



Canada's **Building** Centre

Project Of The Month **INSULATION**



Get up to


\$5000

to improve your home's
energy efficiency with the
Canada Greener Homes
Rebate And Loan Program

Get up to \$5,000 in rebates for
insulation, air sealing, windows, doors,
water heaters, boilers, furnaces and
home energy assessments.

[Click here for details.](#)

PROJECT OF THE MONTH: INSULATION

A person is sitting on a teal armchair, wearing patterned leggings and brown slippers. An orange cat is curled up on their lap, and a white knitted blanket is draped over their legs. The background shows a cozy living room with a wicker basket and sheer curtains.

Lower your energy costs and have a warmer home this winter

Having a properly insulated home contributes to your family's comfort while reducing your home's monthly energy bill. The added cost of replacing insulation or adding more to areas like the attic, exterior walls, garage and basement will pay off in the long run. It's also important to seal any drafts, such as those around doors, windows or a fireplace and dryer vent. You'd be surprised by how much cold air can enter your home through the smallest cracks and gaps. Do a thorough inspection of your home and address any insulation problems you may find. A well-insulated home is a great way to help keep your energy bill manageable throughout the year.

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.

Other ways to save on your winter energy bill

- Turn off unnecessary lights
- Unplug unused electronics
- Manage your thermostat
- Close window coverings at night
- Take shorter showers
- Maintain clean, air-tight refrigerator door seals
- Skip the heat-dry setting on your dishwasher
- Wash laundry in cold water
- Run full loads of laundry in washer and dryer
- Use natural light or task lighting instead of overhead lighting



PROJECT OF THE MONTH: INSULATION



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Where to insulate a leaky house



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. In our cold climate, a high R-value will result in more savings in energy costs.

Does your house leak cold outdoor air into your heated spaces? There are common areas in every house that can often be the culprit for unwanted drafts entering your home. Dollar for dollar, increasing insulation in these areas is a good energy investment.

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 or blow in additional insulation when it's looking a little low.

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, 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 mould 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. Additionally, window film heated with a hair-dryer, shrinks and seals drafty windows.

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Product profile

Fibreglass insulation

Overall, the most favoured DIY insulation product on the market is fibreglass batt insulation. It has been around for over 80 years and continues to provide excellent R-value results. With the pros of not shrinking, settling, burning or attracting animals or insects, fibreglass batt insulation is also mould and mildew resistant, and an inexpensive option for homeowners. Although installation may look easy, it has to be done correctly or can lead to a decreased R-value. Fibreglass comes in pre-cut sizes that fit between the standard widths of studs, rafters and joists and is available in various R-values. If you're insulating a wall, choose the batt designed for 2" x 4", then your desired R-value. If unsure, purchase the highest R-value you can afford. It can be confusing trying to find the right fibreglass insulation for your specific needs. Our insulation specialists can explain your options and help you choose the right fibreglass insulation for your home.

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



PRO TIP: the best way to cut fibreglass insulation batts

It's important to cut fibreglass insulation in straight clean lines to ensure a snug fit without gaps. Use a straight edge, like a 2x4 or scrap plywood, that is longer than the width of the insulation batt. Lay the insulation on the floor with plywood underneath so you don't damage the floor surface. Lay the straight edge across the batt on the cut line. Compress the insulation by kneeling on one end of your straight edge and hold down the other end with your hand. Use a sharp utility knife to make the cut in a single stroke.



AUTUMNDAYS GIVEAWAY



Receive up to

\$500

**In TIMBER MART
Gift Cards when
you insulate with
Owens Corning**

**September 21 to
October 26, 2022**

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.

This offer is limited to a maximum of 10 TIMBER MART \$50 Gift Cards each per homeowner and contractor customer. Cash and carry only. Drop by the cash register for more information.

Owens Corning Autumn Days Giveaway Offer Details: Offer valid for orders placed and paid for in full from September 21 – October 26, 2022 (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.

