



Automotive Solutions - a community of members supporting each other to be the best they can be.

What began in the late nineties as a small group of automotive repair centres has expanded to a community of 62 members nationwide. Together we provide a united network of experienced repairers spread throughout the country giving you the reassurance that wherever you are in New Zealand your automotive issues will be taken care of professionally, efficiently, and reliably.

Whether you are setting out to ski the Remarkables, travelling for business to one of our city centres, on a road trip through the central North Island, or dropping the kids off at school the Automotive Solutions community is right there to assist you.

Call 0800 791 791 or visit our website automotivesolutions.co.nz to find a trusted Automotive Solutions repairer near you.

WOF

REPAIRS

SERVICES

MAINTENANCE

ALL MAKES AND MODELS



Avoiding Spring Driving Hazards

Spring has arrived, bringing longer days and warmer weather. While embracing this change, it's important to remain vigilant about road safety. Drivers often exercise more caution during icy winter conditions, but in spring, the frequent light showers and bright sun can pose dangers if we're not mindful.

The spring sun can create glare, which is particularly intense during sunrise and sunset when the sun is low and directly in the driver's line of sight. To counter this, be prepared. Keep your windshield clean to minimise scattered light. Wear polarised sunglasses, designed to filter out reflected sunlight. If possible, plan your trips to avoid driving directly into the horizon of the rising or setting sun.

New Zealand has experienced its fair share of rain this year, and spring is not known for being dry. Spring showers may feel warmer but they can also make driving treacherous. Rain reduces visibility, and roads can become flooded within minutes. Even after the storm has passed, standing water creates slippery conditions, increases glare, and fills potholes, making them difficult to avoid.

Check your windshield wipers before starting your journey to ensure they

are functioning correctly and, as soon as raindrops appear, activate your wipers and headlights, slow down and maintain a safe distance from other drivers.

Potholes can cause severe and costly damage to your vehicle such as popped tires, bent rims, and suspension or alignment issues. To mitigate this risk, closely monitor the road ahead and maintain ample distance between your car and the one in front of you. If you spot a pothole, avoid swerving. Instead, gently apply the brakes as soon as possible to retain control of your vehicle and minimise the impact on your car.

More motorcyclists and cyclists take to the roads during the warmer weather of spring. Challenging to see due to their smaller profile, if you find yourself driving near a motorcyclist or bicyclist, maintain a safe distance and reduce your speed. Exercise extra caution when approaching intersections and always check your surroundings multiple times before changing lanes, turning, or reversing.

Stay safe this spring! Be aware, make smart decisions, and drive with extreme caution.



Maximise fuel efficiency, save money!

Your driving habits and vehicle maintenance play a crucial role in determining your fuel consumption. By minimising fuel usage, you can keep more money in your pocket, which is especially important given the current economic climate.

Here are some tips to help you drive efficiently:

- Drive smoothly, avoiding sudden acceleration and harsh braking.
- Shift gears appropriately to prevent over-revving.
- Plan your trips efficiently to minimise the number of short journeys (as your engine consumes 20% more fuel when cold).
- Reduce your speed - higher speeds lead to increased fuel consumption.
- Avoid idling your vehicle for extended periods of time.
- Remove unnecessary loads and consider eliminating roof racks and poorly positioned spoilers, as they increase air resistance and fuel consumption.
- Use your air conditioning thoughtfully. Excessive usage can raise fuel consumption by 10%.
- Keep your vehicle well-tuned to ensure optimal performance.
- Regularly check your tyre pressure, at least once a month.

By implementing these practices, you can maximise fuel efficiency, save money, and contribute to a more sustainable future.

Keep an eye out for kids

After being confined indoors for months, most children eagerly anticipate the arrival of spring to get outside and play. However, while kicking a ball about or playing with friends, children may not always be fully aware of their surroundings.

If you find yourself driving through a residential neighbourhood, it is crucial to maintain constant awareness of your surroundings and be prepared to apply the brakes or manoeuvre to avoid children who might suddenly enter the road.

Reduce your speed and remain extra cautious for children playing, as well as for balls or other toys that may be present on the road. If you notice a ball or other objects bouncing along the street, it is best to come to a stop until it is retrieved or you have confirmed the absence of any nearby children. Let's do our best to keep our children safe this spring.



SPRING RECIPE

Avocado Pesto



Recipe from www.eatingwell.com

With an abundance of avocados during the spring harvest, there are numerous ways to savour these delightful treasures beyond just avocado toast. One such simple and versatile recipe is Avocado Pesto. This creamy delight can be used as a dip for vegetable crudites, tossed with pasta or zucchini noodles, spread on baguette slices to create bruschetta, added to roasted veggies, or even used as a healthier substitute for mayonnaise in your sandwiches.

Ingredients

- 2 ripe avocados
- 1 large bunch of fresh basil
- 1/2 cup walnuts
- 2 tablespoons lemon juice
- 3 cloves garlic
- 1/2 cup olive oil
- Salt and pepper to taste
- Optional: 1/2 cup nutritional yeast

Instructions

1. Begin by removing the stones from the avocados and scooping out their contents into a food processor.
2. Add the basil leaves (stripped from their stalks), walnuts, lemon juice, and garlic to the food processor.
3. Pulse the ingredients until finely chopped and well combined.
4. Gradually pour in the olive oil while continuing to process the mixture, creating a thick paste.
5. Finally, add salt and pepper to taste, adjusting the seasoning according to your preference.
6. If desired, include the optional nutritional yeast for an added cheesy flavour.
7. To preserve the pesto, transfer it to an airtight container and ensure that the surface is sealed with a layer of plastic wrap in direct contact with the pesto. This will prevent browning.
8. Refrigerate the avocado pesto for up to 5 days, if it manages to last that long.

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 **TAUPO AUTOMOTIVE**
REPAIRS AND SERVICING

Taupo Automotive Repairs and Servicing

16 Runanga Street, Taupo, 3377

Phone: 07 377 0654

Email: taupoautomotive@gmail.com

Web: www.taupoautomotive.co.nz



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 **automotivesolutions**
— nationwide

