

Read this before you insulate

This is an introduction to the basics of insulating. You probably already know about its benefits; most people do. Properly installed, insulation can dramatically increase the comfort of your home and lower your fuel bills. So dramatically, in fact, that some homeowners can't resist rushing headlong into the job. This enthusiasm can be an expensive mistake. Insulation is safe and effective only if it's correctly installed and if the proper materials are used. Take the time to do it right -- the first time.

Before you even begin insulating, seal your house with caulking and weatherstripping to make it as airtight as possible. Wherever you can, install an air vapour barrier as part of the insulation process. This is a layer of impermeable material, usually 6 mil polyethylene, that you attach to the warm side of the insulation. Provided it is continuous and well sealed, it will serve the double function of blocking air leaks and preventing moisture from seeping into the insulation or walls. If installing a plastic air vapour barrier is impractical, you can still protect your insulation by covering the walls with an oil-based paint and caulking around baseboards, recessed lights, electrical outlets and so on.

When you're ready to insulate, you have the alternatives of hiring a contractor or doing the job yourself. If you decide to contract out the work, get several written estimates. Be sure the contractor you select is certified by the Canadian General Standards Board. Insist on a written guarantee that only materials listed by an approved standards group will be used.

Even if you opt for hiring a contractor, you should know something about different insulating materials and methods.

When you're choosing insulation, ask about the cost, the insulating value, where the product can be used and how it's installed, whether it can withstand moisture and whether it is fire-retardant. With that information in mind, decide what could best suit your house and your budget.

Here are the common types of insulation and some of their characteristics:

FIREGLASS

- Inexpensive
- Insulating value of RSI .021 mm (R 3.03 in.)

- Can be used throughout the house - a frequent choice for attics and wall cavities
- Available as batts or as loosefill, which is blown or poured in place
- Needs an air vapour barrier

CELLULOSE

- Inexpensive
- Insulating value of RSI .025 mm (R 3.61 in.)

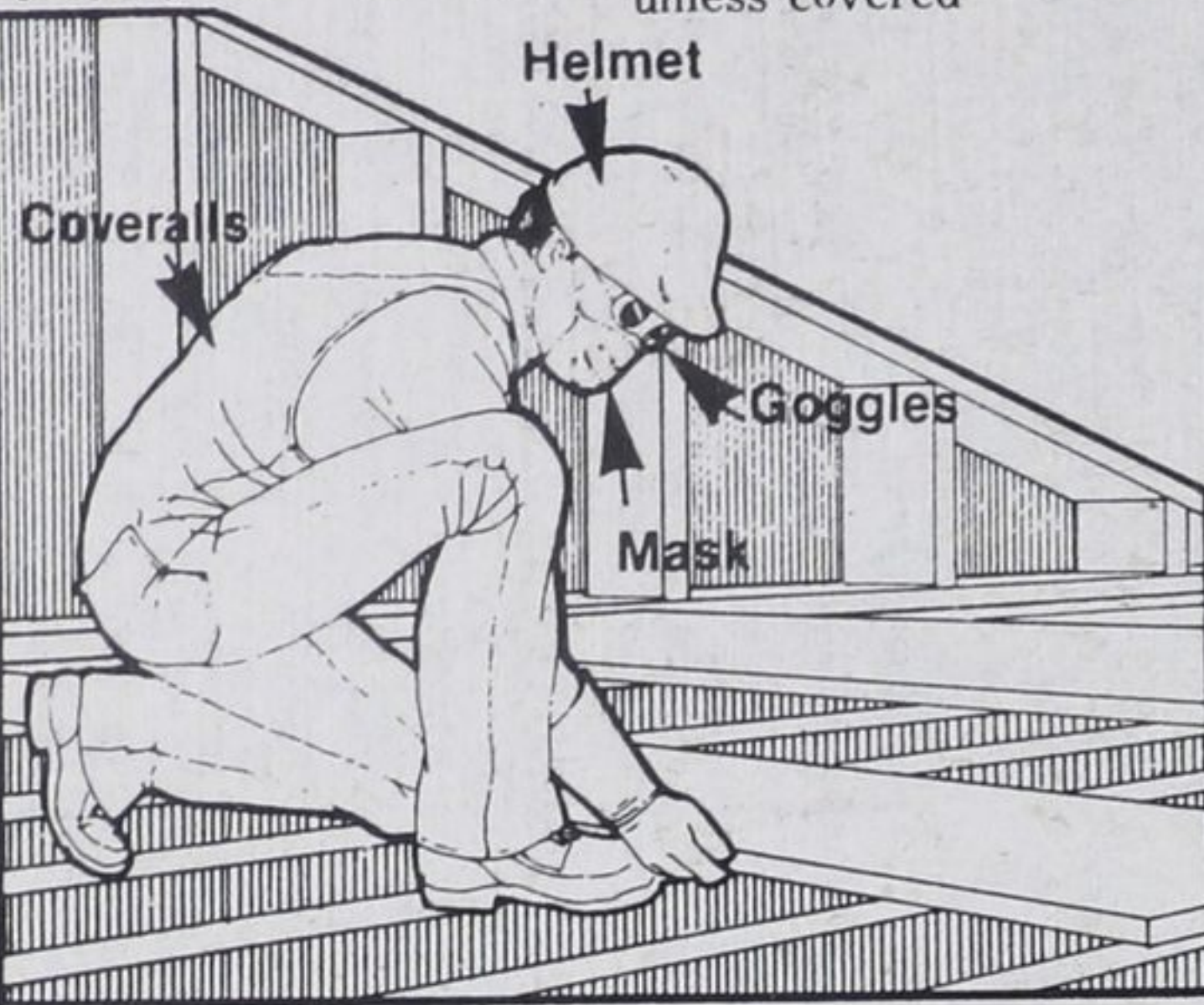
- Can be used in attics and wall cavities
- Is blown or poured in place

