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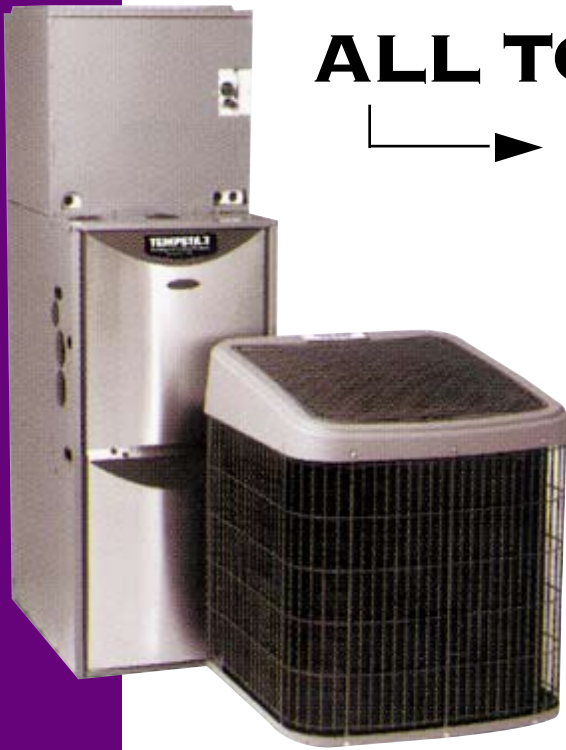
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- **Ranges**
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- **Clothes Dryers**
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Members of the new Commercial Network offer natural gas leasing options, plus, information on energy efficiency and federal funding for energy efficiency projects.

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We welcome you to visit our SaskEnergy Natural Gas Network Members for the natural gas choices you want and the appliances and equipment you need.

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- Methane

Visual inspection includes:

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- Chimney
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12 EASY PAYMENTS OF \$766* A MONTH
OR \$81.95** plus taxes

* APR of 10.5% at fixed term of 12 months
** All parts and labour for repairs are extra

To book your SaskEnergy Home Check-Up, call 1-800-567-8899 or visit www.saskenergy.com.

SaskEnergy Network Home Heating Tune-Up

The SaskEnergy Network Home Heating Tune-Up is performed by a qualified SaskEnergy Network Member. Network Members are independent natural gas contractors located across the province. This service includes a thorough, hands-on examination and annual maintenance of your home heating system to ensure it is running at peak efficiency.

A Network Member will:

- Examine chimney and clean out debris
- Visually check heat exchanger
- Examine blower compartment
- Clean and lubricate motor and fan
- Clean or replace filter (if supplied by customer)
- Clean and reset burners
- Examine operation of fan and high limit controls
- Inspect gas pilot system
- Examine and adjust drive system
- Test thermostat and furnace switch

12 EASY PAYMENTS OF \$1027* A MONTH
OR \$101.95** plus taxes

* APR of 10.5% at fixed term of 12 months
** Parts and labour for repair are extra. A \$20 additional charge will apply for boilers and high-efficiency furnaces. \$75 for second furnace. An additional charge may apply for removal of motor, fan, burners and travel costs.

To book your SaskEnergy Network Home Heating Tune-Up, call a Network Member near you or visit www.saskenergy.com



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At home with natural gas:

Saskatchewan families turn up comfort and convenience

by Jeannie Armstrong
SP Creative Features Editor

COMFORT is the main reason why Lawrence LaFontaine and Anita Ehman chose natural gas as an energy source for their home.

The parents of two young children, Lawrence and Anita need to keep their 1,645 square foot two-storey split level house in Regina's Windsor Park neighborhood cozy and warm at all times.

"When we had our home built in 2002, in addition to our natural gas furnace, we chose to have natural gas fireplaces installed on two levels – on the main floor and in the basement, which we fully developed," says Lawrence LaFontaine.

"We use the basement quite a bit because of our kids, Silas and Joby, who are ages three and a half and eight months. Especially because of our baby, we like the temperature in our home to be consistently warm."

LaFontaine said he considered two supplementary heat sources for their home's developed basement – a natural gas fireplace or radiant in-floor heating. "I chose the natural gas fireplace. I have both my fireplaces on thermostats, so they kick



in automatically when the temperature in our house drops to a certain point. Both fireplaces have fans on them. I don't just rely on conventional forced air heat from the furnace."

With two young children, there is always lots of laundry to do at the LaFontaine home. "We selected an over-sized 50-gallon natural gas hot water heater, to keep up with the demand for hot water in our home," says LaFontaine.

"In addition to all the laundry that we do, we also have a corner Jacuzzi tub in our ensuite bath. That tub is actually the main reason that we selected an over-sized hot water heater. A regular water heater just doesn't have the capacity to provide enough hot water for such a large tub."

While the family's new home was under construction, LaFontaine arranged to have a natural gas connection installed



Keeping their home consistently comfortable for their two young children, Silas and Joby, was Lawrence LaFontaine's and Anita Ehman's primary reason for choosing natural gas as an energy source.



barbecue," says Doran.

"I barbecue 12 months a year now. My barbecue is on the deck, just outside my patio doors."

Doran's old propane gas barbecue had seen better days and needed replacing. Doran decided the time had come to switch to natural gas. He called DMH Plumbing & Heating Ltd., the SaskEnergy Network Member in Watrous, to come to their home and install a natural gas connection on the deck.

At the same time, the Dorans decided to switch to a natural gas clothes dryer. A natural gas dryer dries clothes faster than conventional electric dryers, because a greater volume of dry, absorbent air passes through the clothes. "A natural gas dryer keeps up to your washing machine, where an electric dryer won't. My wife Alice says that for every three loads she did in the washing machine, the electric dryer had two loads finished. She would always be behind by one load. Now with the natural gas dryer, she's never behind," says Doran.

With a natural gas dryer, clothes dry quickly and at a lower cost. "I'm of the firm belief that any time you can go to natural gas instead of electricity, you're going to be saving money, because natural gas is cheaper than electricity," says Doran.

