

Your guide to savings and comfort



Home Energy Planning



Energy, Mines and
Resources Canada

Énergie, Mines et
Ressources Canada

Canada

Part of Canada's Home Energy Planning Series

Our homes waste energy in many ways, but there is a logical approach to improving energy efficiency. This booklet describes that process and how Government of Canada programs support these improvements.



This booklet can help you start saving energy dollars

A few years ago, your energy bills were probably considered miscellaneous expenses. Today, energy accounts for a much larger part of your household budget. Careful planning and management of your home energy use is a wise way to control these costs.

There is no mystery involved in reducing energy costs

Planning is the key. Home energy planning helps reduce the amount of purchased energy that comes into your home and helps ensure that the energy you buy is used efficiently.

Insulating the attic is a good beginning, but it is not all that can be done. Beyond attic insulation there is a range of interrelated energy-saving options described here that will help you.

Begin today

The sooner you begin, the sooner you will save. Even if you have limited time and a limited budget you can produce effective results by closely following the home energy planning process.

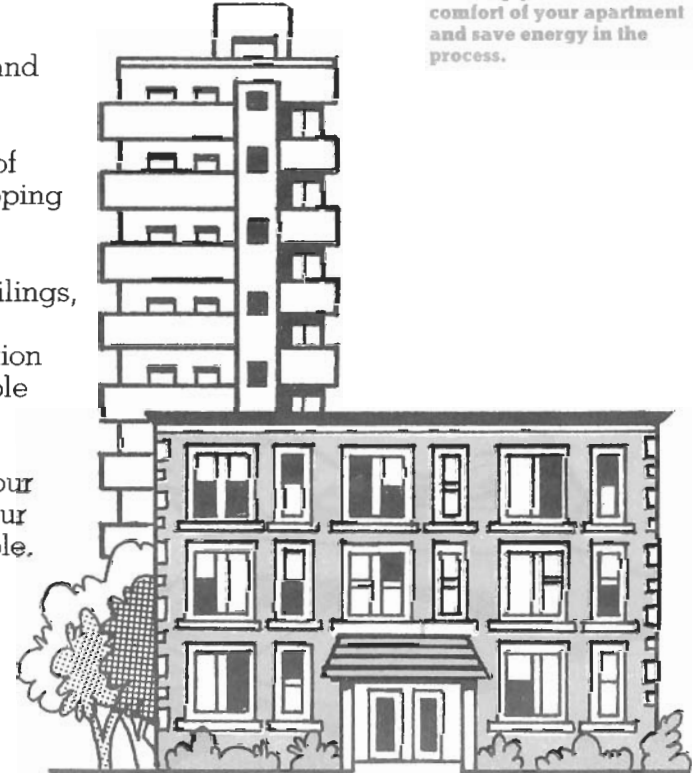
Follow these steps for greater efficiency

Every home is unique but there is a common approach to energy efficiency that suits most. This sequence of actions begins with an assessment of your home and lifestyle and continues with planning the necessary steps to take.

- **Step 1)** Evaluate the ways your home uses and loses energy. Obtain the necessary advice.
- **Step 2)** Make the most of low-cost and no-cost energy-saving opportunities.
- **Step 3)** Stop air leaks into and out of your home by caulking, weatherstripping and installing air-vapour barriers.
- **Step 4)** Add insulation to attics, ceilings, basement and exterior walls. After insulating provide adequate ventilation to maintain air quality and acceptable humidity levels.
- **Step 5)** Improve the efficiency of your present heating system or convert your heating system from oil where possible.
- **Step 6)** Maintain and monitor your home's energy system.

No matter where you live, you pay for energy

If you live in an apartment building you can take advantage of many suggestions offered in this booklet. Whether your energy costs are included in your rent or you pay these costs directly, you can have some control over the amount of energy you use. Many of the suggestions will help you increase the comfort of your apartment and save energy in the process.



Energy system at work

Your home has an energy system. This publication will help you understand it. As with any system, a single modification can affect the entire system. This is why you should follow a simple, logical sequence of actions.

1. Evaluate, get advice

How does your home use and lose energy? Here are four ways to find out.

Expert advice is a phone call away

Energy, Mines and Resources Canada (EMR) operates the HEATLINE, a toll free telephone advisory service for those who want to save energy but who need help in deciding what to do and what materials and services to choose.

HEATLINE advises on home insulation, home heating and energy-efficient house design.



Call the HEATLINE toll free

1-800-267-9563 weekdays during regular business hours.

B.C. residents call toll free 112-800-267-9563.

Yukon and Northwest Territories call collect (613) 995-1801.

Ottawa-Hull residents call 995-1801.

The free Ener\$ave analysis of heat loss

The Ener\$ave Home Energy Analysis is a free service offered by EMR.

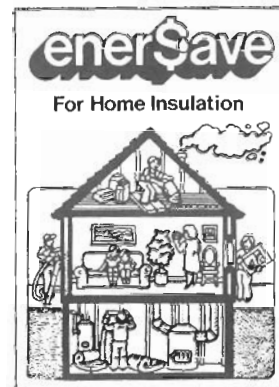
If you are an owner or tenant living in a detached, semi-detached, or row house up to three storeys, take advantage of the free expert advice offered by Ener\$ave. To obtain a copy of the Ener\$ave questionnaire call the HEATLINE.

Answer Ener\$ave's simple 30-point questionnaire and mail the completed form. The Ener\$ave computer assesses your home's insulation and sealing requirements. The analysis helps determine the best ways to invest in insulation, sealing and weatherstripping.

