

JOHN SHARPLES demonstrates a fully loaded backpack at the Scout equipment seminar last Thursday evening. John is the Scoutmaster of the troop and instructed the seminar for parents.

Insulation hot topic during energy seminar

Checking the depth of snow on the roof is a useful gauge of beat loss an audience at the first Halton Hills Conservation Centre seminar learned last week.

If snow remains on the roof, there is little heat loss; but if patches of the roof are bare, the owner is paying to melt snow. That was one tip from the film: The Insulation Story. About 40 people wat-ched it, plus another film then took part in a question period with Eric Scheuneman, a guest speaker from Ottawa. One of Scheuneman's

suggestions to stop heat from escaping the home was to plug the windows at night non-flammable polyethene. In daylight the plug would be removed so that the room could gain the sun's heat, Scheuneman said.

Approximately 40 people

Response was good to three of four coaching courses held

Coach Level One Theory, a

general course designed for

response good

Public response to Acton

library's call for old Wintario

tickets has been good accord-

librarian in Acton. The

tickets are used, under a

government program ending

today, to receive discounts on

"People have been bringing

times a week at the George-

town Memorial arena.

them in regularly" said Miss

magazine subscriptions.

to Eather Taylor,

books

Wintario

Canadian

grant

by the Recreation depart-

ment.

in Guelphview Square, in Georgetown.

Many in the audience picked up copies of a 108-page booklet entitled "Keeping the heat in" which one man described as a gold-mine of information. The booklet's subtitle is "How to re-insulate your home to save energy and money (and be more comfortable too)".

At least two couples started, right there in the meeting, to fill out a questionaire regarding a federal energy, mines and department program. The program, entitled Enersave, is to inform people of the cost of improvements and how much the homeowner can expect to

Scheuneman, a federal government technical adon re-insulation,

the person coaching any sport at a minor level, was held in

the Acton library, April 6. It

will also run April 23 and 30

Coach Level One Technical-

softball, designed to present new ideas and techniques to the novice coach in softball.

was held April 8 in Holy Cross

school, Georgetown. At the

same place, but April 15 and

16, is coach level one

Ontario Athletic Therapists

Recreation

Clinic at Gordon Alcott

Complex for April 29 and 30

The Acton

Free Press

... FOR HELP IN TELLING

technical-soccer.

Memorial

was cancelled.

and May 7.

monent energy Institution so that when the centre closes dispelled one myth for his this fall the information will remain available to the Coaching courses are run by Rec. department

another film-The Hottest Show on Earth-the audience learned North Americans compose six per cent of the earth's population and they use 40 per cent of the world's energy.

listeners. It has been

scientifically proven that it

custs no more to leave a

furnace on all night than to

turn off the furnace and

Insulation can be a good

investment, according to

Scheuneman. In four years or

less insulation pays for itself

and it's oil in Canada's tanks

that's not being used, he said.

seminar also learned that a

clean furnace is yet another

step towards saving fuel.

There is free, trained labor

available to insulate homes-

Scheuneman sald. Such

people would be senior

citizens, single parents, the

handicapped and low income

The conservation centre's

Stan Collett said they are

trying to establish a per-

certain

earners, he said.

Home owners at the

restart it in the morning.

"We waste half of it", according to film narrator David Suzuki.

Guide to backpacking, survival given by Scouter John Sharples

parents and boys in mind, the first Acton Scout troop held a backpacking equipment seminar at the Scout hall

Thursday evelng. Scoutmaster Joh Sharples included in his discussion to parents and boys many of the important things to look for when shopping for equipment. Many of the topics disapply not only to but to hikers in general

Before discussing equip-ment John went through a list of personal gear necessary to a hiker.

Boots must be leather with good ankle support and a thick sole. John explained that inadequate footwear can lead to future health problems for the boys.

Parents were warned against buying denim pants for hiking because they are not flexible enough, too hot and absorb too much molsture. Recommended fabrics included corduray, wood or

The quality of equipment usually improves while the price increases. John instructed parents on points to look for when shopping for equipment.

Packs range in price from \$15 to \$200. For backpacking trips an adjustable, well frame pack is necessary. Padded shoulder straps and a waist band are designed for more comfort ease distributing the weight of the pack more evenly. Waist bands can be purchased separately and attached to a pack. Other important qualities are that the pack is lightweight and reinforced at the stress points. Some other features which were recommended but not essential are a two compartment sack, pockets in the sack, a support frame at the top of sack, self-healing zippers and strap holders. Zippered compartments and pockets are suggested rather buckled or laced

A good, well designed pack or a poor uncomforable one can make or break a hiking

After a long backpacking trip a good night's sleep depends on the sleeping available. Sleeping bags are necessary for both the coldest nights of the winter, and the warmest days of the summer. Bags should be light, approximately eight pounds or less, warm, even in the summer. and compact. When buying a

temperature range on the bag. This range is applicable only when used in a tent and with a foam pad underneath. If a bag is zippered there should be storm flaps inside

