

could you use an extra \$45

HEAT IS MONEY: Here's how you can save-

For each Fahrenheit degree above 68°F your fuel consumption goes up an average of 2½%. If you permanently lower your thermostat setting from 72°F to 68°F (22 C-20 C), you'll save about 10% on your fuel bill. Thus if you now spend \$300 annually in heat, you'll save \$30.

SLEEP AND SAVE

Each degree of night set-back saves 1% over an 8 hour period. Lowering the temperature from 68 F to 63 F (20 C-17 C) will save about 5% or \$15.

A lower night time temperature is healthy. You'll want to use an extra blanket. Even an electric blanket costs less than heating the whole house. If you can't face chilly mornings, automatic thermostats are available which will turn down at night and warm the house up before you rise.

If everyone followed this combined savings plan it would add up to \$200 million a year for Canadian consumers. It's something you can do, and it doesn't require any investment.

Rideau Lakes Civitan Club presents a:

Steak Bar-B-Q & Dance

* at Rideau District H.S.

* Feb. 25, 1978
6:00p.m.-1:00a.m.

Music by

the Pacesetters

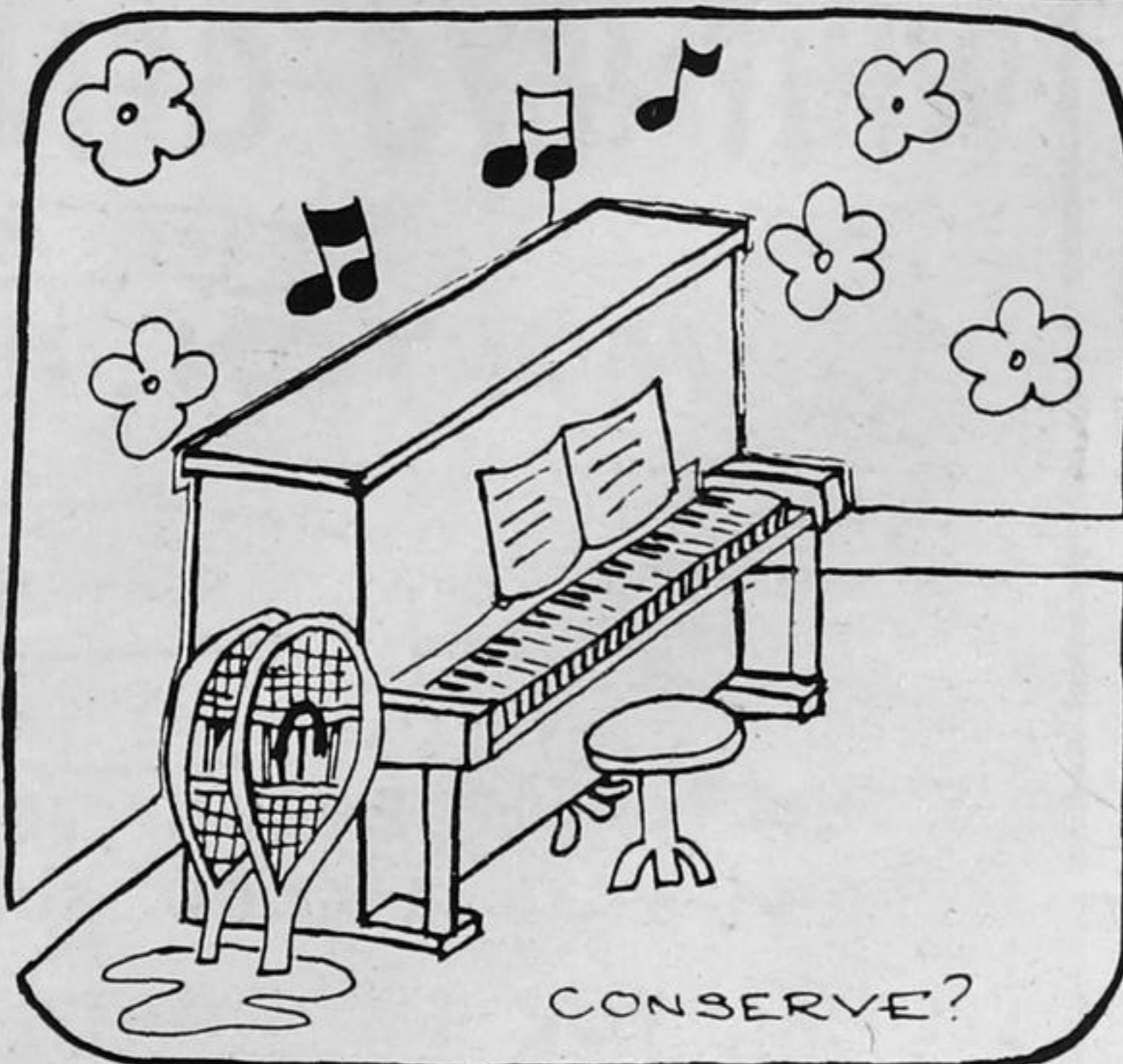
* Price \$10 per couple

CARS

Cars are the largest single consumer of petroleum in this country. They consume 40% of all our petroleum and 15% of our total energy budget. Significant savings can be made by careful choice of car, proper driving habits and good maintenance. Learn what you can do. Obtain a free copy of "The Car Mileage Book." Write to: Car Mileage, P.O. Box 3500, Station "C", Ottawa, Ontario, K1Y-4G1 or pick one up at the Energy Conservation Workshop, in Seeleys Bay, on Saturday, Jan. 28.

