

Be in with a chance to have your household bills paid for a year

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Welcome to At home

It's officially summer and we couldn't be happier. The sunshine and warm weather means there's no better time to check that your boiler is in tip-top shape. We've got all the information you need on servicing it and we're even giving you the chance to have your **household bills paid for a year!**

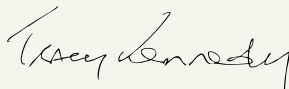
We also tell you all you need to know about **submitting your own meter reading**, which could save you money and make sure you only pay for the gas you use.

Plus you can save even more with our **Better Home Bonus Insulation package**, brought to you by our Home Team professionals.

In our sponsorship section, we bring you an exclusive interview with Tipperary star hurler **Noel McGrath** and there's the chance for your little ones to be celebrated authors in our **"What's Your Story?"** competition.

Finally, don't forget to check out our latest delicious and healthy recipe from the **Irish Heart Foundation** that the whole family can enjoy, plus some handy tips to get you out and about this summer.

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**



Get your boiler serviced and you could have your household bills paid for a year.*

Have your household bills paid for a whole year*

There's no better time of year than summer to get your boiler serviced in preparation for winter. Not only that, but a regularly serviced boiler, is safer, more efficient and more environmentally friendly too, saving you money and energy!

To get your boiler serviced safely and efficiently, you can book an appointment with a member of the Bord Gáis Energy Home Team today. Each of our Home Team Engineers is a Registered Gas Installer (RGI) and has the skills and competency to carry out a full boiler service.

Three reasons to book a service with the Home Team:

- We offer flexible appointments including Saturdays.
- Once you arrange your appointment with us, we'll contact you before we arrive. If we fail to arrive when we say we will, we'll pay you €30.
- You can save up to 10% or €150 off your energy bills** with a regular boiler service.

Your boiler - think safety, think servicing

Have your boiler serviced, repaired or replaced by the Bord Gáis Energy Home Team before the 31st July and be in with a chance to have your household bills paid for a year.* Just call the Bord Gáis Energy Home Team on **1850 427 423** or email us at hometeam@bordgais.ie to book your appointment today.

*Terms and Conditions apply. Please visit bordgaisenergy.ie/athome or apply to us in writing at PO Box 10943, Freeport, Dublin 1 for a copy. This competition is open to Bord Gáis Energy account holders only and is subject to a maximum payment of €500 per month (or equivalent of €6,000 for the year). **Source SEAI

In the case of a five dial meter, count these.



Do not
count the
digit in red

In the case of a four dial meter, count these.



The reading on this
meter is 5810.

How to submit your meter reading— what you need to know

At Bord Gáis Energy, we want to make your life easier. That's why we want to let you know how to submit your own gas meter reading. As you may know Bord Gáis Networks Engineers call to read your meter four times a year. This means that four of your bills are based on actual meter readings. The remaining two bills will be based on estimates made by Bord Gáis Networks.

To submit your reading all you need to have to hand is your GPRN number, which can be found on the top right of your Bord Gáis Energy

natural gas bill and your meter reading. Remember when reading your meter to only count the black digits and not the red one.

- By phone on **1850 632 632**
- Online if you've registered for **Online Account Management**
- If you have an iPhone, you can submit your meter reading on our **'Think Beyond' app for iPhone.**



To submit your own gas meter reading, call **1850 632 632** or log on to **bordgaisenergy.ie** today where you can register for Online Account Management.

Insulate your home and cut down on costs



Save €850** with the Better Home Bonus Insulation package

The warmer months are the ideal time to get your home insulated so that it's cosy for the winter ahead. A properly insulated house not only saves energy, it will also save you money, as a poorly insulated roof and walls can lead to major heat loss. In fact, the SEAI calculate that as much as 30% of your heating could be lost through poor insulation, meaning you end up spending unnecessary money trying to effectively heat your home. That can

Complete home insulation from just €99 per month*

Savings:

- BGE discount €250
- SEAI grant €600

Total savings €850**

be solved once and for all with the Bord Gáis Energy Better Home Bonus Insulation package, specifically created for your attic and cavity walls. It will put an end to heat loss and save you money in the long term.

Book a Better Home Bonus Insulation package today by calling the Home Team on **1850 427 423** or email us at hometeam@bordgais.ie

*Figures based on 20% deposit, interest-free payments, over 12 months, up to a 3 bedroom home, SEAI grant approval and completion of a BER (Building Energy Rating).

**This includes an €80 grant from SEAI and a €100 discount from Bord Gáis Energy towards the cost of a BER (Building Energy Rating).



Talking the talk with **Noel McGrath**

The U21 All-Ireland Championship has already got underway and it looks like it's going to be a great season. To mark the occasion, we caught up with U21 Tipperary star hurler **Noel McGrath** to hear his thoughts on all things hurling.

Here's a taster of what he had to say...

