

Inside This Issue:

- Is Your House Off Balance?
- 5 Safety Tips
- Fall Fix-Ups for a Spring Lawn

© Hudson, Ink

HOMESENSE

Smart and simple ways to enrich your home living

Fall 2009 \$3.00



MyWord

Connections

By Roger Holmes



Hello Friend,

That shift you notice in the weather is not your imagination; it's your calendar. Yes, change is in the air. Of course, as I watch everything going on out there, I can't help but think it's not just the season that's changing – but the whole world!

We sure are living in interesting times. Whether you're Twittering or texting, friending folks on Facebook, or getting LinkedIn to MySpace, we've got lots of ways to talk about what's on our minds. So what's our two cents worth on some of the big issues of the day?

Let's take healthcare. However the debate on policies and programs turns out, we've got our own connection to your family's health and wellbeing, and issue number one is the quality of your indoor air. Heating systems that get cranked up after a long hibernation can be a breeding ground for contaminants, including deadly carbon monoxide. Give us a call for a pre-season check and let us help make sure your family keeps breathing safely.

continued on page 4

Consumer Watch

Stop Watching Your Money Go Down the Drain

The sound of water running is the sound of your money going down the drain. Is it really that much? It sure is. Water heating can account for 14-20% of your energy bill each month. But the good news is that reducing these costs can be simple.

Use less hot water. Would your nice hot bath be quite as relaxing if you knew how much it was costing you? You use 15–25 gallons of hot water for a bath, but less than 10 gallons during a 5-minute shower. Even with a shower, that's still a lot of water—up to 175 gallons a week. Add three more family members, each with a daily 5-minute shower, and you're up to 700 gallons of water a week. If you don't want a dirty family, what can you do? Cut that amount in half by using low pressure flow showerheads and faucets.

Turn down the thermostat on your water heater. Factories sometimes set the temperature higher than you really need. Their goal is to demonstrate performance. But a setting of 115°F provides comfortable hot water for most uses.

Don't keep the faucet running. Avoid costly habits such as leaving the faucet on while shaving or brushing your teeth. Try a few quick “on and off” splashes to rinse your razor or brush instead of a 4-6 minute full-blast flow.

Repair leaky faucets promptly. A leaky faucet drips its way to a waste of gallons of water—sooner than you realize.

Buy or Rent a new, more efficient water heater. Although most water heaters last 10–15 years, it's best to start shopping for a new one if yours is more than 7 years old. Doing some research before your heater fails will enable you to select one that most appropriately meets your needs. For example, a new power vented water heater which comes with a thick, insulating shell may cost more initially than one without insulation, but energy savings will continue during the lifetime of the appliance.

Did you know we sell and rent water heaters? Call us today for more information.

HomeSense
is published for
friends of



Your **Quick Call** Comfort Hotline:
613-257-8282 or **866-557-8282**
www.carletonrefrigeration.com

Is Your House Off Balance?

All rooms are not alike. Some are warmer when you'd rather they be cool, some are cooler when you'd rather they be warm. How is this happening? A number of variables could be having an impact. For example, direct exposure to sunlight heats up a room – good in winter, however not so good in summer.

Electronics could play a role here, if high-speed computers and accessories are plugged in, powered up and producing heat. The height of the ceiling has an impact, as does the type of flooring. Why, even the number of people in the room can raise its temperature. And, no question, when the kitchen has an oven running at 350 degrees for an hour, don't you think that's going to make a difference?

No, all rooms are not alike, but that doesn't mean the level of comfort can't be the same. And that calls for an understanding of the variables, along with an assessment of how well your home comfort system balances the

different needs and efficiently delivers the warm or cool air you desire.

Two-story homes especially can see differences – with one or two rooms a long duct run away from the furnace or



air conditioner, or from less insulation for rooms above garages.

How to Get Balanced

As a homeowner, the first step for balancing the air on your own is to make sure supply and return vents are open. If the air isn't being delivered, you can bet it's not being balanced. Check your windows and make sure they're properly closed. And clean or replace your air filter on a regular

schedule. See page 4 for a great filter deal.

You may also want to have your home comfort system setup evaluated by a professional.

The effectiveness of your system depends on the amount of airflow, and if the system is low, the effects will be felt in an uncomfortable room. Air balancing can pinpoint inefficient areas and provide solutions. This test will determine how well your system is performing and determine what adjustments need to be made.

Our technician can measure this airflow to see how the system is performing. He can then make a diagnosis to repair and balance the duct system for maximum performance.

If you have rooms that are too warm or too cold, just give us a call and we can come and evaluate your home. Or just ask us about it when we are performing your Fall tune-up.

5 Safety Tips to Protect Your Home From Burglary

According to reports by State Farm Insurance, a home is burglarized every 15 seconds. Even worse, many of these burglaries take place in broad daylight because this is when a home is most likely to be vacant. So while you're at work and your children are at school, your home could be a criminal's target.

Fortunately, break-ins are one of the most preventable crimes. Here are a few precautionary measures to keep your home and family safe:

1. Use automatic timers. Timers can be set to turn lights, radios and televisions

on and off at varying times of the day. Also use them when on vacation or away for an extended period of time to give burglars the impression that someone is home.

2. Illuminate the front and backyard areas. Darkness is one of a burglar's best friends. Doorways and the rear of the house should be lit with cost-effective, low-voltage lighting to minimize dark spaces.

3. Trim trees and shrubs. If overgrown, these areas serve as the perfect hiding places

for burglars and allow them to work undetected.

4. Use window and door alarms. Alarms vary in their degree of sophistication, ranging from a door alarm to silent alarms patched into the local police station. Burglars typically will leave when any alarm is sounded.

