

2008  
SPRING

# synergy life

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synergy



# Lighting the way

LIGHTING IS AS MUCH ABOUT ILLUMINATION AS IT IS ABOUT CREATING MOODS AND AESTHETIC FEATURES ALL AROUND YOUR HOME.

But the lighting you choose influences the cost of your energy bill, so it's important to choose wisely and incorporate as many energy saving globes as possible. By simply replacing your home's normal incandescent globes with compact fluorescent globes, you can cut your household lighting costs by as much as 75 percent. By opting for better globes in your home, you can help ensure a better globe for all of us.

## Know your globes

**Compact fluorescent globes** (CFLs) fit into a standard light fitting and are ideal for rooms in frequent use, such as living areas and kitchens.

When purchasing new light fittings and controls make sure they can be used with CFLs.

**Traditional incandescent globes** are high energy users. Only 5 to 20 percent of the energy they consume is converted to light – the rest is converted to heat. They should be replaced with more efficient globes such as CFLs.

**Fluorescent tubes** are ideal for kitchens. They are cheaper to run than incandescent bulbs and throw light over a large area. They come in straight or circular tubes.

**Halogen lights** are a variation of incandescent globes. They are commonly used for task lighting as they emit a highly focused bright light. Traditional halogen lights are very inefficient as more than 90 percent of the energy that goes into the light turns to heat.

**Floodlights** are expensive to buy and run, and should only be used for security lights and garage entries. Ensure they are connected to a motion sensor or timer for minimum use.

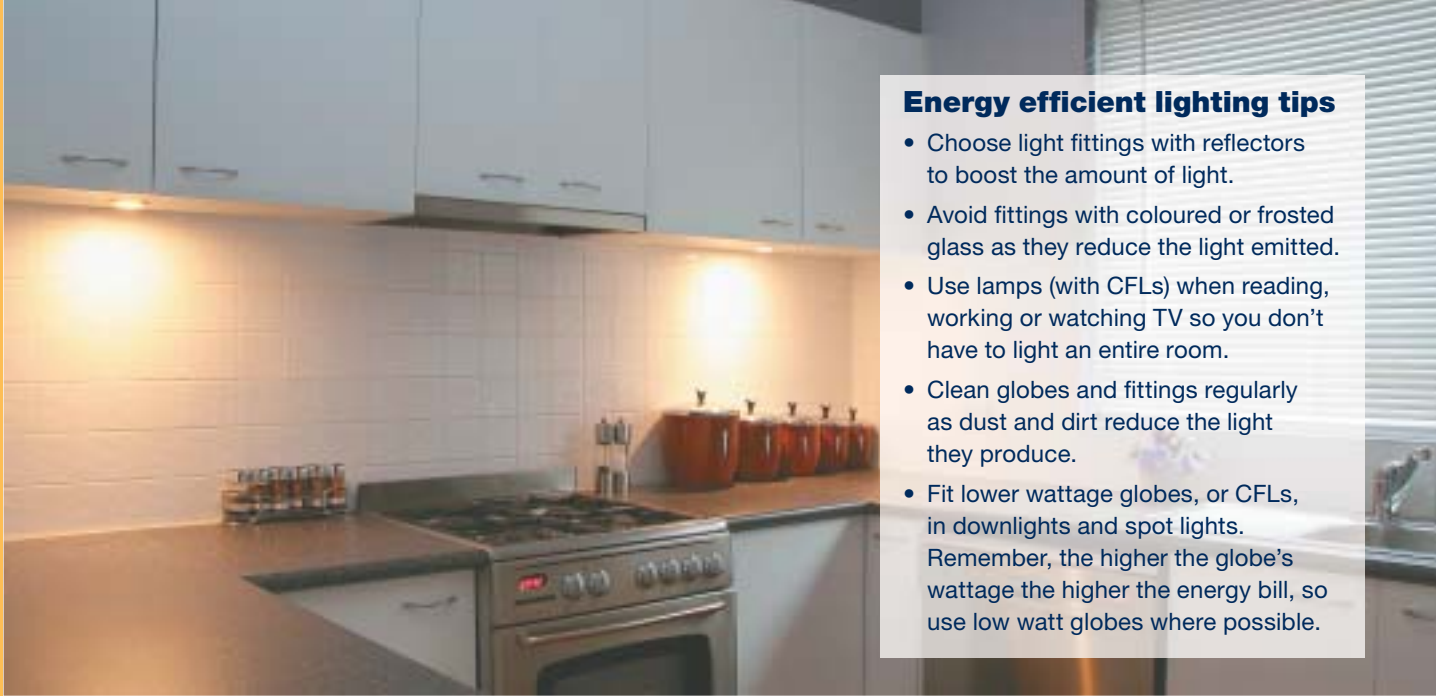
## Know your fittings

As well as standard CFLs, mini CFLs are available for the following popular methods of illumination.

