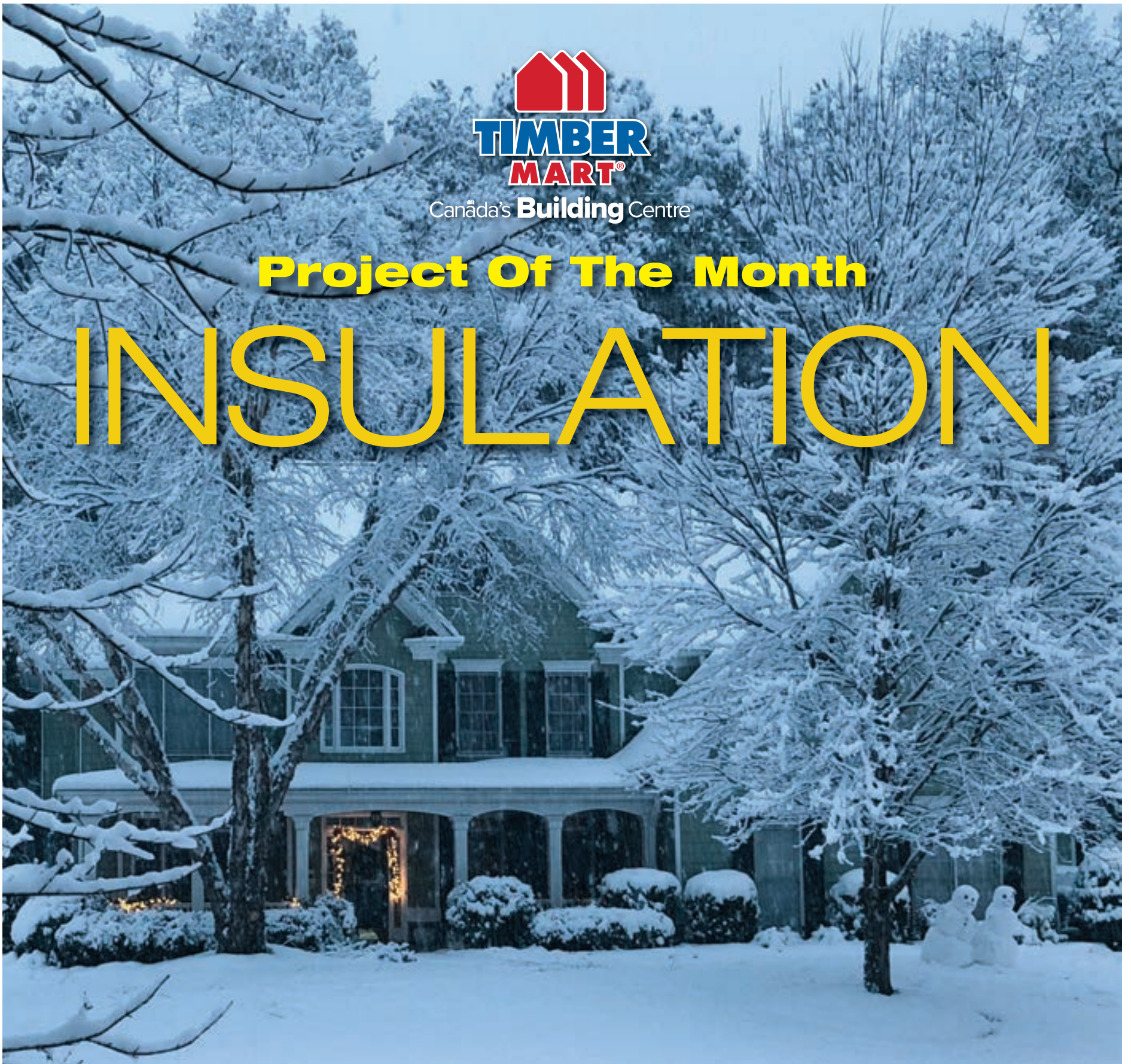




Canada's **Building** Centre

Project Of The Month

INSULATION



PROJECT OF THE MONTH: INSULATION



Canada's Building Centre



Snug as a bug

As winter approaches and the temperature drops, there is an increased demand on our home to keep us warm. Having a properly insulated home directly contributes towards the comfort of everyone in it as well as lowering heating and cooling costs. Newer houses benefit from evolving building codes and are generally better insulated but there are problem areas common to every house, new or old. These areas include the attic, exterior walls, floors, basement, doors and windows. These are the best places to add insulation and should be inspected to see what can be improved upon. You'd be surprised by how much cold air can enter your home through the smallest cracks and gaps. An easy way to find drafts, especially around doors and windows, is to use a matchstick or a candle. Slowly move the flame around and if the flame starts to flicker, you have found an air leak. Almost all of the air lost from your home comes from problem areas and by properly insulating these spaces, monthly heating and cooling costs can be reduced.