Most recently, Alice and Mitch Doran have made the switch to a natural gas range in their kitchen. Next, they plan to convert their wood-burning fireplace to a natural gas fireplace.

"A natural gas range has an instant-on, instant-off flame. You never have to wait for the element to heat up," says Doran.

"A natural gas fireplace also offers instant heat, without having to clean up messy embers or ashes. I've still got about a year-and-a-half worth of firewood left, and when that's gone, we're going to convert our wood-burning fireplace to a natural gas fireplace."

For more information on how you can turn up comfort and convenience in your home with natural gas, visit the SaskEnergy website at www.saskenergy.com.

on the deck. "I like the convenience of a natural gas barbecue. I barbecue all winter on my deck; the barbecue is right outside our kitchen door. With natural gas, you never run out of fuel."

LaFontaine feels that natural gas barbecues last longer than their propane counterparts. "The natural gas barbecues have more even heat. They seem to last longer than the propane barbecues because the natural gas flame doesn't burn as hot, so the burners last longer. My last natural gas barbecue lasted for ten years – and I barbecue all year round."

CONVENIENCE was the motivating factor behind Mitch and Alice Doran's decision to convert several of the appliances in their Watrous home to natural gas.

Mitch Doran is a devout year-round barbecue enthusiast, and he too swears by the convenience of a natural gas barbecue. "I didn't like always running out of propane when I was in the middle of barbecuing. And I didn't like the expense of having to get propane tanks recertified. It's just easier to go with a natural gas



Mitch and Alice Doran of Watrous enjoy the convenience of natural gas appliances.



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Save loads of energy – Switch to cold!

by Jeannie Armstrong
SP Creative Features Editor

Looking for a way to decrease your monthly utility bills, no matter what the season?

Switch to cold – cold water that is! Switching to cold water when doing your laundry is a simple, no-cost way to reduce energy consumption and decrease your monthly utility bill. It's also an easy way to do your part to protect the environment.

According to the Canadian Energy Efficiency Alliance, 85 to 90 per cent of the energy used to wash your clothes is used to heat the water! If you currently wash clothes in warm and rinse in cold, just by changing to cold water for your wash you could save up to \$63* a year. If you currently wash and rinse in warm, you could save more than double that amount. As energy prices continue to rise, by switching to cold, your savings will just keep getting larger and larger.

Many Canadians have been slow to make the switch to cold because they did not believe their clothes would come out as clean as if they laundered them in warm or hot water. This perception is changing with the introduction of detergents specially designed for cold water washing, such as Tide Coldwater. By using a coldwater detergent, you can get excellent cleaning results on both colours and whites.

The Canadian Energy Efficiency Alliance estimates that if all households in Canada that currently use either hot or warm water to wash their clothes switch to cold water, approximately 1.5 billion kilograms of carbon dioxide equivalent would be prevented from entering the earth's atmosphere. A switch to cold not only saves you money, it will also help reduce the impact of climate change.

Canadian fashion designer and mother of two, Julia Grieve, made the switch to cold for two reasons – to lengthen the lifespan of her clothes and reduce energy bills.

She shares these easy tips to help ensure your family's clothing keeps looking great longer, while saving energy at the same time:

1. Prepare your laundry: Pre-treat tough stains to ensure the cleanest result. Avoid pilling and fading by turning clothes inside out.

2. Check your labels: You would be surprised how many items actually require cold water washing. Always read the label before laundering.

3. Choose the correct detergent. By washing with a detergent specially formulated for cold water, such as Tide Coldwater, you can get excellent results on both colours and whites, while saving up to 75 per cent of your household energy used per load.

4. Use the appropriate wash cycle: Don't overfill your machine with clothes, despite the temptation to get your laundry done quickly. A general rule of thumb is to fill your machine to 80 per cent of its capacity for best cleaning results.

5. Don't rely solely on your dryer to dry your clothes: Occasionally hanging clothes to dry can extend garment life and save energy.

"I'm a huge supporter of cold water washing," says Grieve. "A small step like switching to a cold water wash can make a difference. In fact, if every Canadian switched to Tide Coldwater, enough energy could be saved to light up to 2.5 million households nationwide for one year."

In March, your SaskEnergy statement contained a coupon to help you make the switch to cold water washing. Look inside the envelope for a 75-cent coupon on any Tide Coldwater product. It's just one more incentive to 'switch to cold' and cash in on the savings! You can also obtain a coupon, and more great tips on cold water washing, by visiting www.tidecoldwater.ca.

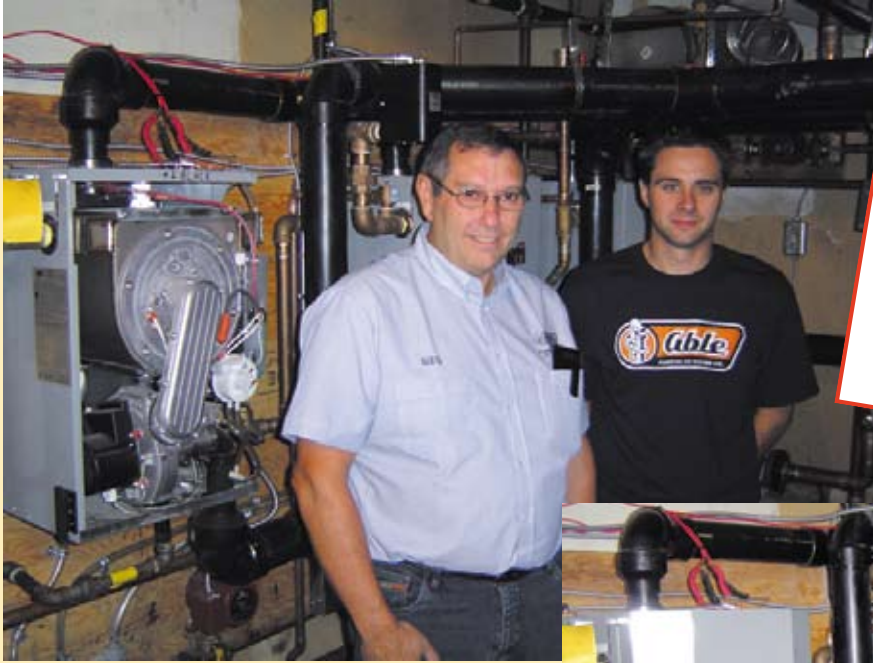
For more great energy-saving tips, visit SaskEnergy's informative website: www.saskenergy.com.