For each Ener\$ave recommendation, you receive estimates for the cost of labour and materials and for annual fuel savings, as well as for the time it will take to recover your initial investment.

Do-it-yourself analysis

Check for cracks and gaps around doors, windows, the foundation sill plate, electrical outlets on exterior walls, ceilings and the attic. During such an analysis, insulation levels should be measured to see where improvements are required. For more information read EMR's *Keeping The Heat In*. To obtain a copy see page 14 for instructions or call the HEATLINE.



The Ener\$ave Questionnaire has helped to analyze more than 450,000 Canadian homes and has offered each practical advice for reducing heating costs and increasing energy efficiency.

Utility or commercial home energy analysis

Many utility companies offer home energy analysis as a service. Call them to see if this service is available in your area.

A growing number of energy audit companies offer consultation, computerized air leakage measurements and infrared heat detection. Many will carry out the indicated airtightening improvements.

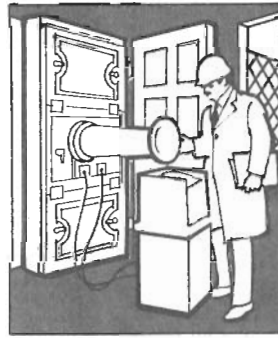
2. Make the most of low-cost and no-cost energy-saving opportunities

There are many simple ways to save energy: turning lights out in unoccupied rooms, closing fireplace dampers and taking advantage of the sun's heat are just a few. Can you make use of the examples offered below in your home?

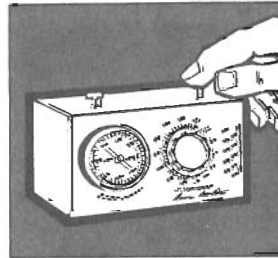
Turn thermostats down

For each degree you lower your thermostat during an eight-hour period, you will save nearly two per cent of your daily space heating costs.

Most householders can lower the thermostat a few degrees and still maintain their comfort. After making energy-saving improvements, you may be able to lower your thermostat further and still be comfortable.



As energy prices continue to rise, so too will the number of home energy auditors. These specialists, assisted by modern instruments, can recommend with great accuracy what airtightening and insulation improvements should be made.



Install a programmable thermostat

Programmable or clock thermostats, which perform scheduled temperature setbacks automatically, can provide energy savings and convenience.

Use your windows

On winter days open blinds or drapes to allow the sun into living areas. Close window coverings at sunset in winter. In summer, use window coverings to keep out the sun's heat and reduce your requirement for fans or air conditioning.

Natural air conditioning for summer cooling

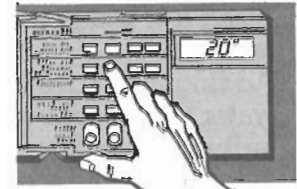
Open windows at night for cross ventilation. Keep most windows shut during the daytime. If air conditioning is necessary, close rooms that are not in use.

Lower hot water temperature

A substantial water heating saving can be obtained by reducing the heat setting on your hot water tank to 50°C (120°F), unless you have a dishwasher that requires 60°C (140°F).

Leaky faucets

A leaky hot water faucet can be repaired by replacing an inexpensive washer. This small expenditure saves water and the energy required to heat it.



Programmable thermostats control house temperature to suit the occupants' lifestyle and save valuable energy.

Wrap hot water pipes and tank with insulation

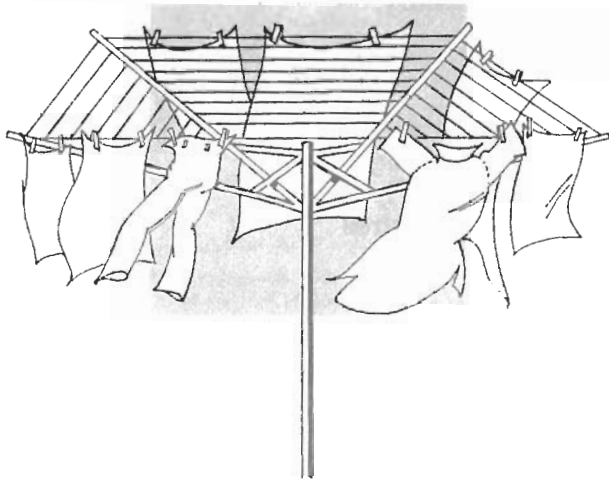
Adding insulation to the outside of hot water tanks reduces heat loss. Insulating jacket kits are available from many hardware stores and some utilities.

There are safety concerns regarding the insulation of water heaters. Phone or write your gas or electric utility for more information before proceeding with this energy-saving measure.

Insulating hot water pipes that pass through unheated basements or crawl spaces is advisable also.

Use outdoor clotheslines

The solar/wind-powered clothesdryer. Whether it is the umbrella-type or the traditional clothesline, drying clothes outdoors is energy wise.



Shop for energy-efficient appliances

Purchasing new major appliances? Look for and compare the Energuide rating. This rating lists the typical monthly energy consumption for new major appliances. A low energy rating means long-term energy savings.

Energuide is a service of Consumer and Corporate Affairs Canada in cooperation with appliance manufacturers, utilities and the Canadian Standards Association.

Improve appliance performance

Clothes washers and dryers, and dishwashers are most efficient when used for full loads. Avoid placing a refrigerator or freezer next to a heat source. Allow space for air circulation.

