also found the 37%, or 103 million people, have fallen asleep at the wheel. Of those, 4% of adults

caused a crash by falling asleep while driving. If you start to feel fatigued, stop and rest or switch driver before putting yourself or others at risk. But really limit driving at night when it's harder to see.

### Let a Passenger Handle Traffic Apps and Entertainment

We are big fans of Google Maps. These navigation tools can route any driver around traffic, provide updates on travel time, and warn you of road hazards. But for safety's sake, remember to keep your hands on the wheel and eyes on the road. Instead of multitasking, put a passenger in charge of the navigation and music selection.

### Take Frequent Breaks

Occasionally getting out of the car is good for everyone, especially the driver. It is the best way to avoid feeling tired.

### Share the Driving

If your road trip involves multiple qualified drivers, let everyone take a turn handling the stress of driving and the relaxing in the passenger's seat.

### Share the Road

Remember that traffic could be heavier than expected. As always, holidays attract many roadway users including motorcycles and pedestrians. While they share the same rights and responsibilities they are more vulnerable. They do not have the protection that a car or truck provide. Leave more distance between you and a motorcycle—about 3 or 4 seconds worth. Always signal your intentions before changing lanes or merging with traffic.

Also, stay alert and keep your eye on pedestrians.

### Buckle Up

According to NHTSA, an estimated 42,795 died in traffic crashes in 2022. That's about flat compared to the year before. Still, drivers must remain vigilant, keeping their seat belts buckled to remain safe.

## Upcoming Winnipeg Events



### Winnipeg Blue Bombers Schedule:

**Sat. Jul. 15** 3PM, WPG @ OTT  
**Thu. Jul. 20** 7:30PM, EDM @ WPG  
**Thu. Aug. 10** 8PM, WPG @ EDM  
**Fri. Aug. 18** 8PM, WPG @ CGY  
**Thu. Aug. 24** 7:30PM, MTL @ WPG

**Sun. Sep. 3** 6PM, WPG @ SSK  
**Sat. Sep. 9** 3PM, SSK @ WPG  
**Sat. Sep. 16** 3PM, WPG @ HAM  
**Fri. Sep. 29** 7PM, TOR @ WPG  
**Fri. Oct. 6** 9PM, WPG @ B.C.



## Slow Cooker Honey Garlic Chicken & Vegetables

### Ingredients:

#### Crockpot Chicken & Vegetables

2 lbs chicken thighs, bone in, skin on  
1lb baby red potatoes  
1 lb carrots, peeled  
1 cup onions, chopped  
1 lb green beans  
Fresh parsley for garnish  
Salt & pepper to taste

#### Honey Garlic Sauce

1/3 cup honey  
1TBSP garlic, minced  
1/2 cup soy sauce  
1/4 cup ketchup  
1 TSP dried oregano



**Cornstarch Slurry (Optional):** 2 TSP cornstarch mixed into 3 TSP water

### Instructions:

1. In small bowl, whisk together honey, garlic, soy sauce, ketchup & oregano.
2. Place chicken thighs, potatoes, carrots and onions into a 4-6 quart slow cooker.
3. Pour the honey garlic sauce mixture evenly on top. Cover, cook on LOW setting 6-8 hours or on HIGH for 3-4 hours.
4. About 20 minutes before serving, add the green beans to slow cooker and optional cornstarch slurry to the sauce. Cover and cook for 15-20 minutes till beans are tender and sauce is starting to thicken.
5. Remove the chicken and vegetable to serving plates. Optional: Broil chicken thighs 2-3 minutes to brown skin.
6. Drizzle sauce on top of chicken and vegetables. Garnish with minced parsley.

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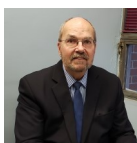
sitting on the side of the road ruining your vacation.

2nd: Fuel Tune Ups. There are 2 different types, one is for GDI engines, which helps prevent catastrophic engine failure. The other is for mainly maintenance, which helps improve fuel mileage, better starting and improves overall performance of the engine.

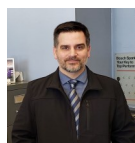
For an appointment call 204-783-5802. Do it before you go on your vacation. You won't be sorry.

Warmly,

Lance Reinheimer  
President



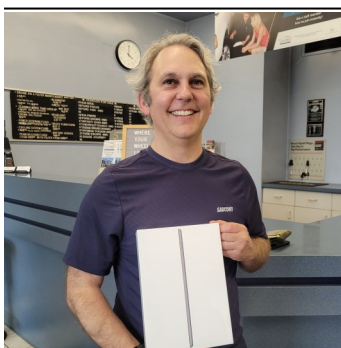
Julian Carlyle-Gordge  
Shop Co-Ordinator



Matt Skinner  
Service/Pre-Owned  
Vehicle Sales

P.S. Enjoy your summer and your summer vacation!

P.S.S. Don't put off important preventive maintenance.



## Thank You for Your Referrals

Kevin Bergeron was our latest iPad winner in our 15th draw. Currently, working on draw number 16. Thank you to all of you that have given Lanpro referrals, it is very much appreciated. One in 10 chance of winning.

- |                       |           |                     |
|-----------------------|-----------|---------------------|
| 1. Noelle Michon      | 5. ?????? | 9. ??????           |
| 2. Kevin Hill         | 6. ?????? | 10. Your name here? |
| 3. Could this be you? | 7. ?????? |                     |
| 4. ??????             | 8. ?????? |                     |

## On The Lighter Side

Q. How do we know that the ocean is friendly?

A. It waves!

Q. Why do fish swim in saltwater?

A. Because pepper makes them sneeze!



Q. Why do scuba divers fall backwards to enter the ocean?

A. If they fell forwards, they would just fall into the boat! !

Fred: I didn't have time to jog today.

Ted: You say that every day.

Fred: I know, It's a running joke!

Q. What do you call a Labrador at the beach in August?

A. A hot dog!



I don't understand why banks get upset when you can't repay a loan.....

They already knew I had no money when I came to borrow it!

Q. What is the best tool in the ocean?

A. A hammerhead shark!

Q. Where do canoes at summer camp go when they are sick?

A. To the dock!



Q. Why don't mummies go to summer camp?

A. They're afraid to relax and unwind !

Always check the height of nearby ceiling fans before giving a toddler a ride on your shoulder.

How I learned this rule is not important!!!

Q. What is brown, hairy and wears sunglasses?

A. A coconut on vacation!



Q. How do you prevent a summer cold?

A. CATCH IT IN THE WINTER!

Q. Why did the fish blush?

A. Because it saw the ocean's bottom!

5 ANTS RENTED AN APARTMENT WITH 5 OTHER ANTS.

NOW THEY'RE TENANTS TOGETHER!!!!

Q. What fish costs the most?

A. A goldfish!



The arborist couldn't tell why my tree had died.

He was stumped!!

Q. What do mermaids sleep on?

A. Water beds!!!



People write congrats because they can't spell congrajlashins.



French fries didn't come from France.

They were cooked in Greece

Yes, English can be weird. It can be understood through tough thorough thought, though.

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