These pages will help you understand the importance of home insulation as well as introducing you to products that can improve your home's insulation and make it energy efficient. If you have questions, talk to one of our Insulation Experts about your insulation project. TIMBER MART has the supplies and advice you'll need to get the job done correctly and on budget.



What is R-value?

When shopping for insulation, you will see R-value ratings for every type of insulation. This is a standardized rating system to make it easy to compare the effectiveness of that particular insulation. "R" means resistance to heat flow. The higher the R-value, the greater the insulating power. The colder your local climate, the higher R-value you need.

Insulate problem areas

Dollar for dollar, increasing insulation in certain areas of your home is a good energy investment. Interior temperatures will stay consistent during extreme weather while keeping your heating costs in check. TIMBER MART provides a large selection of DIY insulation products to make your home comfortable and energy efficient.



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Attic In winter, the greatest potential of heat loss in your home is through the attic. Heat naturally rises and having that heat escape through the attic will increase energy costs. Batt, blown-in and spray foam insulation are great options. Just needs a top up? Apply a second layer of batting perpendicular to the layer already between the joists.

Exterior walls Just like the attic, adding batt, blown-in or spray foam insulation into the walls will reduce the energy needed to heat or cool your home's interior. Best time to do this is during a renovation when the walls are opened up and installation is easy. If you are renovating the exterior of your house or building an addition, consider adding rigid insulation to the outside of your walls as an extra layer of protection.

Floors This area is often overlooked and can be a source of heat loss for rooms above a garage or an unfinished basement or crawlspace. You will most likely be adding insulation, either batt, spray foam or rigid, from below. Note that whatever insulation you choose, it should fill the space completely and be held tight to the bottom of the subfloor preventing gaps.

Basement Building codes vary from region to region but generally, new basements built to code are often under-insulated. A well insulated basement can help retain heat throughout the whole house and also ensure pipes and ductwork won't freeze. Reducing moisture and subsequent mold in a basement is key when selecting and installing insulation. The most common types for basement walls are batt, spray or rigid. You can use these materials exclusively or in combination. Basement floors don't necessarily have to be separately insulated if you are installing carpet with a good underpad or if you are installing flooring with an insulated subfloor.

Doors & windows Drafts are not uncommon around doors and windows and are an easy fix. We recommend starting from the outside by re-caulking your doors and windows. If you are experiencing a fairly large draft, remove the casing and add low-expanding insulating foam to create a weather-tight seal. Weatherstripping, door sweeps and foam tape can all reduce drafts by simply cutting to size and securing for a snug fit. Window film heated with a hair-dryer, shrinks and seals drafty windows.

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Budget-friendly fibreglass

All things considered, fibreglass batt insulation remains the most popular DIY insulation product on the market. It's been around for over 80 years and has proven to deliver excellent R-value results year after year. Fiberglass doesn't shrink, settle, burn, attract animals or insects and is mold and mildew resistant. All these benefits makes it a popular choice for homeowners. Although installation is easy, it has to be done correctly. Poor installation can result in losing much of the R-value rating. Fibreglass comes in pre-cut sizes to fit standard widths between studs, rafters and joists. It is also available in assorted R-values. So if you are insulating a wall, choose the batt designed for 2" x 4" walls, then choose the R-value. A good guide is to buy the highest R-value you can afford. Choosing the right fibreglass insulation for your particular project can be confusing. Our Insulation Specialists can explain your options and help you select the right fibreglass insulation for your home and your budget.



TIMBER MART partners with only the best insulation suppliers. Check with your local TIMBER MART for brand selection.

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Receive up to

\$500

In TIMBER MART
Gift Cards when
you insulate with
Owens Corning

September 1 to October 13, 2021



PROUD SUPPLIER OF OWENS CORNING® PRODUCTS

Get a \$50 TIMBER MART Gift Card for each \$250 purchase of Owens Corning® EcoTouch® Pink® FIBERGLAS® Insulation and/or Pink NEXT GEN™ FIBERGLAS® Insulation and/or AttiCat® Expanding Blown-in Insulation. See in-store for more information. This offer is limited to a maximum of 10 TIMBER MART \$50 Gift Cards each per homeowner and contractor customer.

