



ISSUE 91

OWNED & OPERATED BY: JOHN KIEU

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Mission Statement
To have the ultimate client experience ever.



Fall Trees & Autumn Leaves

Greetings! Our Lanpro Auto Team hopes everyone has had the chance to enjoy the summer season with their families, friends and relatives from out of town! Some of us have spent time at the lake/cottage, biking the Wpg/MB trails, camped at Clear Lake & Wekusko Falls Provincial Parks and attended local car meets/events with car lovers and enthusiasts alike.

Summer is often a very busy time of the year for most and time just flies by and with a blink of an eye, here we are again approaching the cooler fall season.

We would like to take this time to kindly remind all to consider scheduling your tire-swap appointments along with oil changes, replacing air filters and checking your brake pads before the upcoming winter season.

Fall vehicle maintenance is very important for your car care and especially for your safety.

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

Fall Annual Maintenance Checklist

Maintaining your Vehicle in Preparation for the upcoming Winter Months

The Wiper Blades

It is likely that you have used your windshield wiper blades fairly regularly over the course of the year – and it is also just as likely that will see a lot of usage during the fall and winter time. It is recommended that you have these blades replaced each year, particularly in the fall – so that going into the winter they are at their best and won't decide to quit on you when you need them the most. Luckily, these vehicle parts are not too expensive, in terms of maintenance costs and the only thing you really need to be aware of is purchasing the correct blades to go with your vehicle. This is one aspect of vehicle maintenance to get your vehicle winter-road ready.

Check Ignition & Caps

Check your spark plugs and wires. Check all your caps. Gas caps, radiator cap, brake fluids and more. Anywhere fluids are poured should be checked for a tight seal. This will keep out moisture and debris and keep your car running smooth. Faulty components can make starting your car a game of chance and can even cause a breakdown.

A Spare Tire

It is also important to check on the condition of the spare tire in your vehicle, in case of emergency. Depending on where the spare tire is kept in a car, it is common for the spare tire to drop in pressure. Typically, tire deflation occurs each time the temperature drops 10 degrees and this also goes for the 4 other vehicle tires. The winter weather can be even harder on your car, as the temperature lowers, your tires will deflate in turn. Monitor your tires throughout the year, especially in the fall season.

Check Headlights

Make sure all your interior and exterior lights are working. For safe driving, ensure your headlights are aimed correctly. As the nights get longer and darker at earlier hours of the days, ensuring your lights are strong going into these months is important. You can have these bulbs on hand and therefore can replace them on your own as soon as they go out, also ensuring that you can drive even more safely during this time of year.



Check Washer Fluid

Fall and winter time are also the times of year when wiper fluid gets used the most and these fluids will need to be checked and re-filled more regularly.

Additionally, it is recommended that the wiper fluid you use during the winter is one that is more appropriate for colder weather. Sometimes this solvent will include some antifreeze. However, it is important to note that sometimes too much antifreeze can damage vehicle paint. The autumn is an ideal time to purchase and add it to your car in preparation for the declining temperatures that are sure to arrive over the course of these two colder seasons.

Time for an Oil Change?

Changing your car's oil as autumn approaches provides several benefits.

It ensures that your engine is well-prepared for the upcoming season, potentially improving fuel efficiency and overall performance.

Check Cooling System

The cooling system should be maintained as follows: Regularly check the radiator, belts and hoses and have them replaced when they show signs of excessive wear or aging. Replace the drive belt (also known as the serpentine belt) before it breaks.

Battery Connections

Lastly, the battery connections in your vehicle will also need to be addressed as there are a variety of electrical problem that can lead to ignition issues. This can also be a part of your vehicle serving appointments, however if you are vehicle savvy you can instead purchase a brush that is designed to clean corrosion from the cable connectors and posts. If you notice that there is corrosion on these connections, this is a good sign that they should be cleaned. While it is good to check these connections throughout the year, you will want to ensure your battery is in working order before the winter weather hits.

Check Filters

The air filters in your car should also be replaced prior to the winter months, and twice a year is highly recommended. Air filters are also extremely important components of vehicle maintenance, as blocked filters contribute to restricted airflow and as a result the fuel economy, performance, as well as your vehicle emissions can become compromised.