1. Highlight of career to date and why?

Without doubt the All-Ireland Final last year. To have gone so close the year before, to suffer the heart break and to come back and win one the following year was extra special.

2. What was your break through moment?

I suppose my first senior championship game in 2009 was a big moment for me.

3. What's the best thing about being an inter-county hurler?

There are many things but I think you can never take playing in front of big crowd for granted.

To read the full interview visit breakingthrough.ie

And as usual, we've got all the stories, scores, previews and match reports for your enjoyment on our dedicated website, Facebook and Twitter pages:

- breakingthrough.ie
- [facebook.com/BordGaisEnergyGAAHurlingU21s](https://www.facebook.com/BordGaisEnergyGAAHurlingU21s)
- @BGEHurlingU21 (Twitter for daily conversation)
- @LiveU21Hurling (Twitter for all the live action)



To read the full interview visit
breakingthrough.ie



Bord Gáis Energy
BOOK CLUB

Tell us your story...

Calling all budding young writers!
Author Benji Bennett has started a story, now it's up to you to finish it.

It was very warm so I took the shortcut home from school. As I jumped over the small stream I noticed a very strange looking object shaded by the big willow tree. What was it? Where did it come from? Is it alive? Maybe it could give me magical powers, I thought. Then suddenly...

Award winning author
Benji Bennett starts us off...



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At home



bordgaisenergybookclub.ie

Competition Entry Form:

Name: _____ Age: _____

Address: _____

Parent/Guardian email: _____

Parent/Guardian tel: _____ Parent/Guardian signature: _____

All entries must be signed by a parent/guardian. Information will be used solely for the purposes of this competition.

How to enter: Our writing competition is open to all children between 7 and 12 years of age. For your chance to win these prizes, 1st prize €50, 2nd prize €30 and 3rd prize €20, complete the rest of the story. If you need more space please include an extra page. **For children less than 7 years old**, please draw a picture of your story instead. Closing date is 29th July. Cut-out and complete the entry form signed by a parent/guardian and post it to: **Bord Gáis Energy, Tell us your story competition, PO Box 10943, Dublin 1.** *Terms and Conditions apply. Please visit bordgaisenergy.ie/athome or apply to us in writing at PO Box 10943, Freeport, Dublin 1 for a copy.



Good Food For **A Happy Heart**



At Bord Gáis Energy, we know how important it is to nourish our bodies with good food and to stay active for a healthy, happy heart. That's why the Irish Heart Foundation, our national charity fighting heart disease and stroke, has provided us with another delicious and healthy recipe for you to enjoy.

Sizzling pork fajitas with peppers

INGREDIENTS

450g (1lb) pork fillet, trimmed and sliced into strips (can use chicken or beef if preferred)

2 garlic cloves, crushed

1 lime - finely grated zest and juice

1 tsp ground cumin

1/2 tsp ground coriander

Good pinch of paprika

3 tablespoons of olive oil

1 large onion (thinly sliced)

1 red pepper & 1 yellow pepper (seeded and cut into thin strips)

8 soft flour tortillas

To garnish:

1 diced avocado

Half fat crème fraiche

A dash of salt and freshly ground black pepper

Fresh coriander leaves

Tomato Salsa ingredients:

2-3 ripe tomatoes diced

Half a chilli, finely chopped

Serves 4 people

Preparation time: 10 minutes

Cooking time: 20 minutes

1. Place garlic, lime zest and juice, cumin, coriander and paprika in a bowl, stir in half the olive oil and fold in the pork strips. Cover with cling film and leave to marinate for 2 hours or overnight.

2. Heat remaining oil in large frying pan and fry onions and peppers over low heat until soft. Remove and keep warm in a bowl.

3. Reheat frying pan, add the marinated pork strips and sauté until cooked through



and golden in colour. Return onions and peppers to pan and mix all together. Season to taste.

4. Heat the tortillas on a frying pan for 30 seconds, and stack on a warm plate.

5. Put pork mixture into a tortilla and garnish with the coriander and tomato salsa, avocado and crème fraiche.

For more healthy and delicious recipes, visit bordgaisenergy.ie/recipes



Step into summer

Regular physical activity is great for your heart's health. It can reduce your risk of heart attack and stroke and has the added benefit of making you fit. For healthy hearts, adults need at least 30 minutes moderate intensity physical activity 5 days a week and children need 60 minutes every day.

Follow these tips to add regular exercise to your life and enjoy the summer sunshine the best way possible!

- Get off the bus one stop early
- Take the stairs
- Go for a short walk at lunchtime or in the evening
- Play active games with your children
- Make physical activity 'me time' – ask friends to join you or go it alone
- Walk along an Irish Heart Foundation Slí na Sláinte route in your area. Check out irishheart.ie/sli for routes in your county.



For further information and advice on your heart health and the work of the Irish Heart Foundation, visit irishheart.ie or if you have a query or concern relating to heart health call **1890 432 787**.