Other suggested features are down, feather or downfeather combination fill for bags. Polyester is not as good but it is more reasonably priced, suitable for summer camping and also recommended for people with allergies. Other fills are Dacron fiberfill, featherdown and polyester. Mummy shaped bags are warmer and lighter than rectangular bags. All bags should have a washable flanelette inner liner to absorb moisture. The average person will perspire heavily after six hours in a sleeping bag. This dampness causes the camper to become cold, however flannelette

absorbs moisture and can

drawstring to tighten the bag

around the head or shoulders

be washed.

is very useful for keeping in fuel and gas fuel. They should all be light, efficient and compact. Solid fuel stoves are heated with sterno or paraffin and are sultable only for day hikes. Liquid gas is recommended by the pros but it is slightly harder to light. White gas or naptha is used for fuel. All liquid fuel must be carried in a proper aluminum fuel bottle not in plastic. Gas fuel stoves heated with butane

cartridge. Mess kits should include one pot for water, one fry pan, one metal plate, one cup and a knife, fork and spoon. A jack-knife with two blades and a can opener is best.

give efficient heat only in the

summer. The heat is lost as

fuel is consumed in the

Optional extras include a closed cell construction foam pad. The pad should be no longer than the length of the camper from head to midthigh and approximately two feet wide. These pads provide excellent insulating and moisture penetration. Bubble pads are not suggested because they are so bulky to carry and do not insulate as well as foam. Often the bubbles start to burst cutting down on the insulation it does provide. A few garbage bags for emergency waterproofing and small plastic garbage

bags for taking out garbage

are useful. Another helpful

object is a collapsible bucket for campelte duties.

A fully-equipped first aid kit is a must for campers. For those planning on hiking, salt tablets are good for replacing the salt lost from the body.

When purchasing and packing food for the backpacking trip it is important to keep some basic rules in mind. The food should be light in carrying weight, low in bulk, nutritious, fast cooking, simple to prepare, and have a low chance of spoiling. The water content must be kept to a minimum and heavy packaging materials eliminated, Most food should be repackaged in polyethylene bags with complete meals in one package with a label. Low density items such as corn flakes or soda

crackers should be avoided. Premix ingredients whenever possible. Always avoid tins as they add 15 to 25 percent to the weight of the contents and have to be carried out of the compsite as garbage. Cardboard packages add five to ten percent more weight. Pack rye or pumpernickel bread instead of regular categories, solld fuel, liquid white or brown because it is less crushable and usually more nutritious. Freeze-dried foods are strongly recommended even though they are fairly expensive. Nutritious snack foods for eating along the trail such as dried fruit, sunflower seeds, nuts and Granola should be included in

> Equipment that is taken care of will last a lot longer than equipment which is abused. All equipment should be kept in a dry place with a fairly consistent temperature, to prevent mildew and other damage.

the food plan.

Even the best packs can be damaged by careless packing and other abuses. Mud should be brushed off the pack when dry with a bristle brush not a wire brush. After and before hike check straps, buckles and other stress points and repair any damage. Keep all food, fuels and liquids in leakproof containers so that they will not damage the pack. Sleeping bags

Mother's

CARDS by Carlton HINTON'S Stoves should be kept clean

for cleaning and these should

be followed. If the sleeping

bag is dry cleaned always air

it out thoroughly as dry

cleaning chemical fumes are

toxic. This should be done

outside and with a good wind.

Air all bags immediately after each hike. In bad

weather the bag can be put in

the dryer on fluff. Down and

feather bags should be stuffed

in a stuff bag for safe storage.

Rolling or folding a down or

feather bag may crush or

flatten the fill. After an

overnight hike or camp check

the sleeping bag for damage

and repair immediately. Wash the liner after each use

It is very important that boots be looked after properly

for the protection of the

hiker's feet and back. Good

care also extends the life of

the boot. New boots should be

treated around the seams

only with a water repellant

and preservative product. Do not use this product on the

rest of the boot as it seals

completely and does not allow

the leather to breathe. The

whole boot should be treated

with a waterproofing treat-

ment before every hike. Some

products such as Dubbin tend

to soften boots too much

causing them to stretch

resulting in a loss of support

especially around the ankle.

after each use and repaired if

necessary. Before putting it

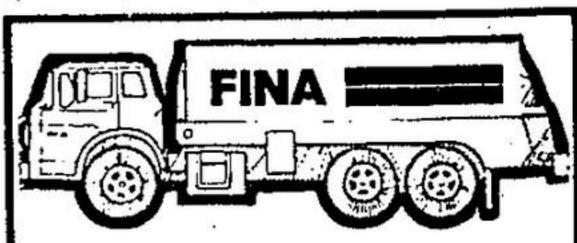
away be sure the tent is dry

Tents should be checked

and air It out.

with the burners checked inefficient parts can be very or hiking. puncturing

After shopping around in different sports and camping stores John was able to price Nozzles and valves should be equipment and see all that is replaced when damaged as available. His own practical camping experience has dangerous. Be sure to pack taught many of the secrets be fuel containers carefully to has learned for successful



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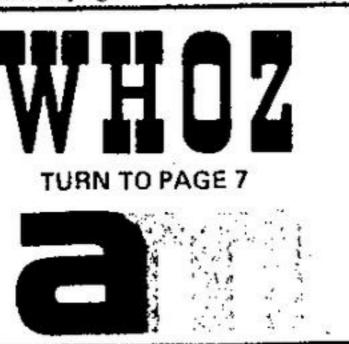
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