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PROJECT OF THE MONTH: INSULATION



Click here to find out how to insulate with ROCKWOOL ComfortBatt

Product profile

The benefits of ROCKWOOL

ROCKWOOL stone wool insulation can add warmth and comfort to your home and living areas while adding a layer of protection to your home. Discover how ROCKWOOL can help keep your family safe and cozy this winter:

Regulated temperature ROCKWOOL ComfortBatt is designed to improve your home's energy efficiency, helping to lower the cost of your heating and cooling bills. Batts come in various thicknesses and R-values, ranging from 2.5" to 8" in thickness and R-values from 10 to 32 for superior home comfort.

Denser batts ROCKWOOL batts are approximately three times denser than fiberglass batts, which allows a tighter fit within the wall. ComfortBatt has a distinctive flexible edge made to compress on insertion and expand against the frame studs to close any gaps and spaces.

Improved air quality ROCKWOOL ComfortBatt provides a healthier indoor environment. As a GREENGUARD Gold Certified product, ComfortBatt passes strict criteria to ensure it is acceptable for use in schools and healthcare facilities. ComfortBatt is also safe to use around sensitive individuals, such as children and the elderly.

Increased fire safety Thanks to its unique fire protection properties, ROCKWOOL stone wool products won't contribute to spreading fire or releasing toxic gasses. Stone wool is a natural byproduct of volcanic activity discovered over 100 years ago that can withstand temperatures up to 1177°C.

Insulate & SAVE

Receive A

\$45

mail-in rebate when you buy 5 bags of ROCKWOOL stone wool insulation

October 1-31, 2022

More than a rock, it resists fire, repels water and absorbs sound.

This year, start your renovation right with easy-to-use ROCKWOOL stone wool insulation.



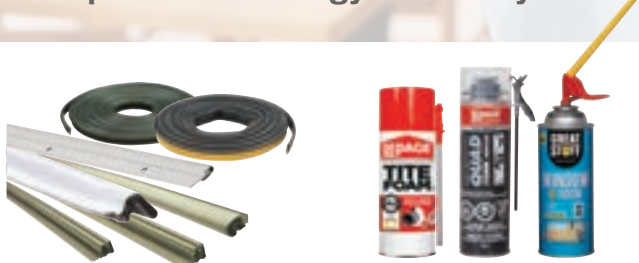
ROCKWOOL

Limit one rebate per household.
Visit rockwool.com/canadarebate for more details.



Other types of insulation

Whether you're building or renovating, having a well-insulated home is a worthwhile investment. Here are five other types of insulation to improve the energy efficiency and comfort level of your home



Weather stripping

Use to seal around movable components such as doors and windows. Installs around the outside perimeter and attaches to either the 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 airtight 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.

3 common insulation mistakes

Properly insulating your home is one of the most effective ways to substantially lower your energy costs. For a truly successful insulation job, there are a few pitfalls to avoid.

Blocking attic air flow The air in your attic is designed to flow in from the soffit vents then out through roof vents. This prevents humidity issues in the attic and extends the life of your roof. Piling insulation on top of soffit vents blocks air flow and will cause long term damage to your attic and roof. An easy way to avoid this problem is to install vent baffles at every soffit vent. Baffles allow air to freely enter the attic and insulation can be closely fitted around them.

Too much Over-stuffing fiberglass insulation will diminish it's effectiveness. Fiberglass insulation contains thousands of fibre threads with tiny air pockets in

between. It's these air pockets that slow temperature change. When you pack in and compress fiberglass insulation, there are fewer air pockets thus making it less effective. It's important to measure carefully and cut fiberglass batts to the exact size you need.

Not enough One of the most common insulation mistakes is not being thorough and sealing air leaks coming into your home. Installing insulation in the problem areas of your home will not be very beneficial if you have cold air entering your house through gaps and holes. Check for air leaks around doors, windows, dryer vent, bathroom fans, fireplace, wall outlets or anywhere a utility enters your home. Take your time to deal with these small air leaks and that will allow your insulation to operate at it's peak efficiency.