3. Airtighten Caulk and weatherstrip

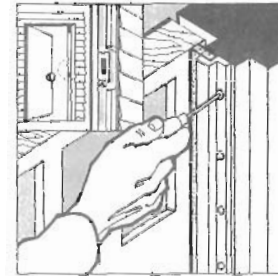
Heat loss around doors and windows and through cracks can represent as much as 30 per cent of total space heating costs. Once you have caulked and weatherstripped, you should be able to lower your thermostat further and still maintain your comfort.

Install air-vapour barriers

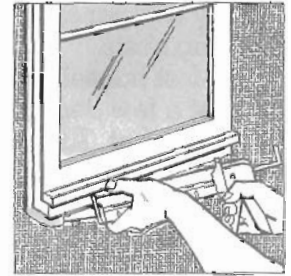
An air-vapour barrier seals your house in an airtight envelope, preventing costly air leaks and protecting insulation and other building components against condensation. For more details on air-vapour barrier installation, read *Keeping the Heat In*. (To obtain a copy see page 14 for instructions).

4. Install proper levels of insulation and provide adequate ventilation

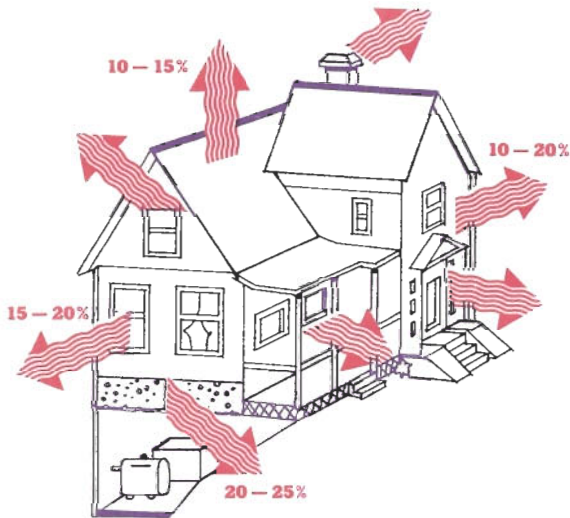
Insulation works to your advantage all year, every year. Even if you have already added insulation to your attic, there is more you should do. It is likely that heat is still being wasted. You can reduce a major part of this heat loss by insulating your basement walls and the exterior walls of your house.



Quality weatherstripping is one of the most cost-effective actions available to reduce heat loss.



Interior window frames should be caulked on all sides and checked annually for gaps.



House showing percentage of heat loss from various areas. Heat moves in any direction; it does not simply rise. Heat moves to where it is cold. Insulation helps reduce the transfer of heat. Sealing air leaks also significantly reduces heat loss.

After you have identified necessary insulation improvements, obtain product literature and read it carefully. Compare costs and weigh advantages and disadvantages. If you need help call the HEATLINE.

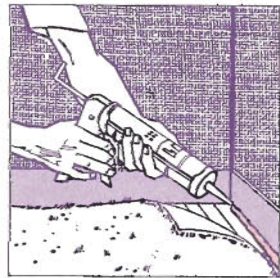
If you intend to apply for a Canadian Home Insulation Program (CHIP) grant, make sure that the materials you select are listed in the CHIP applicant's information kit. This kit is available by calling the CHIP office listed on page 15.

To qualify for a CHIP grant, minimum insulation levels for various parts of the house must be met. Specifications are listed in the CHIP applicant's kit.

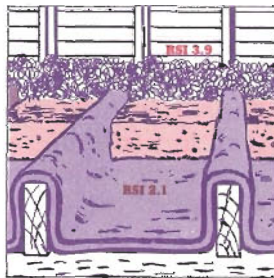
For complete details on insulation read *Keeping The Heat In*. The HEATLINE can also help with answers to specific questions concerning insulation improvements. (The telephone number is on page 15.)

Preventing Moisture Problems

A comprehensive program of caulking, weatherstripping and airtightening will result in significant savings by reducing the rate of heat loss from your home. As an added benefit, moisture will no longer be able to penetrate the building shell and cause serious harm to the structure and the exterior.



Caulking the space between the baseboard and the floor along exterior walls will reduce heat loss and make the room more comfortable.



Air-vapour barriers are installed on the warm side of insulation to keep water vapour from penetrating insulated spaces.

To avoid excessive condensation, make sure that moderate humidity levels are maintained in the home. This can be done by reducing the amount of moisture produced through daily activities in the house — showering, cooking — and by ensuring that adequate ventilation is provided.

5. Heating systems: improve or replace

After airtightening and insulation improvements have been made and other conservation measures adopted, your attention should turn to your heating system.

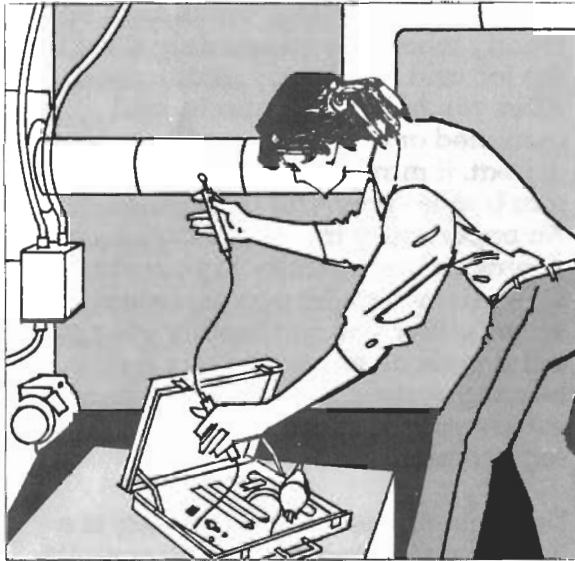
A heating system works most efficiently when it is adequately sized for the job and is properly maintained. After you have airtightened and insulated or added an auxiliary source of heat, it may be that your heating system is more powerful than necessary. An opportunity may exist to reduce or downsize the capacity of your system. Downsizing can be accomplished in two ways: either you can modify your present system or, when you buy a new heating system, a smaller one may satisfy your reduced heating requirement.