**Downlights** are a popular option for illuminating kitchens and living areas. They are recessed into the ceiling making them unobtrusive and suitable for almost any decor. They create even pools of light and can be used for task lighting over kitchen benches.

**Uplights** cast light toward the ceiling to create reflected illumination. Freestanding lamps are the most effective uplights as they are fully portable and can also be wall-mounted or inset on the floor.

**Wall washers** are as their name suggests; they wash the wall with soft, ambient light to add a sense of drama to a room. They are usually fitted to the ceiling and angled towards the wall, but can also be wall-mounted.



## Energy efficient lighting tips

- Choose light fittings with reflectors to boost the amount of light.
- Avoid fittings with coloured or frosted glass as they reduce the light emitted.
- Use lamps (with CFLs) when reading, working or watching TV so you don't have to light an entire room.
- Clean globes and fittings regularly as dust and dirt reduce the light they produce.
- Fit lower wattage globes, or CFLs, in downlights and spot lights. Remember, the higher the globe's wattage the higher the energy bill, so use low watt globes where possible.

**Pendants** are back in fashion as statement pieces and are both functional and decorative. Use them to illuminate whole rooms or, when dimmed,\* to create intimate light over dining tables, beds or comfy lounge chairs.

**Track lights** are ideal for illuminating certain objects (such as artworks) around the house. They are a series of individual lights on a single track, where each light can be moved or angled in numerous positions. These versatile lights can dramatically change the look of a room.

## Dispose with care

The benefits of using CFLs are overwhelming, but they do contain a tiny amount of mercury. Do not place CFLs in your kerb-side recycling bin as there's a risk of breakage. It's best to contact your local council to find out where to dispose of them.

If you accidentally break a CFL carefully pick up the broken glass using gloves. Wipe the area with a damp paper towel and place gloves, paper towel and glass into a sealed plastic bag. Open windows for ventilation.

In partnership with local councils, Synergy has launched a pilot recycling program that enables you to dispose of CFLs in an environmentally friendly way.

Recycling bins are located at the following areas:

### Synergy head office

228 Adelaide Terrace, Perth.

### City of Fremantle

Fremantle City Works Depot,  
Knutsford Street, Fremantle.

### City of Gosnells

Operations Centre, Canning Park  
Avenue, Maddington.

### City of Mandurah

Gordon Road Waste Management  
Centre, Gordon Road, Meadow Springs  
(opposite the Greyhound track).

### City of Stirling

Recycling Centre Balcatta,  
238 Balcatta Road, Balcatta.

### Town of Vincent

Admin and Civic Centre,  
244 Vincent Street, Leederville.  
Library and Local History Centre,  
99 Loftus Street, Leederville.

### City of Wanneroo

City of Wanneroo Operations Centre,  
Building 2, 1204 Wanneroo Road, Wanneroo.

**See how much you can save  
by switching to CFLs, visit  
[synergy.net.au/betterglobes](http://synergy.net.au/betterglobes)**

\*Please note that not all CFLs work with dimmers.



# Building energy efficiency into your new home

DID YOU KNOW AN ENERGY EFFICIENT HOME CAN MAKE YOU HAPPIER AND HEALTHIER? PASSIVE SOLAR DESIGN CAN MAKE YOU COOLER IN SUMMER AND WARMER IN WINTER? IT CAN HELP YOU TO SAVE TIME AND MONEY?

As we all become more energy conscious and environmentally aware, new home builders are acknowledging the benefits of incorporating energy efficient principles into their building designs.

At Synergy we can provide you with energy efficient tips and advice to help you save money by reducing the amount of energy you need, by building an energy efficient home.

Synergy has a specialist New Connections Team to help guide customers through the journey of building a new home. If you are planning to build a new home we offer advice on the best Synergy products, services and tools available to build energy efficiency into your building design.

Tracy Utting, Synergy's New Connections Manager, explains "when building a new home we encourage customers to think about energy efficiency and apply as many of the energy efficiency principles into their housing design as they can".

"We have a range of interactive web tools that can help customers understand passive solar design, energy efficiency and the benefits of implementing them. Our free online tool 'Energy Efficient Home Designer' also educates customers on the benefits of building an energy efficient home," says Tracy.

Customers are encouraged to discuss energy efficiency and passive solar design with their builder during the design phase. Talking about energy efficiency early on gives you more time to research energy efficient options and can save you money.

If you're planning to build a new home, why not visit [synergy.net.au/newconnections](https://www.synergy.net.au/newconnections) or call our New Connections Team on 13 13 53. We can help you create a home that is better for you and better for the environment.