PROJECT OF THE MONTH: INSULATION



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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 acoustic batt insulation to interior walls, ceilings and floors is an effective way to reduce unwanted sound in your home. This insulation is designed to fit tightly between studs and joists in order to absorb sound that would otherwise easily travel through the framing. It's critical that you leave no gaps since the smallest space can lower sound-reducing performance. Use acoustic sealant to fill any gaps you may have. Acoustic sealant is engineered 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.

Use 6" ROCKWOOL Safe'n'Sound® insulation for floor & ceiling applications to effectively reduce noise in multi-level homes. Safe'n'Sound is specifically designed to dampen sound traveling from one floor to the next. The 6" depth allows you to install a single layer instead of the usual two layers of 3" insulation.



PROJECT OF THE MONTH: INSULATION



Build dreams, get rewarded



x



Get

75

**AIR MILES®
Bonus Miles™**
with this coupon and
purchase of \$125 or more



Terms and Conditions: Offer valid October 1 to 31, 2022. Valid only at participating TIMBER MART locations. Minimum \$125.00 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.

Offer code: WST & ATL: 16 • ONT: 16

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Product profile

Rigid insulation



If you are planning on a roofing, siding or major interior renovation project, consider adding rigid insulation at the construction stage. It will increase the overall R-value of your home and will reduce your year-round energy costs. Rigid foam insulation is sold in panels of various sizes, thicknesses and R-values. It performs well when exposed to moisture and does not change dimensions, split, or crack. It is best used on large areas that have no obstructions like wiring or plumbing pipes since it has no flexibility and will have to be carefully cut to fit, then sealed. There are different kinds of rigid foam and each is highly engineered for a specific purpose. The most common uses are exterior sheathing for above and below grade, under roofing materials, interior basement walls, basement floors, underneath radiant floor heating, cathedral ceilings and interior walls to beef up sound proofing. Be sure to read the manufacturer specs to make sure you are purchasing the correct rigid insulation for your specific purpose.

DUPONT

Cladmate CM20

A moisture-resistant, durable and lightweight extruded polystyrene foam board for interior frame wall sheathing, exterior or interior masonry wall insulation in new or retrofit construction as well as basement floor slab insulation. The closed-cell structure CM20 boards ensures exceptional long-term thermal performance. Sized to fit snugly between wall ties, CM20 Insulation is also easy to handle, cut and install. Panels are available in assorted sizes and thicknesses with an R-value of 5.0 per inch. Panels fit together with a shiplap or butt edge depending on the thickness of the board. The new grey coloured boards represent a sustainable technology shift that reduces the product's embodied carbon and supports DuPont's 2030 sustainability goals. CM20 is reusable in many applications and contains an average of 20% pre-consumer recycled content.



ISOLOFOAM

Isofoam

Isofoam offers a complete line of rigid insulation designed to improve the energy efficiency of your home. These insulation products meet the strictest building code standards and requirements.

ISOCLAD for above grade

Combines insulating performance with an air-barrier membrane that allows moisture behind walls to evaporate thus reducing the chance of mould. No need for a separate air-barrier. Shiplapped on 4 sides ensures better air-tightness.

IFLEXFOAM for below the slab

Laminated membrane on both sides gives high resistance to breakage. Has a unique ISOCLOCK four-sided clipping system for easy installation and continuous, uniform coverage beneath the concrete slab.

Plasti-Fab

DuroFoam

DuroFoam insulation is a closed cell and moisture resistant insulation with a thin film laminated to both sides of the product. It is easy to install and can be used in many applications; exterior sheathing, continuous insulation, basement floor, under slab insulation and cathedral ceilings. The use of DuroFoam insulation reduces thermal bridging and increases overall energy-efficiency. DuroFoam is free of HCFCs, improves indoor air quality, and does not degrade over time.



