



Series 8, Episode 36


RENOVATION WITH BARRY DU BOIS AND MATT LEACY

Summer Tips Around the House





Summer is just around the corner and that means now is the perfect time to prepare for it. These are some DIY and inexpensive jobs that should be done in preparation for the hot days ahead!






PRODUCTS AVAILABLE AT BUNNINGS

IMAGE	PRODUCT	RRP	ITEM NO.
	Bailey Fall Protection Special Harness The Bailey Universal Padded Harness has been designed for ergonomic all day wear driving efficiency on the worksite. The product is ergonomically designed for all day use.	\$109	0861021
	Kinetic 15 x 1200mm Galvanised Pipe Kinetic offers a wide range of metal fittings and pipe including threaded brass, compression brass, chrome plated brass, flared brass, capillary brass, capillary copper, and galvanised.	\$12.80	4700258



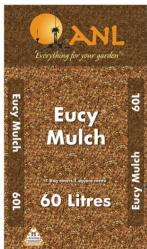

THE LIVING ROOM FACT SHEET

IMAGE	PRODUCT	RRP	ITEM NO.
	Kinetic 15mm Rough Brass T Head Stop Cock - F/M This versatile tool is perfect for a range of applications, making it the ultimate DIY helper. Suitable for sealing, joining and repairing, it is compatible with a range of materials including wood, plastic, carton, glass, ceramic, stone, cork, leather and metal.	\$12.80	4790304
	Pope 12mm Deluxe Brass Universal Tap Adaptor The Pope 12mm deluxe brass universal tap adaptor is used to securely connect your 12mm garden hose to a tap for easy watering.	\$12.40	0057121
	Kinetic 15mm Female Galvanised Tee Kinetic offers a wide range of metal fittings & pipe which include Threaded Brass, Compression Brass, Chrome Plated Brass, Flared Brass, Capillary Brass, Capillary Copper, & Galvanized.	\$2.60	4700117
	Kinetic 12mm x 30m White Standard Thread Seal Suitable for sealing water pipe threads. WaterMark approved for use with potable water. For use with pressures up to 2000 kPa	\$2.28	4920186
	Kinetic 15mm Brass Threaded Cap Kinetic offers a wide range of metal fittings and pipe which include Threaded Brass, Compression Brass, Chrome Plated Brass, Flared Brass, Capillary Brass, Capillary Copper, and Galvanized.	\$1.70	4700218

THE LIVING ROOM FACT SHEET

IMAGE	PRODUCT	RRP	ITEM NO.
	Kinetic 15mm Galvanised Round Plug Kinetic offers a wide range of metal fittings and pipe including threaded brass, compression brass, chrome plated brass, flared brass, capillary brass, capillary copper and galvanised fittings.	\$1.45	4700093
	1/2 Oak Wine Barrel Timber Planter These 1/2 Oak Wine Barrel Timber Planters are the perfect decorative piece for around the home and garden. A great solution for herbs and flowers, these barrels add character to any space.	\$99	2891427
	Easyroll 75mm 100kg Load Transparent Swivel Plate and Brake Castor High quality versatile castor with a transparent polyurethane wheel, 75mm diameter and 100kg load capacity. High quality polyurethane lasts 5x longer than rubber.	\$11	3940301
	Kinetic 15mm Polished Brass Garden Tap Kinetic offers a wide range of metal fittings and pipe which include Threaded Brass, Compression Brass, Chrome Plated Brass, Flared Brass, Capillary Brass, Capillary Copper, and Galvanized.	\$15.55	4790296

THE LIVING ROOM FACT SHEET

IMAGE	PRODUCT	RRP	ITEM NO.
	Kinetic 15 x 300mm Brass Plain All Thread Kinetic offers a wide range of metal fittings and pipe which include Threaded Brass, Compression Brass, Chrome Plated Brass, Flared Brass, Capillary Brass, Capillary Copper, and Galvanized.	\$17.25	4700161
	Kinetic 15 x 1200mm Galvanised Pipe Kinetic offers a wide range of metal fittings and pipe including threaded brass, compression brass, chrome plated brass, flared brass, capillary brass, capillary copper, and galvanised.	\$12.80	4700258
	ANL 60L Eucalyptus Mulch This decorative landscaping and pot plant mulch helps to prevent moisture loss in soil, maintains and even soil temperature and suppresses the growth of weeds. It is ideal for all landscaping and pot plant needs.	\$8.98	3011599
	Seasol 10L Seaweed Concentrate Seasol encourages vigorous, healthy plant growth with enhanced flowering and root system development, as well as improved natural plant tolerance to heat, drought, frost, pest and diseases.	\$78.69	3022899



INSTRUCTIONS

Getting on the Roof

Always make sure you wear a harness and are securely anchored to the roof before getting on it to clean or do other jobs.

1. Make sure the ladder is 1 metre out from the wall and 1 metre past the gutter.
2. Always wear a harness and have something really secure to attach it to. Always follow product instructions.
3. Please be aware of any water restrictions in place in your current state.

Deep Root Soaker

To make the pipe

1. Wrap the tape in the direction of the thread
2. Screw the t-section onto the end
3. Next screw on the tap section – refer to the arrow that will show you the direction of water flow and make sure this is going into the pipe. Make sure the tap is sideways so you don't hit it with the hammer.
4. Follow with the reducer and the hose fitting
5. Before you add the brass capping to the bottom, drill some fine holes in the bottom, so the water can spread out.

