

# Energy Wise



## THE SUMMER ISSUE

- Save energy this summer
- Summer safety
- Protect your pets
- Quick and easy recipe
- Competition giveaways



**EnergyAustralia**<sup>®</sup>

# Jump into summer

## Welcome to the summer edition of EnergyWise.

This edition is all about celebrating summer; warm weather, the beach, swimming and enjoying the outdoors. But it's not just about celebrating, it's also about offering you information on how to save energy and be safe in the summer months.

For many of us, hot weather means that the demand on our air conditioners isn't the only thing that's high – our energy usage is too. Nobody wants the surprise of extra energy costs to make you hot under the collar. So, this issue provides plenty of ways that you can save your household's energy, and your own.

As the weather heats up we also need to think about safety; for ourselves, our kids and even our pets! So, in this issue, we share some helpful tips on summer safety for everyone.

We've also included a delicious, quick and easy recipe for you to enjoy.

Plus, lookout for our fantastic giveaways in this issue!

We hope you enjoy this issue of EnergyWise.

Congratulations to the winners of our Smurfs competition!

Well done to everybody who entered our Smurfs colouring competition. For a full list of winners please visit [www.energyaustralia.com.au/energywise](http://www.energyaustralia.com.au/energywise)



## Save energy this summer

During the summer months, we all want to relax and enjoy the warm weather. We don't want to waste unnecessary energy – and the same should go for our home.

Typically during summer we like to relax by the fan, under the air-conditioner or enjoy a dip in the water. We can help keep you relaxed with some simple tips to save energy and lower your bills.

- Try not to overcool. Between 23 – 26 degrees is the ideal temperature. It's comfortable and also energy efficient.
- Pool pumps can use a lot of energy and maintaining a pool or spa can increase your annual electricity bill significantly. A well-fitted pool cover is effective at retaining your pool or spa's temperature, as well as reducing evaporation.
- Provide shade for your windows from the outside. Whether it's outside blinds or shutters, or planting an established tree, you'll notice the difference it makes.
- Check your ducts. Dust build-up can prevent your cooling system from operating at its best, so make sure you check your ducts regularly.
- Consider using a power board to supply energy to multiple appliances. That way, you can switch off many appliances with only one switch.

# Products to help your household save

It's one thing to understand the importance of saving energy, but it's an entirely different matter to reduce your usage effectively.

Tips and advice on saving energy are everywhere, but it can be difficult to stay permanently switched on to 'switching off'. Between judging the efficiency of every appliance in our homes and making sure that everything is switched off, saving energy can take up a lot of your own. Luckily, there are products out there to help our households save.

## Lighting

LED lighting is one of the most energy efficient forms of lighting your home. LED lights and fluorescent globes consume far less energy than traditional light bulbs, which means saving the environment, and your wallet.

## Energy monitors

These handy devices monitor the amount of electricity you are consuming in real time, calculating your actual usage and charges once you have entered your tariff. Wireless monitors are connected to the main power board allowing you to track the consumption of the entire house. So, with each light that is switched off, or cooling that is turned down, you will be able to see the effect it has on your likely energy consumption.

## Remote controls

Remote control sockets allow you to turn your appliances on and off remotely with a push of a button. Turning off appliances such as TVs, microwaves or lamps at the power socket saves you electricity and money as they are not left on standby. They are also great for hard to reach power outlets under desks or behind TVs and microwaves.

## Energy-monitoring sockets

Plug your appliances into these energy-monitoring sockets to measure the efficiency of your appliances, allowing you to accurately measure the efficiency of each appliance in your home.



## WIN energy saving products!

Email your best energy saving idea, your mailing address and phone number to [energywise@energyaustralia.com.au](mailto:energywise@energyaustralia.com.au) for your chance to win one of 30 packs containing:

- **An Efergy remote control socket**  
This control shuts off power at the wall for multiple appliances, eliminating 'standby' electricity wastage.
- **An Efergy esocket**  
This socket lets you see in dollar figures how much your appliances cost to run.