Offer Details: Offer valid for orders placed and paid for in full from September 1 to October 13, 2021 (the "promotion period") at participating TIMBER MART locations. A \$50 TIMBER MART Gift Card will be awarded for each purchase of \$250 or more (before tax) of EcoTouch® Pink® FIBERGLAS® Insulation and/or PINK NEXT GEN™ FIBERGLAS® Insulation and/or AttiCat® Expanding Blown-in Insulation (the "Material") in any combination, in one transaction and completion of a redemption form. This offer is limited to a maximum of 10 TIMBER MART \$50 Gift Cards for all purchases made during the promotion period by each of our homeowner and contractor customers (that is \$500 total in TIMBER MART \$50 Gift Cards with a \$2,500 purchase of the insulation material). Offer cannot be combined with any other offer. In the event of cancelled orders, return of Material or if total purchase falls below required purchase amount for any reason, the Gift Card will not be awarded or if necessary must be returned or the value reimbursed to the Participating Store. TIMBER MART and its agents have the right to verify qualification for this promotion and to reject claims that do not comply with these terms. TIMBER MART Gift Cards are subject to terms and conditions and are provided by TIMBER MART. Gift Cards have no cash value and cannot be returned or exchanged for cash or credit at Participating Stores. THE PINK PANTHER™ & © 1964-2021 Metro-Goldwyn-Mayer Studios Inc. All Rights Reserved. The colour PINK is a registered trademark of Owens Corning. © 2021 Owens Corning. All Rights Reserved.



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PROJECT OF THE MONTH: INSULATION



Click here to
find out how to
insulate an attic
with ROCKWOOL
ComfortBatt



The benefits of ROCKWOOL



Like a warm sweater and a hot cup of coffee on a winter day, ROCKWOOL stone wool insulation adds comfort to your living space. Here are some key points that make ROCKWOOL a superior insulation product.

Regulates temperature ComfortBatt is designed to improve a home's energy efficiency and lower your heating and cooling costs. Batts are available in a range of thicknesses (from 2.5" to 8") and have standard R-values ranging from R10 to R32, so your home maintains its ideal temperature more comfortably.

Denser ROCKWOOL batts are an average of three times denser than fiberglass batts, so they provide a good, snug fit within wall studs. ComfortBatt has a unique flexible edge designed to compress as it's inserted into walls, attics, ceilings and floor frames — and then it springs back, expanding against the frame studs to give a complete fill.

Air quality ComfortBatt contributes to a healthier indoor environment and is proudly GREENGUARD Gold Certified. This means it passed strict criteria to ensure it was acceptable for use in schools and healthcare facilities and was safe to use around sensitive individuals like children and the elderly.

Fire protection ROCKWOOL stone wool products contain unique fire protection properties. Stone wool (sometimes called mineral wool) was discovered in Hawaii more than 100 years ago. It's a natural byproduct of volcanic activity, so ROCKWOOL stone wool can withstand temperatures up to 1177° C. As an added bonus, it doesn't contribute to the development and spread of fire or the release of toxic gases.

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Terms and Conditions: Offer valid October 1 to 31, 2021. Valid only at participating TIMBER MART locations. Minimum \$50.00 purchase must be spent in a single transaction, excluding taxes, gift cards, delivery charges and wholesale and house accounts. Limit of one Bonus Offer per Collector Number per promotional period. Coupon must be presented or shown on mobile device at the time of eligible purchase. AIR MILES Card must be presented at the time of the purchase. Offer cannot be combined with any other AIR MILES Bonus Offer or AIR MILES promotion. Bonus Offers are not cumulative. Please allow up to 30 days for the Bonus Miles to be posted to your Collector Account.

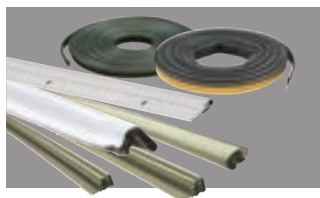
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Other types of insulation



Weather stripping Use to seal around movable components such as doors and windows and installs around outside perimeter, either attached to door/window or to the framing. There are many types and each is designed for a specific purpose. Use more than one type to seal an irregularly shaped space.



Foam sealant Polyurethane-based. Use to fill gaps and cracks indoors and outdoors. Expands to fill the shape of the gaps to create a long-lasting, airtight and water-resistant seal. Easy to use straw applicator. Bonds to wood, metal, stone, brick and PVC. High resistance to the elements without becoming brittle.