- Needs an air vapour barrier

RIGID INSULATION

- Expensive, due to higher insulating value per mm (inch)

- Insulating value from RSI .027 mm (R 3.89 in.) for expanded polystyrene to RSI



- .042 mm (R 6.06 in.) for polyurethane

- Can be used anywhere space is limited

- Available as foam

Third in a series

- boards
- Some have air vapour barrier properties; some do not
- Highly flammable unless covered

the greater the insulating value.

The Ontario Building Code's minimum standards for new housing in Southern Ontario currently sets the recommended minimum insulation level at RSI 2.1 (R 12) for walls and RSI 5 (R 28) for the roof and ceilings (which is being increased to RSI 5.6 or R 32). The minimums recommended for Northern Ontario are higher.

But remember that proper installation is at least as important as the RSI value. Regardless of the in-

sulation you choose, follow these general rules when you install it (or observe your contractor carefully to see that he does).

- Fill cavities and gaps completely to keep air from circulating, except in places which require ventilation, like attics.

- Don't compress batts or loosefill insulation in an effort to cram more into the space. This does not make it more effective.

- Remember that insulation can't prevent air leakage or the movement of water vapour. For this you

need a continuous well-sealed air vapour barrier.

- Only the warm side of the insulation should be airtight; the outer side should allow any vapour that gets through to escape.

- Always take great care when you're working around wires, electrical motors, fans and light fixtures.

These days, insulation is still one of the homeowner's best investments. It's relatively inexpensive and you can install it yourself or have it done for a reasonable cost.

Most of the money involved is spent on preparatory and finishing work so it's economical to combine insulating with home improvements. If you're already planning to renovate, use the opportunity to insulate at the same time.

You can obtain more information by writing for the free Energy Conservation and Renovation Kit, Ministry of Municipal Affairs and Housing, 101 Bloor Street West, Toronto, M5S 1P8.

Next: Your Heating System

Ronald Trustham Obituary

Ronald Raymond Trustham, age 60, of Con. 16 RR 2, Penetanguishene, died at Penetanguishene General Hospital on Sept. 9, 1983, after three weeks' illness.