*Figures are based on switching from a Hot/Hot wash/rinse cycle to Cold/Cold, using a national average of 6.3 laundry loads per week, gas water heater set at 140° F, and average gas costs.

By switching to cold water when doing your laundry, you'll not only reduce energy costs, you'll be helping to protect the environment.

Commercial Boiler Program Heats Up!



Sieg Hodel and Chris Johnson, Able Plumbing & Heating, proudly display one of the boilers that were installed during the project.



quick tip

Members of the SaskEnergy Commercial Network offer services such as commercial leasing, assistance in accessing federal programs, and education on industry and technology developments.

It's not quite a year since the Commercial Boiler Program was launched and already things are heating up...in an energy efficient way.

In May 2006, SaskEnergy announced the Commercial Boiler Program to encourage the use of high-efficiency natural gas boilers in commercial new construction and retrofits. Available through any one of 27 SaskEnergy Commercial Network Members and offered with the support of Natural Resources Canada, the program provides incentives based on the incremental price of natural gas near-condensing boilers or condensing boilers over the purchase price of standard-efficiency boilers.

As a result, property owners can afford to choose equipment that will maximize their energy and cost savings plus reduce greenhouse gas emissions into the environment.

SaskEnergy Commercial Network Member, Able Plumbing & Heating in Regina, knows firsthand what the program is doing for business and commercial property owners. This past summer, they completed a two week project on a south Regina apartment complex with help from the program. The project included removing old, oversized equipment with an estimated rating of 1,140,000 BTU and replacing it with three condensing

boilers estimated at 200,000 BTU each. In addition to saving almost half the BTU, the new 92.7% efficient equipment has increased efficiency dramatically.

"The new equipment will save the property owner anywhere from 35-50% on their annual heating bill – savings that could equal thousands of dollars over the next few years," estimates Sieg Hodel, Owner, Able Plumbing & Heating.

But the benefits of having high efficiency equipment would not have been possible without the help of the incentives. Sieg explains, "The estimated savings and the available incentive were the deciding factors for installing high efficient equipment. The owner would not have changed out the boilers if the Commercial Boiler Program was not in place."

The Commercial Boiler Program is available until December 31, 2007. For more information, please visit saskenergy.com.

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Is your furnace ENERGY STAR® rated?

Check the label on your furnace. Does it say ENERGY STAR? If not, you're burning money. The majority of Canadian homes built between 1950 and 1970 have furnaces rated 60% efficient while furnaces in homes built between 1980 and 1990 are likely only mid-efficient or 80% efficient.

By installing an ENERGY STAR high efficiency furnace you can start saving instantly. Plus, if you choose an ENERGY STAR high efficiency furnace with a DC variable-speed motor, you'll maximize your savings. Not only will you realize natural gas savings but electrical too. High efficiency motors operate efficiently and economically under varying load conditions while increasing the efficiency of your heating and air conditioning system.

With an ENERGY STAR qualified high efficiency furnace, you get a warm home all winter long. It's also reassuring knowing you're saving energy and money, with the number one way to reduce your home's harmful emissions.

ENERGY STAR is an international symbol of energy efficiency. It helps you easily identify the most energy efficient products available to save energy, money and protect the environment. To qualify, natural gas furnaces must have an annual fuel utilization efficiency (AFUE) rate of 90% or higher. Residential boilers must have an AFUE rating of 85% or higher.

Begin by choosing the right size furnace for your house. Most furnaces can provide far more heat than a house requires, even on the coldest winter day. A furnace of the correct size will also operate more efficiently, last longer, save you money on heating throughout the season and provide comfort in all parts of your home.

Add in a programmable thermostat and you can save even more!

Contact a SaskEnergy Network Member and find out how you can save energy, money and the environment.



Save money, energy and the environment with an ENERGY STAR furnace.

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NEW TO SASKATCHEWAN Buying a New Home?

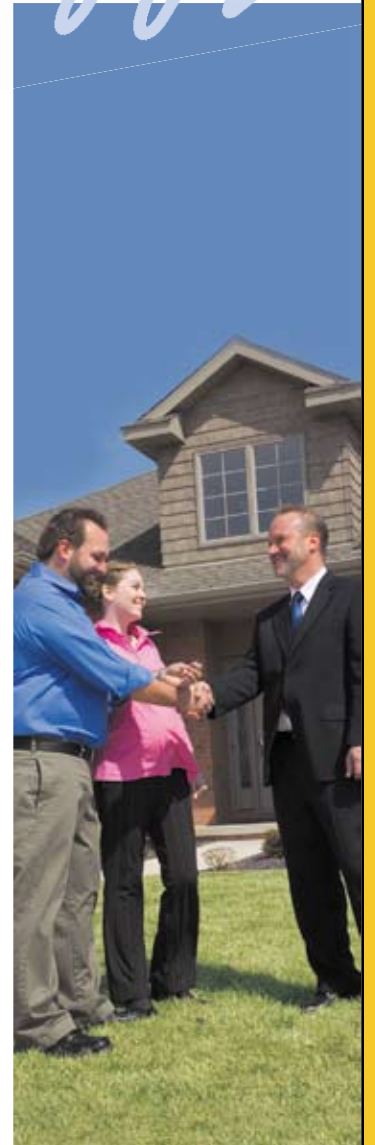
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WHAT IS AN ENERGY STAR QUALIFIED NEW HOME?

ENERGY STAR qualified homes are built by licensed ENERGY STAR builders who incorporate resource efficient features into the home to reduce heating, electricity and water use. Independent evaluators verify that the home has been built to the required technical specifications and, upon completion, an ENERGY STAR label and certificate are issued to the homeowner.

