

ACCESS YOUR
ACCOUNT
ANYTIME
WITH ONLINE
ACCOUNT
MANAGEMENT

Your chance
to win 1 of 10
iPads
inside!

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Welcome to At home

Spring is in full bloom, which means more time spent outside enjoying the sunshine. With this change in temperature, you're probably not using your boiler as much as you would during the colder months but did you know that some boilers break down after long periods of low usage.

That's why we've put together a few simple tips so that you can care for your boiler throughout these warmer months.

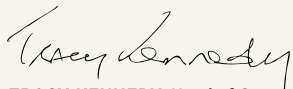
You can also save yourself time and effort by signing up for **Online Account Management**. You could even win one of ten amazing iPads.

And our prize giving continues with the **Bord Gáis Energy Book Club**. We have five **Kindles** to give away so make sure you catch up on the latest Book Club news.

Also don't forget to check out our **Online Shop** which is packed full of energy saving products.

Finally, we have the pleasure of announcing our partnership with the **Irish Heart Foundation** who have provided some healthy tips to keep your heart happy.

I hope you enjoy your latest copy of At home and remember, we're here to help.



TRACY KENNEDY *Head of Customer Operations*
BORD GÁIS ENERGY



Bord Gáis Energy
Winner of 'Innovation in Customer-led Efficiencies'
at the Customer Contact Association Excellence Awards 2010

We'd love to hear your feedback or if you have any questions, just drop us an email on athome@bordgais.ie



Caring for your boiler in the summer months

With warmer days and nights that aren't quite so chilly, there is less need to turn up the heat in your home. However, leaving your boiler unused for long periods of time can lead to breakdowns and faults.

To ensure that your boiler remains in good condition throughout the summer, even without regular use, follow these three top tips:

- 1 Turn on your boiler for a minimum of 30 minutes per week
- 2 Turn on your boiler rather than your immersion to get hot water during the summer months as it's cheaper and keeps your boiler in use
- 3 Have your boiler serviced once a year to ensure it is working to its maximum potential

The summer is the perfect time to get your boiler serviced and gives you real peace of mind that it is operating efficiently for when the colder weather hits.

Our Home Team are available to carry out a boiler service for you when you need it. Book a Home Team service for your boiler and you can be assured of the following:

- All Home Team engineers are trusted professionals, fully qualified and fully insured
- We can arrange a boiler service at a time to suit you, including Saturday appointments



If you want to book a boiler service or need any advice on your boiler, call our Home Team on **1850 427 423** or visit **bordgaisenergy.ie/hometeam**

Brighter energy savings for your home are just a click away



With a wide range of some of the most innovative and energy efficient products on the market, the **Bord Gáis Energy Online Shop** is the

perfect solution for turning your house into an energy efficient home, inside and out. From attractive home lighting to innovative eco products, we've got you covered.



An exclusive offer just for you

15% off the quoted price when you buy both products



ONLY
€13⁹⁹

Get **15% off** the quoted price when you purchase the Ecozone Washer and Dryer Balls together at shop.bordgaisenergy.ie

What's more, you'll also receive a **free Philips Spot-On Light worth €10.25.**

Perfect for adding light to dim hallways or dark cupboards, the **Philips Spot-On**



ONLY
€11⁹⁹

Light is a convenient motion sensitive light source that doesn't need a mains connection or light point.

To see the full range of energy saving products that don't cost the earth, visit shop.bordgaisenergy.ie

Sign up today
and you could
win 1 of 10
iPads!



Save yourself time & effort with **Online Account Management**

Online Account Management gives you complete control of your account no matter where you are. Accessible anytime, with Online Account Management you can view, pay and receive your bills online.

Online Account Management has a wide range of features to make your life easier:

- View recent transactions on your account
- Check when your next bill is due and pay it online
- Review and request changes to your account details
- Sign up for Direct Debit online and make paying your bill even easier

- View current and historic bills (for the last 13 months)
- Submit your own meter reading so that your next gas bill is completely accurate
- Book your next boiler service with our Home Team
- Switch to Paperless Billing and always get your bills online
- Submit feedback and let us know what work's best for you

Signing up is quick and easy. All you need to have to hand is your account number and your name as it currently appears on your bill.



We've got ten iPads to give away to ten lucky winners. To be in with a chance to win all you have to do is sign up to Online Account Management by 10th June 2011 at bordgaisenergy.ie/ipad

Terms and Conditions apply. Customers already signed up to Online Account Management are also eligible for this competition.



Bord Gáis Energy BOOK CLUB

Thanks to all our members, the Bord Gáis Energy Book Club has been a fantastic success to date. We have registered over 7,800 members and have reviewed loads of books by a really diverse range of authors with the help of our brilliant celebrity reviewers, our librarians and our resident expert on all things bookish, Bert Wright. Our forum has been busy as our members chat about



all their views on books and reading. Now, after a great first six months, we're getting ready to liven things up again for the summer which is just around the corner.