Determining the size and capacity of a heating system requires expert consultation. Factors such as the house design, insulation levels, airtightness and local weather conditions must be considered.

Tuning or maintaining a heating system also requires a knowledgeable professional. However, some routine maintenance can be carried out by many householders. For example, changing the air filter on a forced-air system and cleaning dust from the coils of an electric baseboard or wall insert unit are two chores that do not require a professional.

Furnace efficiency

A furnace efficiency test conducted by a professional can help you determine what improvements should be made to increase your heating system's efficiency.



Service contractor conducting an efficiency test. Furnace efficiency tests conducted by professionals may show that improvements are necessary. A properly tuned furnace can result in substantial dollar savings.

Before you convert or modify

Before you convert or modify your heating system consider:

- the efficiency of your present system
- its life expectancy
- the efficiency of the new system
- the installed costs of a new system
- the cost to remove the old system
- the availability (now and in the near future) of the fuel you select
- the cost of the fuel you select.

Improving your oil furnace

Where converting from oil is impractical and tuning fails to provide adequate efficiency, modifications to the heating system can improve its performance. To increase your oil furnace's efficiency consider: a retention head kit or a new retention head burner, a delayed action solenoid valve, and an automatic vent damper.

Purchasing a new heating system

When the time comes to purchase a new heating system, Canadians have a wide range of choices, not only of energy sources but of the types of equipment available. When comparing heating costs, it is important to consider the heat content of the fuel, the efficiency of the appliance and the cost of the fuel.

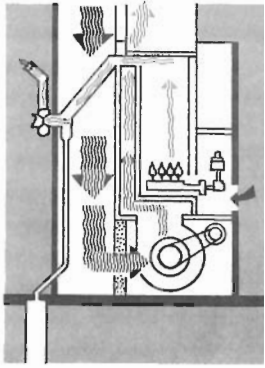
Electricity

Electricity is a popular fuel option. Its cost varies. For an all-electric heating system your home's electric service may require upgrading. If upgrading is necessary, this cost should be included when comparing alternatives. Many householders can take advantage of the flexibility that electricity offers by combining it with other fuels. It is possible to combine an oil heating system with an electric system such as a plenum heater or heat pump to eliminate the use of oil in all but the coldest weather.

Natural gas

Natural gas is a plentiful Canadian fuel which makes this energy source an attractive alternative to oil. Advanced technology has produced many improved and high-efficiency gas heating appliances. Heating systems incorporating this new technology are more costly to purchase but over their lifespan may cost less to run.

If you choose to heat with natural gas, consider a high-efficiency, continuous condensing furnace. If you select a conventional gas furnace make certain that it has a factory installed electric ignition and automatic vent damper for greater efficiency.



High-efficiency gas furnace. Advancements in gas furnace technology have increased gas furnace efficiency from about 60 per cent for a conventional furnace to about 85-95 per cent for this type of high-efficiency condensing flue furnace.

Oil

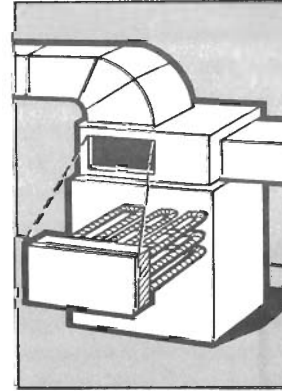
In recent years there has been a consumer trend away from oil brought about by uncertain supplies and high prices. In some regions, alternatives to oil as a heating fuel are limited. If you decide to purchase a new heating system and there is no satisfactory alternative to oil, consider a high-efficiency oil-burning system. Recent developments in oil-burning furnace technology have greatly improved the efficiency of oil for home heating.

Propane

When already in use on the farm or in the home, or when the cost of converting to other alternatives is high, propane can be an appropriate choice. In areas scheduled for future natural gas service (call your local gas utility), propane heating equipment can replace your current system now, and may be adapted to natural gas when it becomes available.

Wood

Especially for rural householders, wood may be a good choice to supplement or replace current fuel. Satisfy yourself that now and in the future you can obtain wood at reasonable prices and that you are prepared to devote the additional time and effort wood burning systems require to operate and maintain.



An add-on electric plenum heater enhances efficiency by using electricity as the main heat source on all but the coldest days, when oil heating becomes more efficient.