Insist on an ENERGY STAR qualified new home, then sit back and enjoy the comfort, lower utility costs and peace of mind that come from buying an independently certified resource efficient new home . . . one that is better for you and the environment.

Ask your Builder for more details.



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ENERGY STAR® sets new standard for home construction

by Tom Eremondi
of SP Creative Services

When you see the ENERGY STAR label, you know you're buying the best.

New homebuyers now have the same guarantee, thanks to the ENERGY STAR for New Homes program.

"What it means is 'Best in Class,'" explains Keith Hanson from Sun Ridge. "If it has the ENERGY STAR logo, it's better than the standard in the market."

He says ENERGY STAR inspectors visit new homes during construction to verify specifications. "Each house must be inspected twice, once just prior to the drywall stage and once at completion. A dynamic depressurization test is also conducted to make sure it complies with air tightness criteria."

The ENERGY STAR specifications used by the builder are designed to achieve a rating of 80 or better on the EnerGuide scale.

"ENERGY STAR doesn't stop at space heating," Hanson adds. "ENERGY STAR homes will also have reduced electrical consumption (at least 1,000-kilowatt hours per year) and reduced water consumption (at least 100,000 litres per year). In other words, ENERGY STAR homes are resource efficient."

Builders can choose how they will achieve these resource savings from a list of acceptable options. For instance, they can



SaskEnergy is offering rebates on natural gas appliances, such as barbecues and clothes dryers, to purchasers of a new ENERGY STAR home.

This Jastek home in Regina is the province's first house to be certified under the ENERGY STAR for New Homes program.



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install a DC variable-speed motor that uses much less energy than a normal furnace motor. Other energy saving features include compact fluorescent bulbs and fixtures, ENERGY STAR rated appliances, motion sensors on lights, and water-efficient toilets, taps and showers.

"In the end homeowners will have a certification that they can bank on when they sell their homes. The independently verified ENERGY STAR home has been shown to have a higher resale value in those markets where the ENERGY STAR for New Homes program has been in place for awhile. Plus consumers will enjoy financial savings resulting from the more energy efficient components."

Though just introduced last fall, homebuilders in Saskatoon and Regina are actively embracing the program.

"Currently about half of the builders are involved in the program and have either completed or are undergoing training," reports Casey Jones from the Saskatoon & Region Home Builders' Association. "What's encouraging is that many of the bigger builders are on board so that means a larger percentage of homes will qualify under the program. Their involvement means that the ENERGY STAR standard will become common place and it will spur other builders to also get involved."

Francis Belle, with the Regina and Region Home Builders' Association, says their participation rate is also strong. "Close to 75 percent have taken ENERGY STAR training and are ready to start building to that standard. We pilot tested the program with some builders to see their reaction and they all agreed that ENERGY STAR would be a good product to offer to the public."

"The builders are always looking for new ways to showcase their professionalism," says Jones. "They also see the demand for increased energy efficiency as a response to affordability issues. People who buy an ENERGY STAR home know their energy bills will be much lower so they can likely afford a larger mortgage payment."

Belle notes that, because Regina was very active in building R2000 homes, builders will easily make the transition to ENERGY STAR. "The builders like the recognition of the ENERGY STAR label. There are not too many people who don't know what that means because it's a consumer friendly product."

Both cities will see numerous ENERGY STAR logos appear on new homes in the near future – one builder in Regina has already earned the standard on a show home opened in February. Belle estimates that another 35 new homes under construction there have been registered.

Jones expects many homes in Saskatoon completed this spring and summer will also earn the rating. His association is also hoping every home on its Parade of Homes, which begins in August, will be ENERGY STAR compliant.

That enthusiasm from the industry means both associations should easily meet their goals of 50 percent participation by the end of the year. When you consider that modest estimates have each city constructing between 500 and 600 new single-family houses in 2007, that's a lot of ENERGY STAR homes.

The new standard can also be applied to multiple-unit dwellings, meaning hundreds more new homes will be at least 80 percent efficient.

In support of this new initiative, the Province of Saskatchewan announced a one-time grant to homeowners who construct or purchase a newly built ENERGY STAR home. As well, SaskEnergy is offering an ENERGY STAR for New Homes Natural Gas Appliance Rebate until December 31, 2007. By purchasing and installing one qualified natural gas appliance, owners can receive a \$100 rebate - for two qualified natural gas appliances the rebate is increased to \$250. Not only will these homeowners benefit from reduced utility costs, they'll enjoy the convenience that these natural gas appliances bring to their home.

For more information visit saskenergy.com or energystarsask.ca.

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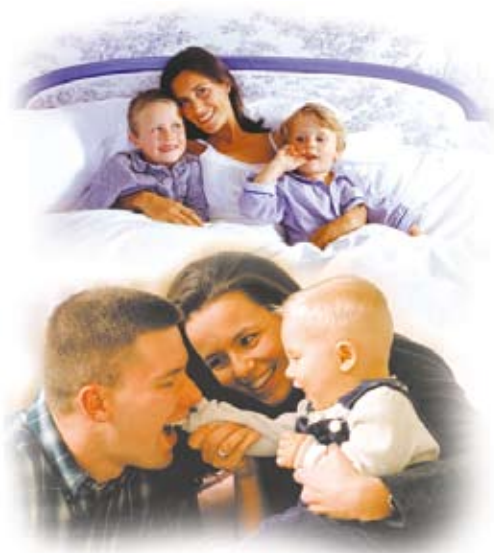
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Outdoor living, indoor comfort

Whether it's a natural gas furnace, water heater, fireplace, range, barbecue, clothes dryer, or one of the other convenient natural gas appliances, natural gas means comfort for you and your family. Enjoy a fuel supply that's efficient, environmentally friendly and reliable. Natural gas energy ... *Now that's comforting!*

OUTDOOR LIVING *Sizzle that won't fizzle . . .*

Whether you are a gourmet cook or like burgers and hot dogs, you'll find nothing compares to a natural gas barbecue. Enjoy the delicious flavor of barbecued foods without the hassle of tanks, coals, ashes or lighter fluid. Natural gas barbecues are safe, fast and easy to use. Extend your cooking season with a convenient natural gas barbecue.