Remember, you can always follow us on Twitter **@BGE BookClub** or on **facebook.com/BordGaisEnergy** to keep up to date with all the latest Book Club news.



SUMMER GIVEAWAY

So, if you are not already a member, now's the time to get online and find out about our great summer promotion. We are giving away five Kindles exclusive to At home readers. For more details just log onto **bordgaisenergybookclub.ie** and all will be revealed!



U21 Hurling



The 2011 Bord Gáis Energy GAA Hurling U21 All-Ireland Championship gets underway in May and it's hard to believe that this is our third year as proud sponsors of the competition!

As you've come to expect, we're all set to bring you the

stories, scores, previews and match reports on our dedicated website, Facebook and Twitter pages:

- breakingthrough.ie
- [facebook.com/BordGaisEnergy](https://www.facebook.com/BordGaisEnergy)
- [@BGEHurlingU21](https://twitter.com/BGEHurlingU21) (Twitter for daily conversation)
- [@LiveU21Hurling](https://twitter.com/LiveU21Hurling) (Twitter for all the live action)



Readiscover

The 2011 Bord Gáis Energy Readiscover Your Local Library campaign has been a great success and we were honoured to be joined by some of the best authors Ireland has to offer including the wonderful Benji Bennett, Brent Pope, Paul Howard, John Boyne, Sinead Moriarty and many more. Don't forget, if you missed any of the events and would like to see your favourite authors in their local libraries, just log onto readiscover.ie or follow us on [facebook.com/BordGaisEnergy](https://www.facebook.com/BordGaisEnergy)

Healthy Hearts For a **Happy Home**



At Bord Gáis Energy we know how important it is to stay healthy when it comes to matters of the heart.

That's why we've teamed up with the Irish Heart Foundation, our national charity that fights against heart disease and stroke, to provide you with delicious healthy recipes and healthy living tips.

Mediterranean Beef and Vegetables

Serves 4 people Cooking time: 35 minutes (plus marinade for 1.5 hours)

INGREDIENTS

4 small sirloin steaks (about 100g/4 oz each) 1 inch thick, trimmed of excess fat

15ml/1 tablespoon olive oil

4 cloves garlic, peeled and crushed

3 tablespoons sundried tomato paste

150ml/ 1/4 pint red wine

3 tablespoons fresh oregano, chopped

1 small aubergine, cut into 2 inch slices (optional)

2 small courgettes, cut lengthways into two pieces

1 yellow pepper, halved, deseeded and cut into 8 pieces

1 red pepper, halved, deseeded and cut into 8 pieces

A little salt and freshly ground black pepper



1. Place the steaks in a shallow dish. Mix the olive oil, garlic, sundried tomato paste, red wine, oregano and season together and pour over them. Cover and leave to marinade in the fridge for one hour or more.

2. Thirty minutes before you begin cooking, add the prepared vegetables to the marinade and put it back in the fridge.

3. Remove vegetables and grill on a low temperature for about 25 minutes.

4. To cook the steaks, turn the grill up to high for 7-10 minutes until the meat is no longer pink.

5. Meanwhile, pour remaining marinade into a small saucepan and heat to boiling point. Allow to thicken.

6. Place steak and vegetables on warm plates and drizzle marinade over them. Serve with crusty bread or a baked potato.

The vegetables in this recipe are available from Irish producers. Buying Irish is good for our economy, our environment and our health (food has less distance to travel).

For more tasty recipes visit bordgaisenergy.ie/recipes



FIVE A DAY

Helps Keep the Doctor Away!

Fruit and vegetables are virtually fat-free, packed with vitamins, minerals and fibre and are very important for the health of both adults and children! Choose fruit and vegetables in a range of colours to get the full range of nutrients. Aim to eat five servings of fruit and vegetables every day for a happy heart.

5 top tips to get your 5 a day

- 1** Slice a banana over toast in the mornings.
- 2** Munch an apple on your way to work or waiting for the bus.
- 3** Add salad to your lunchtime sandwich – tomatoes, cucumber, corn, peppers or beetroot are all delicious and bursting with vitamins!
- 4** Keep washed fresh fruit or vegetables in the fridge in bite-sized pieces. They make great snacks for adults and children!
- 5** Stock up on vegetables with your main meal – hide fruit and vegetables in a child's meal by liquidising it.



For further information and advice on heart health and the work of the Irish Heart Foundation visit irishheart.ie. If you have a query or concern in relation to heart health call their Heart and Stroke Helpline on **1890 432 787**.