Combination heating systems

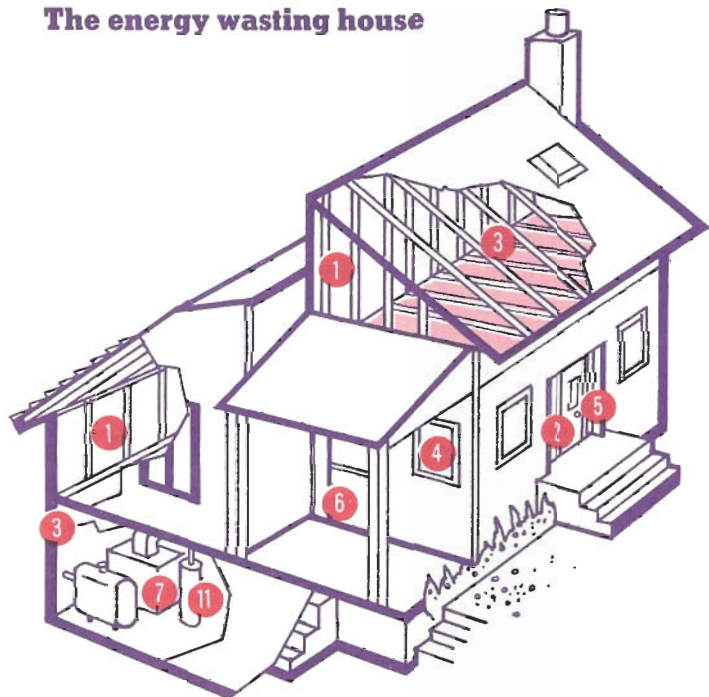
If a combination system is carefully chosen and used, both fuel components can be very efficient and less costly to operate. Two-fuel, hybrid or combination heating systems such as oil/electric, wood/electric, gas/wood, and oil/wood are available.

6. Maintain and monitor your home's energy system

Maintaining a major investment such as a home is something most people do automatically. You may have already taken steps to improve your home's energy efficiency. But is the effort paying off? It is difficult to determine unless you have kept records of your energy costs prior to making improvements. If you have not kept records in the past, now is a good time to start. Do not let your lack of energy cost records delay the action necessary to improve the efficiency and comfort of your home.

COMPARE THE VALUE ENERGY EFFICIENCY OFFERS

The energy wasting house



Specifications

1 Insulation:
Attic RSI* 6 (R 34),
Exterior Walls RSI 0 (R 0),
Basement Walls RSI 0 (R 0).

2 Weatherstripping:
Urgently required around all
doors and windows.

3 Air-Vapour Barrier:
None.

4 Windows:
Some require repairs to the
putty. All are single panes of
glass and some require
storm windows for winter.

5 Doors:
Solid wood door with
decorative windows.

6 Storm Door:
None.

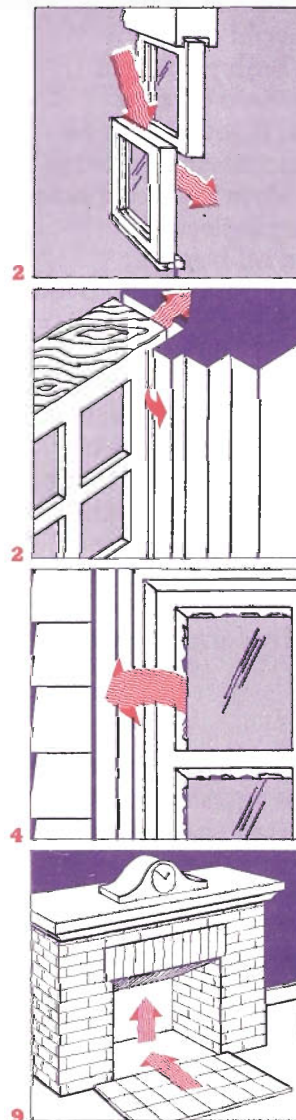
7 Heating System:
Type: Forced air oil. Age
28 years.

8 Thermostat Setting:
Daytime — 22°C (72°F)
Nighttime — 22°C (72°F).

9 Fireplace:
Used in the winter. Traditional
type, with poorly
operating damper.

10 Wood Stove:
None

11 Water Heater:
Electric. Temperature is set
at 74°C (165°F).



Lifestyle

Attitude toward home energy conservation: Slowly changing as the individuals realize the many advantages of home energy management.

Government of Canada programs

Canadian Home Insulation Program (CHIP): Received \$350 for adding insulation to the attic. Amount of the grant still available for additional airtightening or insulation improvements is \$150.

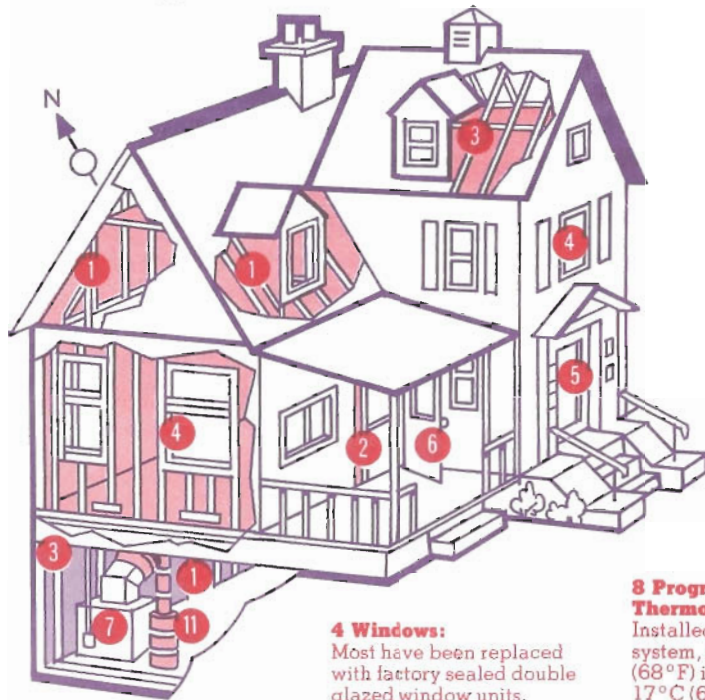
Canada Oil Substitution Program (COSP): Full grant of \$800 is still available.