- **Convenient** – Natural gas barbecues are connected directly to your home gas system, making them easy to install, relocate, or disconnect for storage. No tanks to fill and no running out of fuel in the middle of your cookout.
- **Safe** – Natural gas is safe since it is lighter than air and will rise into the atmosphere in the event of a leak.
- **Fast** – No waiting for coals to catch and reach the proper temperature. The permanent lava rocks or ceramic briquettes take less than 5 minutes to heat up.
- **Clean** – No messy ashes to dispose of.
- **Even Heat** – All natural gas models have even heat control settings to give the exact temperature you desire.
- **Easy to Operate** – Start your barbecue with the push of a button!

Make your backyard more inviting with these great outdoor natural gas products . . .

- **Natural gas campfire** – Enjoy a campfire without leaving your yard. The campfire can be installed on your deck or patio and you never need to chop wood. Simple to turn on and off, it gives the warmth and atmosphere of a campfire, with all the convenience of clean burning natural gas.

CONTINUED ON PAGE 20

Natural gas energy ... *Now that's comforting!*



Outdoor living, indoor comfort

CONTINUED FROM PAGE 19

Natural Gas... Still your best energy buy
Reliable, convenient and economical
The lowest cost fuel in Saskatchewan
Natural gas energy... Now that's comforting!



- **Natural gas patio heaters**, also known as deck or radiant heaters, take over where the sun leaves off, allowing you to enjoy more hours in comfort and warmth by the pool, spa, or on your deck.
- **Natural gas lights** – Add security and charm to your yard with the warm glow of a natural gas lamp. Natural gas lamps provide security lighting even during a power outage while adding a stylish look to your home and landscaping.
- **Natural gas pool heaters** increase your fun all year round, indoors and out, for a fraction of the cost. There are a variety of heaters for spas, hot tubs, and pools, including gas fired storage, instantaneous, circulating and immersion systems.

The best place to begin is to visit your nearest SaskEnergy Network Member or visit saskenergy.com for more information.

INDOOR COMFORT *Get Comfy. Efficiently*

Warmth and comfort – that's what you expect from your home's heating equipment and that's exactly what an ENERGY STAR® qualified furnace or boiler will both give you.

Natural gas furnaces deliver even comfortable heat and are available in a number of sizes and models. With ENERGY STAR qualified models offering over 90% efficiency rating, you squeeze the most out of your heating dollar.

ENERGY STAR is an international symbol of energy efficiency. It helps you quickly and easily identify the most energy efficient products available to help you save energy, money and protect the environment. To qualify, natural gas furnaces must have an annual fuel utilization efficiency (AFUE) rate of 90% or higher. Residential boilers must have an AFUE rating of 85% or higher.

The natural gas heating option that's best for you depends on the size, age and style of your home, insulation levels, window types and location. Your SaskEnergy Network Member can advise you on what options are available to you.

Get your fill of hot water . . .

Natural gas water heaters give you all the hot water you need, when you need it, even during a power outage. And natural gas heats your water three times as fast as electricity. Since no two families are alike, lifestyle and habits should be considered when estimating water heater needs. The best size will depend on the





number and age of family members, how many dishes and clothes are washed, and the number of bathrooms in the home.

Next to space heating, water heating is the second largest portion of energy use in your home – about 15% to 20%. That's why it makes sense to choose an efficient natural gas water heater. Look for a water heater with a high energy factor (EF). The higher the better! Models that vent directly through an outside wall means there is no need for a chimney.

Loads faster . . .

Natural gas clothes dryers heat up instantly to full temperature with clean, moist heat that actually reduces wrinkles and static. Clothes dry quickly and at a lower cost.

Natural gas dryers offer faster drying than conventional electric units because a greater volume of dry, absorbent air passes through the clothes. Gentle, moist heat means less need for fabric softeners.

Natural gas dryers are available with all the desirable features you can ask for - from small models to heavy-duty models, they are loaded with time-saving and work-saving features. They are equipped with electronic ignition, versatile time drying, permanent press, push-to-start safety ignition, and a lifetime burner. Automatic shut-off, multiple temperature settings and varied temperature cycle are just some of the selections available.

The only thing less expensive is hanging your clothes outside on the line!

Gourmet. Everyday. . .

Preparing food comes naturally with natural gas. Even a novice can be a great chef with stove-top burners that let you choose any temperature

setting you want - high, simmer, warm, or anywhere in between and tailors its flames to many sizes of cookware. Now you can broil, bake, and roast your way to delicious results.

Natural gas ranges are quick, clean, energy efficient and enjoy the following benefits:

- Natural gas provides a moist method of cooking. Your baked foods won't dry out.
- An infinite range of heat settings.
- With an instant on or instant off flame, you never have to wait for the element to heat up or cool down, which helps prevent burning food and boil-overs.

Natural gas ovens, ranges and cooktops offer the most sophisticated features available in today's market and you can keep on cooking even during a power outage. Stylish designs are only surpassed by outstanding performance. Professional chefs rely on the instant heat and temperature control of natural gas for perfect results. Homeowners like the worry-free pilotless ignition.

Relax. In a hurry...

It's a blustery, bitter cold evening. You've just sat down in your favorite chair after a hard day at work. You're tired, and the thought of carrying an arm-breaking load of wood to the house is a thing of the past. Now, you simply reach for the remote and with fingertip ease, your natural gas fireplace is instantly ready to welcome you home. Sit back, relax and cozy up to the glowing warmth of a fire.

The best place to begin is to visit your nearest SaskEnergy Network Member or visit saskenergy.com for more information.



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For a list of participating SaskEnergy Network Members, visit saskenergy.com

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Want to make your home more energy efficient? Help has arrived.

Before you begin any home improvements, book an EnerGuide for Houses pre-retrofit evaluation. This evaluation will qualify you for the Saskatchewan EnerGuide for Houses and Federal ecoENERGY Retrofit grant programs.