## **We're here to help.**

Our New Connections Team not only offer you advice on energy efficiency, products and services, they also liaise with builders to make the process easier for you. They work closely with the network provider, Western Power, to make sure you have a hassle and stress free experience.

## **The benefits of building energy efficiency into your home:**

- Passive solar design can help make your home 5 degrees warmer in winter and 10 degrees cooler in summer.
- Passive solar principles will improve air quality in the house.
- Anecdotal evidence shows that people are happier and healthier in a home that employs passive solar principles.
- For more tips on building an energy efficient home visit [synergy.net.au/envirohome](http://synergy.net.au/envirohome)



### **Helpful building tips:**

- Orientate main living areas toward the north.
- Use natural ventilation to capture cooling breezes.
- Position windows so that the winter sun naturally heats the house.
- In summer protect windows from the sun with eaves, deciduous trees or pergolas.
- Choose a light coloured roof to reflect unwanted heat.
- Add good insulation to reduce heat transfer.



# A simpler way to pay

DO YOU LEAD A BUSY LIFE? ARE YOU OFTEN AWAY FROM HOME? OR DO YOU SOMETIMES FORGET TO PAY YOUR BILLS ON TIME? IF YOU ANSWERED YES TO ANY OF THESE, THEN SYNERGY'S DIRECT DEBIT PAYMENT SYSTEM CAN TAKE THE HASSLE OUT OF PAYING YOUR SYNERGY BILL.

When you register for direct debit, we will automatically deduct the exact amount of your electricity bill from your nominated bank or credit card account\*. That means no more standing in queues, no posting cheques and no looming dates in your diary. Registering takes only five minutes and you won't need to think about paying your bill again.

New retirees like Jim and Sue from Fremantle say direct debit means one less thing to worry about when they head off on their caravan trip around Australia. "Now we don't have to ask our daughter to pay our electricity bills while we're away and we don't need to leave money behind for her to cover the cost," said Sue. "It's a great feeling to know we can just leave for as long as we want knowing the bill will be automatically paid." Darren and Nicole

from Joondalup say registering for direct debit has given them more free time and one less bill to worry about.

"We have three small children and Nicole and I both work full time," said Darren. "It's great not having the bill stuck on the fridge waiting to be paid, and it means Nicole doesn't have to queue at a counter during her lunch hour to make payments."

If you would like to take the hassle out of paying your Synergy bill, register for direct debit. Call 6212 2888 or download a registration form at [synergy.net.au/payment](https://www.synergy.net.au/payment)

\*Please note a transaction fee of 0.7% will apply to payments made by credit card.

A white caravan is driving away on a red dirt road. The road is flanked by dry, scrubby vegetation and trees under a clear blue sky. The caravan is in the center of the frame, moving towards the horizon.

Register for  
direct debit before  
31 December 2008 and  
you'll go into the draw to  
**WIN** one of five \$200 IGA  
shopping vouchers.

Please visit  
[synergy.net.au/payments](http://synergy.net.au/payments)  
for full terms and  
conditions.



# Summer-ise your home

SUMMER IS ON THE WAY AND NOW IS THE TIME TO SUMMER-ISE YOUR HOME. THAT MEANS GETTING IT READY FOR THE HOT DAYS AHEAD SO YOU CAN BEAT THE HEAT. YOU WILL ALSO BE SAVING MONEY ON YOUR ENERGY BILL AND HELPING TO SAVE THE ENVIRONMENT.



## Here's our checklist of easy things to do.

- Change the temperature setting of your air conditioner.** The optimal temperature setting for an air conditioner in summer is 24 degrees. Changing the setting just one degree cooler can add 10 percent to your bill.
- Spring clean your air conditioner.** Dust and dirt can greatly affect the efficiency of the unit. Check your product manual for cleaning instructions or, if the unit is roof mounted, hire an air conditioning specialist to service the unit.
- Seal off fireplaces** at the chimney base (not the top). This stops the cool air inside your house escaping.
- Turn off your solar hot water system booster.** In summer, there's more than enough sunlight to provide regular hot water.
- Turn down the thermostat on your hot water system.** You don't need the water as hot over summer.
- Service your refrigerator.** It works harder in hot weather, so defrost any icy build-ups in the freezer, clean along the door seals and replace them if damaged.
- Consider installing ceiling fans.** These are cheap to buy and install and are highly effective in circulating air and cooling your skin.



- Make some shade.** Hang bamboo blinds – or even shade cloth – from the eaves in front of north and west-facing windows and walls. It's an easy, inexpensive shade-maker that protects your house from the hot midday and afternoon sun.
- Create a cool place to relax.** Prune under large trees where you can lounge or dine alfresco on hot days.
- Plant deciduous vines** that can grow up walls, pergolas or lattice to give extra shade.

