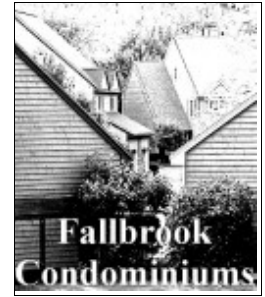


14 tips for keeping warm in our Fallbrook Village

In consideration of these days of increasing fuel costs, atypical weather and our seasonally perceived need to feel warmer, we have compiled these thoughts on keeping warmer and more energy efficient here in our Fallbrook Village. These ideas are listed in the general order of their relative effectiveness.

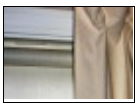


***Window cover insulation.** On the third and second floors, much can be gained by installing “*heat shrinking*” interior plastic window covers. It's easy to install, inexpensive and stretches nearly invisible with a hair drier. It dramatically reduces the heat loss to the cold glass.

***Bath Vents** - Our bathroom vents are notorious heat losers. In the least used bathrooms, they should be covered with “*cling wrap*”. Since Maine homes are too dry in winter anyway, it's probably a good idea to cover all the bathroom vents for the 4 winter months just to add more moisture along with heat. A simple unscented candle is effective in odor removal in both bathrooms and kitchens.



***Drawn shades & drapes.** Evening and cold, windy days are good times to lower your shades and draw your curtains. The winter wind tends to “swipe” the escaping heat from your window panes. You can greatly reduce that loss by increasing the insulating layers between the outside and inside of your windows. After lowering your shades and closing the curtains, pour a cup of hot tea and snuggle with a good book in a cozy chair on these days.



***Ceiling Fans** -If you are fortunate enough to have ceiling fans, they can be an effective cold weather tool. Since warmer air pools at the ceiling, you can use your fan to circulate that expensive warm air back to the lower “people” level. Fans have a switch to change from updraft to downdraft – be sure that your winter direction is in the “*downdraft*” position.



Thermostat settings.** Since hot air rises, upstairs thermostats should be at or near to the temperature set on the 1st floor (*otherwise all the heat pools upstairs and cold air tumbles down to make the downstairs floor colder.*). For cooler bedrooms keep the door $\frac{3}{4}$ closed. Setting back the thermostat in the evening in very cold weather is ***not a good idea - the energy needed to bring back the temperature in the morning is greater than maintaining it.



***Pipe insulation** - Wherever you can see your bare hot and cold water pipes, they should be covered with inexpensive foam tubes. Easy to apply and very efficient, these are a first choice for preventing freezing pipes and heat loss. The most important location is behind the laundry wall in the townhouses and on third floor baths. Some also insulate the pipes in the furnace room.



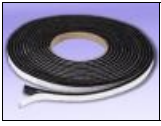
***Townhouse furnace room door** – should be left open to help heat the upstairs with the furnace's residual heat. Keep in mind that this is a “lint” area from the laundry so the “combustion air” for the furnace can be a problem. You should vacuum in the furnace room to keep the dust and lint down.



***The sun** - is our friend in the short winter days. Whenever it is shining into a window, open the shades to let that warming glow enter to heat the rooms air and to elevate our mood. This “radiant” form of energy passes easily through glass and is exercised once it hits an object.....**OVER**



***Rugs near door** – When the winter winds blow, our doors to the outside often leak cold outside air cooling the floor by those doors. Place a scatter rug close to the door to insulate this area.



***Weather stripping** – check the weather stripping on all of yours doors including your garage door. These doors tend to be great heat losers , especially when your furnace calls for fresh combustion air. The weather stripping is easily and inexpensively replaced.



***Water shutoff's** – It is important to know where your main water shutoff, is in the case of an emergency or major water leak. The in-house shutoff is in the downstairs closet. Look for a copper pipe with a turn valve. The outside (whole condo) water company shutoff is on your lawn or garden and is marked in blue paint and must be turned off with a water company wrench.



***Open bathroom under-sink doors-** when the temperature plummets and the wind howls (*or when you leave for an extended period*), it's a good idea to open the bathroom cabinet doors under your bathroom sinks. This helps keep the pipes warm.



***Outside Faucets** – Even though our two outside faucets are freeze proof . They should be covered with inexpensive, reusable and easily applied foam covers. This helps by keeping the plumbing system from 'wicking' heat to the outside, and in really sever cold, it helps in preventing the downstairs bathroom pipes from 'catching'.

***Dripping water** – It's true that moving water is very reluctant to freeze. But....do not leave the water dripping unless you are close by to keep an eye on it. In some of our townhouses, the upstairs bathroom drains across the unheated garage and in extreme weather, this drain pipe can freeze - backing up those drips to flood the sink and shower, causing damage. A dripping faucet is a good *short term* remedy to prevent freezing in **VERY** cold periods when you are in your home, but don't do it for long periods or when you are away.



By David Chase #23 & Walter Towle # 8
If you need help or more info please contact us

This information is also available on our Fallbrook website:
<http://www.mainething.com/fallbrook>