5. Don't leave spare keys outdoors. Experience has taught burglars to check under doormats and in flower pots for spare keys.

Fall Fix-Ups for a Lush, Green Lawn in Spring

The leaves are falling, it's football season and the air is turning crisp. But that's no excuse to ignore your lawn. Now is the time to get rid of weeds and bugs, nourish the grass for winter, and plan for a beautiful spring.

The best part? It only takes five simple steps to protect the lawn all winter long and create gorgeous, green grass when the weather warms up again:

1. Let the leaves be your guide.

When the leaves start to turn, it's time to fix up the lawn. Don't wait to plan for the lawn's winter care until the first frost hits or the temperature drops below 45 degrees. It will be too late to tackle bugs and weeds, and the problems can literally multiply for the coming spring.

2. Give the lawn a winter coat.

Apply a winterizer, available in almost any local gardening store. Winterizing the yard will strengthen the root system and give the lawn the vital nutrients it needs to rejuvenate from the

stress of Summer heat and to survive the cold winter months. A Fall fertilizer application also ensures your Spring lawn will be lush, green, and healthy.

3. Eliminate weeds before winter.

Weeds not only germinate in the fall, but they also can leave behind seeds that will germinate in the spring. Applying a weed con-



trol in the fall will kill weeds in the lawn and reduce the number that pop up in the spring. Before you get started, make sure to identify the weeds so you can choose the proper herbicide.

4. Ban the bugs. Fall weather conditions are ideal for insect survival. Once the temperatures get really cold, many of those insects will search for shelter in your home. Birds feeding in your lawn usually indicate the presence of insects. Applying an insect control will keep your yard safe in the fall and your home protected in the winter.

5. Re-seed for a lush lawn.

The best defense against weeds in your lawn is a healthy turf. Fall is a great time to patch up those bare spots or overseed the lawn. Use quality, weed-free grass seed to sow the lawn or fill in bare spots to avoid planting weeds from the start, since some grass seeds inadvertently have weeds already in the mix. Don't forget to water the lawn after the seeding. Seeds won't grow without moisture.

With these five simple steps, you can fix up your lawn this fall and be back to enjoying the football game in record time.



- Better known for her memoir *The King and I* (originally *Anna and the King of Siam*), Anna Leonowens was a fixture of Halifax's cultural life, and started one of the city's most popular book clubs.
- Canada's first Department of Fine Arts, at Acadia University, was founded with a grant from the Carnegie Foundation.
- The world's largest beaver can be found in Alberta at the Beaver lodge.
- Basketball was invented by a Canadian named Dr. James Naismith. Dr. Naismith was originally from a small town in Ontario called Almonte.



MyWord

continued from page 1

What about the state of the economy? The “new normal” has us thinking that spending money we don’t have on what we don’t need is a thing of the past. What’s even more important now is the high value placed on quality products and superior service from people you trust.

That’s what you’ll find with us, and we hope you’ll call us when you need us. We saw quite a few of you this summer – on service calls to keep you cool, calm and collected. And we’ll be here as the days turn colder, just waiting to see you again.



Roger Holmes

P.S. Make sure to call and schedule your Fall tune-up before the cold season sets in. Remember to turn off the breaker on your electrical panel for your air conditioner and place the cover on your air conditioning unit.

Sick and Tired of Being Sick and Tired?

Does your family wake up with headaches, stuffiness, and runny noses? Does anyone have asthma or allergy problems? It could be your Indoor Air. Don't worry, it's easy to see if this is the reason for your symptoms. Just have our Canary Indoor Air Analysis performed in your home. Call **Carleton Refrigeration, Heating and Air Conditioning Ltd.** at **613-257-8282** or **866-557-8282** to set up your exam today. When it comes to indoor air pollution, don't guess – test!

©2009

Get With The Program – And **Save 20%!**

Want a great, quick and easy way to drop your energy bills? Programmable thermostats reduce energy use and add to your home comfort.

Simply program the temperature you want for when you're home or away, awake or asleep – or whenever! Act now and we'll give you a 20% discount on your new thermostat. Get with the program!

Carleton Refrigeration, Heating and Air Conditioning Ltd. at **613-257-8282** or **866-557-8282**

©2009

Never Change Another Filter

Yes, I really did say “never.”

Yes, I really did say “never.” That’s because when you have a Gold Frame Permanent Electrostatic Air Filter, there’s no need for you to ever have to remember to, go to the store, order a weird size, or think about it in the middle of the night when it’s too hot or cold... Because it is washable and guaranteed for life! No more hassle with disposable filters that end up in our landfills.

It’s also about saving you money and hassles maintaining your most expensive asset. But more than that... it

will give you your time back to do more important things, other than inhaling forgotten dust. Take a moment now to call. Just say, “I don’t ever want to change another filter” and we’ll know what you mean.

Carleton Refrigeration, Heating and Air Conditioning Ltd. at **613-257-8282** or **866-557-8282**

Present this ad and receive a **15% Discount** when you pick up your filter at our office/showroom.

©2009

Tired of trying to get service from those big companies with out-of-Country Call Centres or that just don't seem to care?

Maybe you are not impressed with being told it will be a few days before you get service? Allow us the opportunity to show you why we are “Your Comfort Specialists.” We promise to treat you as a valued customer, *not* a number!

if your mailing address is not correct, please call us!



Carleton
REFRIGERATION
HEATING
and
AIR CONDITIONING LTD.

613-257-8282 or 866-557-8282
24 HOUR EMERGENCY SERVICE

www.carletonrefrigeration.com

