

# Energy

Issue 21

# Wise



## THE SPRING ISSUE

Choosing the right cooling option for your home

Home renovating safety

Cathy's Christmas recipes

Your 2012 calendar



**EnergyAustralia**<sup>®</sup>

## Welcome to the Spring issue of EnergyWise.

It's time to spring into action with this issue of EnergyWise. To help you prepare for the warmer months ahead we have put together some helpful advice on choosing the right cooling option for your home. Plus, for those home renovating jobs around the house, be sure to read up on our home renovating safety tips.

Cathy also shares some mouth watering recipes for Christmas, including edible tree decorations and a delicious turkey stuffing.

So get stuck into the spring issue of EnergyWise and enjoy!

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# Moving home? Let us help you

We all know that moving home can be stressful. In between packing, organising a removalist, re-directing mail and there is the unpacking! But most importantly, remembering to connect your electricity and gas at your new home.

Let us take the hassle out of moving home. Simply call us 4 days before you move to reconnect your electricity and gas at your new home and we'll even finalise your energy at your old address. It's that easy!

While we're at it, we can give you tips to help you save energy and money.

**Call 13 15 02 for further information**  
between 8am to 8pm, Monday to Friday  
or 8.30am and 12 noon on Saturday.



# Choosing the right cooling option for your home

As the warmer months start to approach it's a perfect time to start thinking about your home cooling needs. Here's a guide to help you make the right cooling choice which will ultimately help you save money on your energy bills.

## Fans

If your home is designed well to keep out the heat, fans may be all you need. They are inexpensive to buy, and cheap to run. Options include pedestal, tower and ceiling fans.

Fan fact: Fans don't actually cool the room, but the moving air cools us by increasing evaporation from our skin.

## Air conditioning

Air conditioners can have a big impact on energy bills, so it's important to look beyond the purchase price and make smart choices. Here are some helpful hints when choosing your air conditioner.

### Get the right size

- Window / wall, split system, or fully ducted? The best option will depend on the size of the area you want to cool.
- On average you need about 1kW of output capacity for every 8m<sup>2</sup> of floor space.
- Seek informed advice by taking into account floor area, window area and insulation levels.

### Check the energy rating label

- The more stars the better (with about 10% lower running cost per star).
- It also shows input capacity in kilowatts (kW) which tells you how much energy it uses.
- Inverter (or variable speed drive) models are generally more efficient.

### Choose the best location

- Preferably on a cool shaded side of the house.
- Don't forget to consider noise issues (for both yourself and your neighbours).



### Efficiency is the key

Using your air conditioner wisely can result in big savings on your energy bill. When running your air conditioner, close doors and windows and only cool the area you are occupying.

- Try not to overcool. About 23-26°C is a comfortable room temperature in summer (when you are wearing lighter clothing compared to winter).
- Each degree lower that you operate your air conditioner can add up to 10% to cooling costs.
- Regularly maintain appliances according to manufacturers' recommendations to ensure they are running optimally.
- As with all appliances, switch it off at the wall when it's not needed.



# Home renovating safety

As the weather starts to warm up, it's a perfect time to start thinking about those home renovations. And with many of us attempting simple home handy work ourselves, it's important to remember these few simple safety rules:

## Avoidable danger. Take care.

- Fully unwind extension leads before you use them, so that they don't run the risk of overheating.
- When painting around light fittings, don't remove the light plate as this will expose live wires even when the light is switched off. Mask around it instead.
- Portable safety switches can be bought from most hardware stores and are recommended for protection when using power tools.

## Hidden danger. Beware of what you can't see.

- Check for wires before drilling into walls, floors and ceilings.
- When a metal drill comes into contact with concealed wiring it can cause serious injury to the user. Always make sure you know where the wires run to first. Be particularly careful when drilling around power points and light switches.
- When painting eaves, replacing or cleaning gutters, avoid getting close to the electrical wires that connect your home to the power poles.
- A large number of network electricity cables are also underground. For safety reasons, it is extremely important that you check the location of these and other utility cables (including gas, water and sewage) before you start to dig or excavate. So before you start to dig always **Dial 1100** during business hours or visit **1100.com.au**

## Extreme danger. Call in the experts.

Some situations call for the phone, not the screwdriver. These tasks should never be attempted unless you are a qualified electrician:

- Wiring any part of a home
- Installing lighting or switches
- Installing or moving power points; or
- Replacing frayed cords on appliances.



## Cathy's Christmas recipes

### Turkey breast with a walnut, lemon and cranberry stuffing

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100g walnuts	1.5kg turkey breast fillet
30g butter	Olive oil
1 medium onion, finely chopped	<b>Lemon sauce:</b>
½ cup fresh breadcrumbs	30g butter
¼ cup chopped continental parsley	2 tablespoons flour
1 tablespoon chopped fresh sage leaves	1 ½ cups chicken stock
Grated rind and juice of 1 lemon	2 tablespoons red currant jelly
2 tablespoons dried cranberries, chopped	1 tablespoon lemon juice
Salt and freshly ground pepper	

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1. Process walnuts in a food processor until finely ground. Melt butter in a small pan, cook onion until soft and golden. Combine with breadcrumbs, parsley, sage, lemon, cranberries, salt and pepper in a bowl, mix well.
2. Lay turkey breast on a flat surface. Make an incision along the thickest part of the breast, (don't cut all the way through), then open out.
3. Spread stuffing over turkey, roll up tucking ends in. Tie firmly with kitchen string so it holds its shape during cooking.
4. Place on a rack in a baking dish, brush with olive oil and cook in a hot oven 200°C for 10 minutes, reduce to 180°C and cook for 50 minutes or when pierced with a sharp knife the juices are clear.
5. Cover and rest in a warm place for 15 minutes. Carve and serve with lemon sauce.
6. For lemon sauce, melt butter in a small saucepan, stir in flour and cook slowly 3-4 minutes or until golden brown. Add stock, red currant jelly and lemon juice. Bring to the boil and simmer until the sauce thickens slightly. Season to taste.

**Serves 8-10**

# Cathy's Christmas recipes

## Gingerbread Christmas decorations

125g butter  
½ cup brown sugar, firmly packed  
¾ cup golden syrup  
1 egg  
2 ½ cups plain flour  
1 cup self-raising flour

1 tablespoon ground ginger  
1 teaspoon cinnamon

### **Royal icing:**

1 ½ - 2 cups pure icing sugar, sifted  
1 egg white, lightly beaten  
Few drops lemon juice

1. Combine butter, sugar and golden syrup in a saucepan. Heat slowly, stir until butter melts and sugar dissolves.
2. Remove from heat and transfer to a bowl, beat in egg. Gradually mix in sifted flours, ginger and cinnamon. Form into a ball, cover with plastic wrap and refrigerate for 1 hour.
3. Divide the dough in thirds and roll each to 3mm thickness, between two sheets of baking paper. Cut into desired shapes e.g. bells, Christmas trees, stars etc. Make a small hole on the top of each shape for threading ribbon.
4. Bake on baking paper lined trays in a moderate oven 180°C for 10 minutes or until cooked. Allow to cool on trays.
5. When cold decorate with royal icing. Thread ribbon through holes for tying onto Christmas tree.
6. For royal icing, gradually beat icing sugar into egg white.
7. Add lemon juice; beat to a smooth light mixture which will stand in fine peaks when drawn up with a spoon. Cover with a damp cloth until required for piping.

**For more great recipe ideas and food articles, visit [www.energyaustralia.com.au/cathyskitchen](http://www.energyaustralia.com.au/cathyskitchen)**





Auntie Kylie wastes time  
buying the latest toys.



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