Your EnerGuide Service Provider will offer specific energy efficiency recommendations for your home with an assigned grant amount for each. You then have 18 months to make your improvements and have a post-retrofit evaluation completed.

Replacing your heating system? Upgrading to an ENERGY STAR® qualified furnace with a DC variable-speed motor means you will be eligible for at least a \$1,000 grant (\$500 provincial & \$500 federal).

Plus, pay no PST. All ENERGY STAR qualified furnaces and boilers are exempt from PST. Your heating contractor will no longer charge you PST on this equipment.

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Get expert advice about the energy efficiency of your home with an EnerGuide for Houses evaluation, developed by Natural Resources Canada, to qualify for provincial & federal grants.

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It took a HEEP of Heart...

...to bring the SaskEnergy Share the Warmth™ Home Energy Efficiency Project to 19 communities in 35 days but SaskEnergy, along with the help of hundreds of volunteers, managed to pull it off.

SaskEnergy/TransGas employees and retirees, SIAST staff and students, Salvation Army Representatives and SaskEnergy Network Members were among the 616 volunteers who gave their time and energy to perform energy efficient upgrades in 434 homes across the province this past fall. The initiative, part of the Provincial Government's Saskatchewan Energy Share, began as a pilot project in 2005 with 100 homes in Moose Jaw and was expanded to 19 Saskatchewan centres in 2006. The SaskEnergy Share the Warmth Home Energy Efficiency Project is on target to help 2,500 homeowners by the year 2010.

"SaskEnergy is an industry leader in introducing innovative programs designed to help Saskatchewan homeowners save energy and money," said Doug Kelln, President and CEO of SaskEnergy. "All the programs that make up Saskatchewan Energy Share, including the Home Energy Efficiency Project, help people better manage their energy costs by creating annual savings for years to come."

The project allows families in Saskatchewan to benefit from up to \$200 worth of home improvements including - preparing windows and doors for winter, replacing furnace filters, installing gaskets around light switches and plug ins, replacing standard light bulbs with compact fluorescent lights and installing programmable thermostats.

"The best part of this whole journey has been



The HEEP crew in Meadow Lake takes a moment to pose for a group photo.

helping people," said Shannon Doka, the project leader from SaskEnergy. "Every location had unique challenges, but the sentiment was the same. The homeowners who we helped were incredibly gracious and thankful for this project and the volunteers even learned how to lower their own energy costs."

This type of project provides a sense of satisfaction as many participants really felt like they are making a difference in the lives of others. The results of a volunteer survey were outstanding with nearly all wanting to take part in the 2007 project.

If you would like to be considered for the 2007 Home Energy Efficiency Project, please contact your local Salvation Army or SaskEnergy Office to fill out the application.



A SaskEnergy Network Member in Swift Current installs a programmable thermostat.

to make it happen...

- 17 Network Members participated on project days
- 616 community and SaskEnergy/TransGas volunteers helped deliver the project
- 5381 kilometres were travelled throughout the province to make the project happen
- 434 homes across the province received energy efficient upgrades

Save money and energy, with these easy tips!

Save money and protect the environment, by following these easy, low-cost or no-cost energy saving tips from SaskEnergy!

Furnace

- Keep your furnace clean, lubricated and properly adjusted with annual maintenance. If your furnace is working at peak efficiency it will use less energy and cost less to operate. Clean or replace the filter every 1-2 months - a dirty filter reduces the airflow and forces the furnace to run longer to heat your home.
- Consider purchasing a new ENERGY STAR® qualified furnace with a DC variable-speed motor. An average home can save up to \$595 in natural gas and electrical costs annually when upgrading from a standard 60% efficiency natural gas furnace to a 95% efficiency furnace with a DC variable-speed motor.

Thermostat

- Lower your thermostat by 4 - 5 degrees Celsius (7 - 9 degrees Fahrenheit) while you're sleeping at night and when no one is at home.
- Install a programmable thermostat. You can save 2% on your heating bill for every 1 degree C you turn down your thermostat. With a programmable thermostat to consistently lower your heat when you don't need it, you could save up to \$80 a year!

Garage

- Turn on the heat just prior to use, save by not heating it continuously.

Windows, doorframes, sills and joints

- Apply a sealant or caulk around windows, doorframes, sills and joints. On a windy day feel for leaks or use a couple of incense sticks to help identify leaks around windows, electrical outlets, vents and exterior doors. As well, look for spider webs - if there is a web there is a draft. Use plastic window covers to help prevent heat loss.
- Keep return air grills and heating vents clear of furniture, rugs and drapes, so there is no interference with the flow of heat through your home.

Weather-stripping

- Weather-stripping provides a barrier between the fixed and movable sections of doors and windows. Apply weather-stripping to operable windows, exterior doors, garage doors, and doors that lead to the attic.

Dishwasher

- Always wash a full load in your dishwasher and air-dry your dishes on the "energy saver" setting.

Showerheads and faucets

- Install low-flow showerheads and faucets.

Laundry

- Switch to cold when doing your laundry. 85 - 90% of the energy used to wash your clothes is used to heat the water. By turning the dial to cold on your washing machine, you help the environment, save energy, and save money. Wash full loads.
- Choose a front loading washing machine. Not only does a front loading washing machine save water, it saves energy as well. It uses about 40% less water and about 50% less energy.

Drapes & Blinds

- On sunny days, open south facing drapes and let the sun in, a natural source of heat. If you have large windows that don't receive direct sun, keep the drapes closed. Close your drapes and blinds during the night.

Wood Fireplace

- Close the damper to prevent warm air from escaping through the chimney, and ensure the damper fits properly.

Basement

- If you have an unfinished basement or crawlspace, check for leaks by looking for spider webs. If there is a web, there is a draft. A large amount of heat is also lost from an un-insulated basement.
- Add insulation to basement walls.

More Great Tips

- Use the Equalized Payment Plan so you can average your bills and avoid peak winter bills.
- See what the big energy users in your home are and get suggestions for changes to save energy and money using energycheck, a quick and easy home energy audit found on the SaskEnergy website.
- For a more detailed in-home audit, book a Saskatchewan EnerGuide for Houses evaluation. You will need this to qualify for provincial and federal grants.