For more information on these products visit: [www.efergy.com](http://www.efergy.com)

- **A CSIRO Home Energy Saving Handbook**  
Get some easy-to-follow advice from the experts about saving energy at your home. [www.csiro.com.au](http://www.csiro.com.au)



**Total RRP \$118**

Best energy efficiency idea promotion: Starts 9am (AEDST) 02/01/12 and ends 5pm (AEST) on 30/04/2012. Game of skill. Open to Australian residents aged 15+ (excl. TAS, NT and WA). One entry per household. Entries must be received by 5pm on 30/04/12. Winners will be chosen on 11/05/12. All winners will be published on the EnergyAustralia website on 31/05/12. Promoter: TRUenergy Pty Ltd, ABN 99 086 014 968, Level 33, 385 Bourke Street, Melbourne VIC 3000. For full terms and conditions, visit [EnergyAustralia.com.au/EnergyWise](http://EnergyAustralia.com.au/EnergyWise) or email [energywise@energyaustralia.com.au](mailto:energywise@energyaustralia.com.au) for a copy.

# Small changes can result in big savings with PowerSmart

## How does PowerSmart Home work?

With PowerSmart Home, the day is divided into three different time-bands called Peak, Shoulder and Off Peak. Your electricity is measured using a meter that records electricity consumption in 30-minute intervals and the electricity rates are different in each of these time-bands, so you pay different rates for your electricity according to the time of day it is used.

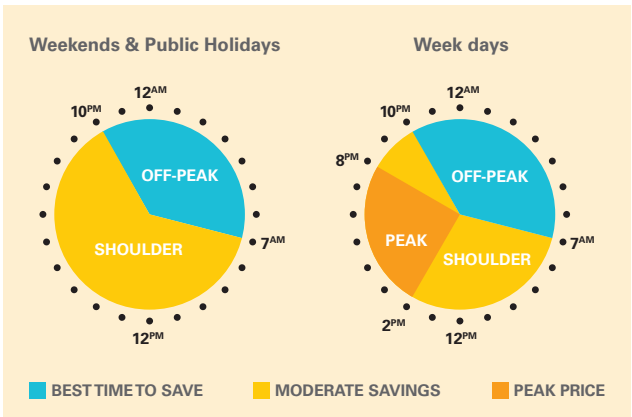
A higher rate is charged for Peak periods and is less for Shoulder and Off Peak periods. So, your rate is less when the demand for electricity is lower and more when it is higher. The information below can help you choose when is the best time to use electricity in order to save on electricity bills.

**PowerSmart Home allows you to take control of the way you use your electricity and the price you will pay for it.**

By changing some of your daily routines it provides the flexibility to move your electricity consumption to less expensive time periods.

The changes to your daily routine don't have to be big either. Small changes like when you use major appliances, such as clothes dryers, dishwashers and pool pumps, can all help minimise your energy usage costs and lower your energy bills.

## Divided day



## How do I move to PowerSmart Home?

In order to move to PowerSmart Home, you need to be in the Ausgrid network NSW area only and have a meter installed that supports it. We can check if you already have the correct meter at your home and, if you do not, we can organise the installation<sup>^</sup>. The meter records in 30-minute intervals how much electricity is used, which means that different rates for electricity can be charged at different times of the day.

**For more information and to see if PowerSmart Home is right for you, visit [www.energyaustralia.com.au/powersmarthome](http://www.energyaustralia.com.au/powersmarthome) or call 13 15 35 from Mon to Fri between 8.00am and 8.00pm, and Saturday between 8.30am and 12.30pm.**

Move home with us and receive a \$50\* credit on your first bill!

NSW customers<sup>#</sup> when you move your electricity and gas with us you'll receive a \$50\* credit on your first bill, plus a great discount of 7%\* off your electricity and gas.

### What a bonus!

If you just connect electricity or gas the same discount applies with a \$25\* credit.

**Simply call 1800 214 186 and quote 'EnergyWise' Move Home Offer.**

<sup>^</sup>Available to customers in the Ausgrid network NSW area only. Please call us on 13 15 35 to find out how. The meter will be free as it is owned by the network. There is a minimum charge of \$450 for meter installation and cost will depend on location. The times for peak, off-peak and shoulder may vary; however, customers will be advised.