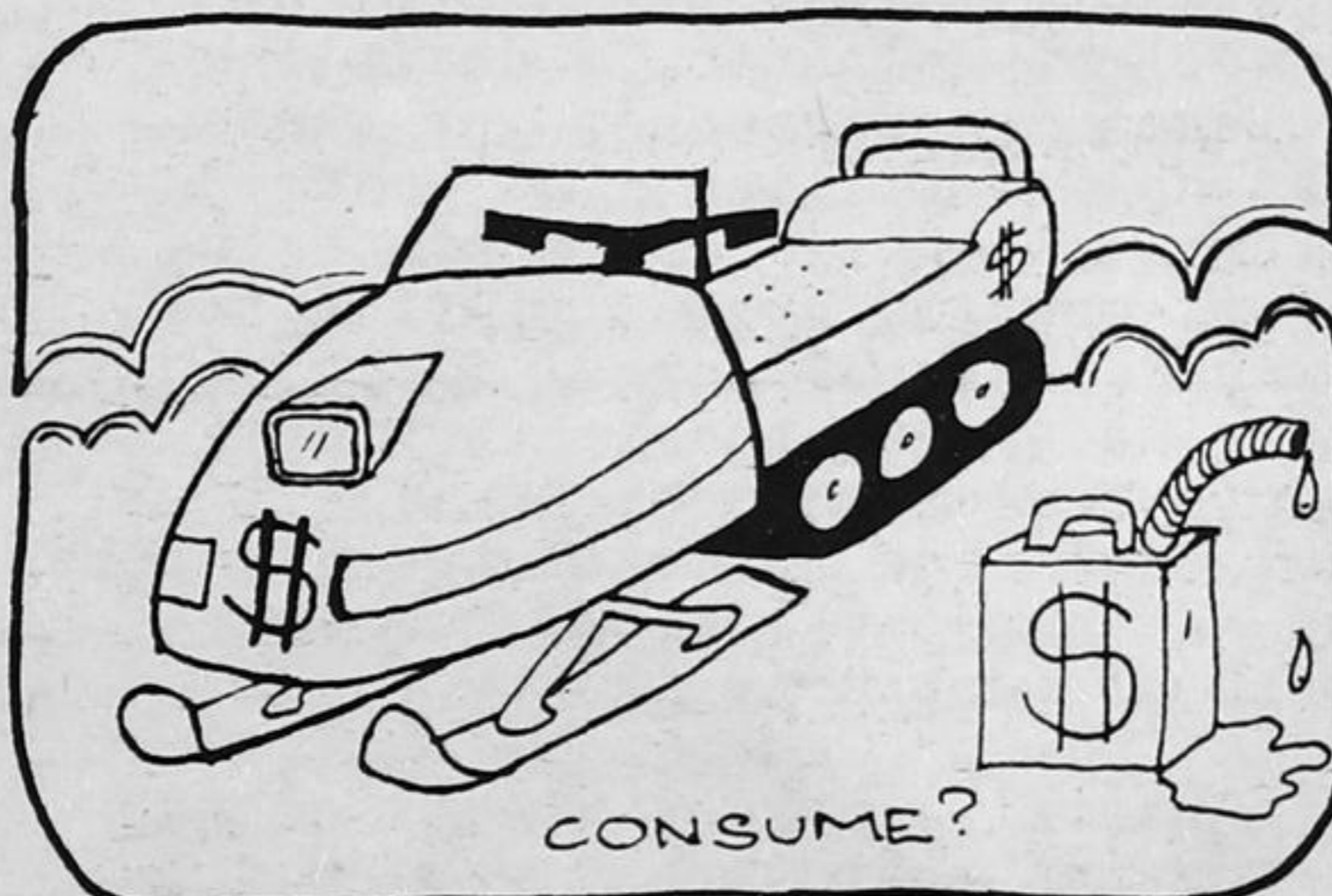
THE MANAGEMENT OF CANADA'S NUCLEAR WASTE: PUBLIC HEARINGS COMMENCE

The federal Standing Committee on National Resources and Public Works has accepted briefs from associations and individual members of the public on the subject of radioactivity from nuclear power stations. Hearings are to commence at the beginning of February. The report of this committee will influence the direction of Canada's energy future.



WHERE DOES YOUR MONEY GO?

Good conservation means thinking about the energy implications of purchase decisions. If the money you save through conservation is spent on high-energy products or activities (heated pool, snowmobile, etc.), the vicious cycle of energy consumption is merely stepped up. Put your conservation dollars back into conservation.



Portland United Church presents:

February Fun Fest

- * Snowmobile Run 1p.m.
- * Cross-country skiing
- * Skating
- * Snow Sculpture
- * Films
- * Canteen
- * Dinner, 4.30p.m.
- * Hymn Sing
- * Prizes

Sat., Feb. 11

at

Portland United Church Hall

* You're invited! *

HOW DO YOU BUY MILK?

Containers and packaging make up almost 40% of residential garbage. You can start your war on garbage by purchasing milk in a plastic 3-qt. returnable jug. These are safely sterilized and can be reused up to 200 times. Jugs are most efficient in terms of energy consumed and waste generated. And, milk costs about 10¢ less this way.

