

An indoor winter project: Insulating your basement

Although we can expect plenty of rain, sleet, snow and hail this winter, it doesn't mean that you need to be down and out during the snowy season. In fact, even though most people are cooped up in their homes for most of the winter, there are a number of projects that can be done in the home, which can help keep you active and busy until warmer spring temperatures arrive.

One such project is a basement renovation. Insulating your basement can help prepare the room to be used as a future living space or recreation room.

By renovating your basement, you can help increase the value of your home while providing your family with more usable space, says David Flood, Insulation Expert, Owens Corning. The project can also be done rather quickly if other adult family members are around to help.

But before you plan where the flat screen TV fits or select your wall colour, take the time to do the project properly, one step at a time.

First things first— properly insulate your basement walls. Make sure you have adequate insulation to cover the full height of all your basement walls, seal drafts and eliminate cold spots, says Flood. Proper insulation can also help prevent moisture and mold build up that can damage the home and ultimately affect its resale value.

To insulate your basement, Flood recommends installing 2-inch CodeBord rigid foam insulation against the basement



walls. Next, construct stud frames and add Owens Corning R-14 PINK FIBER-GLAS batt insulation in between the studs from the floor to the ceiling. A polyethylene sheet (an insulating plastic) should then be installed over the entire wall and finished with a layer of gypsum board.

And if you decide to tackle a basement renovation this winter, be sure to check on the government rebates available to you. You might qualify for an energy-saving grant of up to \$1,000, which in the long run is minimal compared to the potential long-term savings on your energy bills!

For do-it-yourself instructions on insulating your basement, visit www.owenscorning.ca. For more information on government rebates, visit www.oee.nrcan.gc.ca.

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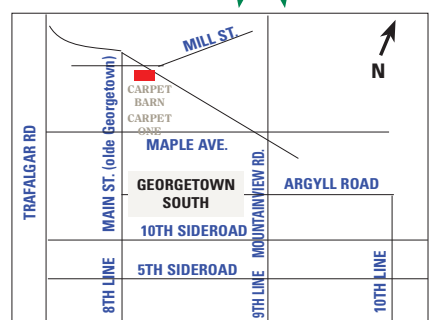


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