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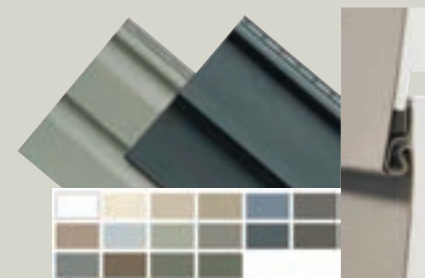
Product
profile

Install insulated vinyl siding

When the time comes to shop for exterior finishes for your home, consider installing insulated vinyl siding. This type of vinyl siding has a layer of rigid foam insulation attached to the back of the siding panels and acts as an insulation envelope for your home. It's an easy way to add an extra layer of protection for your home. One of the biggest benefits of vinyl siding is its durability and low maintenance and this insulated version is perhaps better. The added insulation element to vinyl siding not only increases the R-value of your home but it makes the siding panels more rigid so they have better resistance to warping and impact damage which results in a longer lifespan. Another big benefit of insulated vinyl siding is its ability to significantly reduce outdoor noise from entering your home. All these benefits add to the cost. Generally speaking, insulated vinyl siding is more expensive than regular vinyl siding and can take more time to install. Because of the greater thickness of the siding panels, window and door casings as well as any trim may have to be built out prior to installation. This type of vinyl siding is better at concealing imperfections in your walls which will result in smooth wall lines and upscale appearance. There are many colour choices available as well as various profiles to choose from. Often, the rigidity of the panels allows the profiles to be wider which can add a more contemporary look to your home. Insulated vinyl siding is a smart choice for long-term energy efficiency and it will stay beautiful for decades.



Sequoia Select EnFusion A fusion of beauty and strength. Custom contoured expanded polystyrene rigid foam insulation (up to 1-1/4" thick) helps block energy loss year-round. Natural cedargrain texture and low gloss finish for subtle elegance. The extra-long 16' 8" and 16'4" panels create fewer overlaps for a superior finished look.



Kaycan is renowned for offering innovative and long-lasting products. There are two traditional insulated vinyl siding styles in their repertoire:

Ocean Park XL™ Ultra Thickest panel on the market with precisely contoured insulation.

Richmond Ultra™ Strength and ultra impact resistance with comfort of an insulated wall system.



Buy now, pay later with your TIMBER MART Insulation Card

Install now, pay later makes it easy to offset the cost of your insulation project for up to 6 months when you use your TIMBER MART credit card*



Click here to apply for financing
instantly online or text Timbermart
to 32471 (French 32472)

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PROJECT OF THE MONTH: INSULATION



Canada's Building Centre

**Product
profile**

Need extra support?

**TASK Quick
Support Rods®
are your extra
set of hands**

Have you ever needed a third hand to hold drywall, crown moulding, dust barriers, heating & ventilating ducts, cabinets or almost anything else?

The **TASK Quick Support Rod® (QSR®)** provides a quick, easy, load-bearing solution! Available in four lengths starting at 16-1/2" extending 13'3", the rods feature a micro-adjustment that ensures the perfect tensioning between two points. New to the system, the heavy duty variants of the medium and long rods carry an additional 40% and 75% respectively and feature an all new locking mechanism. The TASK Quick Support Rod System is supported by a collection of accessories – from zippers to create doors in dust containment, to 18" extensions to extend the working length, to the universal clamping arm to support laser levels, work lights, or cameras – making it one of the most versatile tools in your arsenal.

Uses include:

- **Drywall & ceiling installation**
- **Dust containment barriers**
- **Moulding installation**
- **Undermount sinks, cabinetry**
- **Temporary barriers and supports**
- **Support for laser level or work light**

Accessories:

- **Dust containment**
- **Pads for various surfaces**
- **18" extension**
- **Universal clamping arm**
- **Portable LED work light**
- **And more**

TASK®



[Click here for more information
on TASK Quick Support Rod](#)



[Click here to find out more about dust
containment using Quick Support Rods](#)



PROJECT OF THE MONTH: INSULATION



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.