Plastic pouches are the next best choice. They're light and take little energy to produce. You can recycle them at home by washing them out and using them to store food. The pouches make good strong freezer bags.

RR #1, PORTLAND
(mailing address)

TEL: 272-2545

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ENERGY TIPS

Conservation Pays Cash Dividends

Here are a few things you can do now to help head off the energy crisis and save yourself some money.

*YOUR OIL FURNACE and burner should be checked and cleaned twice a year. This will save at least 10% on your fuel bill. For Canada this means \$90 million and 7.5 million barrels of oil per year. Proper servicing also means less pollution and safer operation of your furnace.

*INSPECT the furnace filter at least once a month. A dirty filter blocks circulating air, reduces the furnace's efficiency and costs you money.

*ELECTRIC BASEBOARD HEATERS should be vacuumed regularly to prevent a dust build-up which prevents heat transfer.

*INSULATE AND SAVE.

Many homes are poorly insulated, with cold floors and walls. They're not only uncomfortable, they're very expensive to heat.

A thorough reinsulating job can cut your annual heating bill by up to 50%. Even a modest improvement can save 20-30% annually. If your bill is now \$300, a 30% saving would reduce it to \$210.

An investment in insulation should be paid back in five years at present fuel prices. As prices are rising, it makes even better sense to insulate now.