\*This offer is valid from 02/01/12 to 30/04/12. Offer is for two-year electricity and/or gas agreement(s) with TRUenergy Pty Ltd ABN 99 086 014 968, trading as EnergyAustralia. <sup>#</sup>Offer applies to residential supply addresses in Ausgrid and Endeavour NSW electricity network areas when moving home. Offer for \$50 credit is applicable if you connect electricity and gas. The \$50 credit will appear on your first electricity bill. If you only connect electricity or gas, a \$25 credit will appear on your first bill. Offer is available to customers who sign up when moving home (change of premises address) and have completed the 10 business day cooling-off period. EnergyAustralia needs four days' notice if you wish to connect your energy supply. This offer is not available with any other EnergyAustralia offer for the same energy type. Early termination fees of up to \$50 (excluding GST) apply to this offer depending on your consumption and agreement term remaining. The credit is not payable if you cancel your EnergyAgreement with us prior to your first bill being issued. This offer may change or cease at the discretion of EnergyAustralia. The 7% discount is off the GST-exclusive value of your regulated electricity and/or gas rates.

# Summer safety

During the summer months we all look forward to relaxing and enjoying the outdoors. Whether it be at the beach or pool, we can't wait to jump on in! But before we step outside of our home, summer safety is something we should all think about.

## Before you hit the water:

- Always read the safety signs before getting in the water and, if you are unsure about whether the water is safe, always ask a lifeguard.
- When at the beach swim between the flags, as this is often the safest place to swim, and where surf life savers pay more attention to you in the water than any other part of the beach.
- Make sure you never swim alone. Not only is swimming with somebody more fun, it's a lot safer as well!
- Keep children under five within arms reach at all times.
- Summer is the perfect time to teach your kids to swim. They'll have a great time learning an invaluable life skill and interacting with others. Many local pools are registered swim schools, so make a trip to the local pool to see if they offer lessons.

## When you're out and about:

Regardless of how you spend your summer, the outdoors present lots of fun, but a few risks as well. Here are some ways to make sure the great outdoors are enjoyed by everyone.

- Go for an SPF 30+, water resistant sunscreen (even if you're not swimming) and reapply every two hours.
- Wherever you are, try and find a shady spot to play games, even if it means bringing a sun shelter or umbrella.
- Remember to take the most care between 10am and 3pm when UV rays are at their strongest.
- Hydration is key to avoiding heat stroke. Encourage kids to drink, even when they're not thirsty. By the time they feel thirsty, they will have lost between two and five cups of fluid.



- Empty paddling pools when not in use.
- Watch out for mozzies and always use insect repellent. Although malaria is uncommon in Australia, Ross River virus and dengue fever are not. Remember: Prevention is the best cure.

## Send us your favourite summer activity and WIN!

In 25 words or less, tell us your favourite way to enjoy summer with your family and friends and you could win a Sun Smart pack. The pack includes a sun shelter and sunscreen, valued at over \$100, thanks to Surf Life Saving Australia! All you have to do is email your entry, mailing address and phone number to **energywise@energyaustralia.com.au** for your chance to WIN one of 15 packs.



If you would like to purchase any of these products, visit: **[www.sls.com.au/shop](http://www.sls.com.au/shop)**

Favourite summer activity promotion: Starts 9am (AEDST) 02/01/12 and ends 5pm (AEST) on 30/04/12. Game of skill. Open to Australian residents aged 15+ (excl. TAS, NT and WA). One entry per household. Entries must be received by 5pm on 30/04/12. 5 winners will be chosen each month on 06/02/12, 09/03/12 & 11/05/12. All winners will be published on the EnergyAustralia website on 31/05/12. Promoter: TRUenergy Pty Ltd, ABN 99 086 014 968, Level 33, 385 Bourke Street, Melbourne VIC 3000. For full terms and conditions, visit [EnergyAustralia.com.au/EnergyWise](http://EnergyAustralia.com.au/EnergyWise) or email **energywise@energyaustralia.com.au** for a copy.



## Summer recipe

Moroccan lamb skewers. Serves 2 – 4.

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500g lamb leg steaks	1 tsp ground cinnamon
Grated rind and juice of 1 lemon	1 tsp ground ginger
2 tbsp olive oil	1/2 tsp ground cumin
1 clove garlic, crushed	1/2 tsp ground coriander
1 red chilli, sliced (optional)	

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To make the marinade, combine the lemon rind and juice, oil, garlic, chilli, cinnamon, ginger, cumin and coriander in a bowl.