### **Swimming pool owners.**

- The filter needs to run longer in summer, so install a timer and consider connecting to Synergy SmartPower® as it lets you take advantage of off-peak rates by running the pump at night.
- Invest in a pool blanket. This not only makes the pool warmer, it keeps out dirt and leaves and reduces the evaporation of precious water and chemicals.

By preparing your home for summer, you can beat the heat and save energy, money and the environment too.

Visit [synergy.net.au/save](https://www.synergy.net.au/save) to find tips and advice on ways to reduce your energy consumption.



# Capturing kids' energy

LOOKING FOR OUTDOOR FAMILY FUN ON WEEKENDS OR SCHOOL HOLIDAYS?  
HERE ARE SOME GREAT IDEAS:



The Synergy Parkland.

## Synergy Parkland

Children love dinosaurs, and the Synergy Parkland in Kings Park is guaranteed to delight the young and young at heart. The parkland is a playful and educational space where young minds can discover how the energy of the sun and wind has affected WA's plants and animals.

There are life-size dinosaur replicas, from the Muttaborrasaurus, which relied on the sun for warmth and energy as it roamed Australia 100 million years ago, to the Bullockornis, a giant flightless bird nicknamed 'the Demon Duck of Doom'. The mega-fauna means mega-fun for kids to investigate – and climb over.

There's also the 75m-long elevated walkway, the two-tiered island fort, the boardwalk and the interactive water misting forest. Plan a day out because



there's plenty of free electric barbecues, shady trees and open spaces where kids can run as wild as their imaginations.

Learn more about the Synergy Parkland by visiting [synergy.net.au/parkland](http://synergy.net.au/parkland)

### **Baldivis Children's Forest**

Another option is a visit to the Baldivis Children's Forest, which Synergy proudly supports. This unique reserve covers 19ha of remnant Tuart woodland and is both haven and home to many native plants and animals. Walk along beautiful bush trails and get up close and personal with nature.

Synergy will again be sponsoring community workshops and night stalks at the forest next year, details will be posted on their website in February 2009. For more information visit [www.baldivis-childrens-forest.com.au](http://www.baldivis-childrens-forest.com.au)

### **Synergy Summer Symphony Series**

You can also enjoy one the Synergy Summer Symphony Series concerts, where the West Australian Symphony Orchestra (WASO) introduces children to orchestral music in Kings Park and the Botanic Gardens.

The next family concert will be held on Sunday 22 February 2009, with special guest Melvin Tix clowning around on stage with the West Australian Symphony Orchestra. For WASO concert details visit [www.waso.com.au](http://www.waso.com.au)

### **Win one of five Zamia Café vouchers**

For your chance to dine amongst the dinosaurs in the Synergy Parkland, simply print off the 'Demon Duck of Doom' dinosaur picture from [synergy.net.au/parkland](http://synergy.net.au/parkland) and get your kids to colour it in.

Send your entry to Synergy Colouring-in Competition, GPO Box K795, Perth WA 6842, by 15 December 2008 for your chance to win one of five \$50 Zamia Café vouchers.

For full terms and conditions please visit [synergy.net/competitions](http://synergy.net/competitions)



# WIN a summer getaway to the South West valued at \$2500. Simply call 1900 999 666†.

This fabulous prize includes a **\$1500 voucher to Yelverton Brook Eco Spa Retreat and Conservation Sanctuary**, a **\$150 Landcare carbonSMART gift card** and **\$850** spending money.

Yelverton Brook is a very special spa retreat set amongst a conservation sanctuary, a place where guests can watch native animals such as birds, bandicoots, possums and the endangered woylie right on their doorstep.



Each chalet has been designed with the environment in mind, from the use of earth bricks to make the chalets, to passive solar design to minimise the need for heating and cooling, and energy efficient landscaping principles offering you the experience of the highest certified eco retreat in the South West.

Winning numerous awards for their work with conservation activities and breeding endangered native fauna, their commitment to the environment shows. In 2007 they received a 'Highly Commended' award in Biodiversity Conservation and a 'Finalist' in Small Business Leading by Example – WA Environment Awards,

plus they were also voted Best Romantic Retreat in 2005 and 2006.

For your chance to win a summer getaway to the South West valued at \$2500 simply call **1900 999 666†**.

For full terms and conditions please visit [synergy.net.au/competitions](http://synergy.net.au/competitions)

**competition  
winner  
winter 2008**  
Congratulations to  
Maureen Kirkness  
of Quinns Rocks  
who won an energy efficient  
washing machine.

†Service is provided by Active Call. Calls made from a landline are no more than 55 cents, while those made from mobiles, in STD areas and public phones attract higher rates.

All prices printed in this publication are GST inclusive and are correct as at October 2008, and are subject to change.

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