

Practice matters

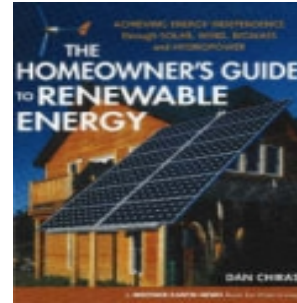
I have been asked to contribute towards an article on how to keep the house warm during winter time and decided to make it the topic for this months newsletter. During the design process of a new residence there are many possibilities in terms of reducing heat loss through advanced insulation techniques and maximising solar gain through orientation among other. However, in an existing older structure, there are also ways and means to optimise thermal efficiency. We will briefly discuss both.

Green tip

Close the doors of the rooms in your house. By reducing space air heats faster and you will require much less energy to keep warm.

Books, Movies & Events

The Homeowner's Guide to Renewable Energy by Daniel D. Chiras. New Society Publishers, 2006. This book examines the alternative energy sources such as wind, solar, biomass & hydropower available to the homeowner today as well as providing energy conservation ideas.



Quote for the month

"Winter is a time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." Edith Sitwell

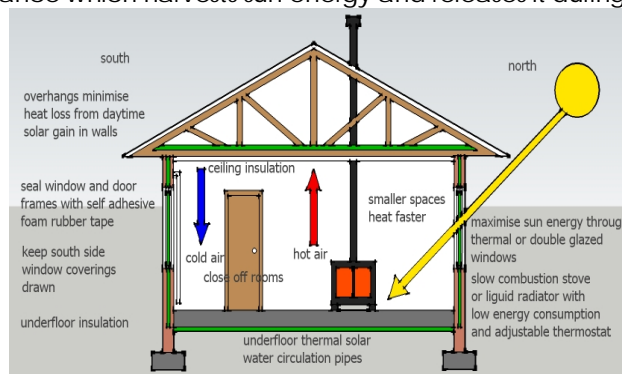
What's news

Thermal efficiency & Reducing heat loss in your home: **New design** - 1.Maximise passive sun energy through north facing windows; 2.Reduce size of windows on south side; 3.Specify thermal or double glazing; 4.Increase R-value (rate at which heat is transferred in walls, floors & ceilings with improved insulation); 5.Increase thermal mass by using clay brick walls for instance which harvests sun energy and releases it during night-time; 6.Thermal under floor solar water circulation ;

7.Install only windows & doors with quality seals; 8.Roof overhangs retains rising heat from walls; **Existing house** -

1.Employ an energy efficient radiator heater with adjustable thermostat, gas heater or a slow combustion wood stove; 2.Seal all window & door frames with self adhesive foam rubber tape;

3.Keep internal doors closed, smaller spaces heat faster while air cools off in larger spaces; 4.Keep window coverings closed on south side; 5.Open window coverings on north side during day-time & close at night; 6. Install thermal glazing; 7.Ensure that you have effective insulation in the ceilings, most heat loss occurs through the roof since hot air rises; 8.Seal possible thermal bridging details with polyurethane foam spray.



Lifestyle

Do the things you never get time for during summer. Read that good book that's been lying around or rearrange the furniture in your home.

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