The native of Penetanguishene was a receiver at the Mental Health Centre for the past 12 years. He took early retirement from the RCAF after 27 years, prior to joining the staff of the MHC. He was the son of the late Richard Robert Trustham and Mrs. L. Trustham of Hugel Avenue, Midland. He attended high school in Penetanguishene. While

in British Columbia, he coached Junior hockey.

A baptised and confirmed Anglican, Ronald Trustham married Dorothy Paul in Midland on June 17, 1972. Thereafter he lived in Trenton, Ont., England, and British Columbia.

He held membership in the Royal Canadian Legion Branch 68, Penetanguishene. Her served in the Royal Canadian Air Force in Prince Edward Island, at Trenton, Ont., in England, and at Comox, British Columbia.

He is survived by his wife, Mrs. Dorothy Trustham; by his sons

Robert Ronald of Mission, B.C., Paul Raymond of Delta, B.C., and Charles Richard of Toronto; by his step-daughter Mrs. Wendy Papaleo (Williams); and by his mother, Mrs. L.D. Trustham of Midland.

Also surviving him are his sister Margaret (Mrs. B.G. Stevens) of Penetanguishene, and his nephew Mark Stevens of Victoria, B.C. He had eight grandchildren.

R.R. Trustham, his father, died in May, 1972.

A memorial service was held on Sept. 14 in Nicholls Funeral Home.

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October 4th and 5th

MONDAY

- Upholstering, Waverley Comm. Centre, Oct. 17, 7:30-10:00, \$40., 15 max.
- Cake Decorating, EDHS Room 14, Oct. 17, 7:30-10:00, \$25., 15 max.

TUESDAY

- Ceramics, EDHS Room 3, Oct. 11, 8:00-10:00, \$25., 15 max.
- Hairdressing, Dianne's, Oct. 11, 8:00-10:00, \$32., 15 max.
- Plant & Floral Arr., EDHS Cafeteria, Oct. 11, 7:30-9:30, \$25., 15 max.
- Women's Keep Fit, EDHS Gym (20 weeks), Oct. 11, 8:30-9:30, \$25., 15 min.
- Computer I, EDHS Room 9, Oct. 11, 8:00-10:00, \$32., 15 max.
- Small Engines, Esso, Oct. 11, 9:00-10:00, \$32., 15 max.
- Bridge, EDHS Library, Oct. 11, 8:00-10:00, \$32., 15 min.
- Gourmet French Cooking, EDHS Room 5, Oct. 11, 8:00-10:00, \$32., 15 max.

WEDNESDAY

- Basketball, EDHS Gym, Oct. 12, 8:00-10:00, \$25. 15 min.
- Woodwork, EDHS Room 16, Oct. 12, 8:00-10:00, \$40., 15 max.
- Sewing (Beginners), EDHS Room 5, Oct. 12, 7:30-9:30, \$40., 15 max.
- Crochet & Quilting, EDHS Cafeteria, Oct. 12, 8:00-10:00, \$25., 15 min.
- Photography, EDHS Room 3, Oct. 12, 8:00-10:00, \$25., 15 max.
- Welding, EDHS Room 16, Oct. 12-8:00-10:00, \$60., 6 max.

THURSDAY

- Typing, EDHS Room 15, Oct. 13, 7:30-9:30, \$32. 15 min.
- Art, EDHS Cafeteria, Oct. 13, 7:30-9:30, \$32. 15 min.
- Rug Hooking, EDHS Room 7, Oct. 13, 7:30-9:30, \$20. 15 min.
- Volleyball, EDHS GYM, Oct. 13, 8:00-10:00, \$32., 15 min.
- Computer II, EDHS Room 9, Oct. 13, 8:00-10:00, \$32., 15 max.

DANCE ARTS \$20.00 for 20x½ hour lessons - 9:30-4:00-Saturday.
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