Annual Energy Costs

Oil:	\$2 380.
Electricity: (including water heating)	\$425.
Wood:	\$90.
Total:	\$2 895.

*RSI is the metric equivalent to R-value, which is a measure of a material's ability to resist heat flow. The higher the RSI (R) value, the better the material insulates.

The energy wise house



Specifications

1 Insulation:

Attic RSI 6 (R 34), Exterior Walls RSI 2.6 (R 15), Basement Walls RSI 2.1 (R 12).

2 Weatherstripping:

All doors and windows have been fitted with quality weatherstripping products. All interior window and door frames have been caulked.

3 Air-Vapour Barriers:

Installed continuously in the attic and basement walls.

4 Windows:

Most have been replaced with factory sealed double glazed window units. Removable storm windows have been fitted to windows with a northern exposure.

5 Door:

Original door was replaced by an insulated steel door with a polyurethane core.

6 Storm Door:

Has been installed in front of the original door at the side entrance.

7 Heating System:

Type: Natural Gas. Age: 2 years old, installed with assistance from COSP.

8 Programmable Thermostat:

Installed with the heating system, sets heat at 20°C (68°F) in the daytime and 17°C (63°F) at night.

9 Fireplace:

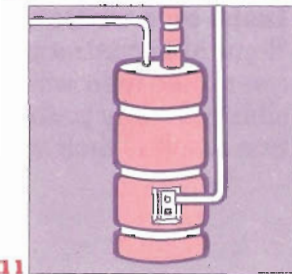
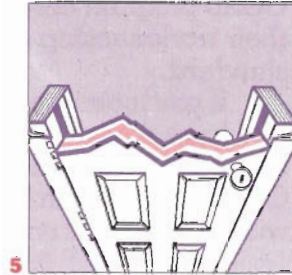
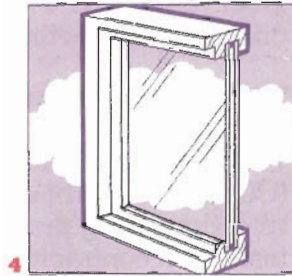
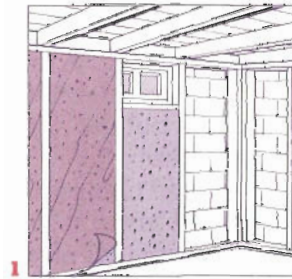
Circulating type with exterior air intake. Used regularly during the heating season. Equipped with glass doors.

10 Woodstove:

None

11 Water Heater:

Natural gas. Temperature set at 50°C (120°F). Additional insulation has been installed around the tank's exterior upon consultation with gas utility.



Lifestyle

Attitude toward home energy conservation: The occupants have taken up the challenge and are convinced by the results. And except for forgetting to turn lights off in unoccupied rooms, they are on the right track.

Government of Canada programs

Canadian Home Insulation Program (CHIP): Received maximum grant for insulating the basement. Value: \$500.

Canada Oil Substitution Program (COSP): Received the maximum grant for the installation of a new heating system. Value: \$800.

Annual Energy Costs

Natural gas: (including water heating)	\$805
Electricity:	\$240
Wood:	\$225
Total:	\$1 270

Taking action: do it yourself or hire a contractor

Be informed and plan carefully. You will be in a better position to decide what work you will do yourself and what improvements a contractor can best accomplish.

If you plan on doing the work yourself take advantage of the information contained in the free publications offered by EMR listed on page 14. For additional advice remember EMR's toll free HEATLINE. The number is on the back page.

Many jobs require expert assistance. If you plan to hire a contractor keep the following suggestions in mind.

Getting estimates

To obtain information on reliable contractors, check with friends and relatives whose judgment you trust, the Better Business Bureau and consumers' associations.

Ask each contractor for a list of previous customers. Arrange to see the contractor's work.

Once you have selected three contractors, have them visit your home and provide you with an itemized, signed estimate of the cost for the job.

Before giving you an estimate, a good insulation contractor will look over the areas to be insulated or modified, both inside and out. A heating system contractor will consider not only your existing furnace, but the actual heating needs of your home.

When comparing estimates, consider the type, amount and quality of materials and equipment offered; make sure they meet your needs. Price is not the only criterion for selecting a contractor.

Important note on insulation contractors

The Canadian General Standards Board (CGSB) has established a national certification listing program for residential insulation contractors. Those listed in the CGSB program certify to their clients that their workmanship meets the CGSB's standard.

If you intend to apply for a CHIP grant and have a contractor install the materials, that contractor must be listed with the CGSB certification listing program, otherwise labour costs will not be eligible.

Insist on a written warranty

Reputable contractors and installers will guarantee their work and assume responsibility for any problems that develop later as a result of their work.

Conclusion: the home energy payoff

An energy-efficient home will pay off in numerous ways. The first benefit will be the peace of mind that comes from knowing that your energy and money are not being wasted. The second and the most noticeable benefit will be improved comfort. If you follow the home energy planning process your home will not only be warmer in winter but cooler in summer. The third benefit will be a reduction in energy costs. Savings will depend on the extent of the improvements you make. Finally, by making your home energy efficient you increase its value and make it more attractive to prospective buyers.

Financing your energy saving investment

An important factor to consider when determining the financial aspects of improving your home's energy efficiency is the amount of grant money available to you from the Government of Canada and from many provincial government programs.