Creating drill holes

1. Use a centre punch to make a dent where you want to drill.
2. Use a drill to make small holes in the bottom of the pipe.
3. Add the brass capping to the bottom and stake into the ground where you wish to water the roots.

DIY Drink Station

1. Fix castors onto the bottom of the wine barrel
2. To add extra support, cut a piece of ply so it fits nicely in the bottom, then screw the centre post into place.
3. Create a round hole in the side to place the brass tap fitting in, to ensure drainage when the ice melts
4. Add your own fixtures and cross members to create whatever style drinks stand you like.



Summer Garden Tips

1. Prepare your soil - If you have soil where the water just runs straight off, it means it's Hydrophobic – it doesn't accept water into the soil. Use a garden fork to dig up the soil and mix in some organic matter and compost – it will help to enrich the soil so it can absorb the water. Use around 40-50mm of a fine mulch – this will help to suppress weeds and insulates to help it all year round. Add mulch 2 times a year for best results.
2. Protect new plants – While Autumn is the best time of year to plant you can still plant in summer and if you are doing so be diligent with the water. Plant under an existing tree and use a small hand spade so as not to damage the roots. Use appropriate plants and then surround them with mulch to keep water in the soil.
3. Deep Soil Watering – Using the deep root soaker that Barry created. Attach a hose and hammer into the ground 300-400mm down and then turn on slightly, to into the soil.
4. Shade Delicate Plants – it's important to keep potted plants in shade during summer. Use a trolley to relocate your larger potted plants to different areas and cover up the trolley by layering different sized pots in front.
5. Rehydrate your pots – Fill a bucket of water and add a seaweed solution and some wetting agent and place the whole pot with the plant in the bucket. The water will slowly soak back through the soil. With indoor plants – use a chopstick to poke around the soil in order to create new avenues for the water to travel through.

NOTE: WATER RESTRICTIONS MAY APPLY TO YOUR REGION.

WEBLINKS

For further information on the materials and products used for this segment
click on the links below.



www.bunnings.com.au



www.ryobi.com.au





TRAVEL WITH CHRIS BROWN

Antarctica – Ice Expedition

Sub-zero temperatures; icy water; potential hypothermia.

It doesn't sound like many people's idea of a nice summer holiday, but it's the best time of year to visit Antarctica.

That's where Dr Chris Brown spent the week, exploring one of the most wild, remote and pristine environments in the world.

The majority of Antarctica is made up of a vast permafrost ice sheet which averages 2000 metres in thickness, and only two per cent of the continent is free from ice.

It holds about 90% of the world's ice and 70% of the world's fresh water, and has also been one of the most rapidly warming parts of the planet over the last 50 years.

Late October and November is the best time to see Antarctica at its most undisturbed, while penguins begin hatching in December and whale watching is at its best from mid February.

Tourism to Antarctica is managed by the International Association of Antarctica Tour Operators (IAATO), which works to ensure promote environmentally responsible travel to the region.

Chris travelled there with Aurora Expeditions, where he was able to explore the peninsula with experienced guides committed to the sustainability of Antarctica.

For more information visit:



www.auroraexpeditions.com.au





FOOD WITH MIGUEL MAESTRE

Anna Gare Fremantle Seafood BBQ

With nearly 13000km of coastline, and the most of any state or territory in Australia, Western Australia has a diverse bounty of unique and delicious seafood.

Keen to get his hand on some of Australia's freshest and most prized seafood Miguel goes straight to the source – Fremantle's Fishing Boat Harbour. Who better to show him around than local Anna Gare.

Anna and Miguel head to Bather's Beach to cook up a BBQ seafood platter with a roasted capsicum salsa.

Prep time – 25 minutes

Cooking time – 45 minutes

Serves – 4

Ingredients

1 head garlic, finely chopped

1 small knob ginger, finely chopped

2 long red chillies, chopped

125mL extra virgin olive oil

Salt and pepper

2 fillets goldband snapper, skin scored, cut into 5cm thick strips

6 green tiger prawns, butterflied

3 squid, cleaned and scored

3 legs Fremantle octopus, legs cut into 5cm lengths

6 scallops, roe removed, on the shell

2 medium zucchini, cut into half moons

3 pattypan squash, cut into wedges

1 red capsicum, deseeded, cut into 4 thick strips

Spanish onion, cut into large dice



3 long red chillies, whole

Juice of 1 lemon

Capsicum and chilli paste

Charred capsicum, from above

Charred chili, from above

½ cup blanched almonds

1 garlic cloves

Juice of ½ lemon

¼ cup extra virgin olive oil

Salt and pepper

Method

1. Preheat BBQ to maximum heat
2. Make marinade by combining garlic, ginger, chilli and extra virgin olive oil in a large bowl.
3. Toss the seafood and vegetables in the marinade and spread all out onto the preheated BBQ. Cook until charred and cooked through.
4. Squeeze lemon juice over the cooked seafood and vegetables and season.
5. Arrange the cooked seafood on a platter, picking out the charred chilli and capsicum.
6. Using a mortar and pestle, pound together the charred, capsicum, chilli, blanched almonds, garlic cloves, lemon juice and olive oil to form a paste.
7. Serve the paste with the BBQ seafood.