Window & door film An easy to use and inexpensive solution for sealing air leaks around windows and unused patio doors. Kits available in assorted sizes. Apply double-sided tape around the perimeter of window or door, attach film to the tape, then use a hair dryer to shrink the film in order to achieve an air-tight seal.



Blown-in Also called loose fill insulation, this is a great solution for insulating attics, tight spaces or topping up an existing layer of insulation. Installation is not difficult but it is dusty, sweaty work for two people and you'll need to rent a blower machine. Talk to our Insulation Specialists for availability.



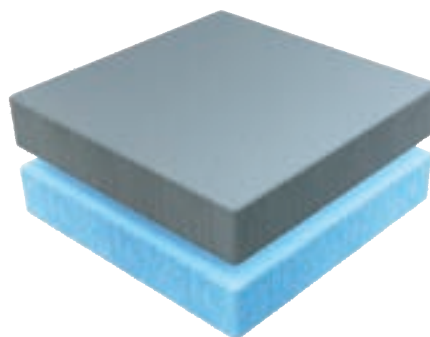
Spray foam A very effective insulation when installed properly. It combines 2 chemicals on site to create an expanding foam which is sprayed between framing. It requires special handling, careful application and essential safety precautions. Not recommended as a DIY project, best left to the professionals to install.

PROJECT OF THE MONTH: INSULATION



DuPont rigid Styrofoam insulation is going Beyond Blue

Rigid insulation is designed for use in walls and attics and is one of the best ways to retrofit insulation to an existing structure. And now rigid insulation is an environmentally-conscious choice. The insulation experts at DuPont are introducing their new line of grey Styrofoam insulation to replace their traditional blue. This new grey line provides the same great insulating performance but is made with a reduced global warming potential formulation. DuPont Styrofoam products are being reformulated with next-generation technology for an improved sustainability profile. The performance characteristics and specifications are the same and Styrofoam brand will continue to meet or exceed codes and regulations and deliver the balanced performance you've come to expect.



[Click here to learn more
about DuPont Beyond Blue](#)



Buy now pay later with your TIMBER MART Insulation Project Card*

Buy now, pay later makes it easy to offset
the cost of your home improvement project
for up to 6 months when you use your
TIMBER MART credit card.



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PROJECT OF THE MONTH: INSULATION



WORKS. PERIOD.®

SAVE MONEY

by filling gaps with a premium foam sealant

Much of a home's energy can be lost through air infiltration. Air flows through gaps and cracks in various locations around the building structure, meaning that more energy is used to maintain the comfort level of the home. A great solution to this problem is by using an insulating foam sealant, which outperforms other types of insulation because it can expand and tightly fill those crevices that otherwise may have been left exposed.

It is important to choose the right type of spray foam insulation so that air flow is properly deflected, as thermal insulation depends

on the structure and size of the cells within the foam's structure. **LePage TITE FOAM** is a high-density foam with a uniform cell structure that delivers premium durability and has superior flexibility that withstands building & material movement. This makes it an ideal choice for filling, sealing and insulating gaps and cracks, inside and out. Worried about reusability? The newly introduced dispensing system offers improved functionality with a special 'plug' that seals the dispensing straw so you can re-use the product and leave less of a mess behind.



PROJECT OF THE MONTH: INSULATION



Need a little peace & quiet?

Insulate interior walls and floors for a quieter home

Today's busy households can be a very noisy place with sound transferring from room to room. Home theatres, gamers, noisy appliances, music practice or even the hum of your hvac system can create nuisance noise. When building or renovating, adding batt insulation to interior walls, ceilings and floors is an effective way to reduce unwanted sound in your home. All major insulation companies manufacture acoustic batt insulation specifically for this purpose. This insulation is designed to fit tightly between studs and joists in order to absorb sound that would otherwise easily travel through air pockets between the framing. It's critical that you leave no gaps since the smallest space can negate sound-reducing performance. Use acoustic sealant to fill any gaps you may have. An acoustic sealant is designed for soundproofing and is durable enough to protect gaps and holes for a longer duration than regular caulk. If you want more soundproofing, install two layers of drywall on top of your insulated wall.



Check out 6" ROCKWOOL Safe'n'Sound® insulation for floor & ceiling applications. Install one layer of 6" insulation instead of the usual 2 layers of 3" insulation. Designed specifically for sound dampening to help prevent noise traveling from one floor to the next.