The Government of Canada offers two major programs: The Canadian Home Insulation Program (CHIP) and the Canada Oil Substitution Program (COSP). Participation in both of these programs can contribute up to \$1300 toward your home energy improvement costs.

Canadian Home Insulation Program... 1.7 million homes have benefitted

CHIP provides taxable grants of up to \$500 to help cover the costs of materials and labour involved in insulating and air-tightening a home.

To be eligible, your house or apartment must be a principal residence or non-profit hostel, be three storeys or less and have been built before January 1, 1971. In the Yukon, the Northwest Territories and Newfoundland, dwellings built before September 1, 1977 qualify for CHIP assistance. In Nova Scotia and Prince Edward Island, dwellings built before January 1, 1977 qualify.

Further details can be obtained by contacting the nearest CHIP office (phone numbers are on page 15).

Canada Oil Substitution Program... getting off oil may be a good idea for you

COSP provides taxable grants to householders and businesses to help meet the costs of converting their heating systems from oil. Eligible substitutes vary from region to region, but generally include natural gas, electricity, wood, solar systems and propane.

COSP grants cover half the eligible costs of materials and labour for conversion of heating systems, up to \$800 for single-family residences. Conversions in centrally heated residential buildings containing two or more self-contained dwelling units may be eligible for a grant of up to \$5500, depending upon the number of units.

COSP satisfies the regional needs of Canadians

In Newfoundland, Prince Edward Island, the Yukon and the Northwest Territories, COSP grants of up to \$800 are available not only for heating conversions but for energy conservation work as well. Conservation efforts covered by the grant include reducing air leaks, insulating, and upgrading oil heating systems. Airtightening and insulating improvements must be done by a CGSB listed contractor.

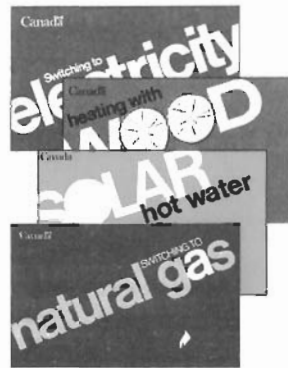
Homeowners and tenants are eligible for COSP

COSP grants are available to homeowners, landlords, and tenants whose landlords have agreed that they may undertake and pay for the conversions. Further details can be obtained by contacting the nearest Conservation and Renewable Energy Office. (Phone numbers are on page 14.)

These EMR publications on energy savings may be obtained at no cost



KEEPING THE HEAT IN
Keeping the Heat In will show you how to improve your home's energy efficiency. Easy to understand, Keeping the Heat In covers in detail such topics as adding insulation, air sealing, weatherstripping, caulking windows and doors, and other energy saving measures.



HEATING SYSTEM SERIES
The heating system series deals with energy options available to Canadians. Each booklet discusses a different energy type and helps consumers make knowledgeable decisions.

The heating system series includes booklets on:

- Electricity
- Natural gas
- Wood
- Solar hot water

FACT SHEETS

- Insulation Summary
- How to Detect and Seal Air Leaks
- Retrofitting Your Mobile Home
- Improving the Energy Efficiency of Windows
- Home Energy Conservation Checklist
- Heat Pumps
- Purchasing a New Oil Furnace
- Fire Safety and Attic Insulation
- Retrofitting Compact Roofs for Energy Efficiency
- Cellulose Fibre
- Glass Fibre
- Mineral Wool
- Polystyrene
- Vermiculite
- Polyurethane
- Caulking
- Purchasing a Gas Furnace
- Federal Home Energy Services and Programs



Here is how to obtain the information and publications you need:

COSP applications for renewable energy sources and propane:

call the Conservation and Renewable Energy Office of EMR

YUKON

Whitehorse (403) 668-2828

Elsewhere dial 'Operator' and ask for Zenith 2828 (toll free)

NORTHWEST TERRITORIES

Yellowknife (403) 920-8475

Elsewhere dial 'Operator' and ask for Zenith 2828 (toll free)

BRITISH COLUMBIA

Burnaby (604) 524-7222

Elsewhere 112-800-663-1280 (toll free)

ALBERTA

St. Albert (403) 420-4035

Elsewhere 1-800-222-6477 (toll free)

SASKATCHEWAN

Saskatoon (306) 665-4532

Elsewhere 1-800-667-9719 (toll free)

MANITOBA

Winnipeg (204) 949-4266

Elsewhere 1-800-542-8928 (toll free)

ONTARIO

Toronto (416) 252-5866

Elsewhere 1-800-268-2207 (toll free)

QUEBEC

Montreal (514) 283-5632

Elsewhere 1-800-361-8025 (toll free)

NEW BRUNSWICK

Dieppe (506) 388-6070

Elsewhere 1-800-332-3908 (toll free)

PRINCE EDWARD ISLAND

Summerside (902) 436-7283

Elsewhere 1-436-7283 (toll free)

NOVA SCOTIA

Halifax (902) 426-8600

Elsewhere 1-426-8600 (toll free)

NEWFOUNDLAND

St. John's (709) 772-5353

Elsewhere dial 'Operator' and ask for Zenith 07792 (toll free)

COSP information concerning switching to natural gas or electricity:

call your local utility

Advice on heating systems, insulation and energy-efficient house design and the publications offered on the opposite page call the HEATLINE.

Call the HEATLINE Toll Free

1-800-267-9563 weekdays during regular business hours.

B.C. residents call toll free 112-800-267-9563.