Natural gas energy ... *Now that's comforting!*

Natural gas: the only way to barbecue!

Turn up the sizzle at your next barbecue, by making the switch to natural gas. There are no tanks to fill and you'll never run out of fuel in the middle of your cookout!

Make the most of your barbecue with these delicious recipes, submitted by readers from across Saskatchewan. They offer a sure-fire way to please family and friends at your next gathering.

Every reader who submitted a recipe featured on these pages will receive a complimentary SaskEnergy barbecue apron!



Black Bean Quesadillas

A perfect appetizer.

1 cup black beans, drained & rinsed
 1 tomato, seeded & chopped
 1 roasted red pepper, chopped
 1 jalapeno pepper, seeded & diced
 1 clove garlic, minced
 ½ cup fresh cilantro, chopped
 2 T. green onions, minced
 1 ½ cup cheddar cheese, grated
 ½ cup feta cheese, crumbled
 6 ten-inch flour tortillas

Combine the first seven ingredients in medium-sized bowl. Place tortillas on the counter and spread half with black bean mixture, leaving ½-inch border. Sprinkle with cheese. Brush edge with water and fold over, pressing edges together. Preheat barbecue and brush grid with olive oil. Grill quesadillas over medium heat for 2 to 3 minutes per side. Cut into wedges. Garnish with fresh cilantro and serve. Serves six.

Ollie Prytula
 Saskatoon, SK

Bacon-Wrapped Corn on the Cob

A simple and tasty appetizer!

Simply cut one ear of corn into 3 or 4 pieces and wrap with a piece of bacon, but to size (smoked or flavoured bacon tastes best). Be sure to overlap the ends and stick a toothpick (or two) to hold it together. Use the more solid toothpicks and break in half. Cook on the barbecue until the bacon is cooked to your liking. The corn will be moist with a bacon flavour. Serve as an appetizer or with a barbecued meal.

Tim Ziola
 Melville, SK

Prime Rib of Beef

6 lb. prime rib of beef, rolled & tied
 3 cloves garlic, slivered
 2 T. fresh thyme, chopped
 1 T. freshly ground black pepper
 4 T. Dijon mustard

Insert garlic slivers into the roast. Combine Dijon mustard, thyme and pepper and spread mixture over the roast. Set aside. Remove the cooking grids and place a drip pan toward one side of the barbecue. Fill drip pan to ¾ full of mixture of water and red wine. Preheat barbecue on high for 10 minutes. Brush the cooking grids lightly with olive oil and position roast over the drip pan. Reduce heat to medium and cook for 1 ¾ hours, or until internal temperature reaches 65 degrees C. or 145 degrees F. for medium rare. Remove from barbecue and let stand covered for 20 minutes before carving.

Anne Poncelet
 Saskatoon, SK



BBQ Stuffed Salmon

Garden vegetable stuffing:

1 cup onion, chopped
 2 cups bread crumbs
 1 cup mushrooms
 ¼ tsp. marjoram leaves
 1 clove garlic
 ¼ tsp. pepper
 ¼ cup margarine
 1 cup shredded carrots
 ½ cup parsley
 1 ½ T. lemon juice
 2 tsp. salt
 1 egg

Cook onion in margarine until tender. Mix with remaining ingredients. Wash fish in cold water. Pat dry. Rub cavity with salt and pepper. Stuff with garden

Natural gas energy ... *Now that's comforting!*

vegetable stuffing. Brush fish with salad oil. Wrap in tin foil. Barbecue for 45 minutes, turning fish 3 to 4 times.

Phylis Vanderlinde
 Anaheim, SK

Rum Ribs

4 lbs. spareribs
 ½ cup chili sauce
 ½ cup dark rum
 1 - 2 T. Worcestershire sauce
 2 garlic cloves, crushed

1 cup brown sugar
 ¼ cup ketchup
 ¼ cup soya sauce
 1 tsp. dry mustard
 1/8 tsp. pepper

Wrap ribs in tin foil. Bake at 350 degrees for 1 ½ hours. Unwrap ribs and drain juices. Combine remaining ingredients. Pour marinade over ribs and let sit for 1 ½ hours at room temperature. Barbecue ribs at medium temperature until brown. Enjoy! A great dish to serve with corn on the cob and salad.

Mrs. Allan Barry
 Kindersley, SK

Grill chicken pieces for 20 minutes or until cooked through. Turn and baste often with reserved broth mixture. Serve with rice. Serves four.

Olga Gresuik
 North Battleford, SK



Grilled Country-Style Ribs

Marinade:

½ cup orange juice
 2 T. vegetable oil
 1 T. minced ginger root (or 1 tsp. ground ginger)
 2 cloves garlic, minced
 3 lbs. pork ribs (country style)

2 T. red wine vinegar
 1 tsp. dried thyme
 1 tsp. ground ginger
 1/3 cup plum sauce

Place pork in a glass baking dish. Combine orange juice, vinegar, oil, ginger, garlic and thyme. Reserve ¼ cup for basting. Pour remaining marinade over meat, cover and marinate at least four hours in refrigerator.

Preheat barbecue on high; reduce heat to low. Grill meat for 30 to 45 minutes, depending on thickness, brushing often with reserved marinade, turning two or three times.

Brush pork with plum sauce during last 10 minutes of cooking. Remove ribs from grill, cover with foil and let stand 10 minutes before carving. Serve with additional plum sauce if desired. Serves six.

Irene Aldridge
 Regina, SK



Barbecued Lemon Chicken Wings

2 - 3 lbs. chicken wings (separated into 3 pieces)
 1 can frozen lemonade
 2 T. garlic powder

1 cup soya sauce

Boil tips of wings in water, to make broth soup for another day.

Place separated wing pieces into a container with a lid. Add all other ingredients and mix well. Marinate overnight and barbecue next day over medium heat. Turn often, while basting with marinade.

