

# Efficient refrigeration pays dividends

**ENERGY EFFICIENCY IN YOUR HOME**  
Submitted by EOS Eco-Energy

Two of the most significant energy-consuming appliances in your home are the ones that we rely on to keep our food cool or frozen -- your refrigerator and freezer.

To make matters worse, an old or poorly-maintained fridge/freezer costs more to run than a newer, energy-efficient model.

Since not everyone can go out and purchase a new fridge, it is important to keep your current one well-maintained.

Let's talk money! It is easy to unplug that extra beer fridge in the garage. This could save you an extra \$100 or more each year. Second refrigerators and freezers are often under-used or unused appliances are usually older, less efficient models.

Changing the way that you use your fridge could save you up to \$25 each year. An ENERGY STAR®-approved fridge could translate into at least a \$40 savings on an annual basis.

Here are eight tips on usage:

1. Try to avoid locating your refrigerator or freezer near heat vents, sunlight, or your oven.

2. Check that the temperature inside your refrigerator is between 2°C and 3°C (35°F to 38°F). In most refrigerators, this is the mid-level setting on the temperature control.

3. Freezers should operate at -18°C (0°F). Keeping the temperatures just 5°C (9°F) colder than the recommended levels can increase energy use by as much as 25%.

4. If your refrigerator has an energy saver mode, use it. This feature disables a small heater that is used to prevent moisture from building up on the outside. Unless you see condensation on your fridge, keep this switch off.

5. Don't put hot foods and leftover meals directly into the fridge or freezer. Allow them to cool first. (Always follow safe food-handling practices.)

6. Cover food and any liquids when you put them in the fridge. Otherwise they will release moisture and cause the refrigerator to use more energy.

7. Make the most of the freezer compartment in your refrig-

erator. This is more energy efficient than having a stand-alone freezer.

8. If your freezer isn't full, fill plastic containers with water and freeze them. This will also help to keep your food frozen in the event of a power outage.

To maintain your older model, check the door seals on your fridge. Gaskets on the doors can deteriorate over time and a fridge or freezer that does not seal properly can waste a substantial amount of energy.

To check the seal, place a piece of paper between the door and the refrigerator as you close it. Try to remove the paper. If it comes out freely, then your door is not sealed tightly.

You may also check for leaks by turning on a flashlight and placing it in the fridge. Shut the door. If you see light around the door gasket, it is not sealing properly.

Here are two general maintenance tips for new and old refrigerators and freezers. The coils at the back or bottom of your fridge should be cleaned twice a year, but be sure to, first, unplug the appliance. To allow for good air circulation and a well-running fridge, leave at least 8 cm of air space between the back of the fridge and the wall and at least 2.5 cm on each side of the fridge.

Defrost your fridge and freezer regularly. If properly maintained, manual defrost refrigerators are generally more efficient than automatic defrost models. Manual and partial automatic defrost fridges and freezers should be defrosted at least twice a year, or when the ice is as thick as a pencil.

Thinking about buying a new fridge-freezer? Models with the freezer compartment below or above the fridge are more efficient than side-by-side models.

If you require a stand-alone freezer, there are two options: upright (front-loading) and chest (top-loading) freezers. Chest freezers are about 25 per cent more efficient than upright versions.

Depending on its age, your old fridge may be so inefficient and therefore expensive, that a new refrigerator would pay for itself in just a few years.

Be sure to shop around! Even though federal law mandates minimum energy-efficiency levels, there are variations from model to model. Compare EnerGuide labels.

Stay tuned for EOS Eco-Energy's next column on 'Energy Efficiency in your Home.'

If you have any questions, please contact Katie Friars, EOS program coordinator, by phone 360-0063 or email: [katie.friars@capejourimain.org](mailto:katie.friars@capejourimain.org). Visit us on the web at: [www.eos-eco.net](http://www.eos-eco.net).

Information from: [www.bchydro.com](http://www.bchydro.com)

# Local poet invited to International Festival of Poetry

Distinguished Sackville poet Marilyn Lerch has been invited to participate in the First International Festival of Poetry of Resistance in Toronto April 24-30.

This festival will bring together poets who use their art in the struggles for self-determination and fundamental human rights.

Lerch will take part in a panel on Resistance Poets. Her topic is *Poetry's Salt in Their Wounds; Balm for Ours*. She will read from two of her published collections *Moon Loves its Light* and *Witness and Resist* at several points during the festival, and will chair a panel.

This inaugural festival -- which will honour the Cuban Five, now in their 11th year of unjust political imprisonment in the US -- opens with a press conference hosted by Austin Clarke, well-known author and journalist, winner of the Giller Prize in 2002 and the Commonwealth Writers' Prize in 2003.

The festival brings together a diversity of cultures bent on saving this planet from the ravages of war, violence, racism and the elimination of discrimination in all its forms.

Internationally-known poets from Turkey, Cuba, the US, Norway, and New Zealand will be at the Toronto festival to join forces with Canadian poets from Victoria to New Brunswick to put on a dynamic program of recitals, readings and music as well as paying homage to past poets of resistances such as Nazim Hikmet, Sholom Aleichem, Mahmoud Darwish, Victor Jara and Langston Hughes. For further information: [www.poetryofresistance.ca](http://www.poetryofresistance.ca)

# Hospital auxiliary swings into spring with tea, auction

On March 20, many guests observed the first day of spring by attending the Swing Into Spring Tea and Silent Auction sponsored by the SMH Auxiliary. Folks attended from Riverview, Moncton, Dorchester, Murray Corner and Sackville.

Signs of spring adorned the hospital atrium, tables were dressed with brightly-colored tablecloths and centered with spring bouquets and trays of tastefully arranged goodies added both to the decor and to appetites of the guests.

The silent auction tables displayed many unique items and following active bidding, the highest bidder received their treasure. Door prizes were also won by many. It was a great way for friends to enjoy the first day of spring and for the auxiliary to raise money for projects. We thank everyone for their support.

A Mother's Day basket will be raffled on May 7 and tickets are now on sale. A great big basket filled with feminine articles any lady would enjoy.

The auxiliary's next meeting will be held at the Drew Nursing Home on April 9 at 1:30 p.m. Everyone is welcome.

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