



Are you doing ok?

Times in NZ are a bit uncertain at the moment and the Automotive Solutions Group want to make sure that all of their customers are doing okay.

Below are some tips to help get you through the lockdown blues:

1. Take each day as it comes
2. Just let everything wash over you
3. Embrace the change of pace
4. Enjoy the little things, the slow pace and time with people you live with
5. Read more
6. Be kind and gentle on yourself and check in on your neighbours - just shout over the fence!
7. Don't say lockdown, say special state holiday
8. Homeschoolers, do what you can
9. Accept you can't work full-time
10. Do NOT stress about it
11. Get fit or be lazy? Maybe both?
12. Walking is therapy
13. Get out of your pyjamas - make an effort to get dressed every day
14. Do a craft
15. Start a personal project; build a table or master a new skill
16. Start a hobby like learning a language
17. Turn off the news
18. **And if you're doing it extra tough, please reach out to the support services available**

The Automotive Solutions Group have over 60 members nationwide. Call 0800 791 791 or visit our website automotivesolutions.co.nz to find a trusted Automotive Solutions repairer near you.

KEEPING YOUR VEHICLE SAFE TO DRIVE DURING LOCKDOWN

It's important that your vehicle remains safe to drive at all times and there are basic vehicle checks you can do yourself that don't take long.

TYRES

Check the tread depth across the whole width of your tyres. Minimum legal depth is 1.5mm, but the more tread you have the better the grip and the safer you and your vehicle will be on the road.

Check the tyre pressure - correct levels can usually be found on the inside door frame.

WINDSCREEN, WIPERS AND MIRRORS

Check your wiper blades for wear and tear.

Check your windscreen washer fluid is full and the spray is working.

LIGHTS

Turn your hazard lights on and walk around the car - check all indicators are flashing.

Check exterior light covers are clean and not cracked or hazy.

BRAKES

Your car should pull up in a straight line when the brakes are applied. There should not be any noises such as grinding and no shaking when braking.

SAFETY BELTS

Check all seatbelts buckle up correctly and there is no damage or cuts to the webbing.

EXHAUST

Exhaust gases can kill - there should be no exhaust leaks.

SUSPENSION AND STEERING

Steering should be responsive and return to centre easily after turning. Good suspension makes your car handle well on cornering and has a big impact on braking. A soft suspension is not a good suspension.

Please keep your car safe.



WOF

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MAINTENANCE

ALL MAKES AND MODELS





USING A DEVICE WHILE DRIVING

Did you know, it's illegal for a driver to:

- 1 Hold and use a mobile phone at any time while driving or waiting in a queue of traffic, at an intersection, or at traffic lights
- 2 Create, send or read any type of message while driving
- 3 Email, use social media, video call, browse the internet, play games and take photos/video while driving
- 4 Perform any other activity not specifically listed while holding a mobile phone and driving, including use of the phone for navigation or to play music.

These functions are only permitted when legally parked, meaning the vehicle is stopped safely and is not in the flow of traffic.

The penalty for using a hand-held mobile phone while driving is \$150 and 20 demerit points.



SPRING - TIME TO GET THE BOAT TRAILER READY

Below are some trailer maintenance tips to know before you head to the water this spring

Tow coupling and ball

- Is the coupling in good condition and fits snugly over the tow ball?
- Are the safety chains in good condition and securely fastened?
- Cracked, corroded or heavily rusted leaf springs can cause major issues. Inspect these closely.

Keep your tyres inflated

Trailer tyres are the unsung heroes of towing. A perished tyre, worn-out bearings and improper PSI all mean trouble.

Inspect wheel bearings

- You'll know your bearings need to be replaced when:
- You hear squeaks or grinding noises.
 - The wheel doesn't spin freely (or there's some resistance when turning them).

Check the lights

- Check all your lights are working.
- Inspect the wires or connectors are not corroded or damaged.
- Check there are no cracked or loose lenses.

Salt is a killer, check your chassis

Cracked, corroded or heavily rusted chassis rails and cross members can cause major issues. Inspect these closely.

Inspect winch ropes

- Will the winch rope pull the boat onto the trailer?
- If in doubt replace your rope.

Safety begins well before you hit the road. This is especially important to remember after a long winter.

KIDS CORNER



JOKES

What does winter fat turn into?

Spring rolls.

How do you know flowers are friendly?

They always have new buds!

What do you get when two plants kiss?

Tulips!

What is the best flower for a boy to give his mum?

A son-flower!

SPRING RECIPE

AVOCADO TOAST

Recipe from www.spendwithpennies.com



Ingredients

- 1 avocado ripe
- 2 slices bread of choice
- 1 garlic clove cut in half (skin on)
- Extra virgin olive oil good quality
- Salt and pepper
- Lemon juice optional
- Finely chopped coriander or parsley

Instructions

- Cut avocado in half and remove seed.
- Toast bread to your taste, using your method of choice.
- While toast is still hot, lightly rub the surface with the cut side of the garlic clove.
- Use a spoon to scoop avocado flesh out, then a fork to mash it onto the toast.
- Sprinkle with salt and pepper.
- Squeeze over a bit of lemon juice, drizzle with olive oil, sprinkle with coriander or parsley. Serve immediately!

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