Cut the lamb into even, bite-sized chunks and place in a glass or ceramic bowl. Pour the marinade over the lamb and toss to coat. Cover and refrigerate for at least two hours.

Thread lamb onto skewers and BBQ for 8 – 10 minutes, or until cooked to your liking.

Serve skewers with couscous or your favourite summer salad.

### Win a Stephanie Alexander 'The Cook's Companion' cookbook, valued at \$125!

For your chance to win one of 30 cookbooks, simply email your favourite summer recipe, your mailing address and phone number to [energywise@energyaustralia.com.au](mailto:energywise@energyaustralia.com.au)



Favourite summer recipe promotion: Starts 9am (AEDST) 02/01/12 and ends 5pm (AEST) on 30/04/12. Game of skill. Open to Australian residents aged 15+ (excl. TAS, NT and WA). One entry per household. Entries must be received by 5pm on 30/04/12. 30 winners will be chosen on 14/05/12. All winners will be published on the EnergyAustralia website on 31/05/12. Promoter: TRUenergy Pty Ltd, ABN 99 086 014 968, Level 33, 385 Bourke Street, Melbourne VIC 3000. For full terms and conditions, visit EnergyAustralia.com.au/EnergyWise or email [energywise@energyaustralia.com.au](mailto:energywise@energyaustralia.com.au) for a copy.

# Protect your pets in summer

During the warmer months, we also need to spare a thought for our furry friends.

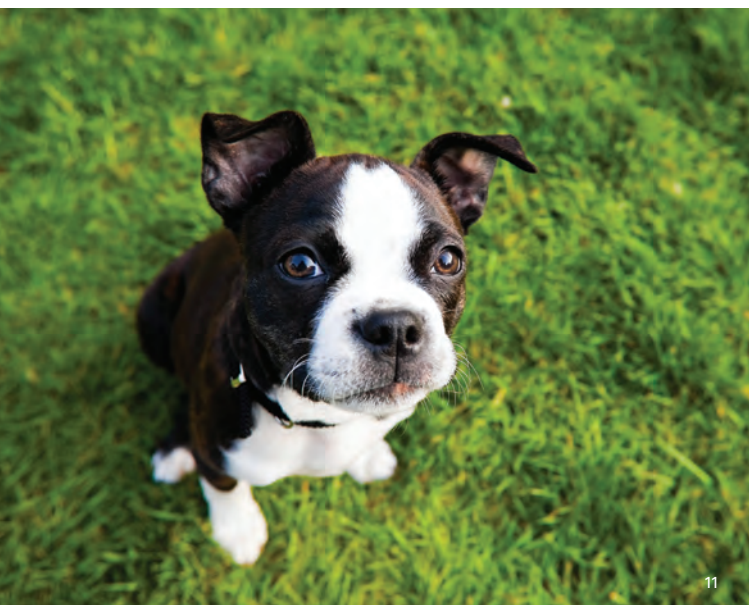
Pets and hot weather can be a dangerous combination if we are not there to help.

Thicker coats from winter may not have moulted, and many animals are not as efficient at cooling down as humans. So keeping an eye out for their safety is paramount.

**Here are some ways to avoid hot dogs and other frazzled friends.**

1. Provide plenty of fresh water, placed away from the sun and where it's unlikely to be spilled.
2. Set up a shallow 'kiddie pool' in your yard to help your dog cool down.
3. Avoid exercising your pets strenuously on hot days.
4. NEVER leave your pet in the car unattended. Cars in the sun turn into ovens, even if the windows are left open.

**For more advice, see your local vet.**





## Showing our support

To show our support for our volunteer surf life savers, EnergyAustralia is sponsoring the Wollongong City team in the Ocean Thunder Pro Surf Boat Series.

Running between November 2011 and February 2012, the series gives life savers the opportunity to compete in elite short course events.

Steve Boscoscuro from the Wollongong City team said "As a volunteer at a surf life saving club, it's great to have the support of a major energy company like EnergyAustralia. This sponsorship has helped our local club to compete in this national event."

This sponsorship reflects EnergyAustralia's ongoing support of local community, environmental and sporting activities.



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