*** UPCOMING ***



Winnipeg Local Events

Mon, Sept 2 to Tues, Sept 17 730PM,
Live Racing at Assiniboia Downs
Thurs, Sept 5 8PM, Kings of Leon:
Can We Please Have Fun, World Tour
Sat, Sept 7 7PM, Soirée Salsa Night

Sat, Sept 7 2PM, Winnipeg Blue
Bombers VS Saskatchewan Roughriders
Sun, Sept 8 10AM,
35th Annual Teddy Bear's Picnic
Fri, Sept 13 6PM,
Brew at The Zoo at Assiniboine Park

Sat, Sept 14 10AM,
Farmers Markets at
Shelmerdine Garden Center
Fri, Sept 20 5PM,
Pitāw Mīno Muskīkī Indigenous
Handmade Spring Market

Chicken Meatballs with Peppers & Orzo!

Prep Time: 15 minutes Total Time: 1 Hour 5 Mins 4 Servings



Ingredients:

Chicken Meatballs

- 1 lb ground turkey or chicken
- 1 egg and 1/2 cp panko
- 1/2 cup grated Parmesan
- 1/2 tsp each: garlic powder, onion powder and kosher salt

Sauce

- 2 large cloves garlic, minced
- 1-2 cups sliced peppers
- 1/4 cup capers (optional)
- 1 14-ounce can plain tomato sauce
- 1 tsp kosher salt (more or less to taste)

Creamy Orzo

8 ounces uncooked orzo, 1/4 cup of something creamy (mascarpone, cream cheese, goat cheese, cream or butter)

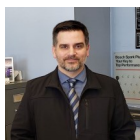
Instructions:

1. **MEATBALLS:** Mix meatball ingredients together. Roll into meatballs. Heat a skillet over medium high heat. Add a swizzle of olive oil. Add meatballs and cook until browned on all sides. Remove from pan and set aside. *(Alternatively, you can bake the meatballs – fresh or frozen – at 400 degrees for 25-30 minutes.)*
2. **SAUCE:** Add peppers and garlic to the same pan, plus a little more oil if you need it. Get all the yummy browned bits off the bottom of the pan. Sauté for 5-10 minutes.
3. Add meatballs into the pan. Stir in tomato sauce and capers. Bring to a low simmer and let it hang out (add a little water if it gets too dry).
4. **ORZO:** Cook orzo according to package directions. Drain and toss with something creamy. Season with salt, Parmesan, and parsley.
5. **YOU'RE DONE!** Plate and serve! Top with more Parmesan and parsley because you are just that fancy.

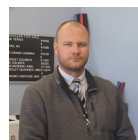
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Our booking vacancies start to fill up quickly around this time of the year, so we highly suggest giving us a call so we may get you in sooner than later.

Warmest Regards,



Julian Carlyle-Gordge
Shop Co-Ordinator



Matt Skinner
Service/Pre-Owned
Vehicle Sales

The Lanpro Auto Team

To book an appointment, give us a call at 204-783-5802.

Thank You for Your Referrals

Stephanie Rossi, was our 16th iPad winner, Congratulations! Stephanie. Draw number 17 is in the works. Thank you to all of you that have given Lanpro Auto Referral(s) thus far; it is very much appreciated.

- | | | |
|-------------------------|-------------------|----------------------------|
| 1. Jordan Lanoway | 5. Lise Johnston | 9. Michael Messier |
| 2. Donna Chambers | 6. Jamie Fisher | 10. Your name here? |
| 3. Terry Van Damme | 7. Gord Price | |
| 4. Nnaemeka Ugodilainwa | 8. Perry Vandamme | |



On The Lighter Side

“Ultimate Car Care”



Pumpkins: Quick, it's Fall! Put me in everything you eat and drink for the next 3 months!!!

Q. What is your favorite color?

A. FALL!

Q. Why did the scarecrow win a Nobel Prize?

A. He was outstanding in his field!

Q. What's a tree's favorite song in Autumn?

A. Don't Stop Be-Leafin'

Q. What do you call an acid with an attitude?

A. A-mean-o acid.

Them: I'm so sad summer is ending soon!

Me:



FYI, there are actually only 2 seasons. Fall and Waiting For Fall.

Q. How did the tree get a new job?

A. It had the right qua-leaf-ications!



Sudoku (Difficult)

1				7		9	
	3			2			8
		9	6			5	
		5	3			9	
	1			8			2
6					4		
3							1
	4						7
		7				3	

Check out our Website: www.lanproauto.com

HOURS: MONDAY - FRIDAY 7:30AM - 5:30PM
CLOSED: SATURDAY & SUNDAY