Yukon and Northwest Territories call collect (613) 995-1801.

Ottawa-Hull residents call 995-1801.

CHIP information and requests for applications:

call your regional CHIP office

YUKON

(604) 666-2717 (collect)

NORTHWEST TERRITORIES

(403) 420-2459 (collect)

BRITISH COLUMBIA

Vancouver 666-2717

Elsewhere 112-800-663-9529 (toll free)

ALBERTA

Edmonton 420-2459

Elsewhere 1-800-232-9492 (toll free)

SASKATCHEWAN

Regina 359-6164

Elsewhere 1-800-667-3573 (toll free)

MANITOBA

Winnipeg 949-5695

Elsewhere 1-800-362-3346
or 1-800-362-3347 (toll free)

ONTARIO

Toronto 789-0581

Elsewhere 1-800-268-1818 (toll free)

Except from Area Code 807 call (416) 789-0581 (collect)

QUEBEC

Montreal 341-7105

Elsewhere 1-800-361-6860 (toll free)

NEW BRUNSWICK

Fredericton 452-3756

Elsewhere 1-800-442-9771 (toll free)

NOVA SCOTIA and PRINCE EDWARD ISLAND

Halifax 453-2421

Elsewhere 1-800-565-7627 (toll free)

NEWFOUNDLAND and LABRADOR

St. John's 772-5353

Happy Valley/Goose Bay 896-2997

Corner Brook 639-1658

Windsor 489-9022

Elsewhere dial 'Operator' and ask for Zenith 07792 (toll free)

**The Home Energy Planning
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BRITISH COLUMBIA

Cranbrook, Daily Townsman
Dawson Creek, Peace River
Block News
Fort St. John, Alaska Highway News
Kamloops, The News
Kimberley, The Daily Bulletin
Nelson, Daily News
Penticton, Herald
Port Alberni, Alberni Valley Times
Prince George, Citizen
Prince Rupert, Daily News
Terrace, Terrace/Kitimat Daily Herald
Trail, Times

ALBERTA

Edmonton, The Edmonton Journal
Fort McMurray, Fort McMurray Today
Grande Prairie, Daily Herald-Tribune

SASKATCHEWAN

Lloydminster, Daily Times

MANITOBA

Dauphin, Daily Bulletin
Flin Flon, Reminder
Roblin, The News
Swan River, Report

ONTARIO

Cobourg, Daily Star
Fort Frances, Daily Bulletin
Kenora, Daily Miner & News
Lindsay, Post
Port Hope, Guide
Simcoe, Reformer
Sioux Lookout, Daily Bulletin

QUEBEC

Sherbrooke, Record

NOVA SCOTIA

Amherst, Daily News

On October 29, 1983

BRITISH COLUMBIA

Kelowna, Daily Courier
Nanaimo, Daily Free Press
New-Westminster, The Columbian
Vancouver, Sun & Province
Vernon, Daily News
Victoria, Times-Colonist

ALBERTA

Calgary, Calgary Herald
Lethbridge, The Lethbridge Herald
Medicine Hat, News
Red Deer, The Advocate

SASKATCHEWAN

Moose Jaw, Times-Herald
Prince Albert, Herald
Regina, Leader Post
Saskatoon, Star Phoenix

MANITOBA

Brandon, Brandon Sun
Portage La Prairie, The Daily Graphic
Winnipeg, Winnipeg Free Press

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Barns, Examiner
Belleville, The Intelligencer
Brampton, Daily Times
Bramford, Expositor
Beckville, Recorder and Times
Cambridge, Daily Reporter
Chatham, Daily News
Cornwall, Standard-Freeholder
Guelph, Mercury
Hamilton, Spectator
Kingston, Whig Standard
Kirkland Lake, Northern Daily News
Kitchener, Kitchener-Waterloo Record
London, Free Press
Niagara Falls, Review
North Bay, Nugget
Orillia, Packet and Times
Oshawa, The Oshawa Times
Ottawa, The Citizen
Owen Sound, Sun Times
Pembroke, Observer
Peterborough, Examiner
St. Catharines, The Standard
St. Thomas, Times-Journal
Sarnia, Observer
Sault Ste. Marie, Star
Stratford, The Beacon-Herald
Sudbury, Star

Thunder Bay, Times-News/
Chronicle Journal
Timmins, Daily Press
Toronto, The Globe & Mail
Toronto, The Toronto Star
Welland, Welland-
Port Colborne Tribune
Windsor, The Windsor Star
Woodstock, Woodstock —
Ingersoll Daily Sentinel Review

QUEBEC

Montreal, The Gazette

NEW BRUNSWICK

Fredericton, Gleaner
Moncton, The Times-Transcript
Saint John, The Telegraph-Journal/
Evening Times Globe

NOVA SCOTIA

Halifax, The Chronicle-Herald/
Mail-Star
New-Glasgow, The Evening News
Sackville, The Daily News
Sydney, Cape Breton Post
Truro, The Daily News

PRINCE EDWARD ISLAND

Charlottetown, Guardian & Patriot
Summerside, Journal Pioneer

NEWFOUNDLAND

Corner Brook, The Western Star
St. John's, The Daily News
St. John's, Telegram

On October 30, 1983

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Calgary, The Calgary Sun
Edmonton, The Edmonton Sun

MANITOBA

Winnipeg, The Winnipeg Sun

ONTARIO

Toronto, The Toronto Sun

**During the week of
October 30, 1983**

QUEBEC

Quebec, Chronicle Telegraph