Debbie Nachtegaele
 Humboldt, SK

Lemon Herb Grilled Chicken

For marinade:

1 ¼ cup chicken broth
 1 tsp. each of dried basil, thyme, pepper

3 T. lemon juice

4 boneless, skinless chicken breast halves

Combine marinade ingredients. Reserve ¾ cup for basting and refrigerate. Pour remaining broth mixture into shallow dish. Add chicken and turn to coat. Cover and refrigerate one hour, turning occasionally and brushing often.

BBQ Nacho Potatoes

4 large new red potatoes
 2 T. butter
 1 tsp. hot sauce
 ½ cup grated cheddar cheese
 2 green onions, chopped

1 small sliced onion
 1 tsp. chili powder
 ½ tsp. dried oregano
 Salt & pepper

Wash potatoes. Cut into bite-sized pieces (skins on). Layer potatoes and onion on heavy-duty foil. Dot with butter. Sprinkle layers with chili powder, hot sauce, oregano and salt and pepper to taste. Bring long ends of foil together and fold to seal. Double-fold short ends to seal. Leave room for air circulation. Grill on medium-high for 15 to 20 minutes. Unfold top seal. Sprinkle ½ cup cheddar cheese and two chopped green onions over potatoes. Close barbecue lid for one minute. Serve.

Judy Bohay
 Regina, SK

CONTINUED ON PAGE 28

Natural gas energy ... *Now that's comforting!*



Barbecued Chicken

1 broiler-fryer chicken, cut up
 1 cup ketchup
 ¼ cup cider vinegar
 ½ tsp. salt
 2 or 3 dashes hot pepper sauce
 1 cup water
 1 T. worcestershire sauce
 1 tsp. thyme

In saucepan, combine all ingredients except chicken. Bring mixture to boil. Reduce heat and simmer uncovered for about 15 minutes or until slightly thickened. Cut up chicken, or use a package of chicken parts you like the best, such as thighs, drumsticks or wings. Place chicken bone side down on grill. Grill chicken over medium high heat. Grill about 20 minutes, checking to make sure chicken is not burning. Turn bone side up and grill 15 to 20 minutes more. Keep brushing chicken with barbecue sauce as it is grilling.

Virginia Kaye
 Saskatoon, SK

Tangy Pork Chops

4 thick pork chops

Marinade:

¼ cup liquid honey
 ¼ cup prepared mustard
 ¼ tsp. salt
 ¼ tsp. chili powder

Blend together honey, mustard, salt and chili powder until well mixed. Spread over chops, coating well, then cover and refrigerate for 4 to 6 hours. Remove chops, then place on lightly greased grill. Reserve marinade. Cook over medium heat, turning and basting often with marinade, until meat is no longer pink. Serves four.

Irene M. Jones
 Edgeley, SK

Barbecued Scallops

1 lb. scallops
 1 clove garlic, crushed
 Salt and pepper, to taste
 2 T. olive oil
 2 green onions, finely shredded

Rinse scallops, remove any visible veins. Mix together the remaining ingredients and stir in the scallops. Marinade for 15 minutes in the refrigerator. Cook on hot griddle or in a cast-iron skillet on the grill, at the edge of the barbecue, until scallops turn white. Do not overcook or they will be tough. (If using frozen scallops, allow them to thaw completely and drain).

Bill Lee
 Saskatoon, SK

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Simple Barbecued Steaks

- 4 steaks
- ½ cup barbecue sauce (any kind)
- ½ cup soya sauce (any kind)

Mix barbecue sauce and soya sauce together. Pour over top of steaks and marinade for four hours or overnight in refrigerator. Baste with sauce while barbecuing.

Michele Rohs
Handel, SK

B.B.Q. Devilled Ham Dogs

- 1 can (4 oz.) devilled ham
- ½ cup grated cheddar cheese
- ¼ cup chopped, stuffed olives
- 2 T. chopped onion
- 2 T. mayonnaise
- 6 hot dog or hamburger buns

Combine devilled ham, cheese, olives, onions and mayonnaise. Split rolls and fill with mixture. Wrap each roll securely in foil and heat over open barbecue. Makes six rolls. Fast and easy.

Patricia Ann
Saskatoon, SK

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Mexi-Grill Burgers

1 lb. lean ground beef	½ cup salsa
¼ cup small flake oatmeal (or breadcrumbs)	1 tsp. chili powder
1 egg, beaten	4 large onion buns
½ tsp. mustard powder	Monterey cheese slices
Sliced onions	Corn relish

In large bowl, combine beef, salsa, oatmeal (or breadcrumbs), egg, chili powder and mustard powder. Shape meat mixture into four patties, each about ½-inch thick. Lightly oil grill. Preheat barbecue. Cook patties on medium heat for 5 to 7 minutes on each side. Make sure patties are well cooked. Serve each burger on a bun, with onions, cheese and relish.

Olga Gresuik
North Battleford, SK

Barbecued Shish Kebobs

Marinade:

2/3 cup soya sauce	¼ cup oil
1 garlic clove (crushed)	¼ tsp. pepper
¼ cup granulated sugar	2 T. worcestershire sauce
3 T. red wine vinegar	
Beef sirloin steak, 1/2-inch thick	

Stir first seven ingredients together. Cut meat into 1-inch thick slices, then into squares. Combine with marinade. Cover tightly and chill for several hours. Shake bowl often. Arrange meat on skewers alternately with whole mushrooms, red pepper cut into squares, cherry tomatoes, green pepper cut into squares, zucchini squares and canned whole onions. Place over medium hot grill, turning as necessary. Cook about 20 minutes in total. Baste with marinade near end of cooking time.

Mrs. Allan Barry
Kindersley, SK



Garlic Salmon Steaks

4 salmon steaks	1/3 cup margarine or butter
2 chopped green onions	½ tsp. lemon juice
1 chopped garlic clove	Pinch of pepper
¼ tsp. salt	

Cream together margarine, green onions, lemon juice, garlic, salt and pepper. Spread mixture over steaks, then barbecue over medium heat for 5 minutes on each side, until salmon loses its transparency and flakes easily. Brush with garlic butter mixture occasionally. Serves four.

Irene Jones
Edgeley, SK

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