



We are your total vehicle service, repair and diagnostic specialists

Automotive Solutions is a leading network of local independent professional automotive repair centres with 60 members throughout New Zealand, all dedicated to excellent standards of workmanship and service.

In an Automotive Solutions repair centre, you will find technicians with the knowledge and specialist equipment required for anything from routine maintenance to complex repairs and diagnostic work.

Our technicians are experts for all things four wheeled. From basic oil changes to complex engine repairs. We can do it all!

No matter what kind of vehicle repair you require, please contact us, if we don't do it ourselves we can most likely recommend a repairer who will.

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WOF

REPAIRS

SERVICES

MAINTENANCE

ALL MAKES AND MODELS

How often does your vehicle's suspension system require routine maintenance?

Keeping a car running safely and efficiently requires a certain amount of maintenance. Most owners know that they're supposed to get their oil changed periodically, but what about the suspension – what routine maintenance does it need?

The parts of a vehicle that keep it connected to the road are referred to as the suspension. The suspension does much more than support the vehicle. A good suspension allows your car to ride smoothly and safely over bumps and around corners. It also maintains balance during emergency braking and manoeuvres. A suspension needs to work on a variety of road, load and speed conditions.

One of components of the suspension that should be checked most frequently are tyre pressures. Under-inflation, by even a few pounds can decrease fuel economy, increase tyre wear, and even render a vehicle unsafe to drive. Modern tyres don't look noticeably different until they've lost almost all their air; it's possible for a tyre to be dangerously under-inflated and still look normal.

You should also check the tyre tread depths periodically to make sure no tyre needs to be replaced; taking a look when checking the air is easiest.

All four wheels should be re-aligned every two years, or 40,000kms is a practical interval for most cars. Also, any

time you replace your tyres you'll want to get a wheel alignment.

The suspension system consists of all of the parts connected to your tyres and supporting the frame of your vehicle. When you think about it, this system is constantly under heavy weight and pressure, which will eventually cause wear and tear of certain parts. Most parts will work well without maintenance over the years, but items like, shocks, struts, ball joints, suspension bushes etc. need regular inspections.

Here are some key maintenance intervals to remember when it comes to the suspension system:

- Check tyre inflation and tread depth every month, or every 1,000kms.
- Check the power steering fluid at every oil change.
- Rotate tyres every 10,000kms.
- Have your wheels aligned every 40,000kms, or as needed.
- Check all suspension components for wear every 10,000kms.



Servicing your vehicle

The general rule is a vehicle should be serviced every six months or 10,000kms, whichever occurs first.

It is recommended that even if you do low mileage you should still have your vehicle serviced regularly.

Contact us for more advice on servicing your vehicle.



Detachable tow bar

If any part of the tow bar/ball is detachable, remove it when not in use rather than keeping it fixed onto the vehicle.

Detaching it will save components from wear and tear, and also minimise rusting. Always remember to remove the tongue when not in use, as this will help extend the durability of the tongue and save a lot of shins from being bruised!

After the removal, you should also apply a thin layer of grease to the receiver end of the tongue. You don't want your trailer coming away due to unseen corrosion!!!!



SPRING RECIPE

Spaghetti Carbonara



Recipe from mindfood.com

Ingredients

- 500g spaghetti
- 20g butter
- 1 tsp olive oil
- 250g thinly sliced prosciutto, shredded
- 2 garlic cloves, crushed
- 2 eggs
- 1 egg yolk (extra)
- cup pure cream
- 1 cup finely grated pecorino
- finely grated pecorino (extra), to serve
- freshly ground black pepper, to serve
- rocket leaves, to serve

Instructions

Cook pasta in a large saucepan of boiling salted water until tender as per packet instructions. Drain. Return to saucepan. Add butter and toss until melted.

Heat oil in a frying pan over medium heat. Add prosciutto and cook, stirring often, until golden and crisp. Add garlic and cook for 1 minute. Remove from heat.

Whisk eggs, egg yolk (extra), cream and pecorino together in a bowl. Add to hot pasta with prosciutto. Toss until well combined and egg mixture clings to pasta.

Serve immediately topped with pecorino (extra), freshly ground